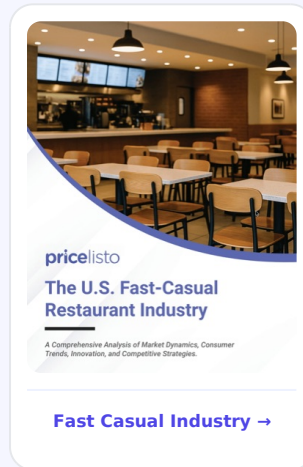




Tropical Smoothie

Menu Prices — September 10, 2026

Restaurant & Food Industry Reports



Competitor Price Intelligence →

SANDWICHES

ITEM	PRICE
TURKEY BACON RANCH turkey, bacon, tomatoes, romaine, swiss & lite ranch on ciabatta	\$11.59

BOTTLED BEVERAGES

ITEM	PRICE
DASANI	\$3.79
GOLD PEAK SWEET TEA	\$3.79
COCA-COLA 20 oz	\$3.79
COCA-COLA ZERO SUGAR 20 oz	\$3.79
SPRITE 20 oz	\$3.79

SWEETS

ITEM	PRICE
CHOCOLATE CHIP COOKIE	\$2.19
SNICKERDOODLE COOKIE	\$2.19

SIDES

ITEM	PRICE
KALE and APPLE SLAW house-made kale & apple slaw	\$2.89
JALAPEÑO CORN chipotle mayo on charred corn with fresh lime	\$2.89
MAPLE-KISSED SWEET POTATOES maple glaze on roasted sweet potatoes	\$2.89
WHOLE FRUIT choose banana or apple	\$2.39
CHIPS flavors vary by location	\$2.49

KIDS

ITEM	PRICE
TURKEY and CHEDDAR WRAP turkey and cheddar in a toasted flour tortilla	\$7.09
CHEESE 'DILLA mozzarella and cheddar on a pressed flour tortilla. Add chicken for an additional charge	\$7.09
12 oz. LIL' LIMEBERRY strawberries & lime	\$5.99
12 oz. JETTY JUNIOR strawberries & banana	\$5.99

ITEM	PRICE
12 oz. AWESOME CHOCOLATE banana & chocolate	\$5.99
SALADS	
ITEM	PRICE
SUPERGREEN CAESAR grilled chicken, shredded parmesan, tomatoes & parmesan crisps on a bed of romaine and spinach & served with caesar dres...	\$12.09
THAI CHICKEN (SALADS) grilled chicken, carrots, cilantro, scallions & wontons on a bed of romaine & served with Thai peanut dressing	\$12.09
'DILLAS	
ITEM	PRICE
SANTA FE CHICKEN 'DILLA grilled chicken, black beans, roasted red pepper & onion, roasted tomato salsa, queso blanco, cheddar, smoked cheese ble...	\$10.59
THREE CHEESE CHICKEN 'DILLA grilled chicken, queso blanco, cheddar, smoked cheese blend & served with roasted tomato salsa	\$9.89
WRAPS	
ITEM	PRICE
CARIBBEAN JERK CHICKEN grilled chicken, rice, black beans, cheddar, pineapple salsa, romaine & jerk sauce	\$11.69
BUFFALO CHICKEN grilled chicken, tomatoes, romaine, mozzarella, buffalo sauce & lite ranch	\$11.99
BAJA CHICKEN grilled chicken, rice, black beans, smashed avocado, romaine, pickled red onions, cheddar & roasted tomato salsa	\$11.69
THAI CHICKEN grilled chicken, carrots, wontons, cilantro, scallions, romaine & Thai peanut sauce	\$11.69
HUMMUS VEGGIE hummus, smashed avocado, pepper jack, romaine, rice, black beans, pickled red onions, tomatoes & lite ranch	\$11.99
SUPERGREEN CAESAR CHICKEN grilled chicken, romaine, spinach, shredded parmesan, tomatoes, parmesan crisps & caesar	\$11.99
FLATBREADS	
ITEM	PRICE
CHIPOTLE CHICKEN CLUB grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo	\$10.39
CHICKEN BACON RANCH grilled chicken, bacon, tomatoes, romaine, cheddar & lite ranch	\$10.39
CHICKEN PESTO grilled chicken, tomatoes, shredded parmesan, mozzarella & pesto	\$10.39
Free with \$20 purchase	
ITEM	PRICE

SUNRISE SUNSET strawberries, pineapple, mango & orange juice	\$10.19
BAHAMA MAMA strawberries, pineapple, coconut & white chocolate	\$10.79
BLUEBERRY BLISS blueberries, strawberries & banana	\$10.19
ISLAND GREEN spinach, kale, mango, pineapple & banana	\$10.99
JETTY PUNCH strawberries & banana	\$10.19
MOCHA MADNESS chocolate, coffee, cappuccino & non-fat yogurt	\$9.99
PARADISE POINT strawberries, banana & pineapple	\$10.19
TROPICAL DRAGON PASSION SMOOTHIE dragon fruit, passion fruit, pineapple & lime. Garnish not provided with any smoothie.	\$10.39
DETOX ISLAND GREEN spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)	\$10.99
ACAI BERRY BOOST acai, pomegranate, banana, blueberries & strawberries	\$10.99
AVOCOLADA avocado, pineapple, spinach, kale, coconut & lime	\$10.69
BLIMEY LIMEY strawberries, pineapple, orange juice & lime	\$10.19
KIWI QUENCHER kiwi, strawberries & non-fat yogurt	\$10.19
MANGO MONSOON SMOOTHIE mango, pineapple, papaya, guava, passion fruit & coconut. Garnish not provided with any smoothie.	\$10.19
PEANUT PARADISE peanut butter, banana, non-fat yogurt & choice of whey or pea protein - 22g/35g of protein	\$10.99

FRUIT BLEND SMOOTHIES	
ITEM	PRICE
TROPICAL DRAGON PASSION SMOOTHIE (FRUIT BLEND SMOOTHIES) dragon fruit, passion fruit, pineapple & lime. Garnish not provided with any smoothie.	\$10.39
MANGO MONSOON SMOOTHIE (FRUIT BLEND SMOOTHIES) mango, pineapple, papaya, guava, passion fruit & coconut. Garnish not provided with any smoothie.	\$10.19
SUNSHINE SMOOTHIE mango, pineapple, orange juice & banana \$1 from each Sunshine Smoothie® purchased goes to No Kid Hungry®, 1/1 thru 12...	\$11.99
SUNRISE SUNSET (FRUIT BLEND SMOOTHIES) strawberries, pineapple, mango & orange juice	\$10.19
JETTY PUNCH (FRUIT BLEND SMOOTHIES) strawberries & banana	\$10.19
KIWI QUENCHER (FRUIT BLEND SMOOTHIES) kiwi, strawberries & non-fat yogurt	\$10.19
PARADISE POINT (FRUIT BLEND SMOOTHIES) strawberries, banana & pineapple	\$10.19

ITEM	PRICE
MANGO MAGIC mango, pineapple & non-fat yogurt	\$10.19
BLIMEY LIMEY (FRUIT BLEND SMOOTHIES) strawberries, pineapple, orange juice & lime	\$10.19
BLUEBERRY BLISS (FRUIT BLEND SMOOTHIES) blueberries, strawberries & banana	\$10.19
POMEGRANATE PLUNGE pomegranate, banana, cranberry & strawberries	\$10.69

BALANCED FUSION SMOOTHIES

ITEM	PRICE
CHOCOLATE PB PROTEIN (BALANCED FUSION SMOOTHIES) peanut butter, chocolate, Chobani® Greek Yogurt, banana, cacao nibs & choice of whey or pea protein - 30g/39g of protein	\$11.69
PEANUT PARADISE (BALANCED FUSION SMOOTHIES) peanut butter, banana, non-fat yogurt & choice of whey or pea protein - 22g/35g of protein	\$10.99
CHIA BANANA BOOST banana, chia seeds, almonds, peanut butter, whole-grain oats, cinnamon, dates & coconut	\$10.99
ACAI BERRY BOOST (BALANCED FUSION SMOOTHIES) acai, pomegranate, banana, blueberries & strawberries	\$10.99

TROPICAL TREATS SMOOTHIES

ITEM	PRICE
BAHAMA MAMA (TROPICAL TREATS SMOOTHIES) strawberries, pineapple, coconut & white chocolate	\$10.79
PEANUT BUTTER CUP peanut butter, banana & chocolate	\$10.79
BEACH BUM strawberries, banana & choice of white or dark chocolate	\$10.79
MOCHA MADNESS (TROPICAL TREATS SMOOTHIES) chocolate, coffee, cappuccino & non-fat yogurt	\$9.99

SUPER VEGGIE SMOOTHIES

ITEM	PRICE
ISLAND GREEN (SUPER VEGGIE SMOOTHIES) spinach, kale, mango, pineapple & banana	\$10.99
AVOCOLADA (SUPER VEGGIE SMOOTHIES) avocado, pineapple, spinach, kale, coconut & lime	\$10.69
DETOX ISLAND GREEN (SUPER VEGGIE SMOOTHIES) spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)	\$10.99

GREEK YOGURT & CHIA OATMEAL

ITEM	PRICE
PB PROTEIN CRUNCH Chobani® Greek Yogurt blended with peanut butter & honey, topped with banana, almonds, cacao nibs, granola, chia seeds &...	\$12.39

ITEM	PRICE
MIXED BERRY GREEK YOGURT Chobani® Greek Yogurt topped with fresh strawberries, fresh blueberries, granola, almonds, chia seeds & honey drizzle –...	\$11.09
CHIA OATMEAL a blend of chia seeds, red quinoa, coconut milk & steel cut oats topped with Chobani® Greek Yogurt, fresh blueberries, b...	\$11.69
ACAI & MORE	
MANGO TROPIBOBA BOWL (ACAI & MORE) acai base, granola, fresh pineapple, banana, mango flavored popping boba, freeze-dried dragon fruit, So Delicious Dairy...	\$14.99
BERRY TROPIBOBA BOWL (ACAI & MORE) acai base, granola, fresh strawberries, strawberry flavored popping boba, dark choco chunks, So Delicious Dairy Free Coc...	\$14.99
ACAI BOWL acai base, fresh strawberries, fresh blueberries, banana, coconut, granola, chia seeds & honey drizzle	\$13.69
ACAI BOWL WITH NUTELLA acai base, fresh strawberries, fresh blueberries, banana, coconut, granola, chia seeds, honey drizzle & NUTELLA® drizzle	\$15.39
BAHAMA MAMA BOWL Bahama Mama™ base (with coconut, strawberries, pineapple & white chocolate) topped with granola, fresh pineapple & straw...	\$13.69
DRAGON FRUIT BOWL dragon fruit base, fresh pineapple, fresh strawberries, banana, coconut, granola, chia seeds & honey drizzle.	\$13.69
BREAKFAST	
ALL AMERICAN WRAP bacon or sausage, eggs, cheddar & mozzarella – 17g/23g of protein	\$5.79
SAUSAGE EGG and CHEESE ‘DILLA sausage, eggs, queso blanco, cheddar, smoked cheese blend & served with roasted tomato salsa – 27g of protein	\$7.79
SPINACH FETA and PESTO WRAP eggs, spinach, feta, mozzarella, roasted red peppers & pesto	\$7.09
CALI BREAKFAST FLATBREAD grilled chicken or sausage, eggs, smoked cheese blend, smashed avocado & chipotle mayo	\$7.79
PB BANANA CRUNCH FLATBREAD peanut butter, banana, granola & honey	\$7.39
SOUTHWEST WRAP grilled chicken or sausage, eggs, pepper jack, tomatoes, spinach & chipotle mayo	\$7.09
FEATURED PRODUCTS	
MANGO TROPIBOBA BOWL acai base, granola, fresh pineapple, banana, mango flavored popping boba, freeze-dried dragon fruit, So Delicious Dairy...	\$14.99
BERRY TROPIBOBA BOWL acai base, granola, fresh strawberries, strawberry flavored popping boba, dark choco chunks, So Delicious Dairy Free Coc...	\$14.99
CHOCOLATE PB PROTEIN peanut butter, chocolate, Chobani® Greek Yogurt, banana, cacao nibs & choice of whey or pea protein - 30g/39g of protein	\$11.69