

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

- \*APPLE\*-northwest apple orchard
- "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

**"ONLY  
130 CALORIES"**



## BLEND-IN ENHANCERS .65 each

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

**\*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

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SNTCAFEEVENTS

**\*CATERING AVAILABLE\***

**\*FRANCHISES AVAILABLE\***



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Smoothies Montgomery

504.251.7943 OR EMAIL: smoothiesnthingscafe@gmail.com

# NEW MENU ITEMS



Cajun Chicken  
Alfredo  
\$7.99



Chicken Quesadilla  
\$5.99



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



Spinach and Artichoke  
Dip & Chips  
\$5.99

## 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

**\*NOW SERVING  
WHEATBERRY  
BREAD\***



## 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

## 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 & WONTONS
- 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

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