



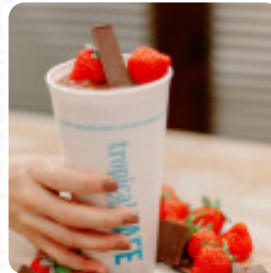
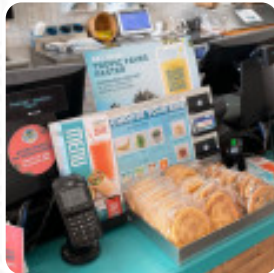
Tropical Smoothie Cafe Menu

<https://menulist.menu>

115 W Rand Rd, IL 60004-3137, United States, Arlington Heights

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<https://locations.tropicalsmoothiecafe.com/il/arlington-heights/115-w-rand-rd>



The menu of Tropical Smoothie Cafe from Arlington Heights includes 10 dishes. On average, **dishes or drinks on the card** cost about \$7.2. The categories can be viewed on the menu below. What [Ahmed Khalil](#) likes about Tropical Smoothie Cafe:

Healthiest smoothie option. Prices could be a bit more fair, but the quality is what counts. Cheap food isn't good good food isn't cheap. Plus the customer service is top. T-Mobile tuesdays get you a free smoothie every now and then I take advantage with an island green. [read more](#). What [Megan Freeman](#) doesn't like about Tropical Smoothie Cafe:

I love the actual smoothies but have been to this location probably 5 times and every time the employees seem miserable. I've never been greeted, which isn't a big deal but they're unfriendly and seem put off to take your order not sure if this is just another Gen Z trait, but I would invest in some customer service training. I want to keep coming back but it's just not a very pleasant experience. [read more](#). The fresh and tasty juices listed on the drinks menu optimally complement the dishes of the restaurant, Here you'll find sweet pastries and cake, small snacks and chilled refreshments and hot beverages. In addition, there are fine American dishes, such as **burgers and grilled meat**, For a snack in between, the tasty sandwiches, healthy salads, and other snacks are suitable.

Tropical Smoothie Cafe Menu



QUESADILLA

3 CHEESE QUESADILLA \$4.6

Cocktails

MOJITO

Milchshakes

SMOOTHIE

flatbreads

CHICKEN BACON RANCH
FLATBREAD \$6.9

Featured Items

SANTA FE CHICKEN QUESADILLA \$6.9

Most Popular

TURKEY BACON RANCH
SANDWICH \$8.4

Popular Items

SMOOTHIES

Restaurant Category

TROPICAL

Wraps

CARIBBEAN JERK CHICKEN WRAP \$8.4

BUFFALO CHICKEN WRAP \$8.0

Dishes are prepared with

STRAWBERRY

WATERMELON

Uncategorized

ULTIMATE CLUB SANDWICH \$8.5

CHIPOTLE CHICKEN CLUB
FLATBREAD \$7.0

ISLAND GREEN SMOOTHIE \$6.9

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DETOX ISLAND GREEN SMOOTHIE \$6.9

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Tropical Smoothie Cafe

115 W Rand Rd, IL 60004-3137,
United States, Arlington Heights

Opening Hours:

Monday 07:00 -21:00
Tuesday 07:00 -21:00
Wednesday 07:00 -21:00
Thursday 07:00 -21:00
Friday 07:00 -21:00
Saturday 08:00 -21:00
Sunday 10:00 -20:00

Made with menulist.menu

 gallery image

