



**Projected Hours:**

7am-8pm M-S

10am-5pm Sun

OPEN LATE FOR SPECIAL EVENTS & RENTALS

At the Bishop Eddie L. Long Family Life Center

Join us for the opening of our new wellness bar that we are calling SPA BAR at the B.E.L.L. Family Life Center. Wait out the traffic while enjoying NFL Total Access on High Definition Flat Screens. Grab a Smoothie, Salad or a Cup of Coffee in-between or after services. Enjoy special events like Wii Bowling Leagues, Poetry Slams, and Live Music on select nights. Explore healthy beverages served up by guest juice masters. Here's a sampling of menu items you'll see.

**Online Orders for Convenient Sunday and Tuesday Drive-thru Service**

Pre-order your Smoothie, Coffee or Wrap on Mondays and Saturdays for Tuesday and Sunday pick-up. Order – Keep Your Order Number - Attend Service – Get In Your Car – Pull Out of the Traffic Circle to the Family Life Center Lane – A Longfellow will Deliver Your Smoothie – **Vroooooom!** **You're out!**

**Sunday Curbside Service Supports The Bishop Eddie L. Long "Longfellows Youth Academy"**

**SALADS, WRAPS**

**Eden's Garden Wraps**

Organic Field Greens in various hearty wraps with custom dressings and/or avocado mash

**Spa Café Garden Salad**

Fresh mixed greens with grape tomatoes, red onions, julienne carrots, sliced cucumber, alfalfa sprouts toasted walnuts and crumbled feta.

**MENU**

**SMOOTHIES**

**Armour Up**

Protein/carb balanced meal replacement shake

**Conquer**

Performance enhancing high protein shake

**Fruit n Fiber**

Strawberry/Bannana\*Blueberry\*Acai\*Berrylicious

**LONGSHOTS**

Add a shot to purify mind, body and soul! and power up your smoothie.

B-IMMUNE – ENERGY – WHEAT GRASS MUSCLE RECOVERY – FIBER – FLAX OIL

**DRINKS**

**FIT - TINI**

Freshly Squeezed Juiced Extracts with Vitamin B Long Shot Served Frozen Drink Style

**Green Teas and Coffee**

Organic of course

**Soy and Almond Milk Mochas**

Muscle Milk\*Powerade\*Vitamin Water\*Orange Juice\*Acai Berry\*Blueberry\*Essentia\*Smartwater

**FOOD**

**Bagels**

Plain Wheat, Cinnamon-Raisin, Multigrain (with almond butter, apple butter, or preserves)

**Muffins**

Apple-Oats, Blueberry, Banana Nut, Bran

**Cookie**

Freshly Baked Oatmeal, Fruit n Nut

**Protein Power Plate**

Peanut butter on whole wheat bagel, boiled egg, sliced apple.

**PerfectFruit, & Granola Parfait**

Made with organic dairy or non-dairy yogurt

**Organic Oatmeal**

Apple, Flax, Blueberry, Regular

**Pre-packaged Yogurts**

Non-Dairy or Dairy - Fruit on the bottom

**Fresh Whole Fruit**

**Hard Boiled Eggs**