



(423) 634-8899

<http://www.dinnerdeliveredonline.org>

Tropical Smoothie Cafe

Individual Smoothies

Supplements and other add-ins

available for an extra charge *When buying a "combo" smoothies are 1/2 price*** Manual entry required by a Dinner Delivered Employee Call after you place your order so we can fix the combo deal for you**

Classic Smoothies

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| (24 oz.) Sunrise Sunset | \$6.25 |
| <i>Strawberries, pineapple, mango & orange juice</i> | |
| (24 oz.) Paradise Point | \$6.25 |
| <i>Strawberries, banana & pineapple</i> | |
| (24 oz.) Blueberry Bliss | \$6.25 |
| <i>Blueberries, strawberries & banana</i> | |
| (24 oz.) Kiwi Quencher | \$6.25 |
| <i>Kiwi, strawberries & non-fat yogurt</i> | |
| (24 oz.) Mango Magic | \$6.25 |
| <i>Mango, pineapple & non-fat yogurt</i> | |
| (24 oz.) Strawberry Limeade | \$6.25 |
| <i>Strawberries & lime</i> | |
| (24 oz.) Blimey Limey | \$6.25 |
| <i>Strawberries, pineapple, orange juice & lime</i> | |
| (24 oz.) Jetty Punch | \$6.25 |
| <i>Strawberries & banana</i> | |
| (24 oz.) Bahama Mama | \$6.89 |
| <i>Strawberries, pineapple, white chocolate & coconut</i> | |
| (24 oz.) Beach Bum | \$6.89 |
| <i>Strawberries, banana & chocolate</i> | |
| (24 oz.) Peanut Butter Cup | \$6.89 |
| <i>Peanut butter, banana & chocolate</i> | |
| (24 oz.) Mocha Madness | \$6.89 |
| <i>Chocolate, coffee, cappuccino & non-fat yogurt</i> | |
| Superfood Smoothies | |
| (24 oz.) Health Nut | \$6.89 |
| <i>Blueberries, mango, banana, almonds & choice of protein</i> | |
| (24 oz.) Pomegranate Plunge | \$6.89 |
| <i>Pomegranate, banana, cranberry & strawberries</i> | |
| (24 oz.) Orange Ginger Glow | \$6.89 |
| <i>Mango, fresh ginger, green apple, pineapple, carrot & orange juice</i> | |
| (24 oz.) Triple Berry Oat | \$6.89 |
| <i>Strawberries, blueberries, cranberry, multivitamin, ground flaxseed, whole-grain oats, whey protein & Splenda</i> | |
| (24 oz.) Peanut Paradise | \$6.89 |
| <i>Peanut butter, banana, non-fat yogurt & choice of protein</i> | |
| (24 oz.) Muscle Blaster | \$6.89 |
| <i>Strawberries, banana & choice of protein</i> | |
| (24 oz.) Lean Machine | \$6.89 |
| <i>Strawberries, banana, fat burner & energizer</i> | |
| (24 oz.) Island Green | \$6.89 |
| <i>Spinach, kale, mango, pineapple & banana</i> | |
| (24 oz.) Detox Island Green | \$6.89 |

All Day Breakfast

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| All American Wrap | \$3.75 |
| <i>Eggs, ham, bacon, cheddar & mozzarella</i> | |
| Southwest Wrap | \$3.75 |
| <i>Eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo</i> | |
| Peanut Butter Banana Crunch Flatbread | \$4.39 |
| <i>Peanut butter, banana, granola & honey</i> | |

Toasted Flatbreads

Served with chips, whole fruit, or kale & apple slaw

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| Chipotle Chicken Club | \$6.89 |
| <i>Grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo</i> | |
| Chicken Pesto Sandwich | \$6.89 |
| <i>Grilled chicken, tomatoes, shredded parmesan, mozzarella & pesto</i> | |
| Chicken Bacon Ranch Sandwich | \$6.89 |
| <i>Grilled chicken, bacon, tomatoes, romaine, cheddar & lite ranch</i> | |

Pressed Sandwiches

Served with chips, whole fruit, or kale & apple slaw. Pressed sandwiches crisped with mayo

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| Chicken Caprese Sandwich | \$8.75 |
| <i>Grilled chicken, fresh mozzarella, parmesan, tomato, pesto & balsamic glaze pressed to perfection. Add bacon for additional \$0.95</i> | |

Toasted Sandwiches

Served with chips, whole fruit, or kale & apple slaw

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| Ultimate Club | \$8.75 |
| <i>Ham, turkey, bacon, swiss, shredded parmesan, tomatoes, a romaine spinach blend & chipotle mayo on ciabatta</i> | |
| Turkey Bacon Ranch Sandwich | \$8.75 |
| <i>Turkey, bacon, tomatoes, a romaine spinach blend, swiss & lite ranch on ciabatta</i> | |

Signature Wraps & Bowls

Served in a flour tortilla with chips, whole fruit, or kale & apple slaw. Or try it in a bowl!

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| Caribbean Jerk Chicken | \$8.75 |
| <i>Grilled chicken, rice, black beans, cheddar, roasted pineapple salsa, romaine & jerk sauce</i> | |
| Buffalo Chicken | \$8.75 |
| <i>Grilled chicken, tomatoes, romaine, mozzarella, buffalo sauce & lite ranch</i> | |
| Baja Chicken | \$8.75 |
| <i>Grilled chicken, rice, black beans, smashed avocado, romaine, pickled</i> | |

Tropical Smoothie Cafe

Menu Last Updated: 4/10/2020

**2380 Lifestyle Way Suite 140,
Chattanooga, TN 37421**

Delivery Hours

Monday: 10:30am - 8:30pm
Tuesday: 10:30am - 8:30pm
Wednesday: 10:30am - 8:30pm
Thursday: 10:30am - 8:30pm
Friday: 10:30am - 8:30pm
Saturday: 10:30am - 8:30pm
Sunday: 11:00am - 7:30pm

Special Instructions

Click below to Add Special Instructions to your Delivery Order

Special Instructions

Select this option to guarantee Dinner Delivered and this Restaurant notices your Special Instructions. After you have selected this option, click the "Customize Item" Button in your cart, at the top of the screen, and type in your message.

Catering

**Smoothies for a Group
Deluxe Box Lunch**

Minimum purchase of 10 box lunches. Each box includes your choice of sandwich or wrap & side with a cookie.

Party Trays

Each half party tray serves 5 people, and full trays serve 10. Your choice of sandwiches and/or wraps. Add a side and/or salad, drinks, and perhaps dessert, and you're all set.

Salad Trays

Each Salad Tray serves 8 people

Side Platters

Utensils

- Spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)*
- (24 oz.) Avocolada \$6.89
Avocado, pineapple, spinach, kale, coconut & lime
- (24 oz.) Chia Banana Boost \$6.89
Roasted banana, chia seeds, almonds, whole-grain oats, cinnamon, dates & coconut with choice of strawberries or peanut butter
- (24 oz.) Chia Banana Max \$6.89
Chia Banana Boost, plus peanut butter & whey for max protein. Additional supplement charge applies
- (24 oz.) Acai Berry Boost \$6.89
Acai, pomegranate, banana, blueberries & strawberries

- red onions, cheddar & roasted tomato salsa*
- Supergreen Caesar Chicken \$8.75
Grilled chicken, a romaine, kale & spinach blend, shredded parmesan, tomatoes, parmesan crisps & caesar
- Thai Chicken \$8.75
Grilled chicken, carrots, sesame seeds, wontons, cilantro, scallions, romaine & thai peanut sauce
- Hummus Veggie \$8.75
Hummus, smashed avocado, pepper jack cheese, a romaine, kale & spinach blend, rice, black beans, pickled red onions, tomatoes & lite ranch

Quesadillas

Served on a pressed flour tortilla. Add a side of chips, whole fruit, or kale & apple slaw for an additional charge

- Santa Fe Chicken Quesadilla \$7.49
Grilled chicken, black beans, roasted red pepper & onion, queso blanco, cheddar, a smoked cheese blend & roasted tomato salsa
- Three Cheese Chicken Quesadilla \$7.49
Grilled chicken, queso blanco, cheddar & a smoked cheese blend with a side of roasted tomato salsa

Kids Menu

- Big Kahuna Kids Meal \$6.89
Kids food item & 12 oz. kids smoothie with choice of chips, whole fruit, or kale & apple slaw
- Bigger Kahuna Kids Meal \$9.39
Kids food item & 24 oz. kids smoothie with choice of chips, whole fruit, or kale & apple slaw
- Kids A La Cart Smoothies**
- Kids Lil Limeberry \$3.75
strawberries & lime
- Kids Jetty Junior \$3.75
strawberries and banana
- Kids Awesome Orange \$3.75
orange juice, white chocolate, orange and non-fat yogurt
- Kids Chocolate Chimp \$3.75
banana & chocolate
- Kids A La Cart Entrees**
includes side
- Kids Turkey & Cheddar Wrap \$4.99
- Kids Ham & Cheddar Wrap \$4.99
- Kids Cheese Quesadilla \$4.99
- Kids Chicken Quesadilla \$6.25

Sides

- Side of Whole Fruit \$1.49
- Side of Kale & Apple Slaw \$1.49
- Bag of Chips \$1.49
Multiple varieties

Cookies

- Chocolate Chunk Cookie \$1.65
- Snickerdoodle Cookie \$1.65