



270-901-3370

<http://bowlinggreen.takeoutwaiter.com>

Tropical Smoothie Cafe

All Day Breakfast

- Green Goddess Flatbread \$6.79
w/Grilled Chicken
grilled chicken, spinach, tomatoes, smashed avocado, shredded parmesan cheese & green goddess sauce on toasted flatbread
- Green Goddess Flatbread \$7.79
w/Garlic Herb Shrimp
garlic herb shrimp, spinach, tomatoes, smashed avocado, shredded parmesan cheese & green goddess sauce on toasted flatbread
- Green Goddess Flatbread \$6.99
w/Plant-Based Protein
plant-based protein, spinach, tomatoes, smashed avocado, shredded parmesan cheese & green goddess sauce on toasted flatbread

Salads

- Beach Club Salad \$8.29
grilled chicken, bacon, tomatoes & parmesan crisps on a bed of romaine and spinach & served with salsa ranch dressing (350 cal)
- Thai Chicken Salad \$8.29
grilled chicken, carrots, sesame seeds, cilantro, scallions & wontons on a bed of romaine & served with thai peanut dressing (370 cal)
- Supergreen Caesar Salad \$8.29
grilled chicken, shredded parmesan, tomatoes, & parmesan crisps on a bed of romaine and spinach & served with caesar dressing (550 cal)

Quesadillas

- Santa Fe Chicken Quesadilla \$7.49
Black beans, roasted red pepper & onion, queso blanco, cheddar and a smoked cheese blend all on a flour tortilla. Served with Roasted Tomato Salsa. Side Not Included.
- Three Cheese Quesadilla \$6.49
Queso blanco, cheddar and a smoked cheese blend all on a flour tortilla. Served with Roasted Tomato Salsa. Side Not Included.
- Three Cheese Chicken Quesadilla \$6.49
Queso blanco, cheddar and a smoked cheese blend all on a flour tortilla. Served with Roasted Tomato Salsa. Side Not Included.

Wraps

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

- Caribbean Jerk Chicken Wrap \$8.29
Rice, black beans, cheddar, roasted pineapple salsa, romaine & jerk sauce
- Buffalo Chicken Wrap \$8.29
Tomatoes, romaine, mozzarella, buffalo sauce & lite ranch

- Thai Chicken Wrap \$8.29
Carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce
- Hummus Veggie Wrap \$8.29
Hummus, smashed avocado, pepper jack, a romaine, kale & spinach blend, southwestern rice with corn, black beans & asparagus, pickled red onions, tomatoes & lite ranch
- Baja Chicken Wrap \$8.29
Rice, black beans, smashed avocado, romaine, pickled red onion, cheddar & roasted tomato salsa
- Supergreen Caesar Chicken Wrap \$8.29
A romaine, kale & spinach blend, shredded parmesan, tomatoes, Parmesan crisps & Caesar

Flatbreads

Served with chips, whole fruit or kale apple slaw.

- Chipotle Chicken Club Flatbread \$6.99
Bacon, tomatoes, romaine, pepper jack & chipotle mayo
- Chicken Bacon Ranch Flatbread \$6.99
Bacon, tomatoes, romaine, cheddar & lite ranch
- Chicken Pesto Flatbread \$6.99
Tomatoes, shredded parmesan, mozzarella & pesto

Sandwiches

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

- Turkey Bacon Ranch Sandwich \$7.99
Bacon, tomatoes, a romaine spinach blend, Swiss & lite ranch on ciabatta
- Chicken Caprese Sandwich \$7.99
Grilled chicken, fresh mozzarella, parmesan, tomato, pesto & balsamic glaze pressed to perfection
- Avocado Grilled Cheese \$6.99
White American cheese, firehouse cheese blend, bacon, smoked tomato spread and smashed avocado on toasted sourdough.
- Smoky Grilled Cheese \$6.49
fresh mozzarella, white American cheese, bacon and smoked tomato spread on toasted sourdough

Super Veggie Smoothies

- Island Green Smoothie \$6.89
spinach, kale, mango, pineapple & banana
- Detox Island Green Smoothie \$6.89
spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)
- Avocolada Smoothie \$6.99
avocado, pineapple, spinach, kale, coconut & lime

Balance Fusion Smoothies

- Peanut Paradise Smoothie \$6.89
peanut butter, banana, non-fat yogurt & choice of protein
- Chia Banana Boost \$6.89
roasted banana, chia seeds, almonds, whole-grain oats, cinnamon, dates & coconut with choice of strawberries or peanut butter
- Triple Berry Oat Smoothie \$7.19
strawberries, blueberries, cranberry, multi-vitamin, ground flax

seed, whole grain oats, whey protein
& Splenda

- Lean Machine Smoothie \$7.19
*strawberries, banana, fat burner &
energizer*
- Acai Berry Boost Smoothie \$6.89
*acai, pomegranate, banana,
blueberries & strawberries*

Tropical Treat Smoothies

- Bahama Mama Smoothie \$6.59
*strawberries, pineapple, white
chocolate & coconut*
- Peanut Butter Cup Smoothie \$6.49
peanut butter, banana & chocolate
- Beach Bum Smoothie \$6.59
strawberries, banana & chocolate
- Mocha Madness Smoothie \$6.59
*chocolate, coffee, cappuccino &
non-fat yogurt (available in decaf)*

Fruit Blend Smoothies

- Sunrise Sunset Smoothie \$5.89
*strawberries, pineapple, mango &
orange juice*
- Jetty Punch Smoothie \$5.79
strawberries & banana
- Kiwi Quencher Smoothie \$5.79
kiwi, strawberries & non-fat yogurt
- Paradise Point Smoothie \$5.79
strawberries, banana & pineapple
- Mango Magic Smoothie \$5.79
mango, pineapple & non-fat yogurt
- Blimey Limey Smoothie \$5.89
*strawberries, pineapple, orange
juice & lime*
- Pomegranate Plunge Smoothie \$6.89
*pomegranate, banana, cranberry &
strawberries*
- Blueberry Bliss Smoothie \$5.79
blueberries, strawberries & banana

Sides

- Kale & Apple Slaw \$1.29
- Apple \$1.29
- Banana \$1.29
- Chips \$1.29

Cookies

- Chocolate Chunk Cookie \$1.25
- Snickerdoodle \$1.25

Kids Menu

- Big Kahuna Meal \$7.40
*Kids food item with choice of side
& 12 oz smoothie*
- Bigger Kahuna Meal \$8.49
*Kids food item with choice of side
& 24 oz smoothie*

KIDS SMOOTHIES

- Lil' Limeberry \$3.99
strawberries & lime
- Jetty Junior \$3.99
strawberries & banana
- Kids Chocolate Chimp \$3.90
banana & chocolate

KIDS FOOD

- a la carte, includes side*
- Turkey & Cheddar Wrap \$6.49
- Ham & Cheddar Wrap \$6.49
- Cheese Quesadilla \$6.40
- Chicken Quesadilla \$7.49

Grab N Go Catering

Allow up to 2 hours for preparation

- Smoothie Bundle \$49.00
*Twelve (12oz) smoothies. Your
choice of our three fan favorites.
(Serves 12).*

Signature Wrap Bundle \$100.00

Twelve wraps (cut in half) and served cold. Your choice of our best sellers. Includes chips for all. Add our smoothie bundle to complement the meal. (Serves 12).

Signature Sandwich Bundle \$100.00

Twelve sandwiches (cut in half) and served cold. Your choice of our best sellers. Includes chips for all. Add our smoothie bundle to complement the meal (Serves 12).