

# ALL DAY BREAKFAST

ENERGY  
delicious  
REVITALIZE

## WRAPS

southwest omelet  when made with   
eggs, grilled chicken, pepper jack, tomatoes,  
spinach & chipotle mayo in a toasted flour tortilla

spinach & feta omelet   
eggs, feisty feta® cheese spread, spinach, tomatoes  
& pesto in a toasted flour tortilla

all american omelet  
eggs, ham, bacon, cheddar & low-fat mozzarella in  
a toasted flour tortilla

## FLATBREADS

peanut butter banana crunch   
peanut butter, banana, honey & granola  
on a toasted flatbread

## KIDS MENU

12 & UNDER

lively  
yummy  
FRESHNESS

Big Kahuna  
kid's food item with choice of side  
& 12 oz. kid's smoothie

## KIDS SMOOTHIES

12 oz. smoothies made with turbinado

lil' limeberry   
strawberries & lime

jetty junior   
strawberries & banana

awesome orange   
orange juice, white chocolate, orange,  
& non-fat yogurt

chocolate chimp   
banana & chocolate

## KIDS FOOD

wraps  
turkey & cheddar  
ham & cheddar

cheese quesadilla   
add chicken \$1.00 

pizza quesadilla   
add chicken \$1.00 

## BEVERAGES

For Franchise Information call (770) 821-1900  
[www.TropicalSmoothieFranchise.com](http://www.TropicalSmoothieFranchise.com)

# tropical SMOOTHIE CAFE®

eat better.  feel better.®

## Café Menu

DESTINATION FLAVORS eats mangolicious  
refresh tart SWEET 'N SPICY  
Yummy tart  
BREAKFAST IN A CUP ESSENCE  
berries BURST OF TASTE  
MENU island table  
PINEAPPLE  
Good greens NATURAL  
EAT BETTER FEEL BETTER  
KALES smoothie  
international flare  
refresh tart  
Yummy  
BREAKFAST IN A CUP ESSENCE  
berries BURST OF TASTE  
SUPER VEGGIES savor  
ANTIOXIDANTS  
don't  
vitamins  
meal on the go  
REVITALIZE  
STRAWBERRIES  
SUPER VEGGIES energy  
FRESHNESS super fruits  
bold flavors island table  
HAND-MADE fruity  
better when you share fare  
TAKE ME THERE  
flavors mangolicious  
DELICIOUS

[www.TropicalSmoothieCafe.com](http://www.TropicalSmoothieCafe.com)

**TACOS**  
DESTINATION FLAVOR  
Yummy  
chipotle

smoked jalapeño chicken  
grilled chicken, bacon, cabbage, tomatoes, red onions & smoked jalapeño spread in a flour tortilla

thai chili steak  
steak, cucumber, sriracha aioli and a house-made sweet chili slaw with cabbage, carrots & basil in a flour tortilla

cilantro lime fish  
grilled tilapia, cabbage, spicy cilantro sauce and house-made roasted pineapple salsa with red onions & cilantro in a flour tortilla

korean bbq steak  
steak, house-made cucumber & kale slaw and sweet & spicy asian bbq sauce in a flour tortilla

**FLATBREADS**  
island table  
FRESHNESS  
Savor



chipotle chicken club   
grilled chicken, bacon, romaine, tomatoes, pepper jack & chipotle mayo on a toasted flatbread

tzatziki steak  
steak, red onions, sliced tomatoes, romaine & tzatziki sauce made with fresh cucumbers on a toasted flatbread

chicken pesto   
grilled chicken, tomatoes, parmesan, low-fat mozzarella & pesto on a toasted flatbread

feisty feta® chicken   
grilled chicken, green & red peppers, romaine & feisty feta® cheese spread made with feta, tomatoes and green onion on a toasted flatbread

baja chicken   
grilled chicken, green & red peppers, red onions, romaine, low-fat mozzarella & light southwest ranch dressing on a toasted flatbread

**WRAPS**  
SWEET 'N SPICY  
HAND-MADE  
bold flavors



thai chicken   
grilled chicken, wontons, carrots, sesame seeds, romaine, cilantro, scallions & thai peanut dressing in a flour tortilla

jamaican jerk chicken   
grilled chicken, southwestern rice with corn, black beans & asparagus, red onions, low-fat mozzarella & jamaican jerk sauce in a flour tortilla

king caesar chicken   
grilled chicken, parmesan, tomatoes, romaine & caesar dressing in a garlic herb tortilla

buffalo chicken   
grilled chicken, tomatoes, romaine, buffalo sauce, low-fat mozzarella & light ranch dressing in a flour tortilla

totally turkey  
turkey, swiss, tomatoes, romaine & light ranch dressing in a garlic herb tortilla

hummus veggie   
hummus, pepper jack, southwestern rice with corn, black beans & asparagus, red onions, romaine, tomatoes & light southwest ranch dressing in a garlic herb tortilla

toasted and served with choice of side

**SANDWICHES**  
EN ROUTE TO PARADISE  
refresh  
energy



rustic turkey & apple club  
turkey, cheddar, gorgonzola, bacon, Dijon honey mustard and house-made kale & apple slaw on thinly sliced seedilicious bread

turkey bacon ranch  
turkey, swiss, bacon, tomatoes, a romaine spinach blend & light ranch dressing on a ciabatta

cranberry pecan chicken salad  
house-made with grilled chicken, cranberries, grapes, granny smith apple, pecans & a romaine spinach blend on thinly sliced seedilicious bread

ultimate club  
ham, turkey, bacon, swiss, parmesan, tomatoes, a romaine spinach blend & chipotle mayo on a ciabatta

toasted and served with choice of side

**SALADS**  
Good greens  
GLOBAL CUISINE  
refresh



loaded spinach   
spinach, bacon, candied pecans, gorgonzola, peaches, dried cranberries & house-made raspberry vinaigrette

thai chicken   
grilled chicken, a romaine spinach blend, wontons, sesame seeds, carrots, cilantro, scallions & thai peanut dressing

chicken caesar   
grilled chicken, romaine, parmesan, tomatoes & caesar dressing

Substitute our Beyond Meat Chicken-Free strips

Vegetarian Gluten-Friendly

**CLASSICS**  
mangolicious  
vitamins



sunrise sunset   
strawberries, pineapple, mango & orange juice

kiwi quencher   
kiwi, strawberries & non-fat yogurt

paradise point   
strawberries, banana & pineapple

sunny day   
mango, banana, orange juice & kiwi

mango magic   
mango, pineapple & non-fat yogurt

blimey limey   
strawberries, pineapple, orange juice & lime

blueberry bliss   
blueberries, strawberries & banana

rockin' raspberry   
raspberries, strawberries & banana

**SUPERFOODS**  
ANTIOXIDANTS  
REVITALIZE



island green   
spinach, kale, mango, pineapple & banana

totally green   
cucumber, green apple, kale, spinach, celery & kiwi

acai berry boost   
acai, pomegranate, banana, blueberries & strawberries

pomegranate plunge   
pomegranate, banana, strawberries & cranberry

avocolada   
avocado, pineapple, spinach, kale, coconut & lime

get up and goji   
goji, peaches, orange, banana & non-fat yogurt

detox island green   
spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)

caribbean c-burst   
goji, mango, carrots, banana & orange juice

**SUPERCHARGED**  
super fruits  
meal on the go



triple berry oat   
strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein & splenda®

peanut paradise   
peanut butter, banana, non-fat yogurt & choice of protein

health nut   
blueberries, mango, banana, almonds & choice of protein

lean machine  
strawberries, banana, fat burner & energizer

muscle blaster   
strawberries, banana & choice of protein

**INDULGENT**  
bon appetit  
ESSENCE

bahama mama   
strawberries, pineapple, white chocolate & coconut

peanut butter cup   
peanut butter, banana & chocolate

beach bum   
strawberries, banana & chocolate

mocha madness   
chocolate, coffee, cappuccino & non-fat yogurt (available in decaf)

**SUPPLEMENTS**

**FRESH ADD-INS**

- energizer
- vitamin-c
- immune complex
- fat burner
- multi-vitamin
- probiotic
- vitamin b12
- whey protein
- soy protein
- pea protein
- spinach & kale super pack
- ginger
- peanut butter
- almonds
- whole grain oats
- ground flax seed

**SMOOTHIE & A HALF**

**MAKE IT A MEAL**

any smoothie and your choice of half sandwich or half salad

add a 24 oz. smoothie to any flatbread, sandwich, wrap, salad or two tacos

**SIDES**

fruit medley (house-made)   
kale & apple slaw (house-made) , whole fruit or chips