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## Rainforest cafe nutrition guide

HealthyFastFood.org: Your One-Stop Resource for All Food Types Stay up-to-date with the latest news, resources, and coupons sent directly to your inbox every week. Browse through a vast array of food categories, including baked products, beans and legumes, beef products, beverages, cereal and grains, fruits, meats, poultry, seafood, snacks, soups, spices, and sweets. Rainforest Cafe's menu offers a range of dishes with varying nutritional values, from high-calorie options like the Beef Lava Nachos (2,360 calories) and Chicken Fried Chicken entree (1,680 calories), to lower-calorie choices such as the Tribal Salmon entree (520 calories). The Paradise Chopped House Salad contains 730 calories. Given article text here Rainforest Cafe offers a variety of meals with significant nutritional value. One option is the Bamba's Barbecue Wrap, which contains 540 calories. Another choice is the Guacamole appetizer with 450 calories. It is essential to be mindful of meal choices at Rainforest Cafe to maintain overall health and wellness. The menu features American fare with a tropical twist, including pasta, sandwiches, burgers, seafood, beef, and chicken. Opting for soups and salads can help you stay within your dietary guidelines. The jungle chop salad is a balanced option with 227 calories, while the tomato basil soup contains 265 calories. Main entrees like Caribbean coconut shrimp, chicken and beef fajitas, and coconut macadamia tilapia are low in calories and fat. To balance meals, consider sharing appetizers or ordering smaller portions of main dishes. For example, having a half plate of rotisserie chicken with seasonal vegetables can be a nutritious choice. Sharing sides like chile con queso or spinach and artichoke dip among family members is also an option. The Rainforest Cafe offers various healthy side options, such as seasonal vegetables, apple sauce, bananas, and carrot sticks. Fresh salads, grilled fish, and lean meats are also available for health-conscious individuals. The Rainforest Cafe offers a variety of dining options for guests with different dietary needs. Guests following a vegetarian or vegan diet will find several plant-based meals made with fresh vegetables, grains, and plant-based proteins. Gluten-free alternatives are also available, making it suitable for those with gluten sensitivities or following a gluten-free diet. The menu includes kid-friendly options such as chicken tenders, mac and cheese, and mini burgers, perfect for families. Refreshing tropical beverages and decadent desserts are also part of the menu. The Rainforest Cafe prioritizes sustainability by sourcing ingredients from sustainable suppliers and implementing eco-friendly practices. Allergen information is available for guests with food allergies or intolerances. At the Rainforest Cafe, it's essential to communicate your vegetarian or vegan dietary preferences to your server so they can provide options that suit your requirements.

What is rainforest cafe. Nutrition rainforest cafe. Rainforest cafe nutrition menu. Rainforest cafe menu calories. Rainforest nutrition. How to drink rainforest cafe. Rainforest cafe calories. Rainforest cafe low calorie. Rainforest cafe nutrition facts.