

109 South Court St
Montgomery, AL 36104

(Downtown near Court Square)

(334) 241-0770

MON – FRI 9am – 5:00pm



*NOMINATED ONE
OF MONTGOMERY'S
HEALTHIEST EATERIES*



"A STEPS PARTNER"

SMOOTHIES

16 OZ 3.85

24 OZ 4.65

***** NEW FLAVORS*****

- STRAWBERRY MANGO** – strawberry, mango, pineapple, banana
- MANGO PEACH**- mango, pineapple, banana, peach, pear, apricot
- PINEAPPLE MANGO**- pineapple, coconut, banana, mango
- APPLE ORCHARD**- northwest country apple
- "FOUNTAIN OF YOUTH"**- pomegranate, acai, blueberry, blackberry.
- TROPICAL BREEZE** – strawberry, peach, pear, apricot
- PALM PEACH**- lemonade, peach, pear, apricot
- STRAWBERRY COLADA**- strawberry, pina colada
- STRAWBERRY LEMONADE,**
- WAR EAGLE-STRAWBERRY BANANA**
- MANGO TROPICS**- mango, pineapple, banana
- STRAWBERRY**
- TROJAN-WILDCHERRY CRANBERRY**
- BLUEBERRY BANANA**
- YELLOW HORNET-PINEAPPLE PARADISE**- pineapple, creamy coconut, banana
- FORBIDDEN FRUIT**- Hawaiian pink & white guava, Ecuadorian passion fruit, orange juice
- PEACH PEAR APRICOT**
- ROLL TIDE- 4 BERRY**- strawberry, raspberry, blueberry, blackberry
- JUNGLE JUICE**- strawberry, banana, pineapple, coconut
- LEMONADE**
- BANANA**

BLEND-IN ENHANCERS .65 each

- *PREMIUM ENERGY BLEND*
- CREATINE MONOHYDRATE
- IMMUNE BLEND
- GINSENG
- MULTI-VITAMAIN & MINERAL SUPPLEMENT
- WHEY PROTEIN
- SOY PROTEIN
- PEANUT BUTTER

**"ONLY
130 CALORIES"**



NEW

ESPRESSO BEVERAGES

REG / DECAF	SM 1.00	LRG OZ 1.50
ESRESSO DBL	1.50	TPL 175
CAPPUCCINO	2.60	LRG 3.25
LATTE'	SM 2.60	LRG 3.25
MOCHA	SM 2.90	LRG 3.65
HOT TEA	SM 1.35	LRG 1.55
HOT CHOCOLATE	SM 2.30	LRG 2.60
WHITE HOT CHOCOLATE	SM 2.30	LRG 2.60
HOT APPLE CIDER	SM 2.30	LRG 2.60



ICED BEVERAGES

FRAPPE'	16 OZ 3.50	24 OZ 3.95
CARAMEL / MOCHA FRAPPE'	16 OZ 3.75	24 OZ 4.25
CRÈME FRAPPE'	16 OZ 3.85	24OZ 4.65
CHOCOLATE	16 OZ 3.85	24OZ 4.65
STRAWBERRY	16 OZ 3.85	24OZ 4.65
VANILLA	16 OZ 3.85	24OZ 4.65
ICED COFFEE	16 OZ 2.25	24OZ 2.75
ICED LATTE'	SM 2.60	LRG 3.25
ICED MOCHA	SM 2.90	LRG 3.65

Flavored Shots are \$.35 each Caramel, Vanilla, Hazelnut, Almond, Raspberry, Strawberry

BREAKFAST

Served on a half panini

- BREAKFAST PANINI - TURKEY, CHICKEN HAM OR BACON, EGG & CHEESE 2.49
- GRILLED CHEESE PANINI 1.89 GRITS 1.10 CHEESE GRITS 1.50
- BLT- BACON, LETTUCE, & TOMATOES 2.49

Join us on



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SNTCAFEVENTS

504.251.7943 OR EMAIL: smoothiesnthingscafe@gmail.com

NEW MENU ITEMS



Cajun Chicken Alfredo \$7.99



Chicken Quesadilla 5.99



***BURRITO* 5.50**

Grilled Chicken, beans, rice, shredded cheese



Wings (8)
Hot, Honey BBQ,
Lemon Pepper
\$5.99



Chicken Nachos \$5.99



Spinach and Artichoke Dip & Chips
\$5.99

***NOW SERVING
WHEATBERRY
BREAD***

PANINI SANDWICHES 5.75 SERVED ON FRESH CIABATTA BREAD WITH CHIPS

SOUTHWEST CHICKEN- GRILLED CHICKEN TOPPED WITH CHIPOTLE MAYO, TOMATOES, AND RED ONIONS

CLASSIC CHICKEN CAESAR- GRILLED CHICKEN TOPPED WITH SHAVED PARMESAN, LETTUCE AND TUSCAN CAESAR DRESSING

CHICKEN AND BACON CLUB- GRILLED CHICKEN & BACON WITH SWISS CHEESE, CRISP GREENS, RED ONIONS, TOMATOES & MAYO

CHICKEN AND BACON RANCH- GRILLED CHICKEN & BACON WITH SWISS CHEESE, CRISP GREENS, RED ONIONS, TOMATOES & RANCH DRESSING

TURKEY & SWISS- SMOKED TURKEY AND SWISS CHEESE TOPPED WITH CRISP GREENS, RED ONIONS, WITH A BASIL PESTO SAUCE

HOT ROAST BEEF- HOT ROAST BEEF AND SWISS CHEESE TOPPED WITH CHIPOTLE MAYO AND RED ONIONS

PIZZA PANINI- PEPPERONI, PIZZA SAUCE & MOZZARELLA CHEESE

VEGGIE PANINI- CRISP GREEN, RED ONIONS, TOMATOES & SWISS CHEESE WITH PESTO MAYO

TUNA - TUNA SALAD WITH SWISS CHEESE AND CRISP GREENS

GRILLED CHICKEN PESTO- GRILLED CHICKEN & SWISS CHEESE WITH BASIL PESTO SAUCE, RED ONIONS, TOMATOES, AND LETTUCE

HONEY BARBEQUE CHICKEN- GRILLED CHICKEN & MOZZARELLA RED ONIONS AND HONEY BARBEQUE SAUCE



SANDWICHES 4.99 SERVED ON FRESH BREAD (White or Wheat berry) WITH CHIPS

TURKEY & SWISS- SMOKED TURKEY AND SWISS CHEESE TOPPED WITH CRISP GREENS, TOMATOES, AND A BASIL PESTO SAUCE

HAM- SLICED HAM AND SWISS CHEESE TOPPED WITH CRISP GREENS TOMATOES AND MAYO

ROAST BEEF- SLICED ROAST BEEF AND SWISS TOPPED WITH CRISP GREENS, RED ONIONS AND MAYO

TUNA - TUNA SALAD WITH CRISP GREENS

CHICKEN SALAD- CHAR-GRILLED CHICKEN SALAD WITH CRISP GREENS



WRAPS 5.50 SERVED ON WHEAT, HERB GARLIC OR SPINACH WITH CHIPS

CHICKEN CAESAR- GRILLED CHICKEN TOPPED WITH PARMESAN, LETTUCE, AND TUSCAN CAESAR DRESSING

CLUB RANCH- SMOKED TURKEY, HAM WITH BACON TOPPED WITH SWISS CHEESE, CRISP GREENS, RED ONIONS, TOMATOES, AND RANCH

TURKEY- SMOKED TURKEY AND SWISS CHEESE TOPPED WITH CRISP GREENS, TOMATOES, AND A BASIL PESTO SAUCE

TUNA- TUNA SALAD WITH CRISP GREENS

CHICKEN SALAD- HOMEMADE CHICKEN SALAD WITH CRISP GREENS

SOUTHWEST CHICKEN- GRILLED CHICKEN TOPPED WITH CHIPOTLE MAYO, TOMATOES, AND RED ONIONS

ASIAN SESAME CHICKEN - CRISP GREENS GRILLED CHICKEN, ALMONDS, TOMATOES & ASIAN SESAME DRESSING

CHICKEN AND BACON CLUB- GRILLED CHICKEN & BACON WITH SWISS CHEESE, CRISP GREENS, RED ONIONS, TOMATOES & MAYO



SALADS Dressings- Ranch, Italian, Thousand Island, Caesar, Asian Sesame', Balsamic Vinaigrette, Honey Mustard

CHICKEN CAESAR 4.99 CRISP GREENS GRILLED CHICKEN, PARMESAN CHEESE, CROUTONS AND TUSCAN CAESAR DRESSING

CAESAR 3.99 CRISP GREENS PARMESAN CHEESE, SEASONED CROUTONS AND TUSCAN CAESAR DRESSING

GRILLED CHICKEN 4.99 CRISP GREENS TOPPED WITH GRILLED CHICKEN, SHREDDED CHEESE & TOMATOES

ASIAN SESAME CHICKEN SALAD 4.99 CRISP GREENS GRILLED CHICKEN, SLICED ALMONDS, TOMATOES

CHEF SALAD 4.99 CRISP GREENS TOPPED WITH SLICED TURKEY AND HAM, SHREDDED CHEESE & TOMATOES WITH CROUTONS

HOUSE 3.99 CRISP GREENS TOPPED WITH SHREDDED CHEESE, TOMATOES, &

SEASONED CROUTONS

TUNA SALAD 4.75 CRISP GREENS TOPPED WITH TUNA SALAD

CHICKEN SALAD 4.75 CRISP GREENS TOPPED WITH HOMEMADE CHICKEN SALAD



Beverages

Arnold Palmer – ½ Tea & ½ Lemonade 1.79

Peach Tea 1.79

Coke, Diet Coke, Dr. Pepper, Sprite, Fruit Punch, Lemonade, Tea, Bottled Water 1.39

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