



334-209-2844

<http://www.tigertowntogo.com>

Tropical Smoothie Cafe

Fresh Salads

- Thai Chicken Salad \$8.75
Grilled chicken, a romaine spinach blend, wontons, sesame seeds, carrots, cilantro, scallions & thai peanut dressing
- Chicken Caesar Salad \$8.78
Grilled chicken, romaine, parmesan, tomatoes & Caesar dressing

All Day Breakfast

- Southwest Wrap \$5.27
Eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo in a toasted flour tortilla
- All American Wrap \$5.27
Eggs, ham, bacon, cheddar & low-fat mozzarella in a toasted flour tortilla
- Peanut Butter Banana Crunch \$5.63
 Flatbread
Peanut butter, banana, honey & granola on a toasted flatbread

Sides

- Kale & Apple Slaw \$1.43
House-made kale & apple slaw
- Chips \$1.19
Choose between Original BBQ, Jalapeno, Salt and Vinegar, and Simply Salted Baked
- Fruit \$1.43
Your choice of banana, orange or a granny smith apple

Wraps

Toasted and served with a choice of side

- Thai Chicken Wrap \$8.75
Carrots, sesame seeds, romaine, cilantro, wontons, scallions & thai peanut sauce
- Caribbean Jerk Chicken Wrap \$8.75
Rice, black beans, cheddar, roasted pineapple salsa, romaine & jerk sauce
- Supergreen Caesar Chicken Wrap \$8.75
A romaine, kale & spinach blend, shredded parmesan, tomatoes, parmesan crisps & caesar
- Buffalo Chicken Wrap \$8.75
Tomatoes, romaine, mozzarella, buffalo sauce & lite ranch
- Baja Chicken Wrap \$8.75
Rice, Black Beans, Smashed Avocado, Romaine, Pickled Red Onion, Cheddar & Roasted Tomato Salsa
- Hummus Veggie Wrap \$8.75
Hummus, smashed avocado, pepper jack, a romaine, kale & spinach blend, southwestern rice with corn, black beans & asparagus, pickled red onions, tomatoes & lite ranch

Superfoods Smoothies

- Island Green \$6.83
Spinach, kale, mango, pineapple and banana
- Pomegranate Plunge \$6.83
Pomegranate, banana, strawberries & cranberry
- Detox Island Green \$6.83
Spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)
- Avocolada Smoothie \$6.83
Avocado, pineapple, spinach, kale, coconut & lime
- Triple Berry Oat \$6.83
Strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein & splenda
- Chia Banana Boost \$6.83
Roasted banana, chia seeds, almonds, whole grain oats, cinnamon, dates & coconut with choice of peanut butter or strawberries
- Peanut Paradise \$6.83
Peanut Butter, banana, non-fat yogurt & choice of protein
- Lean Machine \$6.83
Strawberries, banana, fat burner & energizer
- Acai Berry Boost \$6.83
Acai, pomegranate, banana, blueberries & strawberries

Toasted Flatbreads

- Chipotle Chicken Club \$6.59
Grilled chicken, bacon, romaine, tomatoes, pepper jack & chipotle mayo on a toasted flatbread.
- Chicken Pesto \$6.59
Grilled chicken, tomatoes, parmesan, low-fat mozzarella & pesto on a toasted flatbread.
- Chicken Bacon Ranch \$6.59
Bacon, tomatoes, romaine, cheddar & lite ranch

Quesadillas

- 3 Cheese & Chicken Quesadilla \$6.59
white american cheese, cheddar cheese, a smoked cheese blend and chicken with a side of roasted tomato salsa
- Santa Fe Quesadilla \$6.59
white american cheese, cheddar cheese, smoked cheese blend, roasted onion, roasted red bell pepper, black beans, and chicken with a side of roasted tomato salsa

Dine-In Prices May Vary

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Classic Smoothies

- Sunrise Sunset \$6.35
Strawberries, pineapple, mango and orange juice
- Kiwi Quencher \$6.35
Kiwi, strawberries and non-fat yogurt
- Paradise Point \$6.35
Strawberries, banana and pineapple
- Mango Magic \$6.35
Mango, pineapple and non-fat yogurt
- Blueberry Bliss \$6.35
Blueberries, strawberries and banana
- Blimey Limey \$6.35
Strawberries, pineapple, orange juice and lime
- Bahama Mama \$6.35
Strawberries, pineapple, white chocolate & coconut
- Beach Bum \$6.35
Strawberries, banana, & chocolate
- Jetty Punch \$6.35
Strawberries and banana
- Peanut Butter Cup \$6.35
Peanut butter, banana & chocolate
- Mocha Madness \$6.35
Chocolate, coffee, cappuccino & non-fat yogurt (available in decaf)

Sandwiches

- Caprese Sandwich \$8.75
chicken, fresh mozzarella, tomatoes, parmesan cheese, pesto sauce, balsamic glaze

Toasted Sandwiches

- Turkey Bacon Ranch \$8.75
turkey, swiss, bacon, tomatoes, a romaine spinach blend & light ranch dressing on a ciabatta
- Ultimate Club \$8.75
ham, turkey, bacon, swiss, shredded parmesan, tomatoes, a romaine spinach blend & chipotle mayo on a ciabatta