



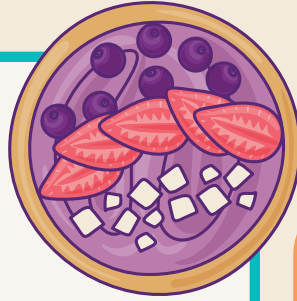
Fresh Blendz Cafe

Acai & Smoothies

25 N 8TH STREET, INDIANA, PA 15701, 724-471-2093, WWW.FRESHBLENDZCAFE.COM

BOWLS

SMALL or LARGE



STEP ONE

CHOOSE YOUR BASE

ACAI (120 CALS SMALL, 200 LARGE)
PITAYA (60 CALS SMALL, 100 LARGE)

COCONUT (140 CALS SMALL, 250 LARGE)
FEATURED FLAVOR VARIES IN CALS

STEP TWO

CHOOSE YOUR TYPE

A. CLASSIC BOWL

BANANA, STRAWBERRY, BLUEBERRY, GRANOLA, HONEY, CHIA SEEDS (396 CALS)

B. TROPICAL BREEZE BOWL

BANANA, MANGO, PINEAPPLE, GRANOLA, AGAVE NECTAR, COCONUT FLAKES (386 CALS)

C. NUTELLA BOWL

BANANA, STRAWBERRY, RASPBERRY, GRANOLA, NUTELLA DRIZZLE, COCONUT FLAKES (412 CALS)

D. BLENDZ BOWL

BANANA, STRAWBERRY, BLUEBERRY, GRANOLA, PEANUT BUTTER, HONEY (471 CALS)

E. VERY BERRY BOWL

STRAWBERRY, BLUEBERRY, RASPBERRY, GRANOLA, HONEY, GOJI BERRIES (368 CALS)

F. BUILD YOUR OWN BOWL

CHOOSE UP TO 3 FRUITS + GRANOLA + 2 TOPPINGS

LIST OF FRUITS:

BANANA, STRAWBERRY, BLUEBERRY, RASPBERRY, PINEAPPLE, MANGO, KIWI, PEACH, APPLES, SEASONAL FRUITS WHEN AVAILABLE

LIST OF TOPPINGS:

HONEY, AGAVE NECTAR, PEANUT BUTTER, NUTELLA, CHOCOLATE SYRUP, COCONUT FLAKES, CHIA SEEDS, FLAX SEEDS, CACAO NIBS, GOJI BERRIES, SLICED ALMONDS, EXTRA GRANOLA, CARAMEL SYRUP, MARSHMALLOW CREME, HEMP SEEDS, CRAISINS, COOKIE BUTTER, ALMOND BUTTER, WALNUTS, PUMPKIN SEEDS

EXTRA FRUIT/TOPPINGS



SMOOTHIES

20 OZ | 12 oz Kid's Smoothies (12 & under)

A. THE OG

STRAWBERRY, BANANA, YOGURT, AGAVE NECTAR (314 CALS)

B. BLUE WAVE

BLUEBERRY, BANANA, YOGURT, AGAVE NECTAR (304 CALS)

C. TROPIC LIKE IT'S HOT

MANGO, PINEAPPLE, BANANA, YOGURT, AGAVE NECTAR (305 CALS)

D. CRIMSON HAWK

ACAI SORBET, BANANA, RASPBERRY, COCONUT WATER, YOGURT, AGAVE NECTAR (389 CALS)

E. BERRYLICIOUS

STRAWBERRY, BLUEBERRY, RASPBERRY, YOGURT, AGAVE NECTAR (260 CALS)

F. THE HULK

KALE, SPINACH, MANGO, PINEAPPLE, BANANA, YOGURT, AGAVE NECTAR (308 CALS)

G. CHUNKY MONKEY

CHOC SYRUP, PEANUT BUTTER, BANANA, YOGURT, W/ CHOC DRIZZLE (475 CALS)

H. BEACH BUM

STRAWBERRY, MANGO, PINEAPPLE, YOGURT, ORANGE JUICE, AGAVE NECTAR (294 CALS)

I. FEELIN' PEACHY

PEACH, STRAWBERRY, BANANA, YOGURT, AGAVE NECTAR (329 CALS)

J. ISLAND BLENDZ

PINEAPPLE, PITAYA SORBET, BANANA, YOGURT, COCONUT WATER, AGAVE NECTAR (339 CALS)

K. BUILD YOUR OWN SMOOTHIE

CHOOSE UP TO 3 FRUITS, YOGURT OR CHOICE OF MILK, HONEY OR AGAVE NECTAR

SMOOTHIE ADD-INS

WHEY PROTEIN POWDER, HONEY, AGAVE NECTAR, PEANUT BUTTER, NUTELLA, CHIA SEEDS, FLAX SEEDS, COCONUT FLAKES, OATS, CACAO NIBS, EXTRA FRUIT OF ANY KIND, GOJI BERRIES, ACAI SORBET, PITAYA SORBET, SPINACH, KALE, ENERGY BOOST, HANGOVER BOOST, OR IMMUNE SUPPORT WITH ZINC BOOST, CHOCOLATE SYRUP, HEMP SEEDS, CACAO POWDER

EXTRA FRUIT/TOPPINGS

TOASTS

SERVED ON FOUR & TWENTY BAKERY WHOLE-GRAIN (GLUTEN-FREE WHOLE-GRAIN ON REQUEST)
ADD-ONS \$1 EACH

A. EVERYTHING-AVOCADO TOAST

WHOLE-GRAIN TOAST, FRESH AVOCADO SPREAD, CHERRY TOMATOES, RED ONION, FETA CHEESE, AND EVERYTHING BAGEL SEASONING (243 CALS)

B. AVOCADO TOAST

WHOLE-GRAIN TOAST, FRESH AVOCADO SPREAD, BACON, HARD-BOILED EGG, AND RED PEPPER FLAKES (324 CALS)

C. MONKEY TOAST

WHOLE-GRAIN TOAST, PEANUT BUTTER, BANANA, HONEY, NUTELLA, CHOCOLATE OR MARSHMALLOW CREME DRIZZLE, AND GRANOLA (457 CALS)

D. NUTELLA TOAST

WHOLE-GRAIN TOAST, NUTELLA, STRAWBERRIES, HONEY, AND CHIA SEEDS (306 CALS)

HOT PANINI MELTZ

WHOLE | HALF | GLUTEN-FREE OPTION
SERVED WITH PICKLE

ITALIAN MELT

TOMATO PESTO, SALAMI, HAM, PROVOLONE & MOZZARELLA.

TURKEY CLUB MELT

AVOCADO SPREAD, TURKEY, BACON, CHEDDAR & TOMATO.

PIZZA MELT

PIZZA SAUCE, PEPPERONI, SALAMI, PROVOLONE & MOZZARELLA.

3-CHEESE MELT

PICK 3: PROVOLONE, MOZZARELLA, CHEDDAR, PEPPER JACK, SWISS, OR COLBY JACK.

YOUR-WAY MELT:

PICK 2 MEATS: TURKEY, HAM, SALAMI, BACON, PEPPERONI.

PLUS PICK 2 CHEESES: PROVOLONE, MOZZARELLA, CHEDDAR, PEPPER JACK, SWISS, COLBY JACK.

PLUS PICK 1 SAUCE: TOMATO PESTO, PIZZA SAUCE, AVOCADO SPREAD.

HANDCRAFTED HEALTHY OPTIONS

CHIA PUDDINGS

OVERNIGHT OATS

WARM OATMEAL BOWLS

FRESH FRUIT BOWLS
SM OR LRG

GRAB-N-GO

SALADS, WRAPS,
PROTEIN BALLS & MORE

FRESH-BLENDZ LEMONADE:
20 OZ ONE SIZE (220 CALS)

ADD-INS \$1.00 EACH FRUIT

COFFEE/TEA

HOT COFFEE:

8 OZ CUP | 16 OZ CUP

REGULAR, SUGAR/SWEETENERS,
VARIOUS CREAMERS AVAILABLE

ICED or HOT CHAI TEA LATTE:
20 OZ CUP (400 CALS)

SPICED CHAI TEA WITH CHOICE OF MILK,
VANILLA COLD-FOAM \$1.00

ICED or HOT MATCHA TEA:
20 OZ CUP (120 CALS)

MATCHA TEA WITH CHOICE OF MILK,
FRESH FRUIT PUREE \$1.00 | VANILLA COLD-FOAM \$1.00