



9122421100

<http://www.rushdelivery.co>

# Tropical Smoothie Cafe

## PRICES ARE SUBJECT TO CHANGE

**DUE TO THE RISING COST OF GOODS & SERVICES, RESTAURANT MENUS ARE CONSISTENTLY CHANGING. BY ORDERING WITH US, YOU AGREE TO ALLOW YOUR TICKET TO BE AMENDED TO COVER ANY CHANGES TO THE PRICE OF MENU ITEMS.**

## Pickup and Delivery Times

**Please be flexible when placing your order. Our delivery times may vary based on the pickup times provided by your chosen restaurant and the number of orders we have scheduled for delivery. Our dispatch will communicate with you via text messaging to update you on the expected delivery times. Our mission is to provide you with a confidential, safe, and secure delivery.**

## ALLERGEN

**SELECT ANY ALLERGENS OF CONCERN TO HAVE THEM FLAGGED IN THE MENU.**

ALLERGEN

## FEATURED PRODUCTS

**NEW! CRANBERRY CRISP \$6.59**

*Cranberries, strawberries, pomegranate, cinnamon, whole-grain oats and non-fat yogurt. Served with a strawberry flavored edible straw!*

**IT'S BACK! CRANBERRY \$6.59**

**TRUFFLE**

*Strawberries, cranberries, Ghirardelli White Chocolate and non-fat yogurt. Served with a strawberry flavored edible straw.*

**NEW! SMOKY-CADO \$6.59**

**GRILLED CHEESE**

*White American cheese, firehouse cheese blend, bacon, smoked tomato spread and smashed avocado on toasted sourdough bread. Includes a choice of side: chips, whole fruit, or kale & apple slaw.*

**IT'S BACK! SMOKY MOZZA \$6.15**

**GRILLED CHEESE**

*Fresh mozzarella, white American cheese, bacon and smoked tomato spread on toasted sourdough bread. Includes a choice of side: chips, whole fruit, or kale & apple slaw.*

**CLASSIC GRILLED CHEESE \$5.71**

*Cheddar and white American cheese on toasted sourdough bread. Includes a choice of side: chips, whole fruit, or kale & apple slaw.*

## SMOOTHIES

### SUPER VEGGIE SMOOTHIES

**ISLAND GREEN \$6.04**

*spinach, kale, mango, pineapple & banana (410 cal)*

**DETOX ISLAND GREEN \$5.93**

*spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened) (180 cal)*

**AVOCOLADA \$5.93**

*avocado, pineapple, spinach, kale, coconut & lime (600 cal)*

### BALANCED FUSION SMOOTHIES

**PEANUT PARADISE \$6.04**

*peanut butter, banana, non-fat yogurt & choice of protein (690-740 cal)*

**CHIA BANANA BOOST \$5.93**

*roasted banana, chia seeds, almonds, whole-grain oats, cinnamon, dates & coconut with choice of strawberries or peanut butter (610/780 cal)*

**TRIPLE BERRY OAT \$5.93**

*strawberries, blueberries, cranberry, multivitamin, ground flaxseed, whole-grain oats, whey protein & Splenda (410 cal)*

**LEAN MACHINE \$5.93**

*strawberries, banana, fat burner & energizer (490 cal)*

**ACAI BERRY BOOST \$5.93**

*acai, pomegranate, banana, blueberries & strawberries (470 cal)*

### FRUIT BLEND SMOOTHIES

**SUNRISE SUNSET \$5.71**

*strawberries, pineapple, mango & orange juice (360 cal)*

**JETTY PUNCH \$5.49**

*strawberries & banana (370 cal)*

**KIWI QUENCHER \$5.49**

*kiwi, strawberries & non-fat yogurt (450 cal)*

**PARADISE POINT \$5.49**

*strawberries, banana & pineapple (430 cal)*

**MANGO MAGIC \$5.60**

*mango, pineapple & non-fat yogurt (400 cal)*

**BLIMEY LIMEY \$5.49**

*strawberries, pineapple, orange juice & lime (440 cal)*

**POMEGRANATE PLUNGE \$5.93**

*pomegranate, banana, cranberry & strawberries (520 cal)*

**BLUEBERRY BLISS \$5.49**

*blueberries, strawberries & banana (340 cal)*

### TROPICAL TREAT SMOOTHIES

**BAHAMA MAMA \$6.04**

*strawberries, pineapple, white chocolate & coconut (500 cal)*

**PEANUT BUTTER CUP \$5.93**

*peanut butter, banana & chocolate (710 cal)*

**BEACH BUM \$5.93**

*strawberries, banana & chocolate*

## BOWLS

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

**CARIBBEAN JERK CHICKEN BOWL \$8.13**

*grilled chicken, rice, black beans, cheddar, roasted pineapple salsa, romaine & jerk sauce (440 cal)*

**BUFFALO CHICKEN BOWL \$8.13**

*grilled chicken, tomatoes, romaine, mozzarella, buffalo sauce & lite ranch (420 cal)*

**THAI CHICKEN BOWL \$8.13**

*grilled chicken, carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce (380 cal)*

**HUMMUS VEGGIE BOWL \$8.13**

*hummus, smashed avocado, pepper jack cheese, romaine, rice, black beans, pickled red onions, tomatoes & lite ranch (620 cal)*

**BAJA CHICKEN BOWL \$8.35**

*grilled chicken, rice, black beans, smashed avocado, romaine, pickled red onions, cheddar & roasted tomato salsa (470 cal)*

**SUPERGREEN CAESAR CHICKEN BOWL \$8.24**

*grilled chicken, mixed greens, shredded parmesan, tomatoes, parmesan crisps & caesar (570 cal)*

## BREAKFAST

**PEANUT BUTTER CRUNCH FLATBREAD \$5.27**

*peanut butter, banana, granola & honey (590 cal)*

**ALL AMERICAN WRAP \$3.73**

*eggs, ham, bacon, cheddar & mozzarella (430 cal)*

**SOUTHWEST WRAP \$3.73**

*eggs, grilled chicken, pepperjack, tomatoes, spinach & chipotle mayo (580 cal)*

## KID'S FOOD

**CHEESE QUESADILLA \$4.39**

**CHICKEN & CHEESE QUESADILLA \$5.49**

**HAM & CHEDDAR WRAP \$4.39**

**TURKEY & CHEDDAR WRAP \$4.39**

## KID'S SMOOTHIES

**CHOCOLATE CHIMP (12 OZ) \$3.29**

**CHOCOLATE CHIMP (24 OZ) \$5.49**

**LIL LIMEBERRY (12 OZ) \$3.29**

**LIL LIMEBERRY (24 OZ) \$5.49**

**JETTY JUNIOR (12 OZ) \$3.29**

**JETTY JUNIOR (24 OZ) \$5.49**

## SIDES AND COOKIES

**CHIPS \$1.53**

**COOKIE \$2.19**

## **FLATBREADS**

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

- CHIPOTLE CHICKEN CLUB \$6.81  
*grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo (490 cal)*
- CHICKEN BACON RANCH \$6.59  
*grilled chicken, bacon, tomatoes, romaine, cheddar & lite ranch (500 cal)*
- CHICKEN PESTO \$6.59  
*grilled chicken, tomatoes, shredded parmesan, mozzarella & pesto (430 cal)*

## **WRAPS**

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

- CARIBBEAN JERK WRAP \$8.24  
*grilled chicken, rice, black beans, cheddar, roasted pineapple salsa, romaine & jerk sauce (590 cal)*
- BUFFALO CHICKEN WRAP \$8.13  
*grilled chicken, tomatoes, romaine, mozzarella, buffalo sauce & lite ranch (510 cal)*
- THAI CHICKEN WRAP \$8.13  
*grilled, chicken, carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce (500 cal)*
- HUMMUS VEGGIE WRAP \$8.13  
*hummus, smashed avocado, pepper jack cheese, romaine, rice, black beans, pickled red onions, tomatoes & lite ranch (710 cal)*
- BAJA CHICKEN WRAP \$8.35  
*grilled chicken, rice, black beans, smashed avocado, romaine, pickled red onions, cheddar & roasted tomato salsa (640 cal)*
- SUPERGREEN CAESAR \$8.24
- CHICKEN WRAP  
*grilled chicken, romaine, spinach, shredded parmesan, tomatoes, parmesan crisps & caesar (600 cal)*

## **SANDWICHES**

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

- TURKEY BACON RANCH \$8.24  
*turkey, bacon, tomatoes, romaine, swiss & lite ranch on ciabatta (560 cal)*
- ULTIMATE CLUB \$8.02  
*ham, turkey, bacon, swiss, shredded parmesan, tomatoes, romaine & chipotle mayo on ciabatta (620 cal)*
- CHICKEN CAPRESE \$8.57  
*grilled chicken, fresh mozzarella, parmesan, tomato, balsamic glaze & pesto pressed to perfection. (680 cal)*

## **QUESADILLAS**

**Quesadillas are served a la carte and do not include a side item.**

- SANTA FE CHICKEN \$7.14
- QUESADILLA  
*grilled chicken, black beans, roasted red pepper & onion, queso blanco, cheddar and a smoked cheese blend all on a flour tortilla, served with roasted tomato salsa. (600 cal)*
- THREE CHEESE \$4.94
- QUESADILLA  
*queso blanco, cheddar and a smoked cheese blend all on a flour tortilla, served with roasted tomato*

- (550 cal)  
MOCHA MADNESS \$5.93  
*chocolate, coffee, cappuccino & non-fat yogurt (660 cal)*

- choose chocolate chunk or snickerdoodle. (290/330 cal)*  
KALE & APPLE SLAW \$1.53  
*house-made kale & apple slaw. (120 cal)*
- BANANA \$1.42
- APPLE \$1.42

## **WARNING:**

**Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness, especially if you have certain medical conditions.**

## **Consumer Advisory:**

**Some items contain peanuts or allergic ingredients. If you are allergic to some types of food, please ask server before ordering the food menu.**

*salsa. (550 cal)*

**THREE CHEESE CHICKEN \$6.04**

**QUESADILLA**

*grilled chicken, queso blanco,  
cheddar and a smoked cheese blend  
all on a flour tortilla, served with  
roasted tomato salsa. (550 cal)*