



478.951.9274

<http://www.macon2go.com>

# Tropical Smoothie Cafe

## TOASTED FLATBREADS

*Flat Out Delicious Anytime!!*

- Chipotle Chicken Club \$5.59  
*Chicken, pepper jack, bacon, romaine, tomatoes & chipotle mayonnaise on a toasted flatbread*
- 302. Cali Chicken Club \$5.69  
*Grilled chicken, bacon, smashed avocado, mozzarella, tomatoes, romaine & basil garlic aioli on a toasted flatbread.*
- 305. Chicken Pesto \$5.59  
*Chicken, Low Fat Mozzarella, Parmesan Tomatoes & Pesto on Grilled Flatbread*
- Chicken Bacon Ranch \$5.59  
*Chicken, Bacon, Cheddar Cheese, Lettuce, Tomato, Ranch*

## TOASTED SANDWICHES

*All sandwiches served with side*

- 204. Turkey Bacon Ranch \$7.29  
*Turkey, Bacon, Swiss, Tomatoes, Field Greens & Light Ranch on Toasted Ciabatta*
- Caprese Chicken Sandwich \$7.29  
*Grilled chicken, fresh mozzarella, tomato, balsamic glaze & pesto pressed to perfection. (730 cal)*
- 205. Ultimate Club \$7.19  
*Ham, Turkey, Bacon, Swiss, Parmesan Tomatoes, Field Greens & Bistro Sauce on Toasted Ciabatta*

## SIGNATURE WRAPS AND BOWLS

- Caribbean Jerk \$7.19  
*Chicken, rice, black beans, cheddar, roasted pineapple salsa, romaine and jerk sauce.*
- 100. Buffalo Chicken \$6.99  
*Chicken, Low Fat Mozzarella, Tomatoes, Romaine, Buffalo Sauce, Light Ranch & a White Tortilla*
- 301. Baja Chicken \$7.19  
*Chicken, White Rice, Black Beans, Smashed Avocado, Romaine Lettuce, Pickled Red Onion, Cheddar, and Roasted Tomato Salsa*
- SuperGreen Caesar Wrap \$7.29  
*Grilled Chicken, romaine, kale, spinach, shredded parmesan, tomatoes, parmesan crisps, and Caesar Dressing in a toasted wrap.*
- Hummus Veggie \$6.99  
*Hummus, pepper jack, southwestern rice with corn, black beans & asparagus, onions, romaine & salsa in a toasted garlic herb tortilla*
- Thai Chicken \$6.99  
*carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce (380 cal)*

## TROPICAL KIDS

*Kids 12 and Under*

- Kids Turkey & Cheddar \$4.99
- Kids Ham & Cheddar \$4.99
- Kids Cheese Quesadilla \$4.99  
*Add Chicken for \$1.00*

## Quesadillas

- Santa Fe Chicken Quesadilla \$5.99  
*Black beans, roasted red pepper & onion, queso blanco, cheddar, a smoked cheese blend & roasted tomato salsa*
- Three Cheese Chicken Quesadilla \$4.99  
*queso blanco, cheddar and a smoked cheese blend all on a flour tortilla. served with roasted tomato salsa.*
- Three Cheese Quesadilla \$3.99  
*queso blanco, cheddar and a smoked cheese blend all on a flour tortilla. served with roasted tomato salsa.*

## Side Items

- Chips \$1.20
- Whole Fruit \$1.20
- Kale & Apple-Slaw (house made) \$1.20

## Classics

*All smoothies are 24oz. and made with turbinado unless otherwise noted or requested. Splenda substitute available upon request.*

- Bahama Mama \$5.29  
*Strawberries, pineapple, white chocolate and Coconut*
- Beach Bum \$5.29  
*Strawberries, banana and chocolate*
- 809. Blimey Limey \$4.99  
*Strawberries, Pineapple, Orange & Lime*
- Blueberry Bliss \$4.99  
*Blueberries, strawberries & pineapple.*
- 813. Jetty Punch \$4.99  
*Strawberries & Banana*
- 814. Kiwi Quencher \$4.99  
*Kiwi, Strawberries & Non-Fat Yogurt*
- 815. Mango Magic \$4.99  
*Mango, Pineapple & Non-Fat Yogurt*
- 803. Mocha Madness \$4.99  
*Chocolate, Coffee, Cappuccino & Non-Fat Yogurt*
- 816. Paradise Point \$4.99  
*Strawberries, Banana & Pineapple*
- 808. Peanut Butter Cup \$4.99  
*Peanut Butter, Banana & Chocolate*
- Strawberry Limeade \$4.99  
*Strawberries & lemonade*
- 822. Sunrise Sunset \$4.99  
*Strawberries, Pineapple, Mango & Orange*

## Superfoods

- 823. Acai Berry Boost \$5.29  
*Acai, Pomegranate, Banana, Blueberries & Strawberries*
- Avocolada \$5.29  
*Avocado, pineapple, spinach, kale, coconut & lime*
- Chia Banana Boost \$5.49  
*roasted banana, chia seeds, almonds, whole grain oats, cinnamon, dates & coconut with choice of peanut butter or strawberries*
- Detox Island Green \$5.29  
*Spinach, kale, mango, pineapple, banana & fresh ginger.*
- 826. Health Nut \$5.49  
*Blueberries, Mango, Banana, Almonds & Whey or Soy Protein*
- 828. Lean Machine \$5.49  
*Strawberries, Banana, Weight Management & Energizer*
- Island Green \$5.49  
*6Spinach, kale, mango, pineapple & banana*
- 831. Peanut Paradise \$5.49  
*Peanut Butter, Banana, Non-Fat*

<i>Yogurt &amp; Whey or Soy Protein</i>	
<b>824. Pomegranate Plunge</b>	<b>\$5.29</b>
<i>Pomegranate, Banana, Strawberries &amp; Cranberry</i>	
<b>Triple Berry Oat</b>	<b>\$5.49</b>
<i>Strawberries, blueberries, cranberry, multi vitamin, ground flax seed, whole grain oats, whey protein &amp; splenda</i>	