

Tropical Smoothie Café Order Form



YMCA Dragon Boat Races

Team Name: _____
Phone Number: _____
Delivery Date: _____
Order Total (Food+Smoothie): _____

Sandwich Box

QTY	Description	Price
	Turkey and Swiss Sandwich, Chips, Cookie <i>swiss, tomatoes, romaine on ciabatta with mayo & mustard on the side</i>	\$8.11
	Ham and Swiss Sandwich, Chips, Cookie <i>swiss, tomatoes, romaine on ciabatta with mayo & mustard on the side</i>	\$8.11
	Turkey Bacon Ranch Sandwich, Chips, Cookie <i>bacon, tomatoes, a romaine spinach blend, swiss & lite ranch on a ciabatta bun</i>	\$8.11
	Chipotle Turkey Sandwich, Chips, Cookie <i>pepper jack, tomatoes, romaine & chipotle mayo on ciabatta</i>	\$8.11

Wrap Box

	Totally Turkey Wrap, Chips, Cookie <i>swiss, tomatoes, romaine & lite ranch</i>	\$8.11
	Supergreen Caesar Chicken Wrap, Chips, Cookie <i>a romaine, kale and spinach blend, shredded parmesan, tomatoes, parmesan crisps, & caesar</i>	\$8.11
	Hummus Veggie Wrap, Chips, Cookie <i>hummus, smashed avocado, pepper jack, a romaine, kale & spinach blend, southwestern rice with corn, black beans & asparagus, pickled red onions, tomatoes & lite ranch</i>	\$8.11
	Thai Chicken Wrap, Chips, Cookie <i>carrots, sesame seeds, wontons, cilantro, scallions, romaine, & thai peanut sauce</i>	\$8.11

Food Total	\$
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See reverse for smoothie orders

QTY	24 oz. Smoothie Choices	Price
	Sunrise Sunset (<i>stawberries, pineapple, mango, orange juice</i>)	\$ 4.86
	Blueberry Bliss (<i>blueberries, strawberries, banana</i>)	\$ 4.86
	Bahama Mama (<i>strawberries, pineapple, white chocolate, & coconut</i>)	\$ 4.86
	Peanut Butter Cup (<i>peanut butter, banana & chocolate</i>)	\$ 4.86
	Jetty Punch (<i>strawberries and banana</i>)	\$ 4.86
	Kiwi Quencher (<i>kiwi, strawberries & non-fat yogurt</i>)	\$ 4.86
	Mocha Madness (<i>chocolate, coffee, cappuccino & non-fat yogurt</i>)	\$ 4.86
	Island Green (<i>spinach, kale, mango, pineapple & banana</i>)	\$ 4.86
	Detox Island Green (<i>spinach, kale, mango, pineapple, banana, & ginger</i>)	\$ 4.86
	Sunshine (<i>pineapple, mango, oranges, orange juice</i>)	\$ 4.86
	Muscle Blaster (<i>strawbrries, banana, whey protein</i>)	\$ 4.86
	Triple Berry Oat (<i>strawberries, blueberries, cranberry, multi-vitamin, ground flax seed, whole grain oats, whey protein, & Splenda</i>)	\$ 4.86
	Pomegranate Plunge (<i>pomegranate, banana, cranberry, & strawberries</i>)	\$ 4.86
	Acai Berry Boost (<i>acai, pomegranate, banana, blueberries, & strawberries</i>)	\$ 4.86
	Smoothie Total	\$

Thank you for your order!

Tropical Smoothie Café
19075 I-45 S, Suite 116C
Shenandoah, TX 77385
936-266-0593
TropicalSmoothieWoodlands@gmail.com

12.97

deluxe box with 8.11

deluxe box with 12oz smoothie 9.73

12oz 2.15

24oz 4.86

regular meal with a smoothie- 11.34

regular meal, smoothie, cookie 12.53

12.97