275A REES ST.
BREAUX BRIDGE, LA 70517
337-680-2355

MONDAY- FRIDAY 7AM-7PM
SAT 10AM-6PM
SUN 10AM- 6PM

SMOOTHIES N THINGS CAFÉ
BREAUX BRIDGE

ONLINE ORDERING@
SMOOTHIESNTHINGSCAFE.COM

SMOOTHIES N THINGS CAFÉ BB

REFRESHERS

16OZ 3.95 24OZ 4.75 32OZ 5.25

WILDBERRY HIBISCUS
STRAWBERRY ACAI
WATERMELON CUCUMER MINT
COCONUT ORANGE GINGER

COFFEE DRINKS 160Z

FRESH BREWED	16OZ 1.50	
ICED COFFEE	16OZ 2.85	24OZ 3.35
CAFÉ LATTE'	16OZ 3.85	
ESPRESSO	1.75	EXTRA SHOT 1.00
CHAI LATTE	4.25	

ADD FLAVOR .65
(VANILLA, MOCHA, CARAMEL
HAZELNUT, CANE SWEETNER,
SF VANILLA, SF CARAMEL
SUGAR FREE SWEETNER)

FRAPPES

16OZ 4.99 24OZ 5.99 32OZ 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

★ REFRESHER TEAS

16OZ 4.25 24OZ 4.95 32OZ 5.25

WILDBERRY HIBISUCS
STRAWBERRY ACAI
WATERMELON CUCUMER MINT
COCONUT ORANGE GINGER
*ADD FIT TRIM FOCUS OR
PREMIUM ENERGY BLEND 1.00

★ BUBBLE TEAS

TEA 16OZ 3.75 24OZ 4.75 32OZ 5.75
(PEACH, MANGO, PASSION FRUIT, HONEY)
MILK TEA 16 OZ 3.99 24OZ 4.99 32OZ 5.99
COCONUT MILK, ALMOND MILK ADD 1.00

Add a Burst of Flavor to Teas

POPPING BOBAS .75

- MANGO
- PEACH
- KIWI
- STRAWBERRY,
- PASSION FRUIT
- RAINBOW

DRINKS

BOTTLED WATER 1.25
CANNED DRINK 1.00
SWEET/ UNSWEE TEA
16OZ 1.69 24OZ 1.99 32OZ 2.59

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

SMOOTHIES BOWL 8.95

PICK YOUR SMOOTHIE FLAVOR BASE
CHOOSE 6 TOPPINGS ADDITIONAL TOPPINGS .50
ADD PROTEIN BOOST-WHEY $1.00 PLANT $2.00

STRAWBERRY
BLUEBERRY
BANANA
GRANOLA
ALMONDS

NUTELLA
PEANUT BUTTER
CARAMEL
HONEY
COCONUT FLAKES

CRUSHED FRUIT SMOOTHIES

16 OZ 4.99 (260cal) 24 OZ 5.99 (380cal) 32 OZ 6.99 (520cal) *SWEETEND W/ CANE SUGAR

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
STRAWBERRY
PEACH PEAR APRICOT
STRAWBERRY COLADA
LEMONADE
BANANA

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

POWER HOUSE SMOOTHIES 24 OZ 7.50

STRAWBERRY
BLACKBERRY
BLUEBERRY
RASPBERRY
PEANUT BUTTER

100% FRUIT SMOOTHIES

16 OZ 4.95 (260cal) 24 OZ 5.95 (380cal) 32 OZ 6.95 (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

SPECIALTY SMOOTHIES

16 OZ 5.50 24 OZ 6.50 32 OZ 7.50

STRAWBERRY BUBBLE GUM
PEANUT BUTTER CUP

*NO SUGAR ADDED

BLEND-IN ENHANCERS 1.00 each

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

CHIPS .99

BREAKFAST

HALF PANINI 4.50 / WRAP 4.50
HAM,EGG AND CHEESE
TURKEY, EGG, AND CHEESE
BACON, EGG AND CHEESE
STEAK ADD 1.00

THE "BIG CHEESY"QUESADILLAS

CHICKEN 7.75 STEAK 9.25
SHRIMP 8.75 CHEESE 5.75
CHOICE OF -HERB GARLIC OR SPINACH
DIPPING SAUCE-Ranch, Jalapeno Ranch, Sour Cream, Salsa, Chipotle Mayo, Pesto

PANINI 7.50/ WRAPS 7.50

*ADD AVOCADO 2.00 / HUMMUS 2.00

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 ROASTEDTURKEY,HAM & BACON W/ SWISS , LETTUCE ,RED ONIONS, TOMATOES, & RANCH

PROTEIN "GEAUX" BOWLS *ADD AVOCADO 2.00

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 / SHRIMP / 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 *ADD AVOCADO 2.00

CHICKEN CAESAR (275cal) 7.95 GRILLED CHICKEN W/ LETTUCE, PARMESAN CHEESE,& CROUTONS
CAESAR(95cal) 6.25 LETTUCE W/ PARMESAN CHEESE, & CROUTONS
GRILLED CHICKEN (245cal) 6.95 GRILLED CHICKEN W/ LETTUCE, SHREDDED CHEESE & TOMATOES
CHEF SALAD (175cal) 7.95 OVEN ROASTED 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