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SERVING THE COMMUNITIES OF CENTRAL CONNECTICUT

Smoothies are coming to town

By **JACKIE MAJERUS**
STAFF WRITER

BRISTOL — After bringing a new fruit smoothie franchise to his hometown of South Windsor, 20-year-old Yannick Nicome started another one in Bristol.

Emerald City Smoothie, a juice bar, is located inside LA Fitness on Farmington Avenue.

"It's really health oriented," said Nicome, who said the smoothies are a blend of fresh fruit, ice, nonfat dry milk and add-ons such as amino acids, soy protein, anti-oxidants and flavorings.

Most are 24 ounces and cost \$5 each.

Nicome said the available fruits include peach mango, pineapple, strawberry, blueberry, raspberry, acai berry and banana. He fell in love with smoothies, said Nicome, when he visited friends in Seattle.

Back on the East Coast, Nicome recalled a conversation

with his mother in a New York City smoothie shop. He said he told her they should bring smoothies to Connecticut, and she urged him to do it.

After some research and getting business advice from a family friend, Nicome opened the South Windsor store next to L.L. Bean.

LA Fitness came calling after that, offering a spot in the Bristol club.

"We didn't know anything about the location," said Nicome, who said he saw the second store as a low investment venture.

Now he's got eight people working part-time, two of them at the Bristol location.

"It's going well," said Nicome. "The days are a little slower but the nights are going really well."

Nicome, who likes to go on missionary trips with his church, said he always expected to go into business.

The smoothies, which Nicome said can serve as a meal replacement, range from 1,270 calories



Mike Orazzi | Staff

Kristina Rowella of Emerald City Smoothie inside the LA Fitness center in Bristol.

— that one is aimed at putting on weight — to a 350-calorie one aimed in the opposite direction.

The shop also sells protein bars and shakes, protein powder and jerky. Hours are 7 a.m. to 1 p.m. and 4 p.m. to 8 p.m.