



6629322794

<http://www.eatsdeliveries.com>

Tropical Smoothie Cafe OB

Super Veggie Smoothies

Island Green	\$6.79
<i>Spinach, kale, mango, pineapple, & banana</i>	
Detox Island Green	\$6.79
<i>Spinach, kale, mango, pineapple, banana, & fresh ginger (naturally sweetened)</i>	
Avocolada	\$6.79
<i>Avocado, pineapple, spinach, kale, coconut, & lime</i>	

Balanced Fusion Smoothies

All smoothies are 24 oz and made with Turbinado, Splenda is available

Lean Machine	\$7.10
<i>Strawberries, banana, fat burner, & energizer</i>	
Peanut Paradise	\$6.79
<i>Peanut Butter, Banana, non-fat yogurt, & choice of protein</i>	
Chia Banana Max	\$6.79
<i>Chia Banana Boost Plus peanut butter & Whey for max protein!</i>	
Acai Berry Boost	\$6.79
<i>Acai, Pomegranate, Banana, Blueberries, & strawberries</i>	
Triple Berry Oat	\$7.10
<i>Strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein & splenda</i>	

Fruit Blend Smoothies

fruity

Sunrise Sunset	\$5.79
<i>Strawberries, pineapple, mango, and orange juice</i>	
IT S BACK! MANGO BERRY COSMO SMOOTHIE	\$7.49
<i>Mango, strawberries, cranberry and lime</i>	
IT S BACK! WATERMELON MOJITO SMOOTHIE	\$7.49
<i>Watermelon, mint, strawberries and lime</i>	
Jetty Punch	\$5.79
<i>Strawberries & banana</i>	
Kiwi Quencher	\$5.79
<i>Kiwi, strawberries, & non-fat yogurt</i>	
IT'S BACK! DRAGON FRUIT SMOOTHIE	\$7.49
<i>dragon fruit, mango, pineapple & banana</i>	
IT'S BACK! STARFRUIT SMOOTHIE	\$7.49
<i>starfruit, mango, strawberries & lime</i>	
Paradise Point	\$5.79
<i>Strawberries, banana, & pineapple</i>	
Mango Magic	\$5.79
<i>Mango, pineapple, & non-fat yogurt</i>	
Blimey Limey	\$5.79
<i>Strawberries, pineapple, orange</i>	

Flatbreads

Chipotle Chicken Club	\$6.49
<i>Grilled chicken, bacon, romaine, tomatoes, pepper jack & chipotle mayo on a toasted flatbread</i>	
Chicken Bacon Ranch	\$6.49
<i>Bacon, tomatoes, romaine, cheddar and lite ranch</i>	
Chicken Pesto	\$6.49
<i>Grilled chicken, tomatoes, parmesan, low-fat mozzarella & pesto on a toasted flatbread</i>	

Wraps

made with a flour tortilla or Make it a Bowl and served with choice of side

Caribbean Jerk Chicken Wrap	\$8.69
<i>rice, black beans, cheddar, roasted pineapple salsa, romaine and jerk sauce</i>	
Buffalo Chicken Wrap	\$8.10
<i>tomatoes, romaine, buffalo sauce, low-fat mozzarella & light ranch dressing</i>	
Thai Chicken Wrap	\$8.69
<i>Grilled chicken, wontons, carrots, sesame seeds, romaine, cilantro, scallions & thai peanut dressing</i>	
Hummus Veggie Wrap	\$8.69
<i>Hummus, pepper jack, southwestern rice with corn, black beans & asparagus, pickled red onions, romaine kale and spinach blend, tomatoes, and light ranch dressing</i>	
Baja Chicken Wrap	\$8.69
<i>rice, black beans, smashed avocado, romaine, pickled red onion, cheddar and roasted tomato salsa</i>	
SuperGreen Caesar Chicken Wrap	\$8.69
<i>Grilled chicken, shredded parmesan and crisps, tomatoes, romaine, kale and spinach blend and caesar dressing</i>	

Sandwiches

Toasted & served with your choice of a side

Turkey Bacon Ranch	\$8.69
<i>Turkey, swiss, bacon, tomatoes, a romaine spinach blend & light ranch dressing on ciabatta</i>	
Chicken Caprese	\$8.69
<i>grilled chicken, fresh mozzarella, parmesan, tomato, balsamic glaze & pesto pressed to perfection. (680 cal)</i>	

Sides

Kale & Apple Slaw (house made)	\$1.50
Whole Fruit	\$1.50
Cookies	\$1.99
Chips	\$1.29

QUESADILLAS

Quesadillas are served a la carte and do not include a side item.

THREE CHEESE CHICKEN QUESADILLA	\$6.99
<i>grilled chicken, queso blanco, cheddar and a smoked cheese blend all on a flour tortilla, served with roasted tomato salsa. (550 cal)</i>	
SANTA FE CHICKEN QUESADILLA	\$8.10
<i>grilled chicken, black beans, roasted red pepper & onion, queso blanco, cheddar and a smoked cheese blend all on a flour tortilla, served with roasted tomato salsa. (600 cal)</i>	

Salads

Caribbean Jerk Chicken Salad	\$8.69
<i>rice, black beans, cheddar, roasted pineapple salsa, romaine and jerk sauce</i>	
Buffalo Chicken Salad	\$8.10
<i>tomatoes, romaine, buffalo sauce, low-fat mozzarella & light ranch dressing</i>	
Thai Chicken Salad	\$8.69
<i>Grilled chicken, wontons, carrots, sesame seeds, romaine, cilantro, scallions & thai peanut dressing</i>	
Hummus Veggie Salad	\$8.69
<i>Hummus, pepper jack, southwestern rice with corn, black beans & asparagus, pickled red onions, romaine kale and spinach blend, tomatoes, and light ranch dressing</i>	
Baja Chicken Salad	\$8.69
<i>rice, black beans, smashed avocado, romaine, pickled red onion, cheddar and roasted tomato salsa</i>	
SuperGreen Caesar Chicken Salad	\$8.69
<i>Grilled chicken, shredded parmesan and crisps, tomatoes, romaine, kale and spinach blend and caesar dressing</i>	

Breakfast Wraps

All American Wrap	\$5.99
<i>eggs, ham, bacon, cheddar & low-fat mozzarella in a toasted flour tortilla</i>	
Southwest Wrap	\$5.99
<i>Eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo in a toasted flour tortilla</i>	

Kids Menu: Food

Turkey & Cheddar Wrap	\$5.29
Classic Grilled Cheese	\$5.29
Chicken & Cheese Quesadilla	\$6.29
<i>Add chicken for an upcharge.</i>	

Kids Menu: Smoothies

<i>juice, and lime</i>	
Pomegranate Plunge	\$6.59
<i>Pomegranate, banana, strawberries, & cranberry</i>	
Blueberry Bliss	\$5.79
<i>Blueberries, strawberries, & banana</i>	

12 oz, 12 and under. Made with turbinado.

Lil' Limeberry	\$3.49
<i>Strawberries and lime</i>	
Jetty Junior	\$3.49
<i>Strawberries & Banana</i>	
Awesome Chocolate	\$3.49
<i>Banana and chocolate</i>	

Tropical Treat Smoothies

All smoothies are 24 oz and made with turbinado; splenda is available

Bahama Mama	\$6.49
<i>Strawberries, pineapple, white chocolate & coconut</i>	
Peanut Butter Cup	\$6.49
<i>Peanut Butter, banana & chocolate</i>	
Beach Bum	\$6.49
<i>strawberries, banana & chocolate</i>	
Mocha Madness	\$6.49
<i>Chocolate, coffee, cappuccino & non-fat Yogurt</i>	