

TOASTED WRAPS

\$6⁴⁹

ALL WRAPS SERVED WITH CHIPS OR FRUIT

Buffalo Chicken

Chicken, Low Fat Mozzarella, Tomatoes, Romaine, Buffalo Sauce, Light Ranch & a White Tortilla

Totally Turkey

Turkey, Swiss, Tomatoes, Romaine, Light Ranch & a Garlic Herb Tortilla

Thai Chicken

Chicken, Wontons, Carrots, Sesame Seeds, Romaine, Thai Peanut Dressing & a White Tortilla

Veggie Veggie

Southwestern Rice with Corn, Black Beans & Asparagus, Parmesan, Tomatoes, Onions, Romaine, Balsamic Vinaigrette & a Garlic Herb Tortilla

King Caesar

Chicken, Parmesan, Tomatoes, Romaine, Caesar & a Garlic Herb Tortilla

Sesame Chicken

Chicken, Wontons, Almonds, Onions, Sesame Seeds, Romaine, Sesame Dressing & a White Tortilla

Cordon Bleu

Chicken, Ham, Bacon, Swiss, Light Ranch & a White Tortilla

Jamaican Jerk Chicken

Chicken, Low Fat Mozzarella, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Jamaican Jerk Sauce & a White Tortilla

Southwest Chicken

Chicken, Salsa, Southwestern Rice with Corn, Black Beans & Asparagus, Tomatoes, Onions, Guacamole, Romaine, Light Southwest Ranch & a White Tortilla

Popeye's Favorite

Chicken, Creamy Spinach and Artichoke Spread, Low Fat Mozzarella, Tomatoes & a White Tortilla

BISTRO SANDWICHES \$6⁷⁹

ALL SANDWICHES SERVED WITH CHIPS OR FRUIT

The Italian

Ham, Spicy Ham, Provolone, Banana Peppers, Parmesan Tomatoes, Field Greens & Pesto on Toasted Ciabatta

Cranberry Walnut Chicken Salad

Cranberry Walnut Chicken Salad, Tomatoes & Field Greens on Nine-Grain Wheat

Turkey Guacamole

Turkey, Guacamole, Cilantro-Lime, Onions, Tomatoes & Field Greens on Nine-Grain Wheat

Wasabi Roast Beef

Roast Beef, Pepper Jack, Romaine & Wasabi Caesar Dressing on Toasted Ciabatta

Turkey Bacon Ranch

Turkey, Bacon, Swiss, Tomatoes, Field Greens & Light Ranch on Toasted Ciabatta

Ultimate Club

Ham, Turkey, Bacon, Swiss, Parmesan Tomatoes, Field Greens & Bistro Sauce on Toasted Ciabatta

Hummus Veggie

Hummus, Pesto, Provolone, Green & Red Peppers, Parmesan Tomatoes & Field Greens on Nine-Grain Wheat

GRILLED FLATBREADS \$3⁹⁹

FLAT OUT DELICIOUS ANYTIME!

Baja Chicken

Chicken, Low Fat Mozzarella, Green & Red Peppers, Onions, Romaine & Light Southwest Ranch on Grilled Flatbread

Honey Ham & Swiss

Ham, Swiss, Tomatoes, Field Greens & Honey Mustard on Grilled Flatbread

Peanut Butter Banana Crunch

Peanut Butter, Banana, Granola & Honey on Grilled Flatbread

Mediterranean Veggie

Hummus, Parmesan, Banana Peppers, Onions, Tomatoes, Cilantro-Lime, Field Greens & Balsamic Vinaigrette on Grilled Flatbread

Chicken Pesto

Chicken, Low Fat Mozzarella, Parmesan Tomatoes & Pesto on Grilled Flatbread

Caribbean Luau

Chicken, Low Fat Mozzarella, Pineapple, Romaine & Jamaican Jerk Sauce on Grilled Flatbread

GOURMET SALADS \$6⁴⁹

Chicken Caesar

Romaine, Chicken, Parmesan, Tomatoes & Caesar Dressing

Sesame Chicken

Romaine, Field Greens, Chicken, Wontons, Almonds, Onions, Sesame Seeds & Sesame Dressing

Thai Chicken

Romaine, Field Greens, Chicken, Wontons, Sesame Seeds, Carrots & Thai Peanut Dressing

TSC Signature

Romaine, Field Greens, Chicken, Almonds, Pineapple, Blueberries, Carrots & TSC Signature Dressing

Southwest Chicken

Romaine, Field Greens, Chicken, Southwestern Rice with Corn, Black Beans & Asparagus, Tomatoes, Onions, Salsa, Guacamole & Light Southwest Ranch Dressing

Cranberry Walnut Chicken Salad

Romaine, Field Greens, Tomatoes, Cranberry Walnut Chicken Salad & TSC Signature Dressing

GOURMET SOUP \$4.19 \$3.19

bowl cup



TROPICAL KIDS

Kids 12 & Under

\$4⁹⁹

Big Kahuna

Kid's Food Item with Chips, Fruit or Cookie & 12 oz. Kid's Smoothie

\$3⁹⁹

Little Surfer

Kid's Food Item with Chips, Fruit or Cookie & 12 oz. Soft Drink

SELECT 1 KID'S FOOD ITEM

Cheese Quesadilla Flatbread Cheese Pizza
add Chicken \$1.00 Turkey, Ham or Grilled Cheese

Cheese Pizza

KIDS' SMOOTHIES \$2⁶⁹

All 12 oz. made with Turbino unless otherwise requested

Banana Mania

Banana & Non-Fat Yogurt

Jetty Junior

Strawberries & Banana

Awesome Orange

Orange, White Chocolate & Non-Fat Yogurt

Chocolate Chimp

Banana & Chocolate

GOOD MORNING \$3⁹⁹

TOASTED BREAKFAST WRAPS SERVED ALL DAY LONG!

Early Bird

Eggs, Chicken, Pepper Jack, Tomatoes, Bistro Sauce & a White Tortilla

Western

Eggs, Ham, Cheddar, Green & Red Peppers, Tomatoes & a White Tortilla

Salsa Sunrise

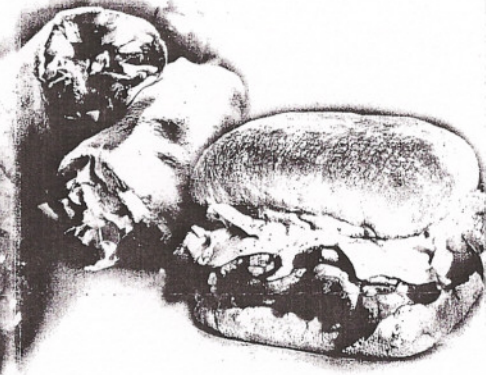
Eggs, Ham, Bacon, Pepper Jack, Salsa & a White Tortilla

All American

Eggs, Ham, Bacon, American & a White Tortilla

Toasted Bagel with Cream Cheese

\$1.49



PARADISE COMBO \$9⁹⁹

ANY SMOOTHIE & YOUR CHOICE OF ONE OF THE FOLLOWING:

Toasted Wrap, Bistro Sandwich, Gourmet Salad

Paradise Combo Served with Chips or fruit

ISLAND COMBO \$6⁹⁹

YOUR CHOICE OF ANY TWO:

Smoothie, Half Bistro Sandwich

Half Gourmet Salad, Cup of Soup

Island Combo does not include chips or fruit.

COFFEE SMOOTHIES \$4⁷⁹

AVAILABLE IN REGULAR OR DECAF

Caramel Cream

Caramel, White Chocolate, Coffee, Cappuccino & Non-Fat Yogurt

Cinn City

Cinnamon, Coffee, Cappuccino & Non-Fat Yogurt

Coffee Nut

Almonds, Coffee, Cappuccino & Non-Fat Yogurt

Mocha Madness

Chocolate, Coffee, Cappuccino & Non-Fat Yogurt

SIMPLY INDULGENT \$4⁷⁹

SMOOTHIES

DESSERT SHOULD TASTE THIS GOOD!

Beach Bum

Strawberries, Banana & Chocolate

Bahama Mama

Strawberries, Pineapple, White Chocolate & Coconut

Tropi-Colada

Pineapple, Coconut & Banana

Chocolate Chiller

Chocolate, White Chocolate & Non-Fat Yogurt

Peanut Butter Cup

Peanut Butter, Banana & Chocolate

All 24 oz. made with Turbino unless otherwise requested

Cold Drinks \$1.69 Chips \$.99

Coffee \$1.69 / \$1.99 Cookies \$.59

Bottled Water \$1.29 3 for \$1.49

SUPERCARGED SMOOTHIES TO POWER UP

\$4.79 = Calorie Count When Made With Splenda
All 24 oz. made with Turbido unless otherwise requested

Health Nut
Blueberries, Mango, Banana, Almonds & Whey or Soy Protein

Immune Blast
Orange, Banana & Vitamin C Immune Complex

Lean Machine
Strawberries, Banana, Weight Management & Energizer

Kiwi Citrus Green Tea
Kiwi, Orange, Non-Fat Yogurt & Matcha Green Tea

Muscle Blaster
Strawberries, Banana & Whey or Soy Protein

Peanut Paradise
Peanut Butter, Banana, Non-Fat Yogurt & Whey or Soy Protein

Stress Defender
Orange, Non-Fat Yogurt & Stress Defense

Very Berry Green Tea
Acai, Strawberries, Blueberries & Matcha Green Tea

SUPER FRUIT

\$4.89

Acai Berry Boost
Acai, Pomegranate, Banana, Blueberries & Strawberries

Pomegranate Plunge
Pomegranate, Banana, Strawberries & Cranberry

Get-Up-and-Go!
Goji, Peaches, Orange, Banana & Non-Fat Yogurt

For Franchise Information

Call 1-888-292-2522

or visit us at

www.tropicalsmoothiecafe.com

LOW FAT SMOOTHIES

\$4.49 = Calorie Count When Made With Splenda
All 24 oz. made with Turbido unless otherwise requested

Blimney Limy
Strawberries, Pineapple, Orange & Lime

Blue Lagoon
Blueberries, Strawberries & Banana

Hawaiian Breeze
Pineapple, Orange & Non-Fat Yogurt

Island Fever
Pineapple, Peaches & Banana

Jetty Punch
Strawberries & Banana

Kiwi Quencher
Kiwi, Strawberries & Non-Fat Yogurt

Mango Magic
Mango, Pineapple & Non-Fat Yogurt

Paradise Point
Strawberries, Banana & Pineapple

Peaches 'N Silk
Peaches, Strawberries & Banana

Pineapple Delight
Pineapple, Orange & Banana

Rockin' Raspberry
Raspberries, Strawberries & Banana

Strawberry Beach
Strawberries & Non-Fat Yogurt

Sunny Day
Mango, Banana, Orange & Kiwi

Sunrise Sunset
Strawberries, Pineapple, Mango & Orange

SUPPLEMENTS

Energizer

Matcha Green Tea

Multi-Vitamin

Whey or

Soy Protein

Stress Defense

Vitamin C

Immune Complex

Weight Management

CHARGE IT UP WITH A SUPPLEMENT