


At Tropical Smoothie Cafe®, we care about serving great-tasting food and 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.

HEALTH & NUTRITION GUIDE

				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			420	190	18	2	0	0	0	20	101	50	6	86	28	2
	Avocolada			600	320	126	14	5	0	0	40	118	57	6	110	42	4
	Bahama Mama ^{3 6}			540	310	45	5	4.5	0	0	65	123	72	5	115	57	3
	Beach Bum ^{3 6 9}			570	330	41	4.5	3	0	0	85	134	82	8	112	53	5
	Blimey Limey			560	230	0	0	0	0	0	20	136	63	3	129	49	3
	Blueberry Bliss			350	120	9	1	0	0	0	10	87	36	5	76	18	2
	Chia Banana Boost ^{4 7}			700	590	252	28	6	0	0	130	111	90	11	73	45	14
	Detox Island Green			200	200	9	1	0	0	0	30	52	59	6	39	39	4
	Island Green			430	200	9	1	0	0	0	30	110	58	6	97	39	4
	Jetty Punch			390	200	5	0.5	0	0	0	15	96	58	6	80	39	2
	Kiwi Quencher ³			480	250	0	0	0	0	0	65	116	64	1	109	51	3
	Mango Magic ³			390	150	0	0	0	0	0	60	95	44	1	88	30	3
	Mango Monsoon			460	260	18	2	2	0	0	16	112	70	3	107	58	2
	Mocha Madness ^{3 6 9}			510	280	32	3.5	3	0	0	130	118	66	2	104	46	5
	Paradise Point			450	220	9	1	0	0	0	20	112	60	7	95	37	3
	Peanut Butter Cup ^{3 4 6 9}			710	450	180	20	6	0	0	210	130	78	7	107	49	11
	Peanut Paradise with Pea ^{3 4 6 11}			610	370	0	0	0	0	0	410	111	60	3	89	31	30
	Peanut Paradise with Whey ^{3 4 6 11}			690	450	0	0	0	0	25	240	117	66	3	91	33	22
	Pomegranate Plunge			560	320	0	0	0	0	0	30	139	88	3	127	69	2
	Sunrise Sunset			470	230	9	1	0	0	0	15	117	66	4	107	49	3
	Tropical Dragon Passion			350	160	0	0	0	0	0	25	86	43	4	80	30	2
KIDS SMOOTHIES (12 OZ.)																	
	Kids Awesome Chocolate ^{3 6 9}			260	140	18	2	1.5	0	0	35	61	39	3	51	23	2
	Kids Jetty Junior			190	80	0	0	0	0	0	10	47	26	3	39	11	1
	Kids Lil' Limeberry			260	80	0	0	0	0	0	10	63	26	1	62	18	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			5	N/A	0	0	0	0	0	210	2	N/A	4	0	N/A	19
	Probiotic			20	N/A	0	0	0	0	0	0	6	N/A	0	1	N/A	0
	Vital Proteins® Collagen			30	N/A	0	0	0	0	0	45	0	N/A	0	0	N/A	8
	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}			90	N/A	9	1	1	0	25	35	8	N/A	0	2	N/A	12
FRESH ADD-INS																	
	Chia Seeds			45	N/A	25	2.5	0	0	0	0	4	N/A	3	0	N/A	1
	Fresh Ginger			0	N/A	0	0	0	0	0	0	1	N/A	0	0	N/A	0
	Peanut Butter ⁴			180	N/A	126	14	3	0	140	140	6	N/A	2	3	N/A	7
	Raw Almonds ⁷			40	N/A	30	3.5	0	0	0	0	2	N/A	0	0	N/A	2
	Spinach & Kale Super Pack			15	N/A	0	0	0	0	0	30	2	N/A	0	0	N/A	1
	Whole-Grain Oats			80	N/A	10	1.5	0	0	0	0	14	N/A	2	0	N/A	3
BOTTLED BEVERAGES																	
	Dasani® (16.9 fl oz.)			0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
	Gold Peak® Sweet Tea (18.5 fl oz.) ⁹			190	N/A	0	0	0	0	0	0	48	N/A	0	48	N/A	0
	Coca-Cola® (20 fl oz.) ⁹			240	N/A	0	0	0	0	0	75	65	N/A	0	65	N/A	0
	Coca-Cola® Zero Sugar (20 fl oz.) ⁹			0	N/A	0	0	0	0	0	70	0	N/A	0	0	N/A	0
	Sprite® (20 fl oz.)			230	N/A	0	0	0	0	0	110	64	N/A	0	64	N/A	0

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 sesame. 11. Contains supplements. Nutritional information for these items includes supplement values. Consult a physician before starting any supplement 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 the exception of the Detox Island Green®, which contains only natural sugars present in whole fruits and vegetables. Splenda® can be substituted for turbinado sugar, but all smoothies will contain sugar derived from fruit and other ingredients and are not sugar-free. Coconut, cranberry, guava, kiwi, lime, papaya, passion fruit, pomegranate & orange juice 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.

The nutritional information seen here is based on standard serving sizes and product formulations prepared with approved ingredients. The nutritional data presented is based on representative values from the USDA National 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 that will alter the nutritional values. 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 as well as for age, gender, and fitness level.

NOTICE: Please be aware that we cannot guarantee that any menu item is gluten-free*, vegetarian, or free from allergens, including eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts or wheat.** Our normal cafe operations involve shared cooking and preparation areas, equipment and utensils. In addition, ingredients or production methods used by our suppliers may change, there may be product differences among regional suppliers, or we may need to substitute ingredients in menu items. Consult with a healthcare professional or your physician about any food allergies, food intolerances or sensitivities, or dietary restrictions.

*Items listed as "gluten-friendly" are made using gluten-free ingredients.

**Tropical Smoothie Cafe offers vegetarian menu items, which do not include animal meats, but may include eggs, dairy, fish, honey and foods with animal by-products.

Vital Proteins® is a registered trademark of Vital Proteins and used with Vital Proteins® permission.

At Tropical Smoothie Cafe®, we care about serving great-tasting food and 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)

BOWLS

Acai Bowl^{6 7}

Acai Bowl with NUTELLA®^{3 6 7}

Bahama Mama™ Bowl^{3 6 7}

Chia Oatmeal Pudding^{3 6 7}

Dragon Fruit⁷

Mixed Berry Greek Yogurt^{3 6 7}

PB Protein Crunch^{3 4 6 7}

BREAKFAST

All American Wrap - Bacon^{1 3 8}

All American Wrap - Sausage^{1 3 8}

Cali Breakfast Flatbread - Chicken^{1 3 8}

Cali Breakfast Flatbread - Sausage^{1 3 8}

PB Banana Crunch Flatbread^{4 6 8}

Sausage, Egg & Cheese ‘Dilla^{1 3 8}

Southwest Wrap - Chicken^{1 3 8}

Southwest Wrap - Sausage^{1 3 8}

Spinach Feta & Pesto Breakfast Wrap^{1 3 8}

WRAPS

Baja Chicken^{3 8}

Buffalo Chicken^{1 3 6 8}

Caribbean Jerk Chicken^{3 6 8}

Hummus Veggie^{1 3 6 8 10}

Supergreen Caesar Chicken^{1 2 3 8}

Thai Chicken^{4 6 8 10}

SANDWICHES

Turkey Bacon Ranch^{1 3 8}

FLATBREADS

Chicken Bacon Ranch^{1 3 8}

Chicken Pesto^{3 7 8}

Chipotle Chicken Club^{1 3 8}

‘DILLAS

Santa Fe Chicken^{3 8}

Three Cheese Chicken^{3 8}

SALADS

Supergreen Caesar^{1 2 3}

Thai Chicken^{4 6 8 10}

KIDS FOOD ITEMS

Cheese ‘Dilla^{3 8}

Cheese ‘Dilla with Chicken^{3 8}

Turkey & Cheddar Wrap^{3 8}

SIDES

Apple

Baked Lay’s® Original⁶

Banana

Jalapeño Corn¹

Kale & Apple Slaw¹

Maple-Kissed Sweet Potatoes

Miss Vickie’s® Sea Salt & Vinegar³

SunChips® Harvest Cheddar^{3 8}

COOKIES

Chocolate Chip^{1 3 6 8 9}

Snickerdoodle^{1 3 6 8}

Plant-based chicken substitute available. 6

Vegetarian

Gluten-Friendly

For wraps, salads and sandwiches, replacing chicken with plant-based protein adds 15 calories and 1 gram of fat and removes 20 mg of sodium. For ‘dillas and flatbreads, replacing chicken with plant-based protein adds 10 calories and 1 gram of fat and removes 15 mg of sodium.

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 sesame. 11. Contains supplements. Nutritional information for these items includes supplement values. Consult a physician before starting any supplement program, especially if you're pregnant, nursing, or taking medications. These products are not recommended for children.

The nutritional information seen here is based on standard serving sizes and product formulations prepared with approved ingredients.. The nutritional data presented is based on representative values from the USDA National 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 that will alter the nutritional values. 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 as well as for age, gender, and fitness level.

NOTICE: Please be aware that we cannot guarantee that any menu item is gluten-free*, vegetarian, or free from allergens, including eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts or wheat.** Our normal cafe operations involve shared cooking and preparation areas, equipment and utensils. In addition, ingredients or production methods used by our suppliers may change, there may be product differences among regional suppliers, or we may need to substitute ingredients in menu items. Consult with a healthcare professional or your physician about any food allergies, food intolerances or sensitivities, or dietary restrictions.

*Items listed as "gluten-friendly" are made using gluten-free ingredients.

**Tropical Smoothie Cafe offers vegetarian menu items, which do not include animal meats, but may include eggs, dairy, fish, honey and foods with animal by-products.

All chip brands are registered trademarks of Frito-Lay North America, Inc. © 2025
NUTELLA® is a registered trademark of Ferrero S.p.A. All rights reserved.