

## 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 vour meal! Please ask for more details.











# **CATERING Menu**

For any occasion!

# **FRESH sandwiches**

# FRESH Wraps



## WRAP OR SANDWICH TRAY

Your choice of wraps or sandwiches or both on a tray.

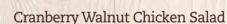
## Chipotle Turkey

Turkey, Pepper Jack, Tomatoes, Romaine & Chipotle Mayo on Ciabatta

## Turkey & Swiss

Turkey, Swiss, Tomatoes & Romaine on Nine-Grain Wheat

on Ciabatta



Cranberry Walnut Chicken Salad, Tomatoes & Romaine in a Flour Tortilla

## King Caesar™

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

## Totally Turkey™

Turkey, Swiss, Tomatoes, Romaine, Light Ranch 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

# FRESH smoothies

ALL SMOOTHIES ARE MADE WITH TURBINADO UNI ESS OTHERWISE REQUESTED.

= CALORIE COUNT WHEN MADE WITH SPLENDA







## Sunny Day™

Mango, Banana, Orange & Kiwi

Kiwi Quencher™ 260

Kiwi, Strawberries & Non-Fat Yogurt

Paradise Point™

Strawberries, Banana & Pineapple

Mango Magic™

Mango, Pineapple & Non-Fat Yogurt

Blimey Limey™ 270

Strawberries, Pineapple, Orange & Lime

Sunrise Sunset™ 260

Strawberries, Pineapple, Mango & Orange

Blue Lagoon™

Blueberries, Strawberries & Banana

Rockin' Raspberry™

Raspberries, Strawberries & Banana

Strawberry Lemonade™ Strawberries & Lemonade

Jetty Punch™

Strawberries & Banana

## Turkey Guacamole

**DELUXE BOX LUNCH** 

Your choice of a wrap or sandwich

served with chips or fruit and a cookie.

& Field Greens on Nine-Grain Wheat

Wasabi Caesar Roast Beef™

& Wasabi Caesar Dressing on Ciabatta

Roast Beef, Pepper Jack, Romaine

Cranberry Walnut Chicken Salad

Cranberry Walnut Chicken Salad, Tomatoes

Turkey, Guacamole, Cilantro-Lime, Onions, Tomatoes & Field Greens on Nine-Grain Wheat

## Ham & Swiss

Ham. Swiss. Tomatoes & Romaine



## ADD A COOKIE TRAY!

## 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!

