

# Hours & Locations

**Spencerport Brockport Webster**  
33 Slayton Ave 43 North Main St 790 Ridge Rd  
management@bloomandblendsmoothies.com

**Monday - Thursday:** 8am - 8pm  
**Friday - Sunday:** 8am - 6pm  
\*Hours Subject to Change Seasonally\*



## Shakes

**One Size 24oz: \$10.<sup>50</sup>**

**Whey Protein Powder is our default recipe. Organic Plant Based Protein can be substituted for no charge!**

### **PB Poppy (415 cal, 33g pro)**

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

### **Blossom Brew (260 cal, 26g pro)**

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

### **Chocolate Covered Rose-Berry (340 cal, 26g pro)**

Chocolate Protein Powder, Almond Milk, Nutella, Raspberry, Sugar Free Chocolate Syrup, Glutamine

### **Bloom Butter Cup (400 cal, 34g pro)**

Chocolate Protein Powder, Oat Milk, Peanut Butter, Sugar Free Chocolate Syrup, Creatine

### **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, Glutamine

### **Tropical Garden (335 cal, 26g pro)**

Vanilla Protein Powder, Mango, Pineapple, Super Greens

**Blending Freshness  
Blooming Health**



## Bowls

**SMOOTHIE OASIS**

**Kids: \$12.<sup>00</sup> Regular: \$14.<sup>00</sup>**

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

### **Build Your Own Bowl**

**Granola is an included topping!**

**Base Options (Choose 1):** Acai - Blue Cream - Dragon Fruit/Pitaya

**Topping Options (Choose 3):** Strawberry - Banana - Pineapple - Blueberry - Kiwi - Chocolate Chips - Shredded Coconut - Gluten Free Oreo Cookie Crumbles - Chia Seeds - Flax Seeds - Sunflower Seeds - Nutella - Peanut Butter - Almond Butter - Sunflower Butter

**Drizzle Options (Choose 1):** Honey - Raspberry - Caramel - Sugar Free Chocolate - Whipped Cream

### **Bloomin' Berries**

**Base:** Acai, Blueberry, Banana

**Toppings:** Granola, Strawberries, Blueberries, Coconut, Honey Drizzle



### **Banana Split Bouquet**

**Base:** Strawberry, Banana, Sugar Free Chocolate

**Toppings:** Granola, Strawberries, Bananas, Chocolate Chips, Whipped Cream, Sugar Free Chocolate Syrup Drizzle



### **Dragon Flower**

**Base:** Dragon Fruit, Banana, Raspberry

**Toppings:** Granola, Bananas, Blueberries, Coconut, Raspberry Drizzle

### **Tropical Tulip**

**Base:** Mango & Pineapple

**Toppings:** Granola, Bananas, Pineapples, Peanut Butter, Honey Drizzle



### **Garden Delight**

**Base:** Peach, Mango, Matcha

**Toppings:** Granola, Strawberries, Blueberries, Sunflower Seeds, Sunflower Butter, Raspberry Drizzle

### **Ranger Bowl**

**Base:** Half Blue Cream Sorbet, Half Tropical Tulip

**Toppings:** Granola, Pineapples, Blueberries, Coconut, Honey Drizzle

# Smoothies

## BUILD YOUR OWN

**Medium (16oz) - \$7<sup>.50</sup>**

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

**Large (20oz) - \$9<sup>.50</sup>**

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  
Vanilla Greek Yogurt  
Coconut Water  
Coconut Milk

## SPECIALTY SMOOTHIES

**Medium (16oz) - \$8<sup>.50</sup>**

**Large (20oz) - \$10<sup>.50</sup>**

### Floral Fusion

Blueberry, Acai, Banana, Agave, Apple Juice

### Rose Garden

Strawberry, Banana, Agave, Collagen

### Spicy Sunflower

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

### Flower Power

Dragon Fruit, Raspberry, Banana, Agave, Almond Milk

### Spencerport Swirl

Mango, Pineapple, Banana, Blue Vanilla Yogurt Swirl

### Peaches & Tea

Peach, Raspberry, Agave, Unsweetened Tea

### Green Morning Glories

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

### Ocean Orchid

Pineapple, Banana, Blue Cream Sorbet, Coconut Milk

## SUPPLEMENT ADD-INS \$1<sup>.75</sup>

**Add to any Smoothie, Protein Shake or Bowl base!**

- Creatine • BCAA • B12 • Collagen • Super Greens
- Glutamine • Pre-Workout • Lions Mane • Mass Gainer • Orgain Plant Based Unflavored, Vanilla or Chocolate • Whey Unflavored, Vanilla or Chocolate



# Extras

## FRESHLY JUICED SHOTS! \$3<sup>.00</sup>

### Golden Glow

Carrot, Orange, Lemon

**Benefits:** Skin, Vision & Immune Health

### The Heart Beet

Beet, Apple, Ginger, Lemon, Cinnamon

**Benefits:** Circulation & Heart Health

### Spicy Sunshine

Ginger, Lemon, Carrot, Turmeric, Cayenne

**Benefits:** Anti-Inflammatory & Immune Support

### Green Nectar

Apple, Celery, Spinach, Lemon, Ginger

**Benefits:** Hydration, Detoxify, Plant Nutrients

### Orchard Elixir

Apple, Ginger, Lemon

**Benefits:** Digestion, Anti-Inflammatory, Gut Health



## ENERGY BITES \$5<sup>.00</sup>

**All energy bites are gluten free!**

### PB Choc Chip

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

### Strawberry

Oats, Almond Butter, Strawberries, Vanilla, Chia Seeds, Honey (Dairy Free)

### Coconut

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

### Cookies & Cream

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

## BYO YOGURT PARFAIT \$6<sup>.75</sup>

### Vanilla Greek Yogurt

Add any 2 fruits and 1 drizzle - Granola is Included! (Fruit & Drizzle options shown under BYO bowl)



**We are dog friendly! Please be respectful to our other customers & keep your pup leashed at all times.**

### 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