



Java Central Update



20 South State Street
Westerville, OH 43081
www.Java-Central.com

(Healthy choices at Java Central – part 2)

Introducing our new line of Protein Shakes! Whey and MRP (Meal Replacement Protein)

- Chocolate-Banana
- Dulce de Leche
- Caramel Apple
- Peanut Butter & Banana
- Buckeye
- and more!



Try a Whey protein shake – only 180 calories - or a Whey and MRP shake for full healthy meal replacement program

Our protein shakes have two major differences from most others – they are 100% isolate and they are delicious! Healthy and great taste!

In addition – most specialty drinks on our menu can be guiltless! (low fat, low sugar, low/no caffeine)

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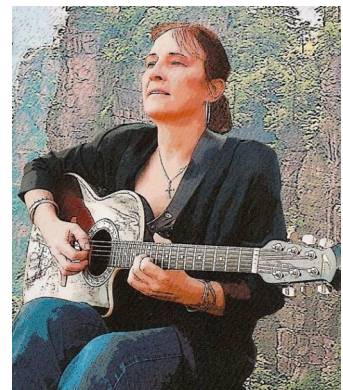
Last Friday - Open Mic – a dozen excellent and diverse performers – many of them regulars, including Rejyna (see her on Sat.), Jake, Preston, Bethany, Kennedy, Lars, and Dick, plus MEEK quartet and their great Sons of the Pioneers set, Patsy with her uke and jokes, Andrew and Nate, Tom K. back after a year off, same with Jeff T.

Last Saturday - An outstanding farewell concert by guitarist SHOHEI to a packed house!

Here is the Live Music lineup for this week:

Friday 1/13 - Acoustic Open Mic (7 -10 PM) One of the best around. Excellent players from all over central Ohio, (see above.)

Saturday 1/14 (7:00-10:00 PM) - REJYNA - acoustic rock singer/songwriter with her looper and harmonizer magic! With her creative talent, Rejyna has repackaged the sound of her rock band, Citadel, into a wonderful, solo performance. Plus Lucy's Diamonds - acoustic quartet.



NEXT WEEK – Southern Accent bluegrass group

The Java Central Partners:

Diane and Adel

Jane and Ralph

info@java-central.com 614/839-0698

Sunday Hours: 8:30 – 3:30