

# MENU



For Express Pick-Up  
Call Your Order in  
Ahead And Have It Waiting

Phone: 507-280-5838  
Fax: 507-280-5977

Froots-Rochester  
102 20th St. SE  
Rochester, MN 55904

## SMOOTHIES

16oz. \$3.99 24oz \$4.99 32oz \$5.99

**Strawberry Craze**  
Strawberries, Bananas,  
Strawberry-Kiwi Juice,  
Orange Sherbet

**Strawberry Zinger**  
Strawberries, Pineapple,  
Strawberry-Kiwi Juice,  
Orange Sherbet

**Strawberry Cream**  
Strawberries, Bananas,  
Strawberry-Kiwi Juice,  
Fat-Free Vanilla Yogurt

**Strawberry Twist**  
Strawberries, Bananas,  
Pineapple Juice,  
Orange Sherbet

**Luv'n Life**  
Peaches, Bananas,  
Orange Juice,  
Pineapple Sherbet

**Smooth Toucan**  
Strawberries, Bananas,  
Orange Juice,  
Fat-Free Vanilla Yogurt

**Berry Bopper**  
Blueberries, Raspberries,  
Strawberry-Kiwi Juice,  
Fat-Free Vanilla Yogurt

**Raspberry Split**  
Raspberries, Bananas,  
Strawberry-Kiwi Juice,  
Fat-Free Vanilla Yogurt

**Razz Attack**  
Raspberries, Strawberries,  
Strawberry-Kiwi Juice,  
Fat-Free Vanilla Yogurt

## TROPICAL SMOOTHIES

16oz. \$3.99 24oz \$4.99 32oz \$5.99

**Mango Tropics**  
Mangos, Bananas,  
Pineapple Juice,  
Fat-Free Vanilla Yogurt

**Tangy Mango**  
Mangos, Pineapple,  
Orange Juice,  
Orange Sherbet

**Pina Coolada**  
Pineapples, Bananas,  
Cream of Coconut Milk,  
Fat-Free Vanilla Yogurt

**Malibu Island**  
Pineapple, Strawberries,  
Papaya Juice,  
Pineapple Sherbet

**Tropical Toucan**  
Mangos, Peaches,  
Strawberry-Kiwi Juice,  
Orange Sherbet

**Caribbean Breeze**  
Bananas, Strawberries,  
Papaya Juice,  
Fat-Free Vanilla Yogurt

**Pacific Way**  
Peaches, Strawberries,  
Orange & Papaya Juices,  
Pineapple Sherbet

**Tidal Wave**  
Peaches, Strawberries,  
Strawberry-Kiwi Juice,  
Orange Sherbet

**Aloha Sunrise**  
Mangos, Peaches,  
Pineapple Juice,  
Orange Sherbet

**Island Nectar**  
Mangos, Bananas,  
Papaya Juice,  
Pineapple Sherbet

## SHAKES

16oz. \$3.99 24oz \$4.99 32oz \$5.99

**Strawberry Delight**  
Strawberries, Bananas,  
Milk, Fat-Free Vanilla Yogurt

**Oreo Madness**  
Oreo Cookies, Milk,  
Fat-Free Vanilla Yogurt

**Choc-O-Nuts**  
Peanut Butter, Chocolate  
Syrup, Bananas, Milk,  
Fat-Free Vanilla Yogurt

**Peanut Butter  
Sensation**  
Peanut Butter, Bananas,  
Milk, Fat-Free Vanilla Yogurt

**Banana Man**  
Bananas, Milk,  
Fat-Free Vanilla Yogurt

**Truly Latte**  
Columbian Coffee,  
Vanilla Cream, Milk,  
Fat-Free Vanilla Yogurt

**Orange Dream**  
Orange Juice, Milk,  
Orange Sherbet,  
Fat-Free Vanilla Yogurt

**Chocolate Twist**  
Chocolate Syrup, Bananas,  
Milk, Fat-Free Vanilla Yogurt

**Coco-Loco**  
Chocolate Syrup,  
Cream of Coconut Milk,  
Fat-Free Vanilla Yogurt

## FRESH SQUEEZED JUICES

16oz. \$3.99 24oz \$4.99 32oz \$5.99

Orange

Carrot

Grapefruit

Carrot/Apple

Carrot/Orange

Orange/Banana

## SALADS

\$6.29 each

**Greek Salad**  
Hummus, Feta Cheese,  
Black Olive, Onion,  
Tomato, Cucumber,  
Spinach, Balsamic Dressing

**Santa Fe Salad**  
Mesquite Chicken,  
Monterey Jack Cheese, Black  
Beans, Corn, Onion, Tomato,  
Spring Mix, Ranch Dressing

**Albacore Tuna**  
Albacore Tuna, Spring Mix,  
Cucumber, Egg, Tomato,  
Onion, Sprouts,  
Balsamic Vinaigrette Dressing

**Chinese Chicken**  
Chicken, Spring Mix, Pineapple,  
Oriental Noodles, Sesame Seeds,  
Onion, Sprouts,  
Oriental Sesame Dressing

**Bacon Some Chicken**  
Chicken, Bacon, Cheddar  
Cheese, Spring Mix, Onion,  
Tomato, Cucumber,  
Croutons, Ranch Dressing

**Cobb Salad**  
Chicken, Bacon, Blue Cheese  
Crumbles, Romaine Lettuce,  
Egg, Black Olive,  
Ranch Dressing

**Chicken Caesar Salad**  
Chicken, Parmesan Cheese, Tomato,  
Croutons, Romaine Lettuce,  
Caesar Dressing



Build Your  
Own Salad  
Also Available

## WRAPS

\$4.99 small \$5.99 regular

**Mediterranean**  
Hummus, Feta Cheese, Onion, Tomato,  
Black Olive, Cucumber, Spinach, Balsamic Dressing,  
Whole Wheat Tortilla

**Southern Girl**  
Chicken, Cucumber, Onion, Romaine Lettuce  
BBQ & Low Fat Ranch Dressings, White Tortilla

**Hickory Chicken**  
Chicken, Bacon, Cheddar Cheese, Romaine Lettuce,  
Onion, BBQ Sauce, White Tortilla

**Wasabi Chicken**  
Chicken, Oriental Noodles, Sesame Seeds, Wasabi Sauce,  
Romaine Lettuce, Wasabi Dijon Vinaigrette Dressing,  
White Tortilla

**Teriyaki Chicken**  
Chicken, Pineapple, Oriental Noodles, Spring Mix,  
Teriyaki & Oriental Sesame Dressing, White Tortilla

**Turn-a Tun-a**  
Albacore Tuna, Sprouts, Onion, Tomato, Avocado,  
Spring Mix, Balsamic Vinaigrette Dressing,  
Whole Wheat Tortilla

**Caesar Fever**  
Chicken, Parmesan Cheese, Tomato, Croutons,  
Romaine Lettuce, Caesar Dressing, Whole Wheat Tortilla

**Kingston Jerk Chicken**  
Chicken, Cream Cheese, Onion, Romaine Lettuce,  
Jamaican Jerk Sauce, White Tortilla

**Go-Go Veggie**  
Tofu, Blue Cheese Crumbles, Tomato, Onion, Sprouts,  
Black Olive, Cucumber, Spinach, Balsamic Vinaigrette  
Dressing, Whole Wheat Tortilla

## VALUE WRAPS

\$3.99 small \$4.99 regular

**Club**  
Ham, Turkey, Bacon, Cheddar Cheese, Tomato,  
Romaine Lettuce, Mayonnaise, White Tortilla

**Low Fat Turkey**  
Turkey, Fat Free Ranch, Spring Mix, Tomato,  
Onion, Cucumber, Wheat Tortilla

**Ham & Swiss**  
Ham, Swiss Cheese, Tomato, Onion, Romaine Lettuce,  
Honey Lime Dressing, White Tortilla

## SPECIALTY WRAPS

\$5.49 small \$6.49 regular

**California Turkey**  
Turkey Breast, Bacon, Monterey Jack Cheese,  
Tomato, Onion, Sprouts, Avocado,  
Spring Mix, Ranch Dressing, Whole Wheat Tortilla

**Kansas City Beef**  
Roast Beef, Monterey Jack Cheese, Romaine Lettuce,  
Tomato, Jalapeno, BBQ Sauce, White Tortilla

**Southwest**  
Mesquite Chicken, Monterey Jack Cheese,  
Black Beans, Corn, Jalapeno, Onion, Tomato,  
Romaine Lettuce, Habanero Mayonnaise, White Tortilla

## GOURMET SOUPS

**Soup of the Day**  
A Different Soup Served Daily

cup \$2.19  
bowl \$3.19

**Chili**  
Always a favorite

cup \$2.49  
bowl \$3.49

