

# tropical SMOOTHIE CAFE

eat better.  feel better.®

A small variety of Tropical Smoothie Sandwiches, Wraps, and Bowls are also available at the Lake Worth Bookstore (while supplies last). You can also pre-order at the Lake Worth bookstore to ensure your preferred selection is available.

## All Items \$5.99

### SANDWICHES

#### Chipotle Turkey

Pepper jack, tomatoes, romaine & chipotle mayo on ciabatta  
510 calories

#### Turkey Bacon Ranch

Bacon, tomatoes, a romaine spinach blend, swiss & lite ranch on ciabatta  
560 calories

#### Turkey & Swiss

Swiss, tomatoes and romaine on ciabatta with mayo & mustard on the side  
460 calories

#### Ham & Swiss

Swiss, tomatoes & romaine on ciabatta with mayo & mustard on the side  
480 calories

#### Ultimate Club

Ham, turkey, bacon, swiss, shredded parmesan, tomatoes, a romaine spinach blend & chipotle mayo on ciabatta  
620 calories

### WRAPS

#### SuperGreen Caesar Chicken

A romaine, kale & spinach blend, shredded parmesan, tomatoes, parmesan crisps & Caesar in a flour tortilla  
610 calories

#### Totally Turkey

Swiss, tomatoes, romaine & lite ranch in a flour tortilla  
500 calories

#### Hummus Veggie

Hummus, smashed avocado, pepper jack cheese, a romaine, kale & spinach blend, rice, black beans, pickled red onions, tomatoes & lite ranch in a flour tortilla  
740 calories

#### Thai Chicken

Carrots, sesame seeds, wontons, cilantro, scallions, romaine & Thai peanut sauce in a flour tortilla  
500 calories

### BOWLS

#### Thai Chicken

Carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce  
380 calories

#### SuperGreen Caesar Chicken

A romaine, kale & spinach blend, shredded parmesan, tomatoes, parmesan crisps & Caesar  
570 calories

#### Hummus Veggie

Hummus, smashed avocado, pepper jack cheese, a romaine, kale & spinach blend, rice, black beans, pickled red -onions, tomatoes & lite ranch  
620 calories

For questions, please contact the bookstore at 561-868-3285