



270-901-3370

<http://bowlinggreen.takeoutwaiter.com>

# zzzTropical Smoothie Cafe

## All Day Breakfast

- Green Goddess Flatbread \$8.99  
w/Grilled Chicken  
*grilled chicken, spinach, tomatoes, smashed avocado, shredded parmesan cheese & green goddess sauce on toasted flatbread*
- Green Goddess Flatbread \$8.99  
w/Garlic Herb Shrimp  
*garlic herb shrimp, spinach, tomatoes, smashed avocado, shredded parmesan cheese & green goddess sauce on toasted flatbread*
- Green Goddess Flatbread \$7.99  
w/Plant-Based Protein  
*plant-based protein, spinach, tomatoes, smashed avocado, shredded parmesan cheese & green goddess sauce on toasted flatbread*

## Salads

- Beach Club Salad \$8.99  
*grilled chicken, bacon, tomatoes & parmesan crisps on a bed of romaine and spinach & served with salsa ranch dressing (350 cal)*
- Thai Chicken Salad \$8.99  
*grilled chicken, carrots, sesame seeds, cilantro, scallions & wontons on a bed of romaine & served with thai peanut dressing (370 cal)*
- Supergreen Caesar Salad \$8.99  
*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 \$8.99  
*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 \$7.99  
*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 \$7.99  
*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 \$8.99  
*Rice, black beans, cheddar, roasted pineapple salsa, romaine & jerk sauce*
- Buffalo Chicken Wrap \$8.99  
*Tomatoes, romaine, mozzarella, buffalo sauce & lite ranch*

- Thai Chicken Wrap \$8.99  
*Carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce*
- Hummus Veggie Wrap \$8.99  
*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 \$8.99  
*Rice, black beans, smashed avocado, romaine, pickled red onion, cheddar & roasted tomato salsa*
- Supergreen Caesar Chicken Wrap \$8.99  
*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 \$7.99  
*Bacon, tomatoes, romaine, pepper jack & chipotle mayo*
- Chicken Bacon Ranch Flatbread \$8.99  
*Bacon, tomatoes, romaine, cheddar & lite ranch*
- Chicken Pesto Flatbread \$8.99  
*Tomatoes, shredded parmesan, mozzarella & pesto*

## **Sandwiches**

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

- Turkey Bacon Ranch Sandwich \$8.99  
*Bacon, tomatoes, a romaine spinach blend, Swiss & lite ranch on ciabatta*
- Chicken Caprese Sandwich \$8.99  
*Grilled chicken, fresh mozzarella, parmesan, tomato, pesto & balsamic glaze pressed to perfection*
- Avocado Grilled Cheese \$7.99  
*White American cheese, firehouse cheese blend, bacon, smoked tomato spread and smashed avocado on toasted sourdough.*
- Smoky Grilled Cheese \$7.99  
*fresh mozzarella, white American cheese, bacon and smoked tomato spread on toasted sourdough*

## **Super Veggie Smoothies**

- Island Green Smoothie \$6.99  
*spinach, kale, mango, pineapple & banana*
- Detox Island Green Smoothie \$6.99  
*spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)*
- Avocolada Smoothie \$7.49  
*avocado, pineapple, spinach, kale, coconut & lime*

## **Balance Fusion Smoothies**

- Peanut Paradise Smoothie \$6.99  
*peanut butter, banana, non-fat yogurt & choice of protein*
- Chia Banana Boost \$6.99  
*roasted banana, chia seeds, almonds, whole-grain oats, cinnamon, dates & coconut with choice of strawberries or peanut butter*
- Triple Berry Oat Smoothie \$7.49  
*strawberries, blueberries, cranberry, multi-vitamin, ground flax*

seed, whole grain oats, whey protein  
& Splenda

- Lean Machine Smoothie \$7.49  
*strawberries, banana, fat burner &  
energizer*
- Acai Berry Boost Smoothie \$6.99  
*acai, pomegranate, banana,  
blueberries & strawberries*

## **Tropical Treat Smoothies**

- Bahama Mama Smoothie \$6.99  
*strawberries, pineapple, white  
chocolate & coconut*
- Peanut Butter Cup Smoothie \$6.99  
*peanut butter, banana & chocolate*
- Beach Bum Smoothie \$6.99  
*strawberries, banana & chocolate*
- Mocha Madness Smoothie \$6.99  
*chocolate, coffee, cappuccino &  
non-fat yogurt (available in decaf)*

## **Fruit Blend Smoothies**

- Sunrise Sunset Smoothie \$5.99  
*strawberries, pineapple, mango &  
orange juice*
- Jetty Punch Smoothie \$5.99  
*strawberries & banana*
- Kiwi Quencher Smoothie \$5.99  
*kiwi, strawberries & non-fat yogurt*
- Paradise Point Smoothie \$5.99  
*strawberries, banana & pineapple*
- Mango Magic Smoothie \$5.99  
*mango, pineapple & non-fat yogurt*
- Blimey Limey Smoothie \$5.99  
*strawberries, pineapple, orange  
juice & lime*
- Pomegranate Plunge Smoothie \$6.99  
*pomegranate, banana, cranberry &  
strawberries*
- Blueberry Bliss Smoothie \$5.99  
*blueberries, strawberries & banana*

## **Sides**

- Kale & Apple Slaw \$1.99
- Apple \$1.59
- Banana \$1.59
- Chips \$1.89

## **Cookies**

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

## **Kids Menu**

- Big Kahuna Meal \$8.99  
*Kids food item with choice of side  
& 12 oz smoothie*
- Bigger Kahuna Meal \$8.99  
*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 \$6.99
- Ham & Cheddar Wrap \$6.99
- Cheese Quesadilla \$6.99
- Chicken Quesadilla \$7.99

## **Grab N Go Catering**

***Allow up to 2 hours for preparation***

- Smoothie Bundle \$54.00  
*Twelve (12oz) smoothies. Your  
choice of our three fan favorites.  
(Serves 12).*

**Signature Wrap Bundle \$110.00**

*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 \$110.00**

*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).*