LOW-FAT smoothies $4.99

Sunny Day™ Mango, Banana, Orange & Kiwi

Kiwi Quencher™ Kiwi, Strawberries & Non-Fat Yogurt

Paradise Point™ Strawberries, Banana & Pineapple

Mango Magic™ Mango, Pineapple & Non-Fat Yogurt

Blimey Limey™ Strawberries, Pineapple, Orange & Lime

Sunrise Sunset™ Strawberries, Pineapple, Mango & Orange

Blue Lagoon™ Blueberries, Strawberries & Banana

Hawaiian Breeze™ Pineapple, Orange & Non-Fat Yogurt

Peaches ‘N Silk™ Pineapple, Orange & Banana

Pineapple Delight™ Pineapple, Orange & Banana

Rockin’ Raspberry™ Raspberries, Strawberries & Banana

Strawberry Beach™ Strawberries & Non-Fat Yogurt

Strawberry Lemonade™ Strawberries & Lemonade

Jetty Punch™ Strawberries & Banana

**CALORIE COUNT WHEN MADE WITH SPLENDA®**

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunny Day</td>
<td>260</td>
<td>$4.99</td>
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<tr>
<td>Kiwi Quencher</td>
<td>80</td>
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<tr>
<td>Paradise Point</td>
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<tr>
<td>Mango Magic</td>
<td>240</td>
<td>$4.99</td>
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<tr>
<td>Blimey Limey</td>
<td>250</td>
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<td>Sunrise Sunset</td>
<td>250</td>
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<tr>
<td>Blue Lagoon</td>
<td>210</td>
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<tr>
<td>Hawaiian Breeze</td>
<td>210</td>
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<tr>
<td>Peaches ‘N Silk</td>
<td>220</td>
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<td>Pineapple Delight</td>
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<tr>
<td>Rockin’ Raspberry</td>
<td>300</td>
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<tr>
<td>Strawberry Beach</td>
<td>200</td>
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<tr>
<td>Strawberry Lemonade</td>
<td>200</td>
<td>$4.99</td>
</tr>
<tr>
<td>Jetty Punch</td>
<td>200</td>
<td>$4.99</td>
</tr>
</tbody>
</table>

**NEW**

supplements 49¢

- Energizer
- Ground Flax Seed
- Multi-Vitamin
- Weight Management
- Vitamin-C Immune Complex
- Whole Grain Oats
- Whey or Soy Protein

For Franchise Information call 88-Tropical or visit www.TropicalSmoothieFranchise.com

Your nearest Tropical Smoothie Cafe:
150 B Harbison Blvd
Columbia, SC 29212
Ph: 803-217-3112 Fax: 803-217-3115
www.sc05.tropicalsmoothie.com

Find us on Facebook at “Tropical Smoothie” Text KIWI to 35350 to get weekly deals We Cater! Ask for Details.

SUNNY DAY™ Mocha Madness™
Chocolate, Coffee, Cappuccino & Non-Fat Yogurt
(AVAILABLE IN REGULAR OR DECAF)

Beach Bum™ Strawberries, Banana & Chocolate

Bahama Mama™ Strawberries, Pineapple, White Chocolate & Coconut

Tropi-Colada™ Pineapple, Coconut & Banana

Chocolate Chiller™ Chocolate, White Chocolate & Non-Fat Yogurt

Peanut Butter Cup™ Peanut Butter, Banana & Chocolate

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ALL DAY breakfast
$149–$399
ALL WRAPS AVAILABLE IN REGULAR OR JUNIOR SIZES

Early Bird™ Wrap
Eggs, Chicken, Pepper Jack, Tomatoes & Chipotle Mayonnaise in a Toasted Flour Tortilla

Salsa Sunrise™ Wrap
Eggs, Ham, Bacon, Pepper Jack & Salsa in a Toasted Flour Tortilla

All American™ Wrap
Eggs, Ham, Bacon & American in a Toasted Flour Tortilla

The Classic™ Sandwich
Eggs, Cheddar & American and Your Choice of Bacon, Ham or Sausage on a Toasted Ciabatta

Buffalo Kick Start™ Sandwich
Eggs, Bacon, Ham, Pepper Jack & Buffalo Sauce on a Toasted Ciabatta

Toasted Bagel with Cream Cheese

TOASTED flatbreads $3.99

Chicken Pesto™
Chicken, Low-Fat Mozzarella, Parmesan, Tomatoes & Pesto on a Toasted Flatbread

Baja Chicken™
Chicken, Low-Fat Mozzarella, Green & Red Peppers, Onions, Romaine & Light Southwest Ranch on a Toasted Flatbread

Chipotle Chicken Club™ NEW
Chicken, Pepper Jack, Bacon, Romaine, Tomatoes & Chipotle Mayonnaise on a Toasted Flatbread

Caribbean Luau™
Chicken, Low-Fat Mozzarella, Pineapple, Romaine & Jamaican Jerk Sauce on a Toasted Flatbread

Honey Ham & Swiss™
Ham, Swiss, Tomatoes, Field Greens & Honey Mustard on a Toasted Flatbread

TOASTED wraps $6.99

ALL WRAPS SERVED WITH CHIPS OR FRUIT

Buffalo Chicken™
Chicken, Low-Fat Mozzarella, Tomatoes, Romaine, Buffalo Sauce, Light Ranch in a Toasted Flour Tortilla

King Caesar™
Chicken, Parmesan, Tomatoes, Romaine, Caesar in a Toasted Garlic Herb Tortilla

Totally Turkey™
Turkey, Swiss, Tomatoes, Romaine, Light Ranch in a Toasted Garlic Herb Tortilla

Jamaican Jerk Chicken™
Chicken, Low-Fat Mozzarella, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Jamaican Jerk Sauce in a Toasted Flour Tortilla

Thai Chicken™
Chicken, Wontons, Carrots, Sesame Seeds, Romaine, Thai Peanut Dressing in a Toasted Flour Tortilla

Southwest Chicken™
Chicken, Salsa, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Guacamole, Romaine, Light Southwest Ranch in a Toasted Flatbread

Hummus Veggie™ NEW
Hummus, Pepper Jack, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Romaine & Salsa in a Toasted Garlic Herb Tortilla

FRESH salads $6.99

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

KIDS menu KIDS 12 & UNDER

Big Kahuna™
Kid’s Food Item with Chips, Fruit or Cookie & 12 oz. Kid’s Smoothie

Little Surfer™
Kid’s Food Item with Chips, Fruit or Cookie & 12 oz. Soft Drink

KIDS food

Wraps
Turkey & American
Ham & American
Add Chicken $1.00

Salad
Chicken Caesar
Add Chicken $1.00

Kids smoothies

12 oz. Smoothies Made with Turbinado Sugar

Lil’ Lemonberry™ NEW
Strawberries & Lemonade

Jetty Junior™
Strawberries & Banana

Awesome Orange™
Orange, White Chocolate & Non-Fat Yogurt

Chocolate Chimp™
Banana & Chocolate

beverages & sides

Cold Drinks $1.69
Chips 99¢

Bottled Water $1.39
Cookies 59¢ each or three for $1.50

Make it a Meal!
Add a smoothie to any food item $3.00

Smoothie & a Half!
Any smoothie and your choice of half sandwich or half salad $6.99