

Low-Fat Smoothies

BLIMEY LIMEY™
Strawberries, Pineapples, Orange & Lime.

BLUE LAGOON™
Blueberries, Strawberries & Banana.

COOL BREEZE™
Strawberries, Pineapples & Non-Fat Yogurt.

HAWAIIAN BREEZE™
Pineapples, Orange & Non-Fat Yogurt.

ISLAND FEVER™
Pineapples, Peaches & Banana.

JETTY PUNCH™
Strawberries & Banana.

KIWI QUENCHER™
Kiwi, Strawberries & Non-Fat Yogurt.

MANGO MAGIC™
Mangos, Pineapples & Non-Fat Yogurt.

ORANGE PASSION™
Oranges & Non-Fat Yogurt.

PARADISE POINT™
Strawberries, Banana & Pineapples.

PEACHES N' SILK™
Peaches, Strawberries & Banana.

RASPBERRY RUSH™
Raspberries, Banana & Lime.

ROCKIN' RASPBERRY™
Raspberries, Strawberries & Banana.

STRAWBERRY BEACH™
Strawberries & Non-Fat Yogurt.

SUNNY DAY™
Mangos, Banana, Oranges & Kiwi.

SUNRISE SUNSET™
Strawberries, Pineapples, Mango & Oranges.

TOUCAN DELIGHT™
Oranges, Strawberries & Banana.

Power Smoothies

***FAT BUSTER™**
Strawberries, Oranges, Banana & Fat Metabolizer.

HEALTH NUT™
Blueberries, Mangos, Banana, Almonds & Soy or Whey Protein.

***LEAN MACHINE™**
Strawberries, Banana, Fat Metabolizer & Energizer.

MORNING AFTER™
Oranges, Banana & Vitamin C IMMUNE-Complex.

MUSCLE BLASTER™
Strawberries, Banana & Whey or Soy Protein.

PEANUT PARADISE™
Peanut Butter, Banana, Non-Fat Yogurt & Whey or Soy Protein.

Dessert Smoothies

BEACH BUM™
Strawberries, Banana & Ghirardelli's Finest Chocolate.

CHOCOLATE CHILLER™
Ghirardelli's Finest Chocolates & Non-Fat Yogurt.

COCONUT ROYALE™
Strawberries, Banana, Cranberry & Coconut.

MOCHA MADNESS™
Ghirardelli's Finest Chocolate, Coffee (Reg. or Decaf), Cappuccino & Non-Fat Yogurt.

PEANUT BUTTER CUP™
Peanut Butter, Banana & Ghirardelli's Finest Chocolate.

TROPI-COLADA™
Pineapples, Coconut & Banana.

Splendid Smoothies**

UNDER 200 CALORIES!

CITRUS SPLIT™
Orange & Banana.

CRANBERRY CRUSH™
Cranberry, Strawberries & Banana.

PINEAPPLE DELIGHT™
Pineapples, Oranges & Banana.

STRAWBERRY LIGHT™
Strawberries & Non-Fat Yogurt.



A Splendid Dessert**

CHOCOLATE BANANA™
Ghirardelli's Finest Chocolate & Banana.

ORANGE DREAM™
Oranges, Ghirardelli's Finest White Chocolate & Non-Fat Yogurt.

Supercharged Smoothies

ISLAND INTENSITY™
Blueberries, Strawberries, Bananas & Acai.

GET-UP-AND-GOJI™
Peaches, Oranges, Bananas, Goji & Non-Fat Yogurt.

POMEGRANATE PLUNGE™
Bananas, Strawberries, Cranberry Juice & Pomegranate.

BANANA BERRY BOOST™
Bananas, Blueberries, Strawberries, Pomegranate & Acai.

MANGO MOXIE™
Mangoes, Peaches, Goji & Non-Fat Yogurt.

STRAWBERRY STAMINA™
Strawberries, Bananas & Acai.

All smoothies made to order. All made with turbinado unless otherwise requested.
* Contains Caffeine.
** These smoothies are sweetened with SPLENDA® No Calorie Sweetener to reduce overall calorie count. Smoothies sweetened with SPLENDA® No Calorie Sweetener may still contain sugar. SPLENDA® No Calorie Sweetener & the SPLENDA® logo are trademarks of McNeil Nutritionals, LLC.

WE CATER!

LET TROPICAL SMOOTHIE CAFE CATER YOUR NEXT EVENT OR PARTY. ASK A MANAGER FOR ALL THE DELICIOUS DETAILS!



wraps
salads & more

menu



smoothies
sandwiches

64740

For Franchise Information:
Call 1-888-292-2522 or visit us at
www.tropicalsmoothiecafe.com

eat better. feel better.™



eat better. feel better.™



Toasted Wraps

ALL WRAPS SERVED WITH CHIPS OR FRUIT.

BUFFALO CHICKEN™

Chicken Breast Strips, Romaine Lettuce, Diced Tomatoes, Low-Fat Mozzarella Cheese, Hot Buffalo Sauce & Light Ranch Dressing Wrapped in a White Tortilla.

CHICKEN MANGO HABANERO™

Chicken Breast Strips, Romaine Lettuce, Crunchy Wontons, Low-Fat Mozzarella Cheese & Mango Habanero Sauce Wrapped in a White Tortilla.

CHICKEN PHILLY GRILL™

Chicken Breast Strips, Red & Green Bell Peppers, Onions, Swiss Cheese & Texas Petal Sauce Wrapped in a White Tortilla.

COOL TUNA™

Albacore Tuna Salad, American Cheese, Romaine Lettuce, Diced Tomatoes, Onions & Balsamic Vinaigrette Wrapped in a Zesty Garlic Herb Tortilla.

CORDON BLEU™

Chicken Breast Strips, Ham, Bacon, Swiss Cheese & Light Ranch Dressing Wrapped in a White Tortilla.

JAMAICAN JERK CHICKEN™

Chicken Breast Strips, Southwestern Rice, Corn, Black Beans, Asparagus, Onions, Low-Fat Mozzarella Cheese & Jamaican Jerk Sauce Wrapped in a White Tortilla.

KING CAESAR™

Chicken Breast Strips, Romaine Lettuce, Diced Tomatoes, Parmesan Cheese & Caesar Dressing Wrapped in a Zesty Garlic Herb Tortilla.

POPEYE'S FAVORITE

Chicken Breast Strips, Spinach, Artichokes, Diced Tomatoes & Low-Fat Mozzarella Cheese Wrapped in a White Tortilla.

SESAME CHICKEN™

Chicken Breast Strips, Romaine Lettuce, Almonds, Onions, Crunchy Wontons, Sesame Seeds & Sesame Dressing Wrapped in a White Tortilla.

THAI CHICKEN™

Chicken Breast Strips, Crunchy Wontons, Romaine Lettuce, Shredded Carrots, Sesame Seeds & Thai Peanut Dressing Wrapped in a White Tortilla.

TOTALLY TURKEY™

Turkey, Romaine Lettuce, Diced Tomatoes, Swiss Cheese & Light Ranch Dressing Wrapped in a Zesty Garlic Herb Tortilla.

VEGGIE VEGGIE™

Southwestern Rice, Corn, Black Beans, Asparagus, Romaine Lettuce, Diced Tomatoes, Onions, Parmesan Cheese & Balsamic Vinaigrette Dressing Wrapped in a Zesty Garlic Herb Tortilla.

Bistro Sandwiches

ALL SANDWICHES SERVED WITH CHIPS OR FRUIT.

KINDA CUBANO™ pork

Cuban-Style Sliced Roast Pork Loin, Italian Capicola, Swiss Cheese & Our Proprietary Bistro Sauce Topped with Fresh Field Greens, Tomato & Tangy Banana Peppers all on a Toasted Artisan Ciabatta Roll.

CRANBERRY WALNUT CHICKEN SALAD

All White Meat Chicken Blended with Cranberries, Walnuts, Celery & Mayo then Topped with Fresh Field Greens, Tomato & Served on Nine-Grain Wheat Bread.

TURKEY GUACAMOLE

Lean, Oven-Roasted Turkey Breast, Guacamole Seasoned with Cilantro & Lime, Onions & Tomato Slices Topped with Fresh Field Greens & Served on Nine-Grain Wheat Bread.

WASABI ROAST BEEF™

Lean & Flavorful Center Cut Roast Beef, Pepper Jack Cheese Topped with Romaine Leaves, Dressed with Wasabi Caesar Dressing all Served on a Toasted Ciabatta Roll.

HUMMUS AMONG US™

Layers of Roasted Red & Green Peppers, Hummus, Provolone, Parmesan Tomatoes Topped with Fresh Basil & Field Greens on Nine-Grain Wheat Bread.

TURKEY BACON RANCH

Lean, Oven-Roasted Turkey Breast, Crispy Bacon & Melted Swiss Cheese with Fresh Tomatoes, Field Greens & Light Ranch Dressing all Served on a Toasted Ciabatta Roll.

MAMBO ITALIANO™

Authentic Italian Capicola, Smoked Lean Ham, Provolone Cheese & Parmesan Tomato Slices Topped with Light Mayo, Banana Peppers, Fresh Basil & Field Greens on a Toasted Ciabatta Roll.

ULTIMATE CLUB

Smoked, Lean Ham, Oven-Roasted Turkey Breast, Swiss Cheese, Crisp Bacon & Fresh Parmesan Tomatoes Topped with our Proprietary Bistro Sauce & Fresh Field Greens on a Toasted Artisan Ciabatta Roll.

Island Combo

YOUR CHOICE OF ANY TWO DIFFERENT ITEMS:

CUP OF SOUP

HALF GOURMET SALAD

HALF BISTRO SANDWICH

SMOOTHIE

Island Combo **does not** include chips or fruit.

Paradise Combo

PARADISE COMBO SERVED WITH CHIPS OR FRUIT.

SMOOTHIE and

YOUR CHOICE OF ONE OF THE FOLLOWING:

BISTRO SANDWICH

TOASTED WRAP

GOURMET SALAD

Gourmet Salads

CHEF SALAD

Romaine Lettuce, Ham, Turkey, Cheddar Cheese, Diced Tomatoes, Onions & Your Choice of Dressing.

CHICKEN CAESAR SALAD

Romaine Lettuce, Chicken Breast Strips, Diced Tomatoes, Parmesan Cheese & Caesar Dressing.

SESAME CHICKEN SALAD

Romaine Lettuce, Chicken Breast Strips, Almonds, Onions, Crunchy Wontons, Sesame Seeds & Sesame Dressing.

THAI CHICKEN SALAD

Romaine Lettuce, Chicken Breast Strips, Wontons, Sesame Seeds, Shredded Carrots & Thai Peanut Dressing.

GARDEN CLASSIC SALAD

Romaine Lettuce, Shredded Carrots, Cheddar Cheese, Diced Tomatoes & Your Choice of Dressing.

SALAD DRESSINGS

- **Balsamic Vinaigrette**
- **Caesar**
- **Light Ranch**
- **Sesame**
- **Thai Peanut**

Kid's Food Items (12 and Under)

ALL KID'S MENU FOOD ITEMS SERVED WITH CHIPS OR FRUIT.

CHEESE QUESADILLA Add Chicken for

TURKEY & AMERICAN CHEESE WRAP

HAM & AMERICAN CHEESE WRAP

TURKEY & AMERICAN CHEESE SANDWICH

HAM & AMERICAN CHEESE SANDWICH

Kid's Smoothies (12 and Under)

AWESOME ORANGE™

Orange, Ghirardelli's Finest White Chocolate & Non-Fat Yogurt.

CHOCOLATE CHIMP™

Banana & Ghirardelli's Finest Chocolate.

JETTY JUNIOR™

Strawberries & Banana.

Hearty Soups

CUP BOWL

Drinks, Etc.

SODA

ICED TEA

COFFEE 12oz. / 16oz.

BOTTLED WATER

CHIPS

COOKIES

Breakfast Wraps*

EARLY BIRD™

Chicken Breast Strips, Eggs, Pepper Jack Cheese, Diced Tomatoes & Texas Petal Sauce Wrapped in a White Tortilla.

SALSA SUNRISE™

Eggs, Ham, Bacon, Pepper Jack Cheese & Salsa Wrapped in a White Tortilla.

WESTERN WRAP™

Eggs, Ham, Red & Green Bell Peppers, Diced Tomatoes & Pepper Jack Cheese Wrapped in a White Tortilla.

CREATE YOUR OWN

Your Choice of Sausage or Bacon or Ham with Eggs, Pepper Jack Cheese & Salsa Wrapped in a White Tortilla.

BREAKFAST AVAILABLE ALL DAY!

Breakfast Bagels*

TOASTED BAGEL (PLAIN)

BAGEL WITH CREAM CHEESE

BAGEL WITH EGG & CHEESE

BAGEL WITH EGG, CHEESE & HAM, BACON OR SAUSAGE

***Not all locations serve breakfast.
Call nearest Tropical Smoothie
Café for details.**