

tropical SMOOTHIE CAFE

Class of 2019 fundraiser

Pick a smoothie, wrap/sandwich/flatbread, and a side for \$10.

*****If you want vegetarian chicken circle the vegetarian symbol.**

Smoothies

Sunrise Sunset

strawberries, pineapple, mango, and orange juice

Paradise Point

strawberries, bananas, and pineapple

Blueberry Bliss

blueberries, strawberries, and bananas

Sunshine

mango, bananas, orange, pineapple, and orange juice

Peaches 'n silk"

peaches, strawberries, and bananas

Bahama Mama

strawberries, pineapple, white chocolate, and coconut

Peanut Butter Cup

peanut butter, bananas, and chocolate

Kiwi Quencher

kiwi, strawberries, and non-fat yogurt

Mango Magic

mango, pineapple, and non-fat yogurt

Blimey Limey

strawberries, pineapple, orange juice, and lime

Strawberry Limeade

strawberries and lime

Jetty Punch

strawberries and bananas

Beach Bum

strawberries, bananas, and chocolate

Mocha Madness

chocolate, coffee, cappuccino, and non-fat yogurt

Wraps

Baja Chicken

rice, black beans, cheddar, roasted pineapple salsa, romaine, and spicy jerk sauce

Hummus Veggie

hummus, smashed avocado, pepper jack, a romaine kale spinach blend, southwestern rice with corn, black beans and asparagus, pickled onions, tomatoes, and lite ranch dressing

Supergreen Caesar Chicken

a romaine kale spinach blend, shredded parmesan, tomatoes, parmesan crisps, and caesar dressing

Thai Chicken

carrots, sesame seeds, wontons, cilantro, scallions, romaine, and Thai peanut sauce

Totally Turkey

Swiss, tomatoes, romaine, and lite ranch dressing

Tropical Chicken Salad

pulled chicken, roasted pineapple salsa, cashews, jerk mayo, romaine spinach blend, and tomatoes

Sandwiches and Flatbreads

Chipotle Turkey Sandwich

pepper jack, tomatoes, romaine, and chipotle mayo on ciabatta

Turkey Bacon Ranch Sandwich

bacon, tomatoes, a romaine spinach blend, Swiss, and lite ranch dressing on ciabatta

Turkey & Swiss Sandwich

swiss, tomatoes, and romaine on ciabatta with mayo and mustard on the side

Chicken Pesto Flatbread

Tomatoes, parmesan, mozzarella, and pesto

Ham & Swiss Sandwich

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

Tropical Chicken Salad Sandwich

pulled chicken, roasted pineapple salsa, cashews, jerk mayo, romaine spinach blend, and tomatoes on 9-grain bread

Ultimate Club Sandwich

ham, turkey, bacon, Swiss, shredded parmesan, tomatoes, romaine spinach blend, and chipotle mayo on ciabatta

Sides (check one)

- BBQ chips
- Jalapeño chips
- Baked Lays
- Harvest Cheddar Sunchips
- Sea Salt & Vinegar
- Apple
- Orange
- Kale Apple Slaw

Name:

Grade:

Special Request:

Please turn in order forms and payment by Tuesday to the main office or T.Barb's room by 3:45 P.M.

Delivery will be at lunch Wednesday