

# CATERING

MENU



FOR ANY OCCASION!

- Toasted Wraps
- Bistro Sandwiches
- Gourmet Salads
- Box Lunches
- Smoothie Breaks
- Breakfast



eat better.  feel better.™

# FEED THE WHOLE CROWD!

Take one of our trays for a spin! With our wide variety of Breakfast Wraps, Toasted Wraps and Bistro Sandwiches, you're sure to find the perfect combination to suit every taste. Simply choose your items and we'll take care of the details!

## BREAKFAST

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Priced per person. Minimum 8.

### Smoothie Break

Your choice of 12oz.\* or 24oz. smoothies. Ask about putting them on ice in our refillable eco-cool carrier. (Eco-cool carriers are available at participating locations only.)

### Breakfast Wrap Tray

Your choice of our breakfast wraps on a tray

### Breakfast Wrap Tray & Smoothies

Your choice of our breakfast wraps on a tray served with 12oz. smoothies\*

### Box Breakfast

Your choice of a breakfast wrap and fruit

### Box Breakfast & a Smoothie

Your choice of a breakfast wrap, fruit and a 12 oz. smoothie\*

## SMOOTHIES

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### Smoothie Break

Your choice of 12oz.\* or 24oz. smoothies. Ask about putting them on ice in our refillable eco-cool carrier. One carrier holds 16 - 12oz. smoothies or 8 - 24oz. smoothies. (Eco-cool carriers are available at participating locations only.)

### Tropical Treat Combo

Your choice of 12oz. smoothies\* and cookies served on a tray  
Minimum 8.

## WRAPS & SANDWICHES

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Priced per person. Minimum 8.

### Wrap & Sandwich Tray

Your choice of wraps or sandwiches on a tray

### Wrap & Sandwich Tray with Sides

Your choice of wraps or sandwiches on a tray served with side(s) including chips, fruit or a cookie

### Wrap & Sandwich Tray with Sides & Smoothies

Your choice of wraps or sandwiches on a tray served with side(s) including chips, fruit or a cookie and a 12oz. smoothie\*

### Box Lunch

Your choice of a wrap or sandwich served with chips or fruit and a cookie

### Box Lunch & a Smoothie

Your choice of a wrap or sandwich served with chips or fruit, a cookie and a 12oz. smoothie\*

## SALADS & COOKIES

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### Gourmet Salads

Each salad serves 8 - 10 guests

### Cookie Tray

Select from our assorted cookies.  
Minimum 8.

Many of our products contain or may come in contact with common allergens including wheat, peanuts, soy, tree nuts, milk and eggs.

## SMOOTHIE BREAK

Nothing beats a smoothie break!

Bring a bit of the tropics to your next party or meeting with our Smoothie Break! You choose 12oz.\* or 24oz. smoothies. Ask about putting them on ice in our refillable eco-cool carrier to keep the fun going!

(Eco-cool carriers are available at participating locations only.)



\*Must be ordered in increments of 2. Ask for details.

## BREAKFAST WRAPS

Toasted breakfast wraps to help you get up and go!

### Early Bird™

Eggs, Chicken, Pepper Jack, Tomatoes & Bistro Sauce on a White Tortilla

### Western

Eggs, Ham, Cheddar, Green & Red Peppers & Tomatoes on a White Tortilla

### Salsa Sunrise™

Eggs, Ham, Bacon, Pepper Jack & Salsa on a White Tortilla

### All American

Eggs, Ham, Bacon & American on a White Tortilla



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## TOASTED WRAPS

### Buffalo Chicken™

Chicken, Low Fat Mozzarella, Tomatoes, Romaine, Buffalo Sauce, Light Ranch on a White Tortilla

### Totally Turkey™

Turkey, Swiss, Tomatoes, Romaine, Light Ranch on a Garlic Herb Tortilla

### Thai Chicken™

Chicken, Wontons, Carrots, Sesame Seeds, Romaine, Thai Peanut Dressing on a White Tortilla

### Veggie Veggie™

Southwestern Rice with Corn, Black Beans & Asparagus, Parmesan, Tomatoes, Onions, Romaine, Balsamic Vinaigrette on a Garlic Herb Tortilla

### King Caesar™

Chicken, Parmesan, Tomatoes, Romaine, Caesar Dressing on a Garlic Herb Tortilla

### Sesame Chicken™

Chicken, Wontons, Almonds, Onions, Sesame Seeds, Romaine, Sesame Dressing on a White Tortilla

### Cordon Bleu™

Chicken, Ham, Bacon, Swiss, Light Ranch on a White Tortilla

### Jamaican Jerk Chicken™

Chicken, Low Fat Mozzarella, Southwestern Rice with Corn, Black Beans & Asparagus, Onions, Jamaican Jerk Sauce on a White Tortilla

### Southwest Chicken™

Chicken, Salsa, Southwestern Rice with Corn, Black Beans & Asparagus, Tomatoes, Onions, Guacamole, Romaine, Light Southwest Ranch on a White Tortilla

### Popeye's Favorite™

Chicken, Creamy Spinach and Artichoke Spread, Low Fat Mozzarella, Tomatoes on a White Tortilla



## BISTRO SANDWICHES

### The Italian™

Ham, Spicy Ham, Provolone, Banana Peppers, Parmesan Tomatoes, Field Greens & Pesto on Toasted Ciabatta

### Cranberry Walnut Chicken Salad™

Cranberry Walnut Chicken Salad, Tomatoes & Field Greens on Nine-Grain Wheat Bread

### Turkey Guacamole™

Turkey, Guacamole, Onions, Tomatoes, Field Greens & Cilantro-Lime on Nine-Grain Wheat Bread

### Wasabi Roast Beef™

Roast Beef, Pepper Jack, Romaine & Wasabi Caesar Dressing on a Toasted Ciabatta

### Turkey Bacon Ranch™

Turkey, Bacon, Swiss, Tomatoes, Field Greens & Light Ranch on Toasted Ciabatta

### Ultimate Club™

Ham, Turkey, Bacon, Swiss, Parmesan Tomatoes, Field Greens & Bistro Sauce on Toasted Ciabatta

### Hummus Veggie™

Hummus, Provolone, Green & Red Peppers, Parmesan Tomatoes, Field Greens & Pesto on Nine-Grain Wheat Bread

## GOURMET SALADS

Our salad selections are available in group-style bowls to feed the whole crew!

### Chicken Caesar™

Romaine, Chicken, Parmesan, Tomatoes & Caesar Dressing

### Sesame Chicken™

Romaine, Field Greens, Chicken, Onions, Wontons, Almonds, Sesame Seeds & Sesame Dressing

### Thai Chicken™

Romaine, Field Greens, Chicken, Carrots, Wontons, Sesame Seeds & Thai Peanut Dressing

### TSC Signature™

Romaine, Field Greens, Chicken, Carrots, Pineapple, Blueberries, Almonds & TSC Signature Dressing

### Southwest Chicken™

Romaine, Field Greens, Chicken, Southwestern Rice with Corn, Black Beans & Asparagus, Tomatoes, Onions, Salsa, Guacamole & Light Southwest Ranch Dressing

### Cranberry Walnut Chicken Salad™

Romaine, Field Greens, Tomatoes, Cranberry Walnut Chicken Salad & TSC Signature Dressing

## COOKIE TRAYS

Looking for a way to round out the perfect meal? Add an assortment of cookies! Each location has a variety of cookies to choose from. Please ask for more details.



## BEVERAGES, SIDES & MORE

Each location has a variety of beverages, sides and other items available to complete your meal! Please ask for more details.



# SMOOTHIES

Bring some of our real fruit smoothies to the party, and your guests will be singing your praises...in between sips, of course.

## LOW FAT

211 • **Blimey Limey™**  
Strawberries, Pineapple, Orange & Lime

**Blue Lagoon™**  
Blueberries, Strawberries & Banana

179 • **Hawaiian Breeze™**  
Pineapple, Orange & Non-Fat Yogurt

**Island Fever™**  
Pineapple, Peaches & Banana

**Jetty Punch™**  
Strawberries & Banana

215 • **Kiwi Quencher™**  
Kiwi, Strawberries & Non-Fat Yogurt

**Mango Magic™**  
Mango, Pineapple & Non-Fat Yogurt

**Paradise Point™**  
Strawberries, Banana & Pineapple

**Peaches 'N Silk™**  
Peaches, Strawberries & Banana

227 • **Pineapple Delight™**  
Pineapple, Orange & Banana

**Rockin' Raspberry™**  
Raspberries, Strawberries & Banana

**Strawberry Beach™**  
Strawberries & Non-Fat Yogurt

**Sunny Day™**  
Mango, Banana, Orange & Kiwi

210 • **Sunrise Sunset™**  
Strawberries, Pineapple, Mango & Orange

## SUPERCHARGED

**Health Nut™**  
Blueberries, Mango, Banana, Almonds & Whey or Soy Protein

**Immune Blast™**  
Orange, Banana & Vitamin C Immune Complex

**Lean Machine™**  
Strawberries, Banana, Weight Management & Energizer

**Kiwi Citrus Green Tea™**  
Kiwi, Orange, Non-Fat Yogurt & Matcha Green Tea

**Muscle Blaster™**  
Strawberries, Banana & Whey or Soy Protein

**Peanut Paradise™**  
Peanut Butter, Banana, Non-Fat Yogurt & Whey or Soy Protein

**Stress Defender™**  
Orange, Non-Fat Yogurt & Stress Defense

160 • **Very Berry Green Tea™**  
Acai, Strawberries, Blueberries & Matcha Green Tea

All Smoothies are made with Turbinado unless otherwise requested.

## COFFEE

**Caramel Cream™**  
Caramel, White Chocolate, Coffee, Cappuccino & Non-Fat Yogurt

**Cinn City™**  
Cinnamon, Coffee, Cappuccino & Non-Fat Yogurt

**Coffee Nut™**  
Almonds, Coffee, Cappuccino & Non-Fat Yogurt

**Mocha Madness™**  
Chocolate, Coffee, Cappuccino & Non-Fat Yogurt

## SIMPLY INDULGENT

**Beach Bum™**  
Strawberries, Banana & Chocolate

**Bahama Mama™**  
Strawberries, Pineapple, White Chocolate & Coconut

**Tropi-Colada™**  
Pineapple, Coconut & Banana

**Chocolate Chiller™**  
Chocolate, White Chocolate & Non-Fat Yogurt

**Peanut Butter Cup™**  
Peanut Butter, Banana & Chocolate

## SMOOTHIE BREAK

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(Eco-cool carriers are available at participating locations only.)

• = Calorie Count When Made with Splenda

## SUPER FRUIT

231 • **Acai Berry Boost™**  
Acai, Pomegranate, Banana, Blueberries & Strawberries

232 • **Pomegranate Plunge™**  
Pomegranate, Banana, Strawberries & Cranberry

**Get-Up-and-Goji™**  
Goji, Peaches, Orange, Banana & Non-Fat Yogurt





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# CATERING MENU

## CONTACT US

**Tropical Smoothie Cafe**  
Lafayette Publix Center  
3111 Mahan Drive, Ste 23  
TALLAHASSEE, FL 32308

**Call Ahead for Faster Service!**  
(850) 878-3777



For Franchise Information  
Call 1-888-292-2522  
or visit us at  
[www.TropicalSmoothieCafe.com](http://www.TropicalSmoothieCafe.com)