DELUXE BOX LUNCH
Your choice of a wrap or sandwich served with chips or whole fruit and a cookie.

WRAP OR SANDWICH TRAY
Your choice of wraps or sandwiches or both on a tray.

ADD A SMOOTHIE TO COMPLETE YOUR MEAL
All smoothies are made with turbinado unless otherwise noted or requested. Splenda® substitute available.

SANDWICHES
- CHIPOTLE TURKEY: pepper jack, tomatoes, romaine & chipotle mayo on ciabatta
- TURKEY BACON RANCH: bacon, tomatoes, a romaine spinach blend, swiss & lite ranch on ciabatta
- TURKEY & SWISS: swiss, tomatoes & romaine on ciabatta with mayo & mustard on the side
- HAM & SWISS: swiss, tomatoes & romaine on ciabatta with mayo & mustard on the side
- SUPERGREEN CAESAR
  - CHICKEN: a romaine, kale and spinach blend, shredded parmesan, tomatoes, parmesan crisps & caesar
  - TOTALLY TURKEY: a romaine, kale and spinach blend, southwestern rice with corn, black beans & asparagus, picked red onions, tomatoes & lite ranch
- TROPICAL CHICKEN SALAD: pulled chicken, roasted pineapple salsa, cashews, jerk mayo with a romaine spinach blend & tomatoes on 9-grain bread
- ULTIMATE CLUB: ham, turkey, bacon, swiss, shredded parmesan, tomatoes, a romaine spinach blend & chipotle mayo on ciabatta
- HUMMUS VEGGIE: hummus, smashed avocado, pepper jack, a romaine, kale & spinach blend, southwestern rice with corn, black beans & asparagus, picked red onions, tomatoes & lite ranch
- THAI CHICKEN: carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce

GROUP SALADS (SERVES 8 - 10)
- THAI CHICKEN: when made with romaine, wontons, sesame seeds, carrots, cilantro, scallions & thai peanut sauce
- SUPERGREEN CAESAR CHICKEN: a romaine, kale and spinach blend, shredded parmesan, tomatoes, parmesan crisps & caesar
- CHICKEN APPLE SPINACH: spinach, bacon, green apple, carrots, a smoked cheese blend & honey dip

GROUP SIDES (SERVES 8 - 10)
- KALE & APPLE SLAW: (HOUSE-MADE)

ASSORTED COOKIE TRAY
Looking for a way to round out the perfect meal? Add a tray of snickerdoodle and/or chocolate chunk cookies to your order! Please ask for details.

BEVERAGES & SIDES
Contact us to find out about additional drink and side options. *Smoothie Only Orders: Call for details and pricing.

CLASSIC SMOOTHIES
- SUNRISE SUNSET: strawberries, pineapple, mango & orange juice
- PARADISE POINT: strawberries, banana & pineapple
- BLUEBERRY BLISS: blueberries, strawberries & banana
- SUNSHINE: mango, banana, orange, pineapple & orange juice
- PEACHES ‘N SILK: peaches, strawberries & banana
- BAHAMA MAMA: strawberries, pineapple, white chocolate & coconut
- PEANUT BUTTER CUP: peanut butter, banana & chocolate

SUPERFOOD SMOOTHIES
- ISLAND GREEN: spinach, kale, mango, pineapple & banana
- DETOX ISLAND GREEN: spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)
- AVOCOLADA: avocado, pineapple, spinach, kale, coconut & lime
- ORANGE GINGER GLOW: mango, fresh ginger, green apple, pineapple, carrot & orange juice
- MUSCLE BLASTER: strawberries, banana & choice of protein
- LEAN MACHINE: strawberries, banana, fat burner & energizer
- TRIPLE BERRY OAT: strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein & Splenda
- CHIA BANANA BOOST: roasted banana, chia seeds, almonds, whole grain oats, cinnamon, dates & coconut with choice of peanut butter or strawberries
- CHIA BANANA MAX: Chia Banana Boost, plus peanut butter & whey for max protein! Additional supplement charge applies.
- PEANUT PARADISE: peanut butter, banana, non-fat yogurt & choice of protein
- HEALTH NUT: blueberries, mango, banana, almonds & choice of protein
- POMEGRANATE PLUNGE: pomegranate, banana, cranberry & strawberries
- ACAI BERRY BOOST: acai, pomegranate, banana, blueberries & strawberries

SUBSTITUTE our Beyond Meat Chicken-Free chicken strips.
Everyone meets better when they eat better! From morning meetings with the sales team to social gatherings of any size, Tropical Smoothie Cafe Catering offers great-tasting food and smoothies that will leave your group refreshed!

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.

For Franchise Information call (770) 821-1900
www.TropicalSmoothieFranchise.com