

1239 S. UNION ST
 OPELOUSAS, LA 70570
 337.563.9427



SMOOTHIES N THINGS
 OPELOUSAS



ONLINE ORDERING@
 SMOOTHIESNTHINGSCAFE.COM



SMOOTHIES N THINGS CAFÉ
 OPELOUSAS

MON-FRI 8AM-7PM
 SAT 11AM-6PM SUN 11AM-5PM

ICED COFFEE

2.85 16OZ 3.35 24OZ
 ALMOND MILK ADD 1.00

ADD FLAVOR .50
 (VANILLA, MOCHA, CARAMEL,
 HAZELNUT, CANE SWEETNER,
 SF VANILLA,
 SF CARAMEL)

FRAPPES

16 OZ 4.99 24 OZ 5.99 32 OZ 6.99

***CAFFEINATED**

MOCHA FRAPPE
 CARAMEL MOCHA
 SALTED CARAMEL LATTE
 HORCHATA
 WHITE CHOCOLATE MOCHA



***NO CAFFEINE**

Chocoholic
 Caramel Cream
 Strawberry Cream
 Chocolate Cream
 Vanilla Cream
 White Chocolate



CRUSHED FRUIT SMOOTHIES *SWEETENED W/ CANE SUGAR

16 OZ 4.99 (260cal) 24 OZ 5.99 (380cal) 32 OZ 6.99 (520cal)

TIGER PRIDE -strawberry, raspberry, blueberry, blackberry
 WHO DAT- strawberry, peach, pear, apricot
 SWAMP THANG-strawberry, banana, pineapple, coconut
 PINEAPPLE PARADISE-pineapple, creamy coconut, banana
 MANGO TROPICS-mango, pineapple, banana
 STRAWBERRY MANGO- strawberry, mango, pineapple, banana
 MANGO PEACH-mango, pineapple, banana, peach, pear, apricot
 PINEAPPLE MANGO-pineapple, coconut, banana, mango
 PALM PEACH-lemonade, peach, pear, apricot
 STRAWBERRY BANANA
 STRAWBERRY LEMONADE

- VEGAN
- GLUTEN-FREE
- LACTOSE-FREE
- NO ARTIFICIAL FLAVORS
- NO PRESERVATIVES
- NO HFCS

STRAWBERRY
 PEACH PEAR APRICOT
 STRAWBERRY COLADA
 LEMONADE
 BANANA

100% FRUIT SMOOTHIES *NO SUGAR ADDED

16 OZ 5.50 (260cal) 24 OZ 6.50 (380cal) 32 OZ 7.50 (520cal)

"FOUNTAIN OF YOUTH" ADD 1.00- pomegranate, acai, blueberry, blackberry
 ISLAND DELIGHT-passion fruit, orange juice, pineapple, guava, banana, pear, white grape, apple
 CARROT ORANGE VEGGIE- carrot, orange, celery, beet, parsley, lettuce, spinach, watercress, white grape, apple

BLEND-IN ENHANCERS 1.00 each

SUPER GREEN BLEND / *PREMIUM ENERGY BLEND*/ FAT BURNER
 IMMUNE BLEND / WHEY PROTEIN (VANILLA / CHOCOLATE)
 MULTI-VITAMIN & MINERAL SUPPLEMENT
 HANG OVER/ PEANUT BUTTER / VEGGIE BLEND / NON-FAT YOGURT
 LEAFY GREENS-KALE & SPINACH/ADD 2.00 PLANT PROTEIN

REFRESHERS

16OZ 3.95 24OZ 4.75 32OZ 5.25
 WILDBERRY HIBISCUS
 STRAWBERRY ACAI
 WATERMELON CUCUMER MINT
 COCONUT ORANGE GINGER
 *ADD FIT TRIM FOCUS OR
 PREMIUM ENERGY BLEND 1.00

TEAS

16OZ 3.25 24OZ 4.25 32OZ 5.25
 (PEACH, MANGO,
 PASSION FRUIT, HONEY)
 MILK TEA 16 OZ 3.50 24OZ 4.75
 ALMOND MILK ADD 1.00

DRINKS

BOTTLED WATER 1.69
 CANNED DRINKS 1.25

CHIPS .99

MATCHA

MATCHA GREEN ENERGY

16OZ 5.95 24OZ 6.95 32OZ 7.95
 Half-N-Half + Espresso
 Add your favorite natural
 sweetener (Honey/Cane Sugar)
 Add your favorite flavoring
 Hazelnut, Caramel, Vanilla,
 Mocha, SF Caramel, SF Vanilla

ICED MATCHA
 16OZ 4.85 24OZ 5.75 32OZ 6.25
FROZEN MATCHA
 16OZ 4.99 24OZ 5.99 32OZ 6.99

POWER HOUSE SMOOTHIES 24 OZ 7.50

"GREEN MACHINE" DETOXIFIER

Our Delicious blend of
 Pineapple, Mango,
 Bananas, Spinach, Kale,
 Ginger Root, Ginkgo Biloba
 Leaf, Taurine, Chamomile,
 Peppermint, Coconut

F.I.T
 CHOCOLATE
 PEANUT BUTTER
 BANANA
 SMOOTHIE

WITH PROTEIN

STRAWBERRY, BLACKBERRY,
 BLUEBERRY, RASPBERRY
 PEANUT BUTTER PROTEIN

SPECIALTY SMOOTHIES
 16 OZ 5.50 24 OZ 6.50 32 OZ 7.50
 STRAWBERRY BUBBLE GUM
 PEANUT BUTTER CUP

BREAKFAST

HALF PANINI 4.50 / WRAP 4.50
 W/ EGG AND CHEESE
 CHOICE OF MEAT
 HAM, TURKEY OR BACON
 STEAK ADD 1.00



THE "BIG CHEESY" QUESADILLAS

CHEESE 5.75 CHICKEN 7.75 STEAK 9.25
 CHOICE OF -HERB GARLIC
 OR SPINACH
 DIPPING SAUCE-Ranch, Jalapeno Ranch, Sour Cream, Salsa,
 Chipotle Mayo, Pesto



PANINI 7.50 / WRAPS 7.50



CLASSIC CHICKEN CAESAR (629cal) GRILLED CHICKEN WITH CAESAR, PARMESAN, & LETTUCE
TURKEY & SWISS (630cal) OVEN ROASTED TURKEY & SWISS W/ BASIL PESTO SAUCE, LETTUCE, RED ONIONS, & TOMATOES
VEGGIE (550cal) BASIL PESTO SAUCE W/ SWISS, LETTUCE, RED ONIONS, TOMATOES, BLACK BEANS, & CORN *ADD HUMMUS 1.00
TUNA (585cal) TUNA W/ LETTUCE, & TOMATOES
GRILLED CHICKEN PESTO (730cal) GRILLED CHICKEN & SWISS W/BASIL PESTO SAUCE, RED ONIONS, TOMATOES, & LETTUCE
HAM & CHEESE (600cal) HAM & SWISS W/ MAYO, LETTUCE, ONIONS & TOMATOES
CHIPOTLE STEAK ADD 1.50(650cal) STEAK W/ MOZZARELLA, CHIPOTLE MAYO, TOMATOES, & RED ONIONS
CHICKEN BACON CLUB (750cal) GRILLED CHICKEN & BACON W/ SWISS, MAYO, LETTUCE, RED ONIONS, & TOMATOES
CHICKEN BACON RANCH (700cal) GRILLED CHICKEN & BACON, W/ SWISS, RANCH, LETTUCE, RED ONIONS, & TOMATOES
HONEY BBQ CHICKEN(650cal) GRILLED CHICKEN W/ MOZZERELLA, BBQ SAUCE, & RED ONIONS
FRESH MEX CHICKEN OR STEAK ADD 1.50 W/ LETTUCE, CORN, BLACK BEANS, TOMATOES, & RED ONIONS
CHIPOTLE CHICKEN (650cal) GRILLED CHICKEN W/ MOZZERELLA, CHIPOTLE MAYO, TOMATOES, & RED ONIONS
BOURBON STREET CLUB (590cal) OVEN ROASTED TURKEY, HAM & BACON W/ SWISS, LETTUCE, RED ONIONS, TOMATOES, & RANCH

PROTEIN "GEAUX" BOWLS

8.95 (ONE PROTEIN) 11.95 (TWO PROTEINS) 13.95 (THREE PROTEINS)
 (1) PICK YOUR BASE - ROMAINE, SPINACH, OR RICE
 (2) PICK YOUR PROTEIN - CHICKEN / HUMMUS / STEAK ADD 1.50
 (3) PICK YOUR TOPPINGS- black beans, corn, edamame, red onions, tomatoes, jalapenos
 (4) PICK YOUR SAUCE/DRESSING
 Ranch, Caesar, Balsamic Vinaigrette, Italian, Honey Mustard
 Thousand Island, Jalapeno Ranch, Sour Cream, Salsa, Soy Sauce



SALADS

CHICKEN CAESAR (275cal) 7.95 GRILLED CHICKEN W/ LETTUCE, PARMESAN CHEESE, & CROUTONS
CAESAR(95cal) 6.25 LETTUCE W/ PARMESAN CHEESE, & CROUTONS
GRILLED CHICKEN (245cal) 7.95 GRILLED CHICKEN W/ LETTUCE, SHREDDED CHEESE & TOMATOES
CHEF SALAD (175cal) 7.95 TURKEY & HAM W/ LETTUCE, SHREDDED CHEESE, TOMATOES & CROUTONS
TUNA (585cal) 6.95 TUNA W/ LETTUCE, & TOMATOES
HOUSE(95cal) 6.25 LETTUCE W/ SHREDDED CHEESE, TOMATOES & CROUTONS