CARIBBEAN JERK BOWL 620 cal grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo
CALI CHICKEN CLUB™ 570 cal grilled chicken, bacon, smashed avocado, tomatoes, romaine, mozzarella & basil garlic mayo

PRESSED SANDWICHES
Served with chips (110-210 cal), whole fruit (60-110 cal) or kale & apple slaw (120 cal)

CHICKEN CAPRESE 680 cal grilled chicken, fresh mozzarella, parmesan, spiral & balsamic glaze on pressed ciabatta

Additional charges may apply.

Plant-based chicken substitute available.

TOASTED FLATBREADS
Served with chips (110-210 cal), whole fruit (60-110 cal) or kale & apple slaw (120 cal)

CHIPOTLE CHICKEN CLUB™ 490 cal grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo
CALI CHICKEN CLUB™ 570 cal grilled chicken, bacon, smashed avocado, tomatoes, romaine, mozzarella & basil garlic mayo

GRILLED CHICKEN, BACON, TOMATOES, ROMAINE, KALE & SPINACH
(120 cal)

Served with chips (110-210 cal), whole fruit (60-110 cal) or kale & apple slaw (120 cal)

CHICKEN PESTO 430 cal when made with grilled chicken, tomatoes, shredded parmesan, mozzarella & pesto
CHICKEN APPLE CLUB 580 cal grilled chicken, bacon, kale and apple slaw, a smoked cheese blend & honey dijon
CHICKEN BACON RANCH 500 cal grilled chicken, bacon, tomatoes, romaine, cheddar & lite ranch

PRESSED SANDWICHES
Served with chips (110-210 cal), whole fruit (60-110 cal) or kale & apple slaw (120 cal)

TURKEY APPLE DIJON 640 cal turkey, bacon, kale and apple slaw, a smoked cheese blend & honey dijon on 9-grain bread

SUPERGUARD CAESAR CHICKEN wrap 610 cal / bowl 570 cal grilled chicken, a romaine, kale & spinach blend, shredded parmesan, tomatoes, parmesan crisps & caesar

TOASTED SANDWICHES
Served with chips (110-210 cal), whole fruit (60-110 cal) or kale & apple slaw (120 cal)

TURKEY BACON RANCH 560 cal turkey, bacon, tomatoes, a romaine spinach blend, swiss & lite ranch on ciabatta

ULTIMATE CLUB 620 cal ham, turkey, bacon, swiss, shredded parmesan, tomatoes, a romaine spinach blend & chipotle mayo on ciabatta

TROPICAL CHICKEN SALAD 610 cal pulled chicken, cashews, roasted pineapple, salsa and jerk mayo with a romaine spinach blend & tomatoes on 9-grain bread

SIGNATURE WRAPS & BOWLS
Served in a flour tortilla with chips (110-210 cal), whole fruit (60-110 cal) or kale & apple slaw (120 cal). Or try it in a bowl!

CHICKEN BACON RANCH wrap 640 cal / bowl 470 cal grilled chicken, rice, black beans, mashed avocado, romaine, pickled red onions, cheddar & roasted tomato salsa

TURKEY BACON RANCH wrap 500 cal / bowl 380 cal grilled chicken, carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce

HUMMUS VEGGIE wrap 740 cal / bowl 620 cal hummus, smashed avocado, pepper jack cheese, a romaine, kale & spinach blend, rice, black beans, pickled red onions, tomatoes & lite ranch

BUCCO CHICKEN wrap 510 cal / bowl 420 cal grilled chicken, tomatoes, romaine, mozzarella, buffalo sauce & lite ranch

BABY CUBAN wrap 740 cal pulled pork, ham, mayo, yellow mustard, pickles & swiss on pressed ciabatta

ADD A SMOOTHIE to any flatbread, sandwich, wrap, bowl or quesadilla adds 180-880 cal

SMOOTHIE & A HALF any smoothie and your choice of half toasted sandwich (excludes pressed sandwiches) 460-1,200 cal

SUPPLEMENTS

SMOOTHIES

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information is available upon request.
TropicalSmoothieCafe.com

MENU

ALL DAY BREAKFAST

ALL AMERICAN WRAP 430 cal
eggs, ham, bacon, cheddar & mozzarella

SOUTHWEST WRAP when made with 580 cal
eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo

PEANUT BUTTER BANANA CRUNCH FLATBREAD 590 cal
ground turkey, peanut butter, banana, granola & honey

LIL’ LIMEBERRY™ 260 cal
strawberries & lime

JETTY JUNIOR™ 190 cal
strawberries & banana

AWESOME ORANGE™ 370 cal
orange juice, white chocolate, orange & non-fat yogurt

CHOCOLATE CHIMP™ 260 cal
banana & chocolate

Available with chicken. Additional charge applies.
(adds 80 cal)

SOUTHWEST WRAP when made with 580 cal
eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo

BIG KAHUNA MEAL 620-1,060 cal
Kids food item & 12 oz. kids smoothie with choice of chips (110-210 cal), whole fruit (60-110 cal) or kale & apple slaw (120 cal)
Bigger Kahuna Meal: Upgraded to any 24 oz. smoothie (adds 0-690 cal)

12 oz. smoothies

LIL’ LIMEBERRY™ 260 cal
strawberries & lime

JETTY JUNIOR™ 190 cal
strawberries & banana

AWESOME ORANGE™ 370 cal
orange juice, white chocolate, orange & non-fat yogurt

CHOCOLATE CHIMP™ 260 cal
banana & chocolate

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 a day for children 9-13 years, but calorie needs vary.

COOKIES

chocolate chunk - 350 cal
snickerdoodle - 330 cal

SIDES

whole fruit - 60-110 cal
chips (flavors vary by location) - 60-210 cal
kale & apple slaw - 120 cal

BEVERAGES

See cafe for available offerings
0-290 cal

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

For franchise information, visit TropicalSmoothieFranchise.com

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At participating locations

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