



813-907-MEAL (6325)

<http://www.mobilemeals.com>

Tropical Smoothie Cafe

All Day Breakfast

All American Wrap	\$3.99
<i>Eggs, ham, bacon, cheddar and mozzarella</i>	
Peanut Butter Banana Crunch Flatbread	\$4.49
<i>Peanut butter, banana, honey and granola on a toasted flatbread</i>	
Southwest Wrap	\$3.99
<i>Eggs, grilled chicken, pepper jack, tomatoes, spinach and chipotle mayo</i>	

Toasted Flatbreads & Sandwiches

Chipotle Chicken Club	\$5.98
<i>Bacon, tomato, romaine, pepper jack and chipotle mayo</i>	
Chicken Pesto	\$5.98
<i>Tomatoes, shredded parmesan, mozzarella and pesto.</i>	
Chicken Apple Club	\$6.49
<i>Bacon, kale & apple slaw, smoked cheese blend and honey dijon</i>	
Cali Chicken Club	\$5.98
<i>Bacon, smashed avocado, tomatoes, romaine, mozzarella and basil garlic mayo</i>	
Chicken Bacon Ranch	\$5.98
<i>Bacon, tomatoes, romaine, cheddar and lite ranch</i>	
Turkey Apple Dijon	\$7.98
<i>Bacon, kale & apple slaw, smoked cheese blend and honey dijon on a 9-grain bread</i>	
Tropical Chicken Salad	\$7.98
<i>Pulled chicken, cashews, roasted pineapple salsa, jerk mayo with romaine spinach blend and tomatoes on 9-grain bread</i>	
Turkey Bacon Ranch	\$7.98
<i>Bacon, tomatoes, romaine/spinach blend, swiss and lite ranch on ciabatta</i>	
Ultimate Club	\$7.98
<i>Ham, turkey, bacon, swiss, shredded parmesan, tomatoes, romaine/spinach blend and chipotle mayo on ciabatta</i>	

Signature Wraps & Bowls

Thai Chicken	\$7.98
<i>Carrots, sesame seeds, wontons, cilantro, scallions, romaine and Thai peanut sauce</i>	
Supergreen Caesar Chicken	\$7.98
<i>A romaine, kale & spinach blend, shredded parmesan, tomatoes, parmesan crisps and caesar</i>	
Caribbean Jerk Chicken	\$7.98
<i>Rice, black beans, cheddar, roasted pineapple salsa, romaine and jerk sauce</i>	
Buffalo Chicken	\$7.98
<i>Tomatoes, romaine, mozzarella, buffalo sauce and lite ranch</i>	
Hummus Veggie	\$7.98
<i>Hummus, smashed avocado, pepper jack, romaine, kale & spinach blend. Southwestern rice with corn, black beans, asparagus, pickled red onions, tomatoes and lite ranch</i>	
Baja Chicken	\$7.98
<i>Rice, black beans, smashed avocado, romaine, pickled red onions, cheddar and roasted tomato salsa</i>	

Kids Menu

Bigger Kahuna Kids Meal	\$8.49
<i>Kids food item with choice of side and 24 oz. kids smoothie</i>	
Big Kahuna Kids Meal	\$5.99
<i>Kids food item with choice of side and 12 oz. kids smoothie</i>	
Turkey & Cheddar Wrap Kids Meal	\$4.49
Cheese Quesadilla Kids Meal	\$4.49
<i>add chicken for \$1.50</i>	
Ham & Cheddar Wrap Kids Meal	\$4.49
Jetty Junior Smoothie Kids Meal	\$2.99
<i>Strawberries and Banana</i>	
Chocolate Chimp Smoothie	\$2.99
<i>Banana and Chocolate</i>	
Lil' Limeberry Smoothie Kids Meal	\$2.99
<i>Strawberries and Lime</i>	
Awesome Orange Smoothie Kids Meal	\$2.99
<i>Orange Juice, white chocolate, orange and non-fat yogurt</i>	

Sides

Whole Fruit	\$1.29
Chips	\$1.29
Kale & Apple Slaw	\$1.29
Cookie	\$1.29

Classic Smoothies

Sunrise Sunset	\$4.98
<i>Strawberries, pineapple, mango and orange juice</i>	
Blueberry Bliss	\$4.98
<i>Blueberries, strawberries and banana</i>	
Kiwi Quencher	\$4.98
<i>Kiwi, strawberries and non-fat yogurt</i>	
Blimey Limey	\$4.98
<i>Strawberries, pineapple, orange juice and lime</i>	
Jetty Punch	\$4.98
<i>Strawberries and banana</i>	
Paradise Point	\$4.98
<i>Strawberries, banana and pineapple</i>	
Peaches'n Silk	\$4.98
<i>Peaches, strawberries and banana</i>	
Mango Magic	\$4.98
<i>Mango, pineapple and non-fat yogurt</i>	
Strawberry Limeade	\$4.98
<i>Strawberries and lime</i>	

Indulgent Smoothies

Bahama Mama	\$5.98
<i>Strawberries, pineapple, white chocolate and coconut</i>	
Peanut Butter Cup	\$5.98
<i>Peanut butter, banana and chocolate</i>	
Mocha Madness	\$5.98
<i>Chocolate, coffee, cappuccino and non-fat yogurt. Available in decaf</i>	
Beach Bum	\$5.98
<i>Strawberries, banana and chocolate</i>	

Superfood Smoothies

Health Nut	\$6.49
<i>Blueberries, mango, banana, almonds and choice of protein</i>	
Orange Ginger Glow	\$6.49
<i>Mango, fresh ginger, green apple, pineapple, carrot and orange juice</i>	
Peanut Paradise	\$6.49
<i>Peanut butter, banana, non-fat yogurt and choice of protein</i>	
Lean Machine	\$6.49
<i>Strawberries, banana, fat burner and energizer</i>	
Detox Island Green	\$6.49
<i>Spinach, kale, mango, pineapple, banana and fresh ginger. Naturally sweetened</i>	
Chia Banana Boost	\$6.49
<i>Roasted banana, chia seeds, almonds, whole grain oats, cinnamon, dates and coconut with choice of peanut butter or strawberries</i>	
Acai Berry Boost	\$6.49
<i>Zola acai, pomegranate, banana, blueberries and strawberries</i>	
Pomegranate Plunge	\$6.49

<i>Pomegranate, banana, cranberry and strawberries</i>	
Triple Berry Oat	\$6.49
<i>Strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein and splenda</i>	
Muscle Blaster	\$6.49
<i>Strawberries, banana and choice of protein</i>	
Island Green	\$6.49
<i>Spinach, kale, mango, pineapple and banana</i>	
Avocolada	\$6.49
<i>Avocado, pineapple, spinach, kale, coconut and lime</i>	
Chia Banana Max	\$6.49
<i>Chia banana boost, plus peanut butter and why for max protein! Additional supplement charge applies.</i>	