



419-567-1060

http://food.delivertoledo.com

# Tropical Smoothie Conant

## Authorization For Purchase and Delivery

*Tropical Smoothie Cafe is a non participating restaurant. By ordering online from our website or thru our app you are authorizing Deliver Toledo to call in, pay for, and deliver your order to you. We are providing this service to you and acting as your pick up agent. The prices are adjusted to supplement this service to you. Deliver Toledo does not represent or market Tropical Smoothie Cafe. For questions, comments or alterations to your order you must contact Deliver Toledo at 419-567-1060. Thank you.*

## Accuracy

*While we try to keep this menu as updated as possible, some items may not be available at all times and pricing may change. Please contact us with any questions. Thank you for your understanding!*

## Superfood Smoothies

*All smoothies are 24 oz. and made with turbinado unless otherwise noted or requested.*

- Acai Berry Boost \$6.32  
*Blueberries, strawberries, pomegranate, banana & antioxidant-rich superfruit Zola Acai.*
- Avocolada \$6.32  
*Avocado, pineapple, spinach, kale, coconut & lime.*
- Chia Banana Boost \$6.32  
*Roasted banana, chia seeds, almonds, whole grain oats, cinnamon, dates & coconut with choice of peanut butter or strawberries.*
- Detox Island Green \$6.32  
*Spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened).*
- Island Green \$6.32  
*Spinach, kale, mango, pineapple & banana.*
- Lean Machine \$6.32  
*Strawberries, banana, fat burner & energizer.*
- Peanut Paradise \$6.32  
*Peanut butter, banana, non-fat yogurt & choice of protein.*
- Pomegranate Plunge \$6.32  
*Pomegranate, banana, strawberries & cranberry.*
- Triple Berry Oat \$6.32  
*Strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein & splenda.*

## Classic Smoothies

*All smoothies are 24 oz. and made with turbinado unless otherwise noted or requested.*

- Bahama Mama \$6.43  
*Strawberries, pineapple, white chocolate & coconut.*

Beach Bum	\$6.43
<i>Strawberries, banana &amp; chocolate.</i>	
Blimey Limey	\$5.98
<i>Strawberries, pineapple, orange juice &amp; lime.</i>	
Blueberry Bliss	\$5.98
<i>Blueberries, strawberries &amp; banana.</i>	
Jetty Punch	\$5.98
<i>Strawberries &amp; banana.</i>	
Kiwi Quencher	\$5.98
<i>Kiwi, strawberries &amp; non-fat yogurt.</i>	
Mango Magic	\$5.98
<i>Mango, pineapple &amp; non-fat yogurt.</i>	
Mocha Madness	\$6.32
<i>Chocolate, coffee, cappuccino &amp; non-fat yogurt (available in regular or decaf).</i>	
Paradise Point	\$5.98
<i>Strawberries, banana &amp; pineapple.</i>	
Peanut Butter Cup	\$6.32
<i>Peanut butter, banana &amp; chocolate.</i>	
Sunrise Sunset	\$5.98
<i>Strawberries, pineapple, mango &amp; orange juice.</i>	

## **Flatbreads**

***Served with chips, whole fruit or kale & apple slaw.***

Chicken Bacon Ranch Flatbread	\$6.66
<i>Bacon, tomatoes, romaine, cheddar &amp; ranch.</i>	
Chicken Pesto Flatbread	\$6.66
<i>Chicken, tomatoes, parmesan, low-fat mozzarella &amp; pesto on a toasted flatbread.</i>	
Chipotle Chicken Flatbread	\$6.66
<i>Chicken, bacon, romaine, tomatoes, pepper jack &amp; chipotle mayo on a toasted flatbread.</i>	

## **Wraps**

***Served in a flour tortilla with chips, whole fruit or kale & apple slaw.***

Baja Chicken Wrap	\$8.69
<i>Rice, black beans, smashed avocado, romaine, pickled red onion, cheddar &amp; roasted tomato salsa.</i>	
Buffalo Chicken Wrap	\$8.58
<i>Chicken, tomatoes, romaine, buffalo sauce, mozzarella &amp; ranch dressing.</i>	
Caribbean Jerk Wrap	\$8.69
<i>Rice, black beans, cheddar, roasted pineapple salsa, romaine &amp; spicy jerk sauce.</i>	
Hummus Veggie Wrap	\$8.58
<i>Hummus, black beans, rice, smashed avocado, pickled red onion, pepper jack, tomato, a romaine, kale &amp; spinach blend with light ranch dressing on a toasted flour tortilla.</i>	
SuperGreen Caesar Wrap	\$8.58
<i>Chicken, romaine, kale &amp; spinach blend, shredded parmesan, tomatoes, parmesan crisps, and caesar dressing.</i>	
Thai Chicken Wrap	\$8.58
<i>Carrots, sesame seeds, wontons, cilantro, scallions, romaine &amp; thai peanut sauce.</i>	

## **Sandwiches**

***Served with chips, whole fruit or kale & apple slaw.***

Caprese Chicken	\$8.69
<i>Grilled chicken, fresh mozzarella, tomato, balsamic glaze &amp; pesto pressed to perfection.</i>	
Turkey Bacon Ranch	\$8.58

Turkey, swiss, bacon, tomatoes, a romaine spinach blend & light ranch dressing on a ciabatta.

Ultimate Club \$8.58

Ham, turkey, bacon, swiss, parmesan, tomatoes, a romaine spinach blend & chipotle mayo on a ciabatta.

## **Quesadillas**

Santa Fe Chicken Quesadilla \$6.77

black beans, roasted red pepper & onion, queso blanco, cheddar and a smoked cheese blend all on a flour tortilla. served with roasted tomato salsa.

Three Cheese Chicken \$5.64

Quesadilla

queso blanco, cheddar and a smoked cheese blend all on a flour tortilla. served with roasted tomato salsa.

Three Cheese Quesadilla \$4.51

queso blanco, cheddar and a smoked cheese blend all on a flour tortilla. served with roasted tomato salsa.

## **Bowls**

**Served with chips, whole fruit or kale & apple slaw.**

Baja Chicken Bowl \$8.58

Rice, black beans, smashed avocado, romaine, pickled red onion, cheddar & roasted tomato salsa.

Buffalo Chicken Bowl \$8.58

Tomatoes, romaine, mozzarella, buffalo sauce & ranch dressing.

Caribbean Jerk Chicken Bowl \$8.58

Rice, black beans, cheddar, roasted pineapple, salsa, romaine & jerk sauce

Hummus Veggie Bowl \$8.58

Hummus, black beans, rice, smashed avocado, pickled red onion, pepper jack, tomato, a romaine, kale & spinach blend with light ranch dressing.

Thai Chicken Bowl \$8.58

Carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce.

## **Breakfast**

**Served all day.**

All American Wrap \$4.28

Eggs, ham, bacon, cheddar & mozzarella in a toasted flour tortilla.

Southwest Wrap \$4.51

Eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo in a toasted flour tortilla.

Peanut Butter Banana Crunch \$5.53

Flatbread

Peanut butter, banana, honey & granola on a toasted flatbread.

## **Kids Food & Smoothies**

**All kid's meals come with a side and the smoothies. 12 oz. smoothies are made with turbinado unless otherwise noted or requested.**

Big Kahuna Kids Combo \$4.51

Kid's food item with choice of side & 12 oz. kid's smoothie.

Kid's Smoothie - 12oz \$3.38

All kid's 12oz smoothies

Bigger Kahuna Kid's Combo \$4.51

Kid's food item with choice of side & 24 oz kid's smoothie.

Kid's Smoothie - 24oz \$5.98

All kid's 24oz smoothies

Kid's Food \$4.51  
*All kid's wraps and quesadillas plus  
choice of side*

**Sides & Cookies**

Cookie \$1.34  
*Chocolate chunk or Snickerdoodle*

Kale & Apple Slaw \$1.34  
*House-made kale & apple slaw.*

Whole Fruit \$1.34  
*Varies per location.*

Chips \$1.34  
*Varies per location.*