

### Eat better. Feel better. Together!

Invite Tropical Smoothie to your next gathering for a refreshing change!

Everyone meets better when they eat better! From morning meetings with the sales team to social gatherings of any size, Tropical Smoothie Catering offers high quality, great-tasting food and smoothies that will leave your group refreshed, not sluggish! Everything comes smartly packaged for travel and serving convenience. We see to all the details, including the utensils, plates and napkins. Let us assist you with the menu that's just right for your group.

> Wraps Sandwiches Fresh Salads Box Lunches Smoothies

# **FRESH salads**

Chicken Caesar Romaine, Chicken, Parmesan,

Tomatoes & Caesar Dressing Southwest Chicken

Romaine, Field Greens, Chicken,

Southwestern Rice with Corn. Black Beans & Asparagus, Tomatoes, Onions, Salsa, Guacamole & Light

Southwest Ranch Dressing

Romaine, Field Greens, Chicken,

Wontons, Sesame Seeds, Carrots &

Thai Chicken

Thai Peanut Dressing



Our salad selections are available in group-style bowls to feed the whole crew! (SERVES 8 - 10)

### beverages & sides

Each location has a variety of beverages, sides and other items available to complete your meal! Please ask for more details.

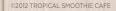


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Order Online at: XX000.TropicalSmoothie.com Text **xxxxx** to **00000** to get weekly deals.



www.TropicalSmoothieCafe.com









## **FRESH sandwiches**

## FRESH Wraps

Cranberry Walnut Chicken Salad

Cranberry Walnut Chicken Salad, Tomatoes

Chicken, Parmesan, Tomatoes, Romaine,

& Romaine in a Garlic Herb Tortilla

Caesar in a Garlic Herb Tortilla

King Caesar<sup>™</sup>

# **FRESH smoothies**

CALORIE COUNT WHEN MADE WITH SPLENDA

ALL SMOOTHIES ARE MADE WITH TURBINADO UNLESS OTHERWISE REQUESTED.





Totally Turkey<sup>™</sup> Turkey, Swiss, Tomatoes, Romaine, Light Ranch in a Garlic Herb Tortilla

Hummus Veggie<sup>™</sup> Hummus, Pepper Jack, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Romaine & Salsa in a Garlic Herb Tortilla Sunny Day™ Mango, Banana, Orange & Kiwi

Kiwi Quencher<sup>™</sup> 260 Kiwi, Strawberries & Non-Fat Yogurt

Paradise Point<sup>™</sup> Strawberries, Banana & Pineapple

Mango Magic<sup>™</sup> Mango, Pineapple & Non-Fat Yogurt

Blimey Limey<sup>™</sup> 270 Strawberries, Pineapple, Orange & Lime Sunrise Sunset<sup>™</sup> <sup>260</sup> Strawberries, Pineapple, Mango & Orange

Blue Lagoon™ Blueberries, Strawberries & Banana

Rockin' Raspberry™ Raspberries, Strawberries & Banana

Strawberry Lemonade™ Strawberries & Lemonade

Jetty Punch<sup>™</sup> Strawberries & Banana

### ADD A COOKIE TRAY!

Looking for a way to round out the perfect meal? Add an assortment of cookies! Each location has a variety of cookies to choose from. Please ask for more details. ADD A SMOOTHIE!

Bring a bit of the tropics to your next party or meeting by adding a smoothie to any order. Choose from 10 delicious smoothies. There's something for every taste!

#### DELUXE BOX LUNCH

Your choice of a wrap or sandwich served with chips or fruit and a cookie.

#### WRAP OR SANDWICH TRAY

Your choice of wraps or sandwiches or both on a tray.

Cranberry Walnut Chicken Salad Cranberry Walnut Chicken Salad, Tomatoes & Field Greens on Nine-Grain Wheat

Wasabi Caesar Roast Beef<sup>™</sup> Roast Beef, Pepper Jack, Romaine & Wasabi Caesar Dressing on Ciabatta

Turkey Guacamole Turkey, Guacamole, Cilantro-Lime, Onions, Tomatoes & Field Greens on Nine-Grain Wheat Chipotle Turkey Turkey, Pepper Jack, Tomatoes, Romaine & Chipotle Mayo on Ciabatta

Turkey & Swiss Turkey, Swiss, Tomatoes & Romaine on Nine-Grain Wheat

Ham & Swiss Ham, Swiss, Tomatoes & Romaine on Ciabatta



