

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



SMOOTHIES

V Gf	Acai Berry Boost	420	190	18	2	0	0	0	20	101	50	6	86	28	2
V Gf	Avocolada	600	320	126	14	5	0	0	40	118	57	6	110	42	4
V Gf	Bahama Mama ^{3 6}	540	310	45	5	4.5	0	0	65	123	72	5	115	57	3
V Gf	Beach Bum ^{3 6 9}	570	330	41	4.5	3	0	0	85	134	82	8	112	53	5
V Gf	Blimey Limey	560	230	0	0	0	0	0	20	136	63	3	129	49	3
V Gf	Blueberry Bliss	350	120	9	1	0	0	0	10	87	36	5	76	18	2
V	Chia Banana Boost ^{4 7}	700	590	252	28	6	0	0	130	111	90	11	73	45	14
V Gf	Detox Island Green	200	200	9	1	0	0	0	30	52	59	6	39	39	4
V Gf	Island Green	430	200	9	1	0	0	0	30	110	58	6	97	39	4
V Gf	Jetty Punch	390	200	5	0.5	0	0	0	15	96	58	6	80	39	2
V Gf	Kiwi Quencher ³	480	250	0	0	0	0	0	65	116	64	1	109	51	3
V Gf	Mango Magic ³	390	150	0	0	0	0	0	60	95	44	1	88	30	3
V Gf	Mango Monsoon	460	260	18	2	2	0	0	16	112	70	3	107	58	2
V Gf	Mocha Madness ^{3 6 9}	810	580	54	6	4.5	0	0	270	185	134	3	163	105	9
V Gf	Paradise Point	450	220	9	1	0	0	0	20	112	60	7	95	37	3
V Gf	Peanut Butter Cup ^{3 4 6 9}	710	450	180	20	6	0	0	210	130	78	7	107	49	11
V Gf	Peanut Paradise with Pea ^{3 4 6 11}	730	500	153	17	3.5	0	0	610	112	61	5	90	31	35
V Gf	Peanut Paradise with Whey ^{3 4 6 11}	690	450	0	0	0	0	25	240	117	66	3	91	33	22
V Gf	Pomegranate Plunge	560	320	0	0	0	0	0	30	139	88	3	127	69	2
V Gf	Sunrise Sunset	470	230	9	1	0	0	0	15	117	66	4	107	49	3
V Gf	Tropical Dragon Passion	350	160	0	0	0	0	0	25	86	43	4	80	30	2

KIDS SMOOTHIES (12 OZ.)

V Gf	Kids Awesome Chocolate ^{3 6 9}	260	140	18	2	1.5	0	0	35	61	39	3	51	23	2
V Gf	Kids Jetty Junior	190	80	0	0	0	0	0	10	47	26	3	39	11	1
V Gf	Kids Lil' Limeberry	260	80	0	0	0	0	0	10	63	26	1	62	18	0

SUPPLEMENTS

V Gf	Energizer ^{6 9}	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
V Gf	Fat Burner ⁹	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
V Gf	Multivitamin	15	N/A	0	0	0	0	0	0	4	N/A	0	0	N/A	0
V Gf	Pea Protein Powder	130	N/A	22.5	2.5	0	0	0	410	3	N/A	0	0	N/A	24
V Gf	Probiotic	20	N/A	0	0	0	0	0	0	6	N/A	0	1	N/A	0
Gf	Vital Proteins® Collagen	30	N/A	0	0	0	0	0	45	0	N/A	0	0	N/A	8
V Gf	Vitamin B12	15	N/A	0	0	0	0	0	0	4	N/A	0	0	N/A	0
V Gf	Vitamin C Immune Complex	20	N/A	0	0	0	0	0	0	5	N/A	0	5	N/A	0
V Gf	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

V Gf	Chia Seeds	45	N/A	25	2.5	0	0	0	0	4	N/A	3	0	N/A	1
V Gf	Fresh Ginger	0	N/A	0	0	0	0	0	0	1	N/A	0	0	N/A	0
V Gf	Peanut Butter ⁴	180	N/A	126	14	3	0	140	140	6	N/A	2	3	N/A	7
V Gf	Raw Almonds ⁷	40	N/A	30	3.5	0	0	0	0	2	N/A	0	0	N/A	2
V Gf	Spinach & Kale Super Pack	15	N/A	0	0	0	0	0	30	2	N/A	0	0	N/A	1
V	Whole-Grain Oats	80	N/A	10	1.5	0	0	0	0	14	N/A	2	0	N/A	3

BOTTLED BEVERAGES

V Gf	Dasani® (16.9 fl oz.)	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
V Gf	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
V Gf	Coca-Cola® (20 fl oz.) ⁹	240	N/A	0	0	0	0	0	75	65	N/A	0	65	N/A	0
V Gf	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
V Gf	Sprite® (20 fl oz.)	230	N/A	0	0	0	0	0	110	64	N/A	0	64	N/A	0

V

 Vegetarian

Gf

 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.

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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)
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BOWLS

	Acai Bowl ^{6 7}	530	150	17	5	0	0	135	100	11	55	4
	Acai Bowl with NUTELLA® ^{3 6 7}	680	150	26	8	0	0	145	116	12	70	6
	Bahama Mama™ Bowl ^{3 6 7}	400	90	11	6	0	0	120	75	16	46	3
	Chia Oatmeal Pudding ^{3 6 7}	740	290	33	18	0	5	230	102	10	50	14
	Dragon Fruit ⁷	350	45	5	4	0	0	80	77	5	48	4
	Mixed Berry Greek Yogurt ^{3 6 7}	560	200	23	8	0	45	270	64	7	33	26
	PB Protein Crunch ^{3 4 6 7}	800	400	45	14	0	35	380	71	9	39	32

BREAKFAST

when made with	All American Wrap - Bacon ^{1 3 8}	410	190	21	9	0	145	1040	35	0	3	17
when made with	All American Wrap - Sausage ^{1 3 8}	540	290	33	13	0	170	1300	36	1	4	23
when made with	Cali Breakfast Flatbread - Chicken ^{1 3 8}	560	260	30	8	0	170	1210	47	4	3	27
when made with	Cali Breakfast Flatbread - Sausage ^{1 3 8}	660	380	43	13	0	165	1360	46	4	3	24
	PB Banana Crunch Flatbread ^{4 6 8}	640	230	26	4.5	0	0	810	87	8	25	17
when made with	Sausage, Egg & Cheese ‘Dilla ^{1 3 8}	630	350	40	16	0	180	2020	39	1	5	27
when made with	Southwest Wrap - Chicken ^{1 3 8}	590	330	38	10	0	170	1260	38	1	4	24
when made with	Southwest Wrap - Sausage ^{1 3 8}	710	450	51	15	0	175	1480	38	2	4	23
	Spinach Feta & Pesto Breakfast Wrap ^{1 3 8}	450	230	26	12	0	170	1210	38	2	4	17

WRAPS

when made with	Baja Chicken ^{3 8}	760	260	30	10	0	90	2050	83	7	8	38
when made with	Buffalo Chicken ^{1 3 6 8}	620	240	27	9	0	95	2400	59	3	7	33
when made with	Caribbean Jerk Chicken ^{3 6 8}	700	180	20	8	0	90	1820	91	5	18	38
	Hummus Veggie ^{1 3 6 8 10}	830	360	41	10	0	30	1910	95	11	11	23
	Supergreen Caesar Chicken ^{1 2 3 8}	750	340	39	13	0.5	125	1820	55	3	5	43
when made with	Thai Chicken ^{4 6 8 10}	600	170	19	3.5	0	60	1690	77	3	15	31

SANDWICHES

Turkey Bacon Ranch ^{1 3 8}	500	160	18	6	0	90	1510	51	4	8	39
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FLATBREADS

	Chicken Bacon Ranch ^{1 3 8}	510	200	23	7	0	80	1230	47	3	3	28
when made with	Chicken Pesto ^{3 7 8}	490	190	22	7	0	70	1220	46	3	4	26
	Chipotle Chicken Club ^{1 3 8}	520	220	25	7	0	70	1160	46	3	2	27

‘DILLAS

when made with	Santa Fe Chicken ^{3 8}	600	250	29	14	0	95	2310	49	3	7	33
when made with	Three Cheese Chicken ^{3 8}	540	240	27	14	0	95	1930	39	1	5	31

SALADS

	Supergreen Caesar ^{1 2 3}	600	410	47	13	0	150	1150	8	3	3	35
when made with	Thai Chicken ^{4 6 8 10}	380	130	14	1.5	0	60	1190	41	4	21	23

KIDS FOOD ITEMS

	Cheese ‘Dilla ^{3 8}	400	190	22	11	0	55	930	35	0	3	17
when made with	Cheese ‘Dilla with Chicken ^{3 8}	480	200	23	12	0	95	1190	36	0	3	29
	Turkey & Cheddar Wrap ^{3 8}	360	130	15	7	0	60	1090	35	0	3	23

SIDES

	Apple	90	0	0	0	0	0	0	25	4	19	0
	Baked Lay’s® Original ⁶	140	35	4	0	0	0	180	24	2	3	2
	Banana	110	0	0	0	0	0	0	27	3	14	1
	Jalapeño Corn ¹	150	45	5	1	0	0	170	22	3	9	3
	Kale & Apple Slaw ¹	130	80	9	1.5	0	5	150	11	2	8	1
	Maple-Kissed Sweet Potatoes	140	35	4	1	0	0	180	26	3	17	2
	Miss Vickie’s® Sea Salt & Vinegar ³	200	100	11	1.5	0	0	240	23	2	2	3
	SunChips® Harvest Cheddar ^{3 8}	210	80	9	1	0	0	260	28	4	3	3

COOKIES

	Chocolate Chip ^{1 3 6 8 9}	350	170	19	11	0	60	230	43	2	21	4
	Snickerdoodle ^{1 3 6 8}	330	120	14	9	0	60	300	47	1	24	3

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.

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