



662-892-3724

<http://www.eatsdeliveries.com>

Tropical Smoothie Cafe OB

Super Veggie Smoothies

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| 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

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| 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

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| 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

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| 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

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| 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

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| 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

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| 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.

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| 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

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| 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

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| 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

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| 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

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

Tropical Treat Smoothies

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

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|---|--------|
| 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> | |

12 oz, 12 and under. Made with turbinado.

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| 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> | |