

LOW FAT SMOOTHIES \$4⁵⁹

= CALORIE COUNT WHEN MADE WITH SPLENDA®
All 24 oz. made with Turbinado unless otherwise requested

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

Blue Lagoon™
Blueberries, Strawberries & Banana

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

Island Fever™
Pineapple, Peaches & Banana

Jetty Punch™
Strawberries & Banana

260 • **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

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

Rockin' Raspberry™
Raspberries, Strawberries & Banana

Strawberry Beach™
Strawberries & Non-Fat Yogurt

Sunny Day™
Mango, Banana, Orange & Kiwi

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

SUPPLEMENTS 75¢

CHARGE IT UP WITH A SUPPLEMENT!

Energizer	Ground Whole Grain Oats
Multi-Vitamin	Ground Flax Seed
Whey or Soy Protein	\$.75 Matcha Green Tea
Weight Management	Stress Defense
Vitamin C Immune Complex	

SUPERCHARGED \$4⁹⁹

SMOOTHIES TO POWER UP

= CALORIE COUNT WHEN MADE WITH SPLENDA®
All 24 oz. made with Turbinado 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

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

SUPER FRUIT \$4⁹⁹

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

Pomegranate Plunge™
Pomegranate, Banana, Strawberries & Cranberry

260 • **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

FLINT LOCATION:

2103 S Linden Road

(810) 733-2100 (Phone)

(810) 733-0022 (Curbside Pick-up)

(810) 733-2121 (Fax)

FENTON LOCATION:

4009 Owen Road

(West of Walmart)

(810) 714-4888 (Phone)

(810) 714-4888 (Curbside Pick-up)

(810) 714-3889 (Fax)



FRESH SMOOTHIES
FRESH FOOD



eat better.  feel better.™

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

GRILLED FLATBREADS \$4²⁹

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

BISTRO SANDWICHES \$6⁹⁹

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

GOURMET SALADS \$6³⁹

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 SOUPS

Cup \$2.99 Bowl \$3.99



KID’S MENU

KIDS 12 & UNDER
KID’S FOOD \$3⁹⁹

Turkey & American Wrap Cheese Quesadilla
Add chicken \$1

Ham & American Wrap Cheese Pizza
Add chicken \$1

KID’S SMOOTHIES \$2⁵⁹

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

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

Big Kahuna Combo Little Surfer Combo
Kid’s Food Item with Chips, Fruit \$5⁴⁹ Kid’s Food Item with Chips, Fruit \$4⁴⁹
or Cookie & a 12 oz. Kid’s Smoothie or Cookie & a 12 oz. Soft Drink

BREAKFAST

SERVED ALL DAY LONG!
Triple Berry Oat™ Smoothie \$4.99 390 •
Stawberries, Blueberries, Cranberry, Multi-Vitamin, Ground Flax, Ground Whole Grain Oats, Whey Protein & Splenda®

The Classic™ \$4.99
Eggs, Cheddar & American and Your Choice of Bacon, Ham or Sausage on a Toasted Ciabatta

Buffalo Kick Start™ \$4.99
Eggs, Bacon, Spicy Ham, Pepper Jack & Buffalo Sauce on a Toasted Ciabatta

Pesto Paradise™ \$3.99
Eggs, Ham, Low Fat Mozzarella, Parmesan Tomatoes & Pesto on a Grilled Flatbread

Toasted Bagel \$1.99
with Cream Cheese

All American Wrap™	Junior	Regular
Eggs, Ham, Bacon, American & a White Tortilla	\$1.99	\$3.99

Salsa Sunrise Wrap™	\$1.99	\$3.99
Eggs, Ham, Bacon, Pepper Jack, Salsa & a White Tortilla		

Early Bird Wrap™	\$1.99	\$3.99
Eggs, Chicken, Pepper Jack, Tomatoes, Bistro Sauce & a White Tortilla		

PARADISE COMBO \$9⁹⁹

Paradise Combo served with chips or fruit
ANY SMOOTHIE & YOUR CHOICE OF ONE OF THE FOLLOWING:
Toasted Wrap Bistro Sandwich
Gourmet Salad

ISLAND COMBO \$7²⁹

Island Combo does not include chips or fruit
YOUR CHOICE OF ANY TWO:

Smoothie Half Bistro Sandwich
Half Gourmet Salad Cup of Soup

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 \$4⁹⁹

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 24oz. Smoothies made with Turbinado unless otherwise requested

Cold Drinks	\$1.49	Chips	\$1.25
Bottled Water	\$1.25	Cookies	\$.59
Coffee	\$.99		