

LOW FAT SMOOTHIES

\$4⁵⁹ = Calorie Count When Made With Splenda
All 24 oz. made with Turbinado unless otherwise requested

211 • **Blimey Limey™**
Strawberries, Pineapple, Orange & Lime

Blue Lagoon
Blueberries, Strawberries & Banana

179 • **Hawaiian Breeze™**
Pineapple, Orange & Non-Fat Yogurt

Island Fever™
Pineapple, Peaches & Banana

Jetty Punch™
Strawberries & Banana

215 • **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

227 • **Pineapple Delight™**
Pineapple, Orange & Banana

Rockin' Raspberry™
Raspberries, Strawberries & Banana

Strawberry Beach
Strawberries & Non-Fat Yogurt

Sunny Day™
Mango, Banana, Orange & Kiwi

210 • **Sunrise Sunset™**
Strawberries, Pineapple, Mango & Orange

99¢ SUPPLEMENTS

CHARGE IT UP WITH A SUPPLEMENT

Energizer	Stress Defense
Matcha Green Tea	Vitamin C
Multi-Vitamin	Immune Complex
Whey or Soy Protein	Weight Management

SUPERCARGED SMOOTHIES TO POWER UP

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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

160 • **Very Berry Green Tea™**
Acai, Strawberries, Blueberries & Matcha Green Tea

\$4⁹⁹ SUPER FRUIT

231 • **Acai Berry Boost™**
Acai, Pomegranate, Banana, Blueberries & Strawberries

Pomegranate Plunge™
Pomegranate, Banana, Strawberries & Cranberry

232 • **Get-Up-and-Goji™**
Goji, Peaches, Orange, Banana & Non-Fat Yogurt

For Franchise Information

Call 1-888-292-2522

or visit us at

www.tropicalsmoothiecafe.com

Tropical Smoothie Cafe
3345 SW 34th Street
Gainesville, FL 32608
352-379-9988
352-379-4611 - fax

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FRESH SMOOTHIES
FRESH FOOD



eat better.  feel better.™

TOASTED WRAPS \$6⁹⁹

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 \$6⁹⁹

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 \$3.99 bowl \$2.9 cup

TROPICAL KIDS

Kids 12 & Under \$5⁴⁹

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

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

KIDS’ SMOOTHIES \$2⁹⁹

All 12 oz. made with Turbinado unless otherwise requested

Banana Mania **Jetty Junior**
Banana & Non-Fat Yogurt Strawberries & Banana

Awesome Orange **Chocolate Chimp**
Orange, White Chocolate & Non-Fat Yogurt Banana & Chocolate

GOOD MORNING \$3⁹⁹

TOASTED BREAKFAST WRAPS SERVED ALL DAY LONG!

Early Bird **Western**
Eggs, Chicken, Pepper Jack, Tomatoes, Eggs, Ham, Cheddar, Green & Red
Bistro Sauce & a White Tortilla Peppers, Tomatoes & a White Tortilla

Salsa Sunrise **All American**
Eggs, Ham, Bacon, Pepper Jack, Eggs, Ham, Bacon,
Salsa & a White Tortilla American & a White Tortilla

Toasted Bagel with Cream Cheese \$2.29

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 \$4⁹⁹

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 SMOOTHIES \$4⁹⁹

DESSERT SHOULD TASTE THIS GOOD!

Beach Bum **Chocolate Chiller**
Strawberries, Banana & Chocolate Chocolate, White Chocolate & Non-Fat Yogurt

Bahama Mama **Peanut Butter Cup**
Strawberries, Pineapple, White Chocolate & Coconut Peanut Butter, Banana & Chocolate

Tropi-Colada
Pineapple, Coconut & Banana

Cold Drinks \$1.99 **Chips** \$1.09

Coffee **Cookies** \$1.59

Bottled Water \$1.39 **3 for \$1.50**

