

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



SMOOTHIES N THINGS CAFÉ BB
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MONDAY- FRIDAY 7AM-6PM
SAT 11AM-3PM SUN 11AM- 3PM

CRUSHED FRUIT SMOOTHIES

(SWEETENED W/ CANE SUGAR)
16OZ 5.50 24OZ 6.50 32OZ 7.50
TIGER PRIDE- strawberry, raspberry, blueberry, blackberry
WHO DAT- strawberry, peach, pear, apricot
SWAMP THANG- strawberry, pineapple, creamy coconut, banana
PINEAPPLE PARADISE- pineapple, creamy coconut, banana
PINEAPPLE MANGO- pineapple, coconut, banana, mango
MANGO TROPICS- mango, pineapple, banana
MANGO PEACH-mango, pineapple, banana, peach, pear, apricot
PALM PEACH- lemonade, peach, pear, apricot
PEACH PEAR APRICOT
STRAWBERRY
STRAWBERRY MANGO- strawberry, mango, pineapple, banana
STRAWBERRY BANANA
STRAWBERRY LEMONADE
STRAWBERRY BUBBLEGUM
STRAWBERRY COLADA
BANANA COLADA
PINEAPPLE COLADA
LEMONADE
BANANA

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

100% FRUIT SMOOTHIES (NO ADDED SUGAR)

16OZ 5.95 24OZ 6.95 32OZ 7.95
FOUNTAIN OF YOUTH- acai, pomegranate, blueberry, blackberry
ISLAND DELIGHT-passion fruit, orange juice, pineapple, guava, banana, pear, white grape, apple
VERY BERRY- blackberry, blueberry, strawberry, raspberry
GEORGE'S GARDEN- carrot, celery, beet, parsley, lettuce, spinach, kale, watercress, white grape apple, banana, peach, mango, strawberry, vegetable juice

POWER HOUSE SMOOTHIES 24oz 8.25

PB & J SMOOTHIE
STRAWBERRY
BLACKBERRY
BLUEBERRY
RASPBERRY
PEANUT BUTTER

"GREEN MACHINE" DETOXIFIER
Our Delicious blend of Pineapple, Mango, Banana, Spinach, Kale, Ginger Root, Ginger Biliba Leaf, Turmeric, Chamomile, Peppermint, Coconut

FIT W/ WHEY PROTEIN CHOCOLATE PEANUT BUTTER BANANA SMOOTHIE

Special Smoothie PEANUT BUTTER CUP

BLEND- IN ENHANCERS 1.25

Super green / leafy greens kale & spinach / fat burner / hangover blend / multi-vitamin & mineral supplement / immune blend / peanut butter / non-fat yogurt / probiotic yogurt
Whey protein (no flavor) / vanilla whey / chocolate whey / plant protein (2.00 chocolate/ vanilla)

SMOOTHIES BOWL 11.50

PICK YOUR CRUSHED FRUIT SMOOTHIE FLAVOR BASE
100% FLAVOR +1.00
CHOOSE 6 TOPPINGS ADDITIONAL TOPPINGS .50
STRAWBERRY- BLUEBERRY - BANANA
GRANOLA - ALMONDS - COCONUT FLAKES
NUTELLA - PEANUT BUTTER - CARAMEL - HONEY
ADD PROTEIN BOOST-WHEY \$1.25 PLANT \$2.00

FRAPPES

16OZ 5.50 24OZ 6.50 32OZ 7.75
*CAFFEINATED
MOCHA
CARAMEL MOCHA
WHITE CHOCOLATE MOCHA
SALTED CARAMEL
HORCHATA
*NO CAFFEINE
KING CAKE
WHITE CHOCOLATE
CHOCOLIC
CARAMEL CREAM
VANILLA CREAM
STRAWBERRY CREAM



COFFEE DRINKS

Fresh Brewed 16oz 1.50
COWBOY COFFEE 16oz 2.50
CINNAMON
+BROWN SUGAR 16OZ 24OZ 32OZ
ICED COFFEE 2.89 3.89 4.89
CAFÉ LATTE (Hot or Cold) 3.99
ESPRESSO
FROZEN COFFEE 4.85 5.85 6.85
HIGH PROTEIN
COFFEE +WHEY 5.85 6.85 7.85
FLAVORS .69
VANILLA, SF VANILLA, CARAMEL,
SF CARAMEL, HAZELNUT
SF HAZELNUT, CANE SWEETNER,
SUGAR FREE SWEETNER



REFRESHERS TEAS FLAVORED TEAS

16 OZ 4.75 24 OZ 5.50 32OZ 5.95 16 OZ 24 OZ 32OZ
STRAWBERRY ACAI PEACH
WILDBERRY HIBISCUS MANGO
WATERMELON CUCUMBER MINT PASSION FRUIT
DRAGONFRUIT RASPBERRY
HONEY
STRAWBERRY

- SOFT DRINKS**
- COKE
 - COKE ZERO
 - DT. COKE
 - DR. PEPPER
 - SPRITE
 - BOTTLED
 - WATER
 - SWEET TEA
 - UNSWEET TEA

***MATCHA GREEN ENERGY**

16 OZ 5.75 24 OZ 6.75 32OZ 7.75 Almond Milk .50 Coconut .50
HALF-N-HALF + ESPRESSO
ADD YOUR FAVORITE NATURAL SWEETNER
(HONEY OR CANE SUGAR)
ADD YOUR FAVORITE FLAVORING
HAZELNUT, SF HAZELNUT
CARAMEL, SF CARAMEL
VANILLA, SF VANILLA
MOCHA



ICED MATCHA

16 OZ 4.50 24 OZ 5.25 32OZ 5.5.95

FROZEN MATCHA

16 OZ 5.50 24 OZ 6.50 32OZ 7.75

SPARKLING REFRESHERS

16 OZ 4.50 24 OZ 5.25 32OZ 5.95
STRAWBERRY ACAI
WILDBERRY HIBISCUS
WATERMELON CUCUMBER MINT
DRAGONFRUIT



BOBA MILK TEAS

16 OZ 4.15 24 OZ 5.15 32OZ 6.15
FLAVORS BOBAS 1.50 MILK
PEACH PEACH HALF N HALF .25
MANGO MANGO COCONUT 1.00
PASSION FRUIT PASSION FRUIT ALMOND 1.00
RASPBERRY KIWI
HONEY RAINBOW
STRAWBERRY STRAWBERRY



BREAKFAST

HALF PANINI 4.50 WHITE or WHEAT / BURRITO 4.95
Egg and cheese choices - ham, turkey, bacon or (steak +1.00)

BREAKFAST QUESADILLA 6.50

Eggs+ Cheese +Bacon + Dipping Sauce

"BIG CHEESY" QUESADILLAS

(herb garlic / spinach)
Chicken 8.95 Dipping Sauce- ranch, jalapeno ranch,
Shrimp 9.95 poblano avocado ranch, pesto,
Steak 10.95 sour cream, salsa, chipotle mayo



CHIPS .99

- Baked Lays
- Jalapeno
- BBQ
- Sea Salt Vinegar

PANINI White or wheat 8.95



WRAPS herb garlic or spinach 8.95



CLASSIC CHICKEN CAESAR(629cal)-grilled chicken, parmesan, romaine w/caesar
TURKEY & SWISS(630cal)- oven roasted turkey w/ swiss, pesto basil sauce,
Romaine, red onions, tomatoes
VEGGIE (550cal)- black beans, corn, tomatoes, red onions,
swiss w/ basil pesto sauce *add Hummus 1.00
TUNA (585cal)- tuna w/ romaine and tomatoes
GRILLED CHICKEN PESTO (730cal)- grilled chicken w/ swiss, romaine, tomatoes,
red onions, and basil pesto sauce
HAM & CHEESE (600cal)- ham w/ swiss, romaine, tomatoes, red onions and mayo
CHIPOTLE STEAK (650cal) +1.50 – steak w/ mozzarella, chipotle mayo, tomatoes,
red onions
CHIPOTLE CHICKEN (650cal) –chicken w/ mozzarella, chipotle mayo, tomatoes,
red onions
CHICKEN BACON CLUB (750cal)- grilled chicken , bacon w/ swiss, romaine, tomatoes,
red onions, and mayo
CHICKEN BACON RANCH (700cal)- grilled chicken , bacon w/ swiss, romaine, tomatoes,
red onions, and ranch
HONEY BBQ CHICKEN (650cal)- grilled chicken w/ mozzarella, red onions, bbq sauce
FRESH MEX (CHICKEN OR STEAK 1.50 (550cal)- black beans, corn, tomatoes, red onions
BOURBON STREET CLUB (590cal)- turkey, ham, bacon w/ swiss, romaine, tomatoes,
red onions, and ranch
TURKEY POBLANO AVOCADO CLUB +2.00 (590cal)- turkey, bacon , avocado w/ swiss,
romaine, tomatoes, red onions, and poblano avocado ranch

PROTEIN "GEAUX" BOWLS

*add avocado 2.00
9.95 (ONE PROTEIN) 12.95 (TWO PROTEIN) 13.95 (THREE PROTEIN)

1. PICK YOUR BASE – romaine, spinach, jasmine rice
2. PICK YOUR PROTEINS –chicken, shrimp, hummus, steak 1.50
3. PICK YOUR TOPPINGS- black beans, corn, edamame, tomatoes, red onions, jalapenos
4. PICK YOUR SAUCE- ranch, jalapeno ranch, Italian, caesar poblano avocado ranch, balsamic vinaigrette, honey mustard, salsa, sour cream, soy sauce, thousand island



AVOCADO TOAST 5.50



- ADD ONS .50
- + EGG
 - + ONIONS
 - + TOMATOES
 - + BACON
 - + JALAPENOS

SALADS 7.95 * add avocado 2.00

CHICKEN CAESAR (275cal) – grilled chicken, parmesan romaine
GRILLED CHICKEN (245cal) – grilled chicken, romaine, tomatoes,
shredded cheddar cheese
CHEF SALAD (275cal) – turkey, ham, bacon, egg, romaine, tomatoes
TUNA (585cal) – tuna, romaine, tomatoes



PICK-UP & GEAUX SALADS