

Riverton Tower Senior Center, Inc.



Independent Senior Living on the beautiful St. Johns River, located in the Historical District of Arlington



Studio, one and two bedroom, two bath apartment homes nestled in a quiet river setting showcasing both skyline and harbor views for mature adults 62 and above. Rental rates include major utilities! No pets please.

(904) 743-5090

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FLA JUICE AND BOWL DOES IT RIGHT

BY NATE MAYO

Fla Juice and Bowl has been on my list for a while now. If you follow me on Instagram, you know that I love two things: Acai bowls and sushi. Guess who has both of those and more? Fla Juice and Bowl! I sat down with owners Ande and Daniel Bluett to get the inside scoop.

They both lived in California and noticed that Jacksonville was missing their California foodie favorites. They took the leap of faith in opening their own cafe and just hit their 1-year anniversary. Ande says that neither of them have had culinary training and that Daniel is naturally good at cooking.

Quality has always been the focus for FJ&B. They have organic pressed juices that are made in small batches almost every day. Ande says: "We don't do massive stocks of it because we want it fresh." They pride themselves on using only organic, high-quality ingredients. Everything is prepped daily, and the sauces are made in house. The salmon they use is Norwegian, Scottish, or from the Faroe Islands, and the tuna ranges from Trinidad to Hawaii. Just as the foods are chosen to respect the health of our bodies, the packaging is chosen to respect our environment. All plastic, paperware and straws are compostable.



They serve Counter Culture coffee from Durham, North Carolina, with a range of coffee options: hot coffee, nitro coffee, cold brew, matcha lattes, and they are currently running a nitro vegan ice cream float special. They even make their own almond milk and syrups for their coffee.

I got to try a salmon poke bowl and The Original Acai Bowl, which has apple juice, acai, strawberry, banana, blueberry, goji berry, coconut flakes, and granola. I added extra blueberries and bee pollen. I loved it. The normal portions were huge, and the acai bowl was covered in fruit. I'd recommend splitting a normal sized acai bowl and splitting a poke bowl to get the best of both worlds. FJ&B welcomes customization on everything, so you can really satisfy a particular tastebud's itch.

This is the perfect spot for a quick, healthy lunch, especially if you're on the way to the beach. Find them at 2403 3rd St S, Jacksonville Beach, and keep your eyes peeled--a second location could be in the future! Check them out online at www.flajuiceandbowl.com.




Haddock N' Chips, Shrimp N' Grits, Fish N' Chips (Cod), Whiskey Salmon, Smoked Salmon Dip...we love FISH here!



Dingle Fish Pie

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