



<http://www.takeoutontherun.com>

# Tropical Smoothie Port Warwick

## All Day Breakfast

- All American Wrap \$3.14  
*Ham,bacon,eggs,mozzarella and cheddar*
- Southwestern Breakfast Wrap \$3.14  
*Eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo in a toasted flour tortilla.*
- Peanut Butter Banana Crunch \$4.50
- Flatbreak  
*Peanut butter, banana, honey & granola on a toasted flatbread.*

## TOASTED FLATBREADS

**Flat Out Delicious Anytime!! Served with chips, whole fruit or kale & apple slaw**

- Chicken Apple Club \$5.55  
*Grilled chicken, smoke cheese, bacon and apple kale slaw with honey Dijon comes on toasted Flat bread*
- Chipotle Chicken Club \$5.55  
*Chicken, pepper jack, bacon, romaine, tomatoes & chipotle mayonnaise on a toasted flatbread*
- 305. Chicken Pesto \$5.55  
*Chicken, Low Fat Mozzarella, Parmesan Tomatoes & Pesto on Grilled Flatbread*
- 301. Chicken Bacon Ranch \$5.55  
*Grilled chicken, Bacon, tomatoes, romain, cheddar & ranch*
- 302. Cali Chicken Club \$5.55  
*Grilled chicken, bacon, smashed avocado, mozzarella, tomatoes, romaine & basil garlic aioli on a toasted flatbread.*

## TOASTED SANDWICHES

**All sandwiches served with Chips, Whole Fruit or Kale & Apple Slaw**

- Chicken Caprese (New\*\*\*) \$7.65  
*Grilled chicken,fresh mozzarella cheese,parmasen,tomatoes,pesto sauce & balsamic glaze pressed to perfection*
- 204. Turkey Bacon Ranch Sandwich \$7.34  
*Turkey, Bacon, Swiss, Tomatoes, Field Greens & Light Ranch on Toasted Ciabatta*
- Ultimate Club Sandwich \$7.34  
*ham, turkey, bacon, swiss cheese, parmesan, tomato, mixed greens & chipotle mayo on ciabatta*
- Tropical Chicken Salad Sandwich \$7.34  
*Pulled chicken, roasted pineapple salsa, cashews, jerk mayo, with mixed greens & tomatoes on 9-grain bread*
- 202. Turkey Apple Dijon Sandwich \$7.34  
*Bacon, kale and apple slaw, smoked cheese blend & honey Dijon on 9-grain bread*

## Classic Smoothies

**All smoothies are 24oz. and made with turbinado unless otherwise noted or requested. Splenda substitute available upon request.**

- 822. Sunrise Sunset \$5.24  
*Strawberries, Pineapple, Mango & Orange*
- 814. Kiwi Quencher \$5.24  
*Kiwi, Strawberries & Non-Fat Yogurt*
- 816. Paradise Point \$5.24  
*Strawberries, Banana & Pineapple*
- 815. Mango Magic \$5.24  
*Mango, Pineapple & Non-Fat Yogurt*
- 809. Blimey Limey \$5.24  
*Strawberries, Pineapple, Orange & Lime*
- Blueberry Bliss Smoothie \$5.24  
*Blueberries, strawberries, bananas and turbinado.*
- Sunshine \$5.24  
*Mango, Banana, Orange, Pineapple and Orange Juice*
- Strawberry Limeade \$5.24  
*Strawberries & lemonade*
- 817. Peaches' N Silk \$5.24  
*Peaches, Orange & Banana*
- 813. Jetty Punch \$5.24  
*Strawberries & Banana*

## Supercharged Smoothies

**Smoothies to Power Up**

- Lean Machine Smoothie \$5.55  
*Strawberries, Bananas, Fat Burner, Energizer*
- Immune Blast Smoothie \$5.55  
*Bananas, orange, green apple, orange juice, vitamin C*
- Health Nut Smoothie \$5.55  
*Blueberries, mango, banana, almonds, protein*
- Chia Banana Boost Smoothie \$5.55  
*Roasted banana, chia seeds, coconut, almonds, dates, cinnamon, whole grain oats with your choice of peanut butter or strawberries*
- Tripple Berry Oat Smoothie \$5.55  
*Strawberries, blueberries, cranberry, multi-vitamin, ground flax seeds, whole grain oats, whey protein & splenda*
- Muscle Blaster Smoothie \$5.55  
*Strawberries, banana,& choice of protein*
- Chia Banana Max Smoothie \$6.60  
*Roasted Banana, whole grain oats, chia seeds, cinnamon, dates, coconut, almonds, peanut butter & whey protein*
- Peanut Paradise Smoothie \$5.55  
*Peanut butter, banana, non fat yogurt & choice of protein*
- Orange Ginger Glow \$5.55  
*Mango, fresh ginger, green apple, pineapple, carrot & orange juice*

## Supplements

- Energizer \$1.04
- Vitamin-C Immune \$1.04
- Multi-Vitamin \$1.04
- Whey Protein \$1.04
- Soy Protein \$1.04
- Probiotic \$1.04
- Fat Burner \$1.04
- Vitamin B-12 \$1.04
- Pea Protein \$1.04

## Fresh Add Ins

- Spinach and Kale \$1.04
- Ginger \$1.04
- Peanut Butter \$1.04
- Almonds \$1.04
- Whole Grain Oats \$1.04
- Ground Flax Seed \$1.04

## Kids Smoothies

**Kids 12 and Under**

- Kid's Jetty Junior Smoothie \$3.14  
*12 oz. smoothie made with turbinado.*
- Kid's Chocolate Chimp Smoothie \$3.14  
*12 oz. smoothie made with turbinado.*
- Kid's Lil' Limeberry Smoothie \$3.14  
*12 oz. smoothie made with turbinado.*
- Kid's Awesome Orange Smoothie \$3.14  
*12 oz. smoothie made with turbinado.*

## Kids Food

**Combo available with a 12 oz. smoothie**

- Kids Turkey & Cheddar Wrap \$5.24
- Ham & Cheddar Wrap \$5.24
- Kids Cheese Quesadilla \$5.24  
*Add Chicken for \$1.00*

## Beverages

- Water Bottle \$1.67
- 16.9 Oz. 6 Pack of Bottled Soda \$8.39  
*Your Choice of Coke,Diet Coke or Sprite*
- 16.9 Oz. Soda Bottle \$2.40  
*Your Choice of Coke,Diet Coke or Sprite*

## Signature Wraps and Bowls

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

Hummus Veggie	\$7.34
<i>hummus, smashed avocado, pepper jack, a romaine, kale &amp; spinach blend, southwestern rice with corn, black beans &amp; asparagus, pickled red onions, tomatoes &amp; lite ranch</i>	
Buffalo Chicken	\$7.34
<i>Grilled chicken, tomatoes, romaine, mozzarella, buffalo sauce &amp; lite ranch</i>	
Caribbean Jerk Chicken	\$7.34
<i>Grilled chicken, rice, black beans, cheddar, roasted pineapple salsa, romaine &amp; jerk sauce</i>	
Baja Chicken	\$7.34
<i>Grilled chicken, rice, black beans, smashed avocado, romaine, pickled red onion, cheddar &amp; roasted tomato salsa</i>	
Super Green Chicken Caesar Salad	\$7.34
<i>Grilled chicken, romaine lettuce, kale, spinach, tomatoes, parmesan cheese, parmesan crisps and Caesar dressing</i>	
Thai Chicken	\$7.34
<i>Grilled chicken, carrots, sesame seeds, wontons, cilantro, scallions, romaine &amp; Thai peanut sauce</i>	

## Side Items

Extra Dressing or Sauce	\$0.53
<i>Your Choice of Ranch, Caesar, Thai Peanut, Jamaican Jerk, Chipotle or Buffalo Sauce</i>	
Cookies	\$1.35
<i>Your Choice of Chocolate chips or Snicker Doodles</i>	
Chips	\$1.35
<i>Your Choice of Chips vary by location</i>	
Whole Fruit	\$1.35
<i>Your Choice of Banana, Orange or Granny Smith Apples</i>	
Kale & Apple-Slaw (house made)	\$1.35

## Super Foods Smoothies

823. Acai Berry Boost Superfood Smoothie	\$5.55
<i>Acai, Pomegranate, Banana, Blueberries &amp; Strawberries</i>	
824. Pomegranate Plunge Superfood Smoothie	\$5.55
<i>Pomegranate, Banana, Strawberries &amp; Cranberry</i>	
Island Green Superfood Smoothie	\$5.55
<i>Spinach, kale, mango, pineapple &amp; banana</i>	
Avocolada Superfood Smoothie	\$5.55
<i>Avocado, pineapple, spinach, kale, coconut &amp; lime</i>	
Detox Island Green Superfood Smoothie	\$5.55
<i>Spinach, kale, mango, pineapple, banana &amp; fresh ginger.</i>	

## Indulgent Smoothies

**Dessert Should Taste This Good!**

803. Mocha Madness Indulgent Smoothie	\$5.55
<i>Chocolate, Coffee, Cappuccino &amp; Non-Fat Yogurt</i>	
804. Beach Bum Indulgent Smoothie	\$5.55
<i>Strawberries, Banana &amp; Chocolate</i>	
Decaf Mocha Madness Indulgent Smoothie	\$5.55
<i>Chocolate, decaffeinated coffee, cappuccino, non-fat yogurt and turbinado.</i>	
805. Bahama Mama Indulgent Smoothie	\$5.55
<i>Strawberries, Pineapple, White Chocolate &amp; Coconut</i>	
808. Peanut Butter Cup Indulgent Smoothie	\$5.55
<i>Peanut Butter, Bananas &amp; Chocolate</i>	