

POWER SMOOTHIES

\$10 / 24oz

SUPER GREEN *

avacado, spinach, pineapple, lime,
Vanilla Whey Protein
P: 25g Cal: 442 Carb: 46g

MAGIC BERRY *

strawberry, blueberry, banana, blue spirulina,
Vanilla Whey Protein
P: 25g Cal: 502 Carb: 93g

BLUBERRY PB & J *

blueberry, banana,
PB Chocolate Whey Protein
P: 25g Cal: 418 Carb: 68g

STRAWBERRY PB & J *

strawberry, baanana,
PB Chocolate Whey Protein
P: 25g Cal: 274 Carb: 63g

CINNAMON COFFEE

banana, mango, cold brew coffee,
Vanilla Whey Protein
P: 25g Cal: 340 Carb: 55g

SUPER SMOOTHIES

\$9 / 16oz

CHOCOLATE ALMOND *

cocoa, almond butter, blueberry, banana
P: 5g Cal: 274 Carb: 60g

GINGER TURMERIC

ginger, turmeric, mango, pineapple, banana,
orange juice
P: 6g Cal: 350 Carb: 70g

GREENIE *

matcha, coconut, spinach, pineapple, banana
P: 10g Cal: 318 Carb: 64g

POWER BREW *

medium roast cold brew coffee, vanilla protein
powder, mango, banana
P: 15g Cal: 310 Carb: 61g

OCEAN SMOOTHIE *

banana, mango, blue spirulina
P: 4g Cal: 220 Carb: 57g

OG SMOOTHIES

\$8 / 16oz

BEACH BUM *

P: 5g Cal: 220 Carb: 54g

HAPPY HIPPIE *

P: 5g Cal: 200 Carb: 50g

OASIS *

P: 8g Cal: 250 Carb: 52g

SUNSET *

P: 5g Cal: 200 Carb: 49g

ZEN ZONE *

P: 5g Cal: 260 Carb: 65g

* indicates
contains almondmilk

\$3

neverthirst
Smartwater
proceeds benefit

ALMOND BULLET

COCONUT BULLET

medium roast coffee, coconut oil,
MCT oil, & Laird Superfood Creamer
(260 - 285c)

\$6

**ADD TO
BOWL/SMOOTHIE**
- 25g Whey Protein **+\$2**
- 20g Collagen Protein

WELLNESS SHOT + \$3
SUB COCONUT WATER + \$1
INTO ANY SMOOTHIE

blenzbowls.com

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ORIGINAL BOWLS

order original recipes
as a bowl or smoothie

BEACH BUM

banana, pineapple, mango (250c)

REGULAR - \$12

choose your base & pick 5 toppings

ZEN ZONE

banana, strawberry, blueberry (260c)

HAPPY HIPPIE

banana, strawberry, mango (220c)

OASIS

banana, blueberry, peanut butter (320c)

SUNSET

banana, pineapple, strawberry (220c)

PREMIUM BOWLS

ACAI BOWL

organic acai berry blend (280/400c)

OCEAN BOWL

coconut, pineapple, blue spirulina (180/260c)

PITAYA BOWL

organic raw pitaya blend (270/310c)

SMALL - \$12 or REGULAR - \$14

choose your base & pick 5 toppings

MATCHA BOWL

coconut, raw matcha (190/380c)

toppings

“ pick 5 FREE toppings. after 5 each additional is \$.50 ”

/ granola(180c) / chia seeds(30c) / coconut flakes(130c) / almond flakes(85c) /
/ strawberry(10c) / raspberry(15c) banana(50c) / blueberry(20c) / kiwi(25c) /
/ peanut butter(180c) / nutella(150c) / honey(80c) /