



## 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



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

### 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

### Thai Chicken

Romaine, Field Greens, Chicken, Wontons, Sesame Seeds, Carrots & Thai Peanut Dressing

## beverages & sides

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



street address, suite #  
City, State Zip  
Ph: (000) 000-0000  
Fax: (000) 000-0000

Order Online at: [XX000.TropicalSmoothie.com](http://XX000.TropicalSmoothie.com)

Find us on Facebook at "xxxxxxxxxxxx"

Text xxxxx to 00000 to get weekly deals.



## CATERING menu

For any occasion!



# FRESH sandwiches



# FRESH wraps



# FRESH smoothies

ALL SMOOTHIES ARE MADE WITH TURBINADO UNLESS OTHERWISE REQUESTED.

 = CALORIE COUNT WHEN MADE WITH SPLENDA™



## 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 & Romaine in a Garlic Herb Tortilla

### Totally Turkey™

Turkey, Swiss, Tomatoes, Romaine, Light Ranch in a Garlic Herb Tortilla

### Sunny Day™

Mango, Banana, Orange & Kiwi

### Sunrise Sunset™ <sup>260</sup>

Strawberries, Pineapple, Mango & Orange

### King Caesar™

Chicken, Parmesan, Tomatoes, Romaine, Caesar in a Garlic Herb Tortilla

### Hummus Veggie™

Hummus, Pepper Jack, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Romaine & Salsa in a Garlic Herb Tortilla

### Kiwi Quencher™ <sup>260</sup>

Kiwi, Strawberries & Non-Fat Yogurt

### Blue Lagoon™

Blueberries, Strawberries & Banana

### Paradise Point™

Strawberries, Banana & Pineapple

### Rockin' Raspberry™

Raspberries, Strawberries & Banana

### Mango Magic™

Mango, Pineapple & Non-Fat Yogurt

### Strawberry Lemonade™

Strawberries & Lemonade

### Blimey Limey™ <sup>270</sup>

Strawberries, Pineapple, Orange & Lime

### Jetty Punch™

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!

