



tropical SMOOTHIE CAFE

eat better. feel better.

Let us **CATER**
your next **EVENT!**

Tanger Outlets MP 16
7100 S Croatan Hwy
Nags Head, NC 27959
(252) 255-1516

5385 N. Virginia Dare Trail
Southern Shores, NC 27949
(252) 441-9996

2236 S. Croatan Hwy MP 10
Nags Head, NC 27959
(252) 441-3500

www.tropicalsmoothie.com

TROPICAL SMOOTHIE CAFE

MENU SAMPLING

All Items and Prices are Subject to Change.

Fresh Food...Real Fruit Smoothies.

There's no better way to make a great meal than with fresh, natural, premium quality, healthy ingredients. From the finest meats and cheeses in our food to fruit so fresh it could still be on the tree in our smoothies, we practice this philosophy every day. All of this means that eating at Tropical Smoothie Cafe is a treat that you don't feel guilty about and can enjoy time and time again.

ALL DAY BREAKFAST 3.99

All wraps available in regular or junior sizes

All American Omelet Wrap

Eggs, ham, bacon, cheddar & low-fat mozzarella in a toasted flour tortilla.

Southwest Wrap

Eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo in a toasted flour tortilla.

Peanut Butter Banana Crunch Flatbread 4.99

Peanut butter, banana, granola & honey on a toasted flatbread.

Make It A Meal 3.50

Add a smoothie to any food item.

Smoothie And A Half 7.49

Any smoothie and your choice of half-sandwich or half-salad.

TOASTED FLATBREADS 5.99

Served with chips, fruit or slaw.

Chipotle Chicken Club™

Bacon, tomatoes, romaine, pepper jack & chipotle mayo on a toasted flatbread.

Chicken Bacon Ranch

Bacon, tomatoes, romaine, cheddar & ranch on a toasted flatbread.

Hawaiian BBQ Chicken™

Pulled BBQ chicken, coleslaw, cheddar & island BBQ sauce on a toasted flatbread.

Cali Chicken Club™

Bacon, smashed avocado, tomatoes, romaine, mozzarella & basil garlic mayo on a toasted flatbread.

Caprese Chicken Pesto

Tomatoes, parmesan, mozzarella, pesto & balsamic drizzle on a toasted flatbread.

TOASTED SANDWICHES 7.49

Served on ciabatta with chips, fruit or slaw.

Turkey Apple Dijon

Bacon, kale and apple slaw, smoked cheese blend & honey dijon on a ciabatta.

Tropical Chicken Salad™

Pulled chicken, roasted pineapple salsa, cashews, jerk mayo, with mixed greens & tomatoes on a ciabatta.

Turkey Bacon Ranch

Bacon, tomatoes, mixed greens, swiss & ranch on a ciabatta.

TOASTED WRAPS 7.49

Served in a flour tortilla with chips or slaw. Or try it as a bowl!

Caribbean Jerk Chicken

Rice, black beans, roasted pineapple salsa, romaine, cheddar & spicy jerk sauce in a flour tortilla.

Baja Chicken

Rice, black beans, smashed avocado, romaine, pickled red onion, cheddar & roasted tomato salsa in a flour tortilla.

Island Buffalo Chicken

Citrus slaw, romaine, mozzarella, buffalo sauce & cilantro lime ranch in a flour tortilla.

Supergreen Caesar Chicken

Spinach, kale, romaine, shredded parmesan, tomatoes, parmesan crisps & caesar in a flour tortilla.

Thai Chicken

Carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce in a flour tortilla.

FRESH SALADS 7.49

Chicken Apple Spinach

Spinach, bacon, green apples, carrots, smoked cheese blend & honey dijon.

Supergreen Caesar Chicken

Spinach, kale, romaine, shredded parmesan, tomatoes, parmesan crisps & caesar.

KID'S FOOD 3.99

Turkey & Cheddar Wrap

Cheese Quesadilla

Available with chicken. Additional charge applies.

Big Kahuna

Kid's food item with choice of side & 12 oz. kids smoothie.

KID'S SMOOTHIES 2.89

*All 12 oz. smoothies made with turbinado unless otherwise noted or requested. Splenda® substitute available.

Lil' Limeberry • Jetty Junior
Awesome Orange • Chocolate Chimp

CLASSIC SMOOTHIES

Sunrise Sunset™

Strawberries, pineapple, mango & orange juice.

Paradise Point™

Strawberries, banana & pineapple.

Blueberry Bliss™

Blueberries, strawberries & banana.

Sunny Day™

Mango, banana, orange juice & kiwi.

Peaches 'N Silk™

Peaches, strawberries & banana.

Bahama Mama™

Strawberries, pineapple, white chocolate & coconut.

Peanut Butter Cup™

Peanut butter, banana & chocolate.

Kiwi Quencher™

Kiwi, strawberries & non-fat yogurt.

Mango Magic™

Mango, pineapple & non-fat yogurt.

Blimey Limey™

Strawberries, pineapple, orange juice & lime.

Strawberry Limeade™

Strawberries & lime.

Jetty Punch™

Strawberries & banana.

Beach Bum™

Strawberries, banana & chocolate.

Mocha Madness™

Chocolate, coffee, cappuccino & non-fat yogurt (available in regular or decaf).

SUPERFOOD SMOOTHIES

Island Green™

Spinach, kale, mango, pineapple & banana.

Detox Island Green™

Spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened).

Avocolada™

Avocado, pineapple, spinach, kale, coconut & lime.

Orange Ginger Glow™

Mango, fresh ginger, green apple, pineapple, carrot & orange juice

Muscle Blaster™

Strawberries, banana & choice of protein.

Lean Machine™

Strawberries, banana, fat burner & energizer.

Triple Berry Oat™

Strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein & Splenda®.

Chia Banana Boost™

Roasted banana, chia seeds, almonds, whole grain oats, cinnamon, dates & coconut with choice of peanut butter or strawberries.

Chia Banana Max™

Chia Banana Boost, plus peanut butter & whey for max protein! Additional supplement charge applies (naturally sweetened).

Peanut Paradise™

Peanut butter, banana, non-fat yogurt & choice of protein.

Acai Berry Boost™

Acai, pomegranate, banana, blueberries & strawberries.

Pomegranate Plunge™

Pomegranate, banana, cranberry & strawberries.

Health Nut™

Blueberries, mango, banana, almonds & choice of protein.

SUPPLEMENTS 1.09

vitamin-c immune complex, energizer, fat burner, multi-vitamin, probiotic, vitamin b12, whey protein, soy protein, pea protein.

FRESH ADD-INS

spinach & kale super pack™, ginger, peanut butter, almonds, whole grain oats, ground flax seed, chia seeds.

*** ALL SMOOTHIES MADE WITH
TURBINADO UNLESS NOTED
OR REQUESTED. SPLENDA™
SUBSTITUTE AVAILABLE**

SEE VISITORS GUIDE OR GO GUIDE FOR \$3.99 FLATBREAD OFFER