

At Tropical Smoothie Cafe, we care about serving great tasting food & smoothies that also have the right balance of health and nutrition. Please refer to the charts below to choose the items that are right for you.

	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	
TOASTED WRAPS												
  Baja Chicken ^{3 8}	640	220	24	8	0	95	1700	67	7	5	38	
  Buffalo Chicken ^{1 3 6 8}	510	180	21	7	0	90	2080	44	3	3	34	
  Caribbean Jerk Chicken ^{3 6 8}	590	150	17	8	0	95	1560	74	5	15	37	
 Hummus Veggie ^{1 3 8}	740	330	38	8	0	25	1410	83	11	10	18	
  Supergreen Caesar Chicken ^{1 2 3 6 8}	610	280	31	11	0	120	1460	42	3	2	37	
  Thai Chicken ^{4 6 8}	500	130	15	3	0	65	1350	62	3	12	30	
BOWLS												
  Baja Chicken ³	470	190	21	6	0	95	1480	37	9	7	33	
  Buffalo Chicken ^{1 3 6}	420	220	25	7	0	100	2550	16	4	6	29	
  Caribbean Jerk Chicken ^{3 6}	440	110	12	6	0	95	1350	52	6	24	33	
  Hummus Veggie ^{1 3}	620	370	42	7	0	35	1170	48	11	9	13	
  Supergreen Caesar Chicken ^{1 2 3 6}	570	380	43	11	0	150	1140	13	5	3	33	
  Thai Chicken ^{4 6 8}	380	120	13	1.5	0	65	1160	40	5	22	26	
PRESSED SANDWICHES												
Chicken Caprese ^{1 3 6 8}	730	270	30	10	0	125	1480	64	1	5	45	
Chicken Caprese with Bacon ^{1 3 6 8}	790	310	35	12	0	135	1730	64	1	5	49	
Cuban ^{1 3 6 8}	790	370	42	14	0	105	2020	64	0	2	35	
TOASTED SANDWICHES												
Tropical Chicken Salad ^{1 6 7 8}	610	300	33	4	0	70	880	52	2	14	27	
Half Tropical Chicken Salad ^{1 6 7 8}	300	150	17	2	0	35	440	26	0	7	13	
Turkey Apple Dijon ^{1 3 6 8}	640	270	31	11	0	110	1670	52	0	16	44	
Half Turkey Apple Dijon ^{1 3 6 8}	320	140	16	5	0	55	830	26	0	8	22	
Turkey Bacon Ranch ^{1 3 8}	560	180	20	8	0	95	1570	59	5	14	42	
Half Turkey Bacon Ranch ^{1 3 8}	280	90	10	4	0	45	780	30	3	7	21	
Ultimate Club ^{1 3 8}	620	240	27	9	0	95	1720	59	5	13	42	
Half Ultimate Club ^{1 3 8}	310	120	13	4.5	0	50	860	29	3	7	21	
QUESADILLAS												
Island Chicken	570	240	27	11	0	80	1960	51	2	9	29	
Santa Fe Chicken	600	250	28	14	0	100	2270	50	3	5	35	
Three Cheese Chicken	550	240	27	14	0	100	1880	41	1	3	33	
TOASTED FLATBREADS												
 Cali Chicken Club ^{1 3 6 8}	570	250	29	7	0	75	1520	47	6	2	30	
 Chicken Apple Club ^{1 3 6 8}	580	260	29	10	0	90	1330	49	3	8	32	
 Chicken Bacon Ranch ^{1 3 6 8}	500	200	23	8	0	85	1270	44	3	3	31	
  Chicken Pesto ^{3 6 8}	430	140	16	5	0	65	1090	43	3	2	28	
 Chipotle Chicken Club ^{1 3 6 8}	490	210	24	6	0	70	1170	42	3	2	27	
KIDS FOOD ITEMS												
 Cheese Quesadilla ^{3 8}	400	170	19	11	0	45	900	37	0	0	19	
  Cheese Quesadilla with Chicken ^{3 8}	480	180	21	11	0	90	1160	38	0	0	33	
 Ham & Cheddar Wrap ^{3 8}	380	140	16	8	0	60	1260	37	0	1	23	
 Turkey & Cheddar Wrap ^{3 8}	370	130	14	7	0	60	1050	37	0	1	24	
BREAKFAST												
All American Wrap ^{1 3 8}	430	180	20	9	0	145	1160	37	0	1	22	
 Peanut Butter Banana Crunch Flatbread ^{4 6 8}	590	210	24	4.5	0	0	730	77	7	22	18	
  Southwest Wrap ^{1 3 8}	580	320	36	10	0	170	1170	38	2	2	24	
SIDES												
  Apple	90	0	0	0	0	0	0	25	4	19	0	
  Banana	110	0	0	0	0	0	0	27	3	14	1	
  Kale & Apple Slaw ¹	120	70	8	1	0	5	140	11	2	7	1	
  Orange	60	0	0	0	0	0	0	15	3	12	1	
Oven Baked Lay's - Original ⁶	110	27	3	0	0	0	140	19	1	2	2	
Sunchips - Harvest Cheddar ^{3 8}	140	54	6	0.5	0	0	200	19	2	2	2	
Miss Vickie's - Sea Salt & Vinegar ³	200	99	11	1.5	0	0	230	23	2	2	3	
Miss Vickie's - Simply Sea Salt	210	108	12	1.5	0	0	125	23	2	1	3	
Miss Vickie's - Jalapeño ³	200	99	11	1.5	0	0	180	22	2	2	3	
Miss Vickie's - Smokehouse BBQ ³	200	99	11	1.5	0	0	200	23	2	3	2	
COOKIES												
 Chocolate Chunk ^{1 3 4 6 7 8 9}	330	160	18	11	0	35	300	39	3	22	5	
 Snickerdoodle ^{1 3 4 6 7 8}	290	100	11	7	0	50	330	43	0	22	5	
BEVERAGES												
 Aquafina Bottled Water (20 fl oz)	0	0	0	0	0	0	20	0	0	0	0	
  Brewed Sweet Tea (24 fl oz) ⁹	250	0	0	0	0	0	25	62	0	60	0	
 Brewed Unsweet Tea (16 fl oz) ⁹	0	0	0	0	0	0	15	1	0	0	0	
 Brewed Unsweet Tea (24 fl oz) ⁹	5	0	0	0	0	0	20	2	0	0	0	
 Coca-Cola (8.5 fl oz) ⁹	110	0	0	0	0	0	30	29	0	29	0	
 Coca-Cola (12 fl oz) ⁹	150	0	0	0	0	0	35	40	0	40	0	
 Coca-Cola (20 fl oz) ⁹	240	0	0	0	0	0	60	67	0	67	0	
 Coca-Cola (24 fl oz fountain) ⁹	290	0	0	0	0	0	70	80	0	80	0	
 Coke Zero (24 fl oz fountain) ⁹	0	0	0	0	0	0	85	0	0	0	0	
 Dasani Bottled Water (20 fl oz)	0	0	0	0	0	0	20	0	0	0	0	
 Diet Coke (8.5 fl oz) ⁹	0	0	0	0	0	0	30	0	0	0	0	
 Diet Coke (12 fl oz) ⁹	0	0	0	0	0	0	40	0	0	0	0	
 Diet Coke (20 fl oz) ⁹	0	0	0	0	0	0	70	0	0	0	0	
 Diet Coke (24 fl oz fountain) ⁹	0	0	0	0	0	0	85	0	0	0	0	
 Minute Maid Lemonade (24 fl oz fountain)	270	0	0	0	0	0	200	75	0	72	0	
 Nestle Pure Life Bottled Water (20 fl oz)	0	0	0	0	0	0	20	0	0	0	0	
 Organic Half Tea & Half Lemonade (16.9 fl oz) ⁹	100	0	0	0	0	0	0	25	0	25	0	
 Organic Honey Green Tea (16.9 fl oz) ⁹	70	0	0	0	0	0	15	19	0	19	0	
 Organic Peach Tea (16.9 fl oz) ⁹	100	0	0	0	0	0	20	25	0	25	0	
 Sprite (8.5 fl oz)	100	0	0	0	0	0	25	27	0	24	0	
 Sprite (12 fl oz)	140	0	0	0	0	0	70	39	0	38	0	
 Sprite (20 fl oz)	240	0	0	0	0	0	115	64	0	64	0	
 Sprite (24 fl oz fountain)	280	0	0	0	0	0	135	77	0	76	0	

 Substitute our Beyond Meat Chicken-Free Chicken Strips⁶

 Vegetarian

 Gluten-Friendly

¹ Contains egg. ² Contains fish. ³ Contains milk. ⁴ Contains peanuts. ⁵ Contains shellfish. ⁶ Contains soy. ⁷ Contains tree nuts. ⁸ Contains wheat. ⁹ Contains caffeine. ¹⁰ Contains supplements. Nutritional information for these items include supplement values. Consult a physician before starting any supplemental program, especially if you're pregnant, nursing, or taking medications. These products are not recommended for children.

Ingredients or production methods used by our suppliers may change, or there may be product differences among regional suppliers. Additionally, normal kitchen operations involve shared cooking and preparation areas, or we may need to substitute ingredients in menu items. **We are therefore unable to guarantee that any menu item is free from gluten or any other allergen.** Please inform us of any food allergies before placing your order. A 2,000 calorie daily diet is used as the basis for general nutrition advice; however, individual calorie needs may vary for adults and children and for varying age, gender, and fitness level. Tropical Smoothie Cafe defines a vegetarian diet as one that excludes animal meats like poultry, beef, and other animals, but may include eggs, dairy, fish, honey and foods with animal by-products. Additionally, normal kitchen operations and vendor production methods may present cross-contact opportunities for otherwise vegetarian ingredients.

The nutritional information seen here was prepared by MenuTrinfo®, LLC and is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values. 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Please know that we practice caution and proper procedures when preparing gluten-free items, however gluten is present in all of our kitchens. All ingredients have been verified as gluten-free by third-party consultant, MenuTrinfo®, LLC, but our products can change at any time and the products listed might not always be the products served. Tropical Smoothie Cafe cannot be held responsible for ingredient substitutions made by our manufacturers. In consuming our gluten-free items, be aware that there still may be a chance of cross-contact so we cannot guarantee these products for those with Celiac disease or food allergy. Guests are advised to consider this information as it relates to their individual dietary needs and requirements. Menu items designated as "Vegetarian" are meant to be used as a guideline. Ingredients are changed and/or substituted, and while we make best efforts to review on an ongoing basis, items listed may not always necessarily be items served. Always consult with the Manager before ordering. Sourcing of ingredients was verified at the time this list was created, but Tropical Smoothie Cafe is not responsible for ingredient substitutions by our manufacturers. Products can vary by location, so check with your local store for any specific ingredient questions.



HEALTH & NUTRITION GUIDE

At Tropical Smoothie Cafe, we care about serving great tasting food & smoothies that also have the right balance of health and nutrition. Please refer to the charts below to choose the items that are right for you.

	Total Calories	Total Calories with Splenda	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Total Carbohydrates with Splenda (g)	Dietary Fiber (g)	Sugars (g)	Sugars with Splenda (g)	Protein (g)
SMOOTHIES														
Acai Berry Boost	470	250	20	2	0	0	0	10	114	61	5	102	48	1
Avocolada ⁷	600	380	150	17	4	0	0	50	112	59	9	100	46	4
Bahama Mama ^{3 6 7}	500	290	40	4.5	4	0	0	50	117	63	3	110	56	3
Beach Bum ^{3 6 7 9}	550	340	45	5	4	0	0	110	129	76	7	108	54	4
Blimey Limey	440	170	0	0	0	0	0	10	111	44	2	108	40	1
Blueberry Bliss	340	130	5	0.5	0	0	0	5	86	33	4	75	21	1
Chia Banana Boost with Peanut Butter ^{4 6 7 8}	780	680	240	27	6	0	0	160	128	101	15	95	68	16
Chia Banana Boost with Strawberry ^{7 8}	610	500	110	12	2.5	0	0	15	127	100	14	94	67	8
Chia Banana Max ^{3 4 6 7 8 10}	880	780	260	29	6	0	40	190	130	103	15	97	70	38
Detox Island Green	180	200	0	0	0	0	0	35	43	50	5	29	35	4
Health Nut with Pea ^{7 10}	570	350	55	6	1	0	0	540	99	45	6	80	26	31
Health Nut with Soy ^{6 7 10}	530	310	40	4.5	0	0	0	80	101	47	5	80	26	25
Health Nut with Whey ^{3 6 7 10}	520	300	55	6	0	0	40	40	97	43	5	82	28	25
Island Green	410	190	0	0	0	0	0	35	102	49	4	88	34	3
Jetty Punch	370	150	0	0	0	0	0	5	94	40	5	77	23	2
Kiwi Quencher ³	450	230	0	0	0	0	0	45	111	58	11	94	40	2
Lean Machine ^{6 9 10}	490	170	0	0	0	0	0	10	124	43	5	107	26	2
Mango Magic ³	400	180	0	0	0	0	0	35	98	44	11	81	27	3
Mocha Madness ^{3 6 7 9}	660	330	45	5	4	0	0	150	152	69	11	132	48	6
Muscle Blaster with Pea ¹⁰	520	300	20	2	1	0	0	540	98	44	6	77	23	30
Muscle Blaster with Soy ^{6 10}	480	260	5	0.5	0	0	0	75	100	46	5	77	23	24
Muscle Blaster with Whey ^{3 6 10}	470	250	20	2	0	0	40	35	96	42	5	79	25	24
Orange Ginger Glow	420	210	0	0	0	0	0	90	105	51	6	91	37	3
Paradise Point	430	210	0	0	0	0	0	0	110	56	6	92	38	3
Peaches N' Silk	360	150	0	0	0	0	0	15	91	37	2	79	26	1
Peanut Butter Cup ^{3 4 6 7 9}	710	500	180	20	8	0	0	250	127	73	7	107	53	12
Peanut Paradise with Pea ^{3 4 6 10}	740	520	160	17	4.5	0	0	710	107	53	15	77	23	39
Peanut Paradise with Soy ^{3 4 6 10}	700	480	145	16	3.5	0	0	250	109	55	14	77	23	33
Peanut Paradise with Whey ^{3 4 6 10}	690	470	160	17	3.5	0	40	210	105	51	14	79	25	33
Pomegranate Plunge	520	310	0	0	0	0	0	15	131	78	3	121	68	1
Strawberry Limeade	470	200	0	0	0	0	0	15	117	50	2	112	45	0
Sunshine	390	170	0	0	0	0	0	5	98	44	4	87	33	2
Sunrise Sunset	360	140	0	0	0	0	0	10	89	36	2	82	28	2
Triple Berry Oat ^{3 6 8 10}	410	410	40	4.5	0	0	20	25	83	83	7	56	56	15
KIDS SMOOTHIES (12 oz.)														
Kids Awesome Orange ^{3 6 7}	370	270	45	5	4.5	0	0	100	80	53	6	70	43	3
Kids Chocolate Chimp ^{3 6 7 9}	260	150	20	2.5	2	0	0	55	61	34	2	52	25	2
Kids Jetty Junior	190	80	0	0	0	0	0	0	47	20	2	39	12	1
Kids Lil' Lime Berry	260	100	0	0	0	0	0	5	66	26	1	63	23	0
KIDS SMOOTHIES (24 oz.)														
Kids Awesome Orange ^{3 6 7}	750	530	90	10	9	0	3	210	160	106	11	139	86	7
Kids Chocolate Chimp ^{3 6 7 9}	530	310	45	5	4	0	0	120	122	69	5	104	50	4
Kids Jetty Junior	370	150	0	0	0	0	0	20	94	40	5	77	23	2
Kids Lil' Lime Berry	470	200	0	0	0	0	0	20	117	50	2	112	45	0
SUPPLEMENTS														
Energizer ^{6 9}	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
Fat Burner ⁹	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
Multivitamin	15	N/A	0	0	0	0	0	0	4	N/A	0	0	N/A	0
Pea Protein Powder	150	N/A	20	2	1	0	0	530	4	N/A	1	0	N/A	28
Probiotic	20	N/A	0	0	0	0	0	0	6	N/A	0	0	N/A	0
Soy Protein Powder ⁶	110	N/A	5	0.5	0	0	0	70	6	N/A	0	0	N/A	22
Vitamin B12	15	N/A	0	0	0	0	0	0	4	N/A	0	0	N/A	0
Vitamin C Immune Complex	20	N/A	0	0	0	0	0	0	5	N/A	0	5	N/A	0
Whey Protein Powder ^{3 6}	100	N/A	20	2	0	0	40	30	2	N/A	0	2	N/A	22
FRESH ADD-INS														
Almonds ⁷	40	N/A	30	3.5	0	0	0	0	2	N/A	0	0	N/A	2
Chia Seeds	45	N/A	25	2.5	0	0	0	0	4	N/A	3	0	N/A	1
Ground Flaxseed	20	N/A	20	2	0	0	0	0	1	N/A	1	0	N/A	1
Ginger	0	N/A	0	0	0	0	0	0	1	N/A	0	0	N/A	0
Matcha Green Tea ⁹	15	N/A	0	0	0	0	0	0	4	N/A	0	4	N/A	0
Moringa Powder	10	N/A	0	0	0	0	0	0	2	N/A	0	0	N/A	2
Peanut Butter ^{4 6}	190	N/A	130	15	3.5	0	0	140	4	N/A	2	3	N/A	8
Spinach & Kale Super Pack	15	N/A	0	0	0	0	0	30	2	N/A	0	0	N/A	1
Whole-Grain Oats ⁸	70	N/A	0	0.5	0	0	0	0	15	N/A	3	0	N/A	2



Substitute our Beyond Meat Chicken-Free Chicken Strips⁶



Vegetarian



Gluten-Friendly

1. Contains egg. 2. Contains fish. 3. Contains milk. 4. Contains peanuts. 5. Contains shellfish. 6. Contains soy. 7. Contains tree nuts. 8. Contains wheat. 9. Contains caffeine. 10. Contains supplements. Nutritional information for these items include supplement values. Consult a physician before starting any supplemental program, especially if you're pregnant, nursing, or taking medications. These products are not recommended for children.

All Smoothies are 24 oz. and made with Turbinado Sugar unless otherwise requested, with exception of the Triple Berry Oat, which is made with Splenda[®] and the Detox Island Green, which contains only natural sugars present in whole fruits and vegetables. Splenda[®] can be substituted for turbinado, but all smoothies will contain sugar derived from fruit and other ingredients and are not sugar free. Coconut, cranberry, kiwi, lime, pomegranate and orange juice flavors from concentrate. Nutritional Information is based on the calculation when using the correct portioning of Tropical Smoothie Cafe's standard recipes. Because our smoothies can be customized, exact information may vary. For any additional information please call (770) 821-1900.

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NUTRITIONALS

PROMO NUTRITIONALS

2019 Promo 5

August 2019 Promo	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Classic Grilled Cheese	710	260	29	18	0.5	0.5	3.5	110	1680	210	83	2	13		31
Cranberry Truffle Smoothie	630	40	4.5	4.0					110	150	145	5	132		3
Smoky Grilled Cheese	750	320	36	13	0	0	1.5	95	1720	220	81	2	13		27
Very Berry Cranberry Smoothie	410								10	75	102		99		0

Menu Item

Allergens

Classic Grilled Cheese	Egg, Milk, Soy, Wheat
Cranberry Truffle Smoothie	Milk, Soy, Tree Nuts
Smoky Grilled Cheese	Egg, Milk, Soy, Wheat
Very Berry Cranberry Smoothie	N/A