

Low-Fat Smoothies

3.99

BLIMEY LIMEY™

Strawberries, Pineapples, Orange & Lime.

BLUE LAGOON™

Blueberries, Strawberries & Banana.

COOL BREEZE™

Strawberries, Pineapples & Non-Fat Yogurt.

HAWAIIAN BREEZE™

Pineapples, Orange & Non-Fat Yogurt.

ISLAND FEVER™

Pineapples, Peaches & Banana.

JETTY PUNCH™

Strawberries & Banana.

KIWI QUENCHER™

Kiwi, Strawberries & Non-Fat Yogurt.

MANGO MAGIC™

Mangos, Pineapples & Non-Fat Yogurt.

ORANGE PASSION™

Oranges & Non-Fat Yogurt.

PARADISE POINT™

Strawberries, Banana & Pineapples.

PEACHES N' SILK™

Peaches, Strawberries & Banana.

RASPBERRY RUSH™

Raspberries, Banana & Lime.

ROCKIN' RASPBERRY™

Raspberries, Strawberries & Banana.

STRAWBERRY BEACH™

Strawberries & Non-Fat Yogurt.

SUNNY DAY™

Mangos, Banana, Oranges & Kiwi.

SUNRISE SUNSET™

Strawberries, Pineapples, Mango & Oranges.

TOUCAN DELIGHT™

Oranges, Strawberries & Banana.

Power Smoothies 4.49

*FAT BUSTER™

Strawberries, Oranges, Banana & Fat Metabolizer.

HEALTH NUT™

Blueberries, Mangos, Banana, Almonds & Soy or Whey Protein.

*LEAN MACHINE™

Strawberries, Banana, Fat Metabolizer & Energizer.

MORNING AFTER™

Oranges, Banana & Vitamin C IMMUNE-Complex.

MUSCLE BLASTER™

Strawberries, Banana & Whey or Soy Protein.

PEANUT PARADISE™

Peanut Butter, Banana, Non-Fat Yogurt & Whey or Soy Protein.

Dessert Smoothies 4.29

BEACH BUM™

Strawberries, Banana & Ghirardelli's Finest Chocolate.

CHOCOLATE CHILLER™

Ghirardelli's Finest Chocolates & Non-Fat Yogurt.

COCONUT ROYALE™

Strawberries, Banana, Cranberry & Coconut.

MOCHA MADNESS™

Ghirardelli's Finest Chocolate, Coffee (Reg. or Decaf), Cappuccino & Non-Fat Yogurt.

PEANUT BUTTER CUP™

Peanut Butter, Banana & Ghirardelli's Finest Chocolate.

TROPI-COLADA™

Pineapples, Coconut & Banana.

Splendid Smoothies** 4.29

UNDER 200 CALORIES!

CITRUS SPLIT™

Orange & Banana.

CRANBERRY CRUSH™

Cranberry, Strawberries & Banana.

PINEAPPLE DELIGHT™

Pineapples, Oranges & Banana.

STRAWBERRY LIGHT™

Strawberries & Non-Fat Yogurt.

A SPLENDID DESSERT!

CHOCOLATE BANANA™

Ghirardelli's Finest Chocolate & Banana.

ORANGE DREAM™

Oranges, Ghirardelli's Finest White Chocolate & Non-Fat Yogurt.

**These smoothies are sweetened with SPLENDA® No Calorie Sweetener to reduce overall calorie count.



Add a supplement

| | |
|--|------|
| SPLENDA® No Calorie Sweetener | FREE |
| Creatine, Echinacea with Vitamin C, Energizer, Fat Metabolizer, Multi-Vitamin, Spirulina, Vitamin C Immune-Complex | .79 |
| Whey or Soy Protein | .89 |
| Dynamite Meal Replacement Regular or Lite, Chocolate or Vanilla. | 2.99 |

All smoothies made to order. All made with turbinado unless otherwise requested. *Contains Caffeine.

**Smoothies sweetened with SPLENDA® No Calorie Sweetener may still contain sugar. SPLENDA® No Calorie Sweetener & the SPLENDA® logo are trademarks of McNeil Nutritionals, LLC.



WE CATER!

LET TROPICAL SMOOTHIE CAFE CATER YOUR NEXT EVENT OR PARTY. ASK A MANAGER FOR ALL THE DELICIOUS DETAILS!

1779 Kirby Parkway-Just North of Poplar
Border of Germantown & East Memphis
Phone: (901) 757-3637
Fax: (901) 757-5390

1625 N. Germantown Pkwy
Dexter and Germantown
(In Cordova - Next to Steinmart & Kroger)
Phone: (901) 755-5588
Fax: (901) 755-5227

7960 Winchester Road Suite 101
Hacks Cross & Winchester
Hacks Cross Side of Kroger Next to East End Grill
Phone: (901) 791-9027
Fax: (901) 791-9030

COMING SOON!
Collierville - First Quarter 2008
875 W. Poplar #21
(Behind Starbucks Just West of Poplar & Byhalia)

Franchise Opportunity Info/Current and Future Location Info:
www.tropicalsmoothie.com
Date of Menu Printing: 11/2007

59253

For Franchise Information:
Call 1-888-292-2522 or visit us at
www.tropicalsmoothie.com

eat better. feel better.™



wraps
salads & more



smoothies
sandwiches



eat better. feel better.™



Gourmet Wraps 6.29

ALL WRAPS SERVED WITH CHIPS OR FRUIT.

Carb Counting? Try Our Reduced Carb Whole Wheat Tortilla for .89

BUFFALO CHICKEN™

Chicken Breast Strips, Romaine Lettuce, Diced Tomatoes, Low-Fat Mozzarella Cheese, Hot Buffalo Sauce & Light Ranch Dressing Wrapped in a White Tortilla.

CHICKEN MANGO HABANERO™

Chicken Breast Strips, Romaine Lettuce, Crunchy Wontons, Low-Fat Mozzarella Cheese & Mango Habanero Sauce Wrapped in a White Tortilla.

CHICKEN PHILLY GRILL™

Chicken Breast Strips, Red & Green Bell Peppers, Onions, Swiss Cheese & Texas Petal Sauce Wrapped in a White Tortilla.

COOL TUNA™

Albacore Tuna Salad, American Cheese, Romaine Lettuce, Diced Tomatoes, Onions & Balsamic Vinaigrette Wrapped in a Zesty Garlic Herb Tortilla.

CORDON BLEU™

Chicken Breast Strips, Ham, Bacon, Swiss Cheese & Light Ranch Dressing Wrapped in a White Tortilla.

JAMAICAN JERK CHICKEN™

Chicken Breast Strips, Southwestern Rice, Corn, Black Beans, Asparagus, Onions, Low-Fat Mozzarella Cheese & Jamaican Jerk Sauce Wrapped in a White Tortilla.

KING CAESAR™

Chicken Breast Strips, Romaine Lettuce, Diced Tomatoes, Parmesan Cheese & Caesar Dressing Wrapped in a Zesty Garlic Herb Tortilla.

POPEYE'S FAVORITE

Chicken Breast Strips, Spinach, Artichokes, Diced Tomatoes & Low-Fat Mozzarella Cheese Wrapped in a White Tortilla.

SESAME CHICKEN™

Chicken Breast Strips, Romaine Lettuce, Almonds, Onions, Crunchy Wontons, Sesame Seeds & Sesame Dressing Wrapped in a White Tortilla.

THAI CHICKEN™

Chicken Breast Strips, Crunchy Wontons, Romaine Lettuce, Shredded Carrots, Sesame Seeds & Thai Peanut Dressing Wrapped in a White Tortilla.

TOTALLY TURKEY™

Turkey, Romaine Lettuce, Diced Tomatoes, Swiss Cheese & Light Ranch Dressing Wrapped in a Zesty Garlic Herb Tortilla.

VEGGIE VEGGIE™

Southwestern Rice, Corn, Black Beans, Asparagus, Romaine Lettuce, Diced Tomatoes, Onions, Parmesan Cheese & Balsamic Vinaigrette Dressing Wrapped in a Zesty Garlic Herb Tortilla.

Gourmet Sandwiches 6.79

ALL SANDWICHES MADE WITH FOCACCIA BREAD & SERVED WITH CHIPS OR FRUIT.

AMERICAN ALBACORE

Albacore Tuna Salad, American Cheese, Romaine Lettuce, Tomatoes, Onions & Fat-Free Italian Dressing.

CHICKEN CAESAR

Chicken Breast Strips, Parmesan Cheese, Romaine Lettuce, Tomatoes & Caesar Dressing.

CHIPOTLE CHICKEN

Chicken Breast Strips, Red & Green Bell Peppers, Pepper Jack Cheese, Romaine Lettuce, Tomatoes & Chipotle Sauce.

CHEESE B.L.T.

Bacon, American Cheese, Romaine Lettuce, Tomatoes & Light Mayonnaise.

HAM & CHEESE

Ham, American Cheese, Romaine Lettuce, Tomatoes & Light Mayonnaise.

ITALIAN

Ham, Pepperoni, Hard Salami, Provolone Cheese, Romaine Lettuce, Tomatoes, Onions & Fat-Free Italian Dressing.

ROAST BEEF PEPPER JACK

Roast Beef, Pepper Jack Cheese, Romaine Lettuce, Tomatoes & Texas Petal Sauce.

TSC CLUB

Ham, Turkey, Bacon, Swiss Cheese, Romaine Lettuce, Tomatoes & Light Mayonnaise.

TURKEY BACON RANCH

Turkey, Bacon, Swiss Cheese, Tomatoes, Romaine Lettuce & Light Ranch Dressing.

TUSCAN TURKEY

Turkey, Pepper Jack Cheese, Romaine Lettuce, Tomatoes & Balsamic Vinaigrette.



Combos 6.99

YOUR CHOICE OF ANY TWO DIFFERENT ITEMS.

CUP OF SOUP
HALF SALAD
HALF SANDWICH
24OZ. SMOOTHIE



Salads 6.49

CHEF SALAD

Romaine Lettuce, Ham, Turkey, Cheddar Cheese, Diced Tomatoes, Onions & Your Choice of Dressing.

CHICKEN CAESAR SALAD

Romaine Lettuce, Chicken Breast Strips, Diced Tomatoes, Parmesan Cheese & Caesar Dressing.

SESAME CHICKEN SALAD

Romaine Lettuce, Chicken Breast Strips, Almonds, Onions, Crunchy Wontons, Sesame Seeds & Sesame Dressing.

THAI CHICKEN SALAD

Romaine Lettuce, Chicken Breast Strips, Wontons, Sesame Seeds, Shredded Carrots & Thai Peanut Dressing.

GARDEN CLASSIC SALAD

Romaine Lettuce, Shredded Carrots, Cheddar Cheese, Diced Tomatoes & Your Choice of Dressing.

SALAD DRESSINGS

- Light Ranch
- Fat-Free Italian
- Balsamic Vinaigrette
- Caesar
- Sesame
- Thai Peanut

Kid's Menu (Kids 12 and Under)

FOOD ITEMS 3.29

ALL KID'S MENU FOOD ITEMS SERVED WITH CHIPS OR FRUIT.

CHEESE QUESADILLA Add Chicken for 1.00

- TURKEY & AMERICAN CHEESE WRAP
- HAM & AMERICAN CHEESE WRAP
- TURKEY & AMERICAN CHEESE SANDWICH
- HAM & AMERICAN CHEESE SANDWICH

SMOOTHIES 1.99

AWESOME ORANGE™ Orange, Ghirardelli's Finest White Chocolate & Non-Fat Yogurt.

CHOCOLATE CHIMP™ Banana & Ghirardelli's Finest Chocolate.

JETTY JUNIOR™ Strawberries & Banana.

Fresh Soups

- CUP 2.99
- BOWL 4.29

Drinks, Etc.

- SODA 24oz. 1.49
- COFFEE 12oz. 1.69
- 16oz. 1.99
- BOTTLED WATER 1.39
- CHIPS .89
- COOKIES each .99
- 3 for 2.89

Breakfast Wraps 3.99

EARLY BIRD

Chicken Breast Strips, Eggs, Pepper Cheese, Diced Tomatoes & Texas Petal Sauce Wrapped in a White Tortilla.

SALSA SUNRISE

Eggs, Ham, Bacon, Pepper Jack Cheese & Salsa Wrapped in a White Tortilla.

WESTERN WRAP

Eggs, Ham, Red & Green Bell Peppers, Diced Tomatoes & Pepper Jack Cheese Wrapped in a White Tortilla.

CREATE YOUR OWN

Your Choice of Sausage or Bacon or Ham with Eggs, Pepper Jack Cheese & Salsa Wrapped in a White Tortilla.

BREAKFAST SERVED ALL DAY!

Breakfast Bagels

- TOASTED BAGEL (PLAIN) 1.29
- BAGEL WITH CREAM CHEESE 1.69
- BAGEL WITH EGG & CHEESE 2.49
- BAGEL WITH EGG, CHEESE & HAM, BACON OR SAUSAGE 3.49

Eat Better. Feel Better.

Boar's Head