

BEACH BUM

banana, pineapple, mango (250c)

HAPPY HIPPIE

banana, strawberry, mango (220c)

ORIGINAL BOWLS

REGULAR - \$12

choose your base & pick 5 toppings

OASIS

banana, blueberry, peanut butter (320c)

ZEN ZONE

banana, strawberry, blueberry (260c)

SUNSET

banana, pineapple, strawberry (220c)

ACAI BOWL

organic acai berry blend (280 / 320c)

PITAYA BOWL

organic raw dragon fruit blend (270 / 310c)

PREMIUM BOWLS

SMALL - \$12 or REGULAR - \$14

choose your base & pick 5 toppings

OCEAN BOWL

banana, mango, blue spirulina (180c)

MATCHA BOWL

banana, pineapple, raw matcha (180c)

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) /
fresh pineapple (82c) / cacao nibs (140c) /



New!

BLAZER BOWL

SMALL ~ \$12 or REGULAR ~ \$14

green and white bowl
includes matcha and coconut cream

New!

BIG SIPS

BLENZ BREW \$3.50

house made cold brew over ice

add unsweetened almond milk for .50

CARAMEL BLENZ BREW

dairy free caramel creamer

VANILLA BLENZ BREW

dairy free vanilla creamer

\$4.50

POWER SMOOTHIES

\$10 / 24oz

SUPER GREEN

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

MAGIC BERRY

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

BLUBERRY PB & J

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

STRAWBERRY PB & J

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

CINNAMON COFFEE

banana, mango, cold brew coffee,
BPN 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: 25g Cal: 310 Carb: 61g

OCEAN SMOOTHIE

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

OG SMOOTHIES

\$8 / 16oz

BEACH BUM

banana, mango, pineapple
P: 5g Cal: 220 Carb: 54g

HAPPY HIPPIE

banana, mango, strawberry
P: 5g Cal: 200 Carb: 50g

OASIS

banana, blueberry, peanut butter
P: 8g Cal: 250 Carb: 52g

SUNSET

banana, pineapple, strawberry
P: 5g Cal: 200 Carb: 49g

ZEN ZONE

banana, blueberry, strawberry
P: 5g Cal: 260 Carb: 65g

Smartwater
proceeds benefit

980 \$3

neverthirst

bullet coffee

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 + \$4

SUB COCONUT WATER + \$1
INTO ANY SMOOTHIE

blenzbowls.com

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