

Due September 16th
NO EXCEPTIONS

Tropical Smoothie Order Form

Combo of Sandwich or Wrap plus choice of 24-ounce Smoothie = \$8.50
(Hot items not recommended or on order sheet)

Sandwiches and Wraps

- Wasabi Caesar Roast Beef Sandwich --Roast beef, pepper jack cheese, romaine lettuce and wasabi Caesar dressing on a ciabatta
- Chipotle Turkey Sandwich – turkey, pepper jack cheese, tomatoes, romaine lettuce and chipotle mayo on ciabatta
- Cranberry Walnut Chicken Salad Sandwich – cranberry walnut chicken salad, tomatoes, field greens on nine-grain wheat bread
- Turkey Guacamole Sandwich – turkey, guacamole, cilantro-lime, onions, tomatoes, field greens on nine-grain wheat bread
- Turkey and Swiss Sandwich – Turkey, Swiss, tomatoes, romaine on nine-grain wheat bread, mayo and mustard on the side
- Cranberry Walnut Chicken Salad Wrap – cranberry walnut chicken salad, tomatoes and romaine in a flour tortilla wrap
- Hummus Veggie Wrap – hummus, pepper jack cheese, southwestern rice with corn, black beans and asparagus, romaine, salsa and onion in a garlic herb tortilla
- King Caesar Wrap—Chicken, Parmesan, tomatoes, romaine and Caesar dressing
- Totally Turkey Wrap – turkey, Swiss cheese, tomatoes, romaine and light ranch dressing in garlic herb tortilla

Smoothies

- Peanut Butter Paradise—peanut butter, banana, non-fat yogurt, whey/soy protein
- Island Green—spinach, kale, mango, pineapple, banana
- Blue Lagoon – blueberries, strawberries and banana
- Sunrise Sunset – strawberries, pineapple, mango and orange
- Jetty Punch – strawberries and banana

Name _____

Combo sand/wrap & smoothie _____ x \$8.50 = _____

Extra wrap or sandwich _____ x \$4.00 = _____

24oz smoothie only _____ x \$5.00 = _____

Total items /order cost _____ = \$ _____

Date paid: Cash _____ check # _____