



5012328997

<http://www.omnidelivers.com>

Tropical Smoothie Cafe Russell

PAIR AND SAVE

SMOOTHIE AND A FLATBREAD

Pair your favorite flatbread and smoothie for a great meal and a great deal!

SMOOTHIE AND A WRAP

Pair your favorite wrap and smoothie for a great meal and a great deal!

SMOOTHIE AND A SANDWICH

Pair your favorite sandwich and smoothie for a great meal and a great deal!

SMOOTHIE AND A QUESADILLA

Pair your favorite quesadilla and smoothie for a great meal and a great deal!

SMOOTHIE AND A SALAD

Pair your favorite salad and smoothie for a great meal and a great deal!

SMOOTHIE AND BREAKFAST

Pair your favorite breakfast food and smoothie for a great meal and a great deal!

SUPER VEGGIE SMOOTHIES

ISLAND GREEN \$7.36
spinach, kale, mango, pineapple & banana

DETOX ISLAND GREEN \$7.49
spinach, kale, mango, pineapple, banana & fresh ginger (naturally sweetened)

AVOCOLADA \$7.36
avocado, pineapple, spinach, kale, coconut & lime

TROPICAL TREATS SMOOTHIES

BAHAMA MAMA \$7.36
strawberries, pineapple, coconut & white chocolate

PEANUT BUTTER CUP \$7.36
peanut butter, banana & chocolate

BEACH BUM \$7.36
strawberries, banana & chocolate

MOCHA MADNESS \$7.36
chocolate, coffee, cappuccino & non-fat yogurt

FRUIT BLEND SMOOTHIES

MANGO BERRY COSMO SMOOTHIE \$8.11
Mango, strawberries, cranberry and lime

WATERMELON MOJITO SMOOTHIE \$8.11
Watermelon, mint, strawberries and lime

SUNRISE SUNSET \$6.86
strawberries, pineapple, mango &

FLATBREADS

CHIPOTLE CHICKEN CLUB \$7.86
grilled chicken, bacon, tomatoes, romaine, pepper jack & chipotle mayo

CHICKEN BACON RANCH \$7.86
grilled chicken, bacon, tomatoes, romaine, cheddar & lite ranch

CHICKEN PESTO \$7.86
grilled chicken, tomatoes, shredded parmesan, mozzarella & pesto

Wraps

CARIBBEAN JERK \$9.74
grilled chicken, rice, black beans, cheddar, roasted pineapple salsa, romaine & jerk sauce

BUFFALO CHICKEN \$9.74
grilled chicken, tomatoes, romaine, mozzarella, buffalo sauce & lite ranch

THAI CHICKEN \$9.74
grilled chicken, carrots, sesame seeds, wontons, cilantro, scallions, romaine & Thai peanut sauce

HUMMUS VEGGIE \$9.74
hummus, smashed avocado, pepper jack, romaine, rice, black beans, pickled red onions, tomatoes & lite ranch

BAJA CHICKEN \$9.74
grilled chicken, rice, black beans, smashed avocado, romaine, pickled red onions, cheddar & roasted tomato salsa

SUPERGREEN CAESAR CHICKEN \$9.74
grilled chicken, romaine, spinach, shredded parmesan, tomatoes, parmesan crisps & caesar

SANDWICHES

TURKEY BACON RANCH \$9.61
turkey, bacon, tomatoes, romaine, swiss & lite ranch on ciabatta

CHICKEN CAPRESE \$9.99
grilled chicken, fresh mozzarella, parmesan, tomatoes, pesto & balsamic glaze pressed on ciabatta

AVOCADO GRILLED CHEESE \$8.11
white American cheese, firehouse cheese blend, bacon, smoked tomato spread and smashed avocado on toasted sourdough

SMOKY GRILLED CHEESE \$7.49
fresh mozzarella, white American cheese, bacon and smoked tomato spread on toasted sourdough

QUESADILLAS

SALSA VERDE QUESADILLA \$9.11
Grilled chicken, salsa verde, tomatoes, scallions, cilantro, queso blanco, cheddar, mozzarella & served with a side of salsa verde

SANTA FE CHICKEN \$9.11
grilled chicken, black beans, roasted red pepper & onion, queso

BREAKFAST

PEANUT BUTTER BANANA CRUNCH FLATBREAD \$6.24

peanut butter, banana, granola & honey

ALL AMERICAN WRAP \$4.99

Eggs, bacon, cheddar & mozzarella

SOUTHWEST WRAP \$4.99

eggs, grilled chicken, pepper jack, tomatoes, spinach & chipotle mayo

SALADS

BEACH CLUB \$9.99

grilled chicken, bacon, tomatoes & parmesan crisps on a bed of romaine and spinach & served with salsa ranch dressing

THAI CHICKEN \$9.99

grilled chicken, carrots, sesame seeds, cilantro, scallions & wontons on a bed of romaine & served with thai peanut dressing

SUPERGREEN CAESAR \$9.99

grilled chicken, shredded parmesan, tomatoes, & parmesan crisps on a bed of romaine and spinach & served with caesar dressing

KIDS

CHEESE QUESADILLA \$4.99

mozzarella and cheddar on a pressed flour tortilla. Add chicken for an additional charge.

CHICKEN AND CHEESE QUESADILLA \$7.49

Mozzarella, cheddar and chicken on a pressed flour tortilla

TURKEY & CHEDDAR WRAP \$4.99

turkey and cheddar in a toasted flour tortilla

CLASSIC GRILLED CHEESE \$6.61

Cheddar and white American cheese on toasted sourdough bread

12 oz AWESOME CHOCOLATE \$4.11

banana & chocolate

12 oz LIL LIMEBERRY \$4.11

strawberries & lime

12 oz JETTY JUNIOR \$4.11

strawberries & banana

SIDES

MAPLE KISSED SWEET POTATOES \$2.24

maple glaze on roasted sweet potatoes

JALAPENO CORN \$2.24

chipotle mayo on charred corn with fresh lime

KALE & APPLE SLAW \$1.61

house-made kale & apple slaw

APPLE \$1.61

BANANA \$1.61

Baked Lays Original Chips \$1.61

<i>orange juice</i>	
JETTY PUNCH	\$6.86
<i>strawberries & banana</i>	
KIWI QUENCHER	\$6.86
<i>kiwi, strawberries & non-fat yogurt</i>	
PARADISE POINT	\$6.86
<i>strawberries, banana & pineapple</i>	
MANGO MAGIC	\$6.86
<i>mango, pineapple & non-fat yogurt</i>	
BLIMEY LIMEY	\$6.86
<i>strawberries, pineapple, orange juice & lime</i>	
POMEGRANATE PLUNGE	\$7.36
<i>pomegranate, banana, cranberry & strawberries</i>	
BLUEBERRY BLISS	\$6.86
<i>blueberries, strawberries & banana</i>	

<i>blanco, cheddar, a smoked cheese blend & roasted tomato salsa</i>	
THREE CHEESE CHICKEN	\$8.24
<i>grilled chicken, queso blanco, cheddar, a smoked cheese blend & roasted tomato salsa</i>	
THREE CHEESE	\$6.99
<i>queso blanco, cheddar, a smoked cheese blend & roasted tomato salsa</i>	

MISS VICKIE'S BBQ Chips	\$1.61
MISS VICKIE'S Jalapeno Chips	\$1.61
MISS VICKIE'S Salt and Vinegar	\$1.61
MISS VICKIE'S Sea Salt Chips	\$1.61
Sun Chips Harvest Cheddar	\$1.61
Chocolate Chunk Cookie	\$2.86
Snickerdoodle Cookie	\$2.86

BALANCED FUSION SMOOTHIES

PEANUT PARADISE	\$7.49
<i>peanut butter, banana, non-fat yogurt & choice of protein</i>	
CHIA BANANA BOOST	\$7.86
<i>banana, chia seeds, almonds, whole-grain oats, cinnamon, dates & coconut with choice of peanut butter or strawberries</i>	
TRIPLE BERRY OAT	\$7.49
<i>strawberries, blueberries, cranberry, multivitamin, ground flaxseed, whole-grain oats, whey protein & Splenda</i>	
LEAN MACHINE	\$7.49
<i>strawberries, banana, fat burner & energizer</i>	
ACAI BERRY BOOST	\$7.49
<i>acai, pomegranate, banana, blueberries & strawberries</i>	