

Church & Main Blendz Bar

GREEN WAVE (340 CAL)

Fresh Kale, Fresh Spinach, Avocado, Pineapple, Banana

COCO MONKEY (597 CAL)

Chocolate Milk, Banana, Chocolate Syrup, Chocolate Sprinkles

PINA COLADA (242 CAL)

Pineapple, Banana, Sugar Free Coconut Syrup,
Greek Vanilla Yogurt

STRAWBERRY DREAM (398 CAL)

Strawberries, Banana, Pineapple, Skim Milk, Sugar Free
Coconut Syrup, Greek Vanilla Yogurt

P DOUBLE B (570 CAL)

Peanut Butter, Bananas, Skim Milk

AVOCOLADA (415 CAL)

Avocados, Pineapple, Greek Vanilla Yogurt,
Sugar Free Coconut Syrup

BERRY GOOD (245 CAL)

Blueberries, Raspberries, Strawberries, Blackberries, Greek
Vanilla Yogurt, Skim Milk, Pineapple Juice

MANGO TANGO (246 CAL)

Mango, Strawberries, Banana,
Greek Vanilla Yogurt, Orange Juice

CARAMEL JOE (60 CAL)

Dark Roast Coffee, Caramel Syrup, Skim Milk, Splenda

16oz \$4.95

24oz \$6.95



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ADD YOUR FAVORITE BOOST

\$1.00 EACH

SYNTHA-6 VANILLA PROTEIN

(22 G. Protein & 200 CAL)

SYNTHA-6 CHOCOLATE PROTEIN

(22 G. Protein & 200 CAL)

FRESH AVOCADO

(120 CAL)

FRESH KALE

(25 CAL)

FRESH BABY SPINACH

(25 CAL)

CHIA SEEDS

(Excellent Source of Fiber, Protein, Antioxidants. 70 CAL)

FLAX SEEDS

(Excellent Source of Omega 3, Fiber, Antioxidants. 55 CAL)

SPIRULINA

(7 CAL & 100 Nutrients, Too Many to List!!)

ORGANIC HEMP PROTEIN

(Enhances Immunity Support & Enzyme Production)

MORINGA LEAF POWDER

(Natural Energy Booster with over 20 Essential Amino Acids)

ELECTROLYTE MIX

RASPBERRY OR POMEGRANATE

(Hydrates and Regulates Cellular Function and Blood Pressure)

***DAIRY FREE OPTIONS AVAILABLE
UPON REQUEST**