




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

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

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

toasted and served with choice of side



WRAPS
SWEET 'N SPICY
bold flavors
HAND-MADE

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

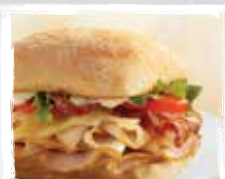
king caesar chicken
grilled chicken, parmesan, tomatoes, romaine & caesar dressing in a garlic herb tortilla

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

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

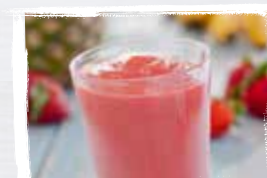
avocolada
avocado, pineapple, spinach, kale, coconut & lime

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