

Hours & Locations

Spencerport
33 Slayton Ave

management@bloomandblendsmoothies.com

Brockport
43 N. Main Street

Monday - Friday: 7am - 9pm
Saturday & Sunday: 9am - 6pm

Hours Subject to Change Seasonally

**BLOOM
&
BLEND**



SMOOTHIE OASIS

Shakes

PROTEIN SHAKES

One Size 24oz - \$9.99

GNC Whey Protein Powder

Is the default brand we use in all shakes.
Orgain Organic Plant Based Protein can be substituted for no additional charge!

PB Poppy (415 cal, 33g pro)

Vanilla Protein Powder, Almond Milk,
Peanut Butter, Oats, Creatine

Blossom Brew (260 cal, 26g pro)

Vanilla Protein Powder, Almond Milk, Nutella,
Instant Coffee, Collagen

Chocolate Covered Rose-Berry

(340 cal, 26g pro)
Vanilla Protein Powder, Almond Milk, Nutella,
Raspberry, Sugar Free Chocolate Syrup, Glutamine

B&B Paradise (440 cal, 28g pro)

Vanilla Protein Powder, Oat Milk, Blueberry, Raspberry,
Banana, BCAA

Coco-nana Carnations (445 cal, 26g pro)

Chocolate Protein Powder, Almond Milk, Nutella,
Banana, Creatine

Peachy Petals (330 cal, 32g pro)

Vanilla Protein Powder, Almond Milk, Almond Butter,
Peach, Oats, Collagen

Bloom Butter & Jelly (455 cal, 34g pro)

Vanilla Protein Powder, Almond Milk, Peanut Butter,
Banana, Sugar Free Raspberry Jelly

Tropical Garden (365 cal, 26g pro)

Vanilla Protein Powder, Almond Milk, Mango,
Pineapple, Banana, Super Greens

Bowls

SMOOTHIE BOWLS

Kids - \$11.49 Regular - \$13.49

Blueberry Flax Granola is our default recipe.
Allergen Free Granola can be substituted for no additional charge!

Bloomin' Berries

Base: Acai, Blueberry, Banana
Toppings: Granola, Strawberries, Blueberries,
Coconut, Chia Seeds, Honey Drizzle

Dragon Flower

Base: Dragon Fruit, Banana, Raspberry
Toppings: Granola, Bananas, Blueberries,
Chia Seeds, Coconut, Raspberry Drizzle

Tropical Tulip

Base: Mango, Pineapple, Banana
Toppings: Granola, Bananas, Pineapples, Coconut,
Peanut Butter, Honey Drizzle

Banana Split Bouquet

Base: Strawberry, Banana, Sugar Free Chocolate Syrup
Toppings: Granola, Strawberries, Bananas, Chocolate Chips,
Whipped Cream, Sugar Free Chocolate Syrup Drizzle

Garden Delight

Base: Mango, Peach, Banana, Matcha
Toppings: Granola, Pineapples, Blueberries,
Sunflower Seeds, Sunflower Butter, Coconut, Raspberry Drizzle

Spencerports Own *Ranger Bowl*

Base: Half Blue Spirulina Sorbet, Half Tropical Tulip
Toppings: Granola, Pineapples, Blueberries, Coconut,
Honey Drizzle, Bananas

Menu Key

🌱 = NOT Vegan
🌾 = Contains Dairy

SPECIALTY SMOOTHIES

Medium (16oz) - \$8.49

Large (20oz) - \$10.49

Floral Fusion

Blueberry, Acai, Banana, Agave, Apple Juice

Rose Garden

Strawberry, Banana, Agave, Collagen, Almond Milk

Spicy Sunflower

Mango, Pineapple, Turmeric, Tajin, Agave, OJ, Ginger Juice

Flower Power

Dragon Fruit, Raspberry, Banana, Agave, Almond Milk

Peaches & Tea

Peach, Banana, Agave, Tea, Apple Juice

Green Morning Glories

Mango, Kiwi, Super Greens, Matcha, BCAA, Tea, Apple Juice

Ocean Orchid

Pineapple, Banana, Blue Spirulina, Coconut Cream Sorbet, Almond Milk

Spencerport Swirl

Mango, Pineapple, Banana, with a Blue Spirulina & Fat Free Vanilla Greek Yogurt Swirl

Smoothies

BUILD YOUR OWN

Medium (16oz) - \$7.49

Includes **2** Fruits + **1** Mixer

Large (20oz) - \$9.49

Includes **3** Fruits + **1** Mixer

Fruit Options: Mixer Options:

Pineapple
Strawberry
Mango
Raspberry
Peach
Blueberry
Banana
Kiwi

Orange Juice
Apple Juice
Almond Milk
Oat Milk
Unsweetened Tea
Plain Greek Yogurt
Coconut Water
Coconut Milk

Extras

SHOTS! \$2.99

Golden Glow

Ingredients:

Apple Cider Vinegar, Ginger, Lemon, Pineapple, Cinnamon

Benefits:

Weight loss, improves circulation, helps with bloating, increases energy, promotes healthy skin & relieves pain

The Heart Beet

Ingredients:

Beet Root, Coconut Water, Ginger, Lime, Cinnamon

Benefits:

Boosts circulation, balances blood sugar levels, improves stamina & energy, supports hydration & liver detox

Green Nectar

Ingredients:

Wheat Grass, Celery Root, Lime, Pineapple, Apple Juice

Benefits:

Detoxifies the body, provides vitamins & minerals, boosts energy & immunity, supports glowing skin & hydration

Spicy Sunshine

Ingredients:

Ginger, Turmeric, Lemon, Lime, Black Pepper, Honey

Benefits:

Reduces inflammation, boosts immunity, supports digestion, natural detoxifier, helps with joint pain & soreness

Pink Peony

Ingredients:

Orange Juice, Coconut Water, Vitamin B12, Lemon, Cayenne Pepper

Benefits:

Boosts natural energy, supports brain & nerve health, hydrates & replenishes electrolytes, strengthens immune system

Greenhouse Rush

Ingredients:

Super Greens, Orange Juice, Lemon, Ginger, Honey

Benefits:

Supports immune function, boosts natural energy, helps with digestion & inflammation

ENERGY BITES \$4.99/4 pack

Chocolate Chip PB

Oats, Peanut Butter, Chocolate Chips, Honey, Chia Seeds, Flax Seeds

Coconut

Oats, Almond Butter, Chocolate Whey Protein, Date Syrup, Honey, Sea Salt, Flax Seeds, Honey Roasted Almonds, Rolled in Shredded Coconut

Strawberry

Oats, Almond Butter, Strawberries, Vanilla, Honey, Chia Seeds

Cookies & Cream

Oats, Peanut Butter, Cookies & Cream Protein Powder, Honey, Chia Seeds, Gluten Free Oreo Pieces

SNACKS

Banana \$0.79

Yogurt Parfait \$6.49

Vanilla Greek Yogurt, Granola, Strawberries, Blueberries, Banana, Honey Drizzle

Assorted Granola Bars \$0.99

Salads \$8.49

- Fruit Blend w/ Raspberry
- Vinaigrette Balsamic Vinaigrette
- Caesar

SUPPLEMENT ADD-INS \$1.49 each

Creatine • BCAA • B12 • Collagen • Super Greens • Glutamine
Pre-Workout Plant Based Unflavored, Vanilla or Chocolate
Lions Mane • Kava Root Powder

Whey • Unflavored, Vanilla or Chocolate • Mass Gainer

Dog Menu

\$3.49 ea

Paw-sy PB Cup

Peanut Butter, Banana, Whipped Cream & a Milk-Bone Treat

Blueberry Bark Bites

(Frozen in treat form)

Blueberry, Banana, Plain Greek Yogurt

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We are dog friendly - bring your furry friends in and let them enjoy a sweet treat along side you!
Please remember to be respectful of our other customers & keep your pup leashed at all times.