

tropical SMOOTHIE CAFE®

eat better.  feel better.™

Café Menu

DESTINATION FLAVOR eats mangolicious
refresh tart SWEET 'N SPICY
Yummy
BREAKFAST IN A CUP ESSENCE
berries BURST OF TASTE
MENU island table ANTIOXIDANTS
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
TOASTED that time
bold flavors island table
HAND-MADE fruity
better when you share fare
TAKE ME THERE
flavors mangolicious
DELICIOUS
REVITALIZE
STRAWBERRIES
SUPER VEGGIES energy
FRESHNESS super fruits
vitamins
meal on the go
island table
don't appear
yummy TAKE ME THERE
EN ROUTE TO PARADISE

www.TropicalSmoothieCafe.com

TACOS

DESTINATION FLAVOR
Yummy

pick 2

pick 3

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 savor
FRESHNESS

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

toasted and
served with
choice of side

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



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

SIDES

fruit medley (house-made)

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

CLASSICS

mangolicious vitamins

sunrise sunset (F V)

strawberries, pineapple, mango & orange juice

kiwi quencher (F V)

kiwi, strawberries & non-fat yogurt

paradise point (F V)

strawberries, banana & pineapple

sunny day (F V)

mango, banana, orange juice & kiwi

mango magic (F V)

mango, pineapple & non-fat yogurt

blimey limey (F V)

strawberries, pineapple, orange juice & lime

blueberry bliss (F V)

blueberries, strawberries & banana

rockin' raspberry (F V)

raspberries, strawberries & banana

strawberry limeade (F V)

strawberries & lime

peaches 'n silk (F V)

peaches, strawberries & banana

jetty punch (F V)

strawberries & banana



SUPERFOODS

ANTIOXIDANTS REVITALIZE

island green (F V)

spinach, kale, mango, pineapple & banana

totally green (F V)

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

acai berry boost (F V)

acai, pomegranate, banana, blueberries & strawberries

pomegranate plunge (F V)

pomegranate, banana, strawberries & cranberry

caribbean c-burst (F V)

goji, mango, carrots, banana & orange juice

get up and goji (F V)

goji, peaches, orange, banana & non-fat yogurt

detox island green (F V)

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



SUPERCHARGED

super fruits meal on the go

triple berry oat (V)

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

peanut paradise (F V)

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

health nut (F V)

blueberries, mango, banana, almonds & choice of protein

lean machine

strawberries, banana, fat burner & energizer

muscle blaster (F V)

strawberries, banana & choice of protein



INDULGENT

bon appetit ESSENCE

bahama mama (F V)

strawberries, pineapple, white chocolate & coconut

peanut butter cup (F V)

peanut butter, banana & chocolate

beach bum (F V)

strawberries, banana & chocolate

mocha madness (V)

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

SUPPLEMENTS

- energizer
- vitamin-c
- immune complex (F V)
- fat burner
- multi-vitamin (F)
- probiotic (F V)
- vitamin b12 (F V)
- whey protein (F)
- soy protein (F V)
- pea protein (F V)

FRESH ADD-INS

- spinach & kale
- super pack (F V)
- ginger (F V)
- peanut butter (F V)
- almonds (F V)
- whole grain oats (V)
- ground flax seed (F V)

SMOOTHIE & A HALF

any smoothie and your choice of half sandwich or half salad

MAKE IT A MEAL

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

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
FRESHNESS

yummy

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