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[Rainforest Cafe Nutritional Information](#)

## **APPETIZERS BEFORE THE ADVENTURE**

### **CHIMI-CHA-CHA**

*Light, crisp wonton skin embraces roasted chicken breast, sweet corn, onions, black beans, fresh lime, roasted red peppers and our four cheese blend.*

### **RAINFOREST PITA QUESADILLAS**

*A new twist on an old favorite! Grilled chicken, roasted peppers, caramelized onions and melted cheese on grilled pita bread. Served with fresh pico de gallo and sour cream.*

### **COASTAL CALAMARI**

*A real treat from coast to coast! Our tender calamari is deep fried and served with our chunky marinara sauce.*

### **CHEESE STICKS**

*Mozzarella sticks lightly breaded, fried golden brown and served with our chunky marinara sauce.*

### **ISLAND BRUSCHETTA**

*Fresh Roma tomatoes seasoned with olive oil, garlic, fresh basil, fresh mozzarella and Balsamic vinegar. Served with fresh herb and Parmesan toasted Focaccia bread.*

### **LAVA NACHOS**

*A hot favorite from south of the border! Crispy tri-color tortilla chips topped with seasoned ground beef, peppers and onions, black beans, corn, and queso sauce. Garnished with green onions, cheddar cheese, sour cream and pico de gallo.*

### **AWESOME APPETIZER ADVENTURE**

*A great sampler for the truly courageous! Ideal for two or more, featuring our Chimi-Cha-Cha, Big Blue Crab Delight, Caribe Chicken Tenders and Coastal Calamari.*

### **SAFARI SHRIMP SKEWERS**

*A scrumptious offering of coconut shrimp skewers served with our zesty orange wasabi sauce.*

### **BIG BLUE CRAB DELIGHT**

*A treasure from the sea! Our creamy, homemade dip is loaded with tender crabmeat and served with crispy tri-color tortilla chips for dipping.*

### **CARIBE CHICKEN**

*A taste of the tropics! Golden fried chicken tenders served with our coconut curry sauce.*

### **LEAPING LIZARD LETTUCE WRAPS**

*(A feeding frenzy! At least two can share!) Crisp lettuce leaves with lime-grilled chicken, marinated vegetables, carrots, rice noodles and roasted peanuts.*

### **RAGING THUNDER BUFFALO WINGS**

*Our traditional style Buffalo Wings served with carrots, celery sticks and Blue Cheese Dressing.*

## **SAFARI SALADS**

### **PARADISE HOUSE SALAD**

*Mixed greens and Roma tomatoes, jicama, carrots and cucumbers with your choice of dressing.*

### **THE LITTLE ISLANDER CAESAR SALAD**

*A classic Caesar salad to start your adventure!*

### **THE BIG ISLANDER CAESAR SALAD**

*A classic Caesar salad tossed with grilled chicken and shaved Parmesan. Substitute grilled shrimp for chicken.*

### **VOLCANIC COBB SALAD**

*Grilled chicken breast, Romaine and Iceberg lettuce, crumbled Blue cheese, black olives, diced tomatoes, chopped egg and bacon. Tossed with Paradise Balsamic vinaigrette dressing.*

### **BUFFALO FRIED CHICKEN SALAD**

*Golden fried chicken tenders atop crisp greens and carrots, in a chunky Blue cheese dressing. Garnished with crumbled Blue cheese and Buffalo sauce.*

### **JUNGLE CHOP SALAD**

*Romaine and Iceberg lettuce, black olives, cucumbers, carrots, red cabbage, candied pecans, Blue cheese crumbles, dried cranberries and grilled chicken tossed in a Raspberry vinaigrette dressing.*

### **CHINA ISLAND CHICKEN SALAD**

*Crisp greens tossed with grilled chicken breast, potato sticks, toasted sesame seeds and scallions. Tossed with our China Island salad dressing.*



## **SOUPS**

### **SEASIDE CLAM CHOWDER**

*A New England specialty, loaded with tender clams, potatoes and vegetables.*

### **JUNGLE SAFARI SOUP**

*A journey for your tastebuds! Zucchini, tomatoes, sausage, garbanzo beans, kidney beans and spinach lightly stewed in a zesty broth with pasta and topped with shaved Parmesan cheese.*



*Add our House Salad or Cup of Soup to any entree.*

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29. jun. 2021 — But, prior to I can tell you about these things, I wishes to publish some information and facts within the Rainforest Cafe.. Rate this Tonga Toast (Rainforest Cafe) recipe with 4 slices of good white bread (1 inch thick, ... Percent Daily Values are based on a 2000 calorie diet.. 19. sep. 2016 — Calabash Trio Appetizer. 628. 273. 30. 5. 0. 86. 1972. 53. 0. 6. 34. Calabash Trio Appetizer with Combo Choice Cheese Fries. 1297.. Serving delicious smoothies, wraps, sandwiches, flatbreads & salads across the United States.

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## what to eat at rainforest cafe

Rainforest Café Planet Zoo Speedbuild — Rainforest Café Planet Zoo Speedbuild. ... focusing on modern values – incredible authenticity, rich management, ...

## rainforest cafe volcano nutrition facts

We only use 100% organic and Rainforest Alliance Certified coffee and espresso beans. Plant Milk Substitutions \$0.75 ... Protein - Fiber - Carbs - Fat - Cal .... The menu features an assortment of favorites including pastas, seafood, salads, signature entrées, sandwiches and delectable desserts. Take a journey through a .... Our drinks · Our Coffee · Doing our part · Tea at Wild Bean Cafe · Our Drinks Menu · Related content .... 3. nov. 2017 — Use the interactive calculator to view the nutrition information from our menu and customize your food choices to best fit your lifestyle.. Luxury Spa Menu at Gaia Day Spa in Byron Bay includes: special massages, ... The Retreat Café Reopening We are eager to reopen under Step 2 of the .... Carioca Bowls is a Portland-based açai cafe also serving warm and savory vegan-friendly dishes. Visit us on NE Alberta or in NW Portland. Open 9am-4pm.. Each time you use this Card, we will deduct the amount used until the full value has been depleted. Treat this Card as cash as we will not replace a lost or .... IN such cases servers may know of these items and can help you place an order. Ask for nutritional information to see ingredients. Rainforest Cafe typically has .... Most Popular Rainforest Cafe Products · Pastalaya. Per 1 portion - Cal: 742 kcal | Fat: 31 g | Carbs: 88 g | Protein: 26 g · Tuscan chicken. Per 1 serving - Cal: ... 3f8ff32283

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