tropical SMOOTHIE CAFE®

HEALTH & NUTRITION GUIDE

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	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)	Caffeine (mg)
SMOOTHIES															
V GF Acai Berry Boost	470	240	18	2	0	0	0	20	114	62	5	102	44	2	N/A
V GF Avocolada	580	350	72	8	3	0	0	40	114	63	5	107	49	4	N/A
V GF Bahama Mama [3 6]	520	290	40.5	4.5	4.5	0	0	55	119	67	4	112	54	3	N/A
V GF Beach Bum (Chocolate Frappe) [3 6]	540	310	36	4	3	0	0	80	128	76	7	108	49	4	N/A
V GF Beach Bum (White Chocolate Frappe) [3 6]	560	330	45	5	4.5	0	0	90	127	76	3	109	51	4	N/A
V GF Blimey Limey	510	220	0	0	0	0	0	15	127	60	2	120	47	3	N/A
V GF Blueberry Bliss	340	110	9	1	0	0	0	5	85	33	4	74	16	1	N/A
V Chia Banana Boost [4 7]	680	570	234	26	6	0	0	130	111	89	11	73	45	13	N/A
V GF Detox Island Green	210	210	9	1	0	0	0	35	53	60	6	39	39	4	N/A
V GF Island Green	430	200	9	1	0	0	0	35	110	48	6	97	33	4	N/A
V GF Jetty Punch	360	130	4.5	.5	0	0	0	10	90	38	4	76	18	2	N/A
V GF Kiwi Quencher [3]	490	260	0	0	0	0	0	70	117	66	1	109	51	3	N/A
V GF Mango Magic [3]	450	220	9	1	0	0	0	60	113	62	3	104	46	4	N/A
V GF Mango Monsoon	540	310	27	3	2	0	0	15	133	82	4	127	69	2	N/A
V GF Mocha Madness [3 6]	810	580	54	6	4.5	0	0	270	185	134	3	163	105	9	225
V GF Paradise Point	420	190	9	1	0	0	0	10	106	54	6	91	33	2	N/A
V GF Peanut Butter Cup [3 4 6]	680	450	171	19	6	0	0	190	128	76	7	106	48	10	N/A
V GF Peanut Paradise with Pea [3 4 6 10]	730	500	153	17	3.5	0	0	610	112	61	5	90	31	35	N/A
V GF Peanut Paradise with Whey [3 4 6 10]	700	470	144	16	4	0	45	260	115	63	5	91	33	26	N/A
V GF Pomegranate Plunge	540	310	0	0	0	0	0	25	135	83	3	125	67	2	N/A
Sunshine Smoothie	510	280	9	1	0	0	0	10	128	76	4	113	55	4	N/A
V GF Sunrise Sunset	460	230	9	1	0	0	0	3	115	63	4	106	48	3	N/A
V GF Tropical Dragon Passion	410	180	0	0	0	0	0	15	99	48	5	91	32	2	N/A
KIDS SMOOTHIES (12 OZ.)															
V GF Kids Awesome Chocolate [3 6]	250	140	18	2	2	0	0	35	60	38	3	51	23	2	N/A
V GF Kids Jetty Junior	180	60	0	0	0	0	0	0	44	23	2	37	9	1	N/A
V GF Kids Lil' Limeberry	170	80	0	0	0	0	0	10	41	27	0	39	18	0	N/A
SUPPLEMENTS															
V GF Energizer [6]	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0	82
V GF Fat Burner	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0	50
V GF Multivitamin	15	N/A	0	0	0	0	0	0	4	N/A	0	0	N/A	0	N/A
V GF Pea Protein Powder	130	N/A	22.5	2.5	0	0	0	410	3	N/A	0	0	N/A	24	N/A
V GF Probiotic	20	N/A	0	0	0	0	0	5	5	N/A	0	0	N/A	0	N/A
GF Vital Proteins® Collagen	35	N/A	0	0	0	0	0	55	0	N/A	0	0	N/A	9	N/A
V GF Vitamin B12	20	N/A	0	0	0	0	0	0	5	N/A	0	0	N/A	0	N/A
V GF Vitamin C Immune Complex	20	N/A	0	0	0	0	0	0	5	N/A	0	4	N/A	0	N/A
V GF Whey Protein Powder [3 6]	100	N/A	13.5	1.5	.5	0	45	50	6	N/A	0	1	N/A	16	N/A
FRESH ADD-INS															
V GF Chia Seeds	30	N/A	18	2	0	0	0	0	2	N/A	2	0	N/A	1	N/A
V GF Fresh Ginger	5	N/A	0	0	0	0	0	0	2	N/A	0	0	N/A	0	N/A
V GF Peanut Butter [4]	180	N/A	126	14	3	0	0	140	6	N/A	2	3	N/A	7	N/A
V GF Raw Almonds [7]	35	N/A	27	3	0	0	0	0	2	N/A	1	0	N/A	0	N/A
V GF Spinach & Kale	10	N/A	0	0	0	0	0	30	2	N/A	2	0	N/A	2	N/A
V Whole-Grain Oats	45	N/A	4.5	.5	0	0	0	0	9	N/A	1	0	N/A	1	N/A
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	N/A
V GF Gold Peak® Sweet Tea (18.5 fl oz.)	190	N/A	0	0	0	0	0	0	48	N/A	0	48	N/A	0	N/A
V GF Coca-Cola® (20 fl oz.)	240	N/A	0	0	0	0	0	75	65	N/A	0	65	N/A	0	N/A
V GF Coca-Cola® Zero Sugar (20 fl oz.)	0	N/A	0	0	0	0	0	70	0	N/A	0	0	N/A	0	N/A
V GF Sprite® (20 fl oz.)	230	N/A	0	0	0	0	0	110	64	N/A	0	64	N/A	0	N/A

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 sesame. 10. 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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	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											
V Acai Bowl [6 7]	560	162	18	5	0	0	135	103	10	56	6
V Acai Bowl with NUTELLA® [3 6 7]	710	243	27	8	0	0	150	119	11	71	8
V Bahama Mama™ Bowl [3 6 7]	400	99	11	5	0	0	115	79	17	48	3
V Chia Oatmeal Pudding [3 6 7]	800	333	37	20	0	10	250	105	11	50	16
V GF Dragon Fruit [7]	460	90	10	4.5	0	0	110	91	7	51	5
V Mixed Berry Greek Yogurt [3 6 7]	560	216	24	8	0	40	270	63	7	33	25
V PB Protein Crunch [3 4 6 7]	810	414	46	16	0	35	380	77	12	41	31
V NUTELLA® Drizzle [7]	150	81	9	3	0	0	10	16	1	15	2
V Peanut Butter Drizzle [4]	180	126	14	3	0	0	140	6	2	3	7
BREAKFAST											
All American Wrap - Bacon [1 3 8]	410	190	21	9	0	145	1040	35	0	3	17
All American Wrap - Sausage [1 3 8]	540	290	33	13	0	170	1300	36	1	4	23
Cali Breakfast Flatbread - Chicken [1 3 8]	560	260	30	8	0	170	1210	47	4	3	27
Cali Breakfast Flatbread - Sausage [1 3 8]	660	380	43	13	0	165	1360	46	4	3	24
V PB Banana Crunch Flatbread [4 6 8]	640	230	26	4.5	0	0	810	87	8	25	17
Sausage, Egg & Cheese 'Dilla [1 3 8]	630	350	40	16	0	180	2020	39	1	5	27
Southwest Wrap - Chicken [1 3 8]	590	330	38	10	0	170	1260	38	1	4	24
Southwest Wrap - Sausage [1 3 8]	710	450	51	15	0	175	1480	38	2	4	23
V Spinach Feta & Pesto Breakfast Wrap [1 3 8]	450	230	26	12	0	170	1210	38	2	4	17
WRAPS											
Baja Chicken [3 8]	760	260	30	10	0	90	2050	83	7	8	38
Buffalo Chicken [1 3 6 8]	620	240	27	9	0	95	2400	59	3	7	33
Caribbean Jerk Chicken [3 6 8]	700	180	20	8	0	90	1820	91	5	18	38
V Hummus Veggie [1 3 6 8 9]	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
Thai Chicken [4 6 8 9]	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
FLATBREADS											
Chicken Bacon Ranch [1 3 8]	510	200	23	7	0	80	1230	47	3	3	28
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											
Santa Fe Chicken [3 8]	600	250	29	14	0	95	2310	49	3	7	33
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
Thai Chicken [4 6 8 9]	380	130	14	1.5	0	60	1190	41	4	21	23
KIDS FOOD ITEMS											
V Cheese 'Dilla [3 8]	400	190	22	11	0	55	930	35	0	3	17
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											
V GF Apple	90	0	0	0	0	0	0	25	4	19	0
GF Baked Lay's® Original [6]	140	35	4	0	0	0	180	24	2	3	2
V GF Banana	110	0	0	0	0	0	0	27	3	14	1
V GF Jalapeño Corn [1]	150	45	5	1	0	0	170	22	3	9	3
V GF Kale & Apple Slaw [1]	130	80	9	1.5	0	5	150	11	2	8	1
V GF Maple-Kissed Sweet Potatoes	140	35	4	1	0	0	180	26	3	17	2
V 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											
V Chocolate Chip [1 3 6 8]	350	170	19	11	0	60	230	43	2	21	4
V Snickerdoodle [1 3 6 8]	330	120	14	9	0	60	300	47	1	24	3

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GF Gluten-Friendly

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Cherry Berry Smoothie
1/7/26-3/3/26

	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)	Added Sugars (g)	Protein (g)
24 oz Cherry Berry Protein Smoothie Full Turbinado	620	72	8	3	0	55	90	114	2	98	65	24
24 oz Cherry Berry Protein Smoothie No Turbinado	390	72	8	3	0	55	90	55	2	40	7	24
24 oz Cherry Berry Protein Smoothie Add Half Turbinado	500	72	8	3	0	55	90	84	2	69	35	24
24 oz Cherry Berry Protein Smoothie Add Splenda	390	72	8	3	0	55	90	62	2	40	7	24

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Cherry Berry	Dairy, Almond (tree nut), and Soy	Yes	Yes

Chocolate Peanut Butter Smoothie
1/7/26-3/3/26

	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)	Added Sugars (g)	Protein (g)
24 oz Chocolate Peanut Butter Smoothie Full Turbinado	800	252	28	12	0	55	250	114	9	87	75	30
24 oz Chocolate Peanut Butter Smoothie No Turbinado	570	252	28	12	0	55	250	55	9	29	17	30
24 oz Chocolate Peanut Butter Smoothie Add Half Turbinado	680	252	28	12	0	55	250	84	9	57	45	30
24 oz Chocolate Peanut Butter Smoothie Add Splenda	570	252	28	12	0	55	250	62	9	29	17	30

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Chocolate Peanut Butter Smoothie	Dairy, Peanut, and Soy	Yes	Yes

Banana Almond Smoothie
1/7/26-3/3/26

	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)	Added Sugars (g)	Protein (g)
24 oz Banana Almond Smoothie Full Turbinado	720	207	23	6	0	55	80	105	3	89	66	29
24 oz Banana Almond Smoothie No Turbinado	490	207	23	6	0	55	80	47	3	31	8	29
24 oz Banana Almond Smoothie Add Half Turbinado	600	207	23	6	0	55	80	75	3	59	36	29
24 oz Banana Almond Smoothie Add Splenda	490	207	23	6	0	55	80	54	3	31	8	29

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Banana Almond Smoothie	Dairy, Almond (tree nut) and Soy	Yes	Yes

Cherry Berry Smoothie (Pea Protein)
1/7/26-3/3/26

	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)	Added Sugars (g)	Protein (g)
24 oz Cherry Berry Protein Smoothie Full Turbinado	650	81	9	2.5	0	10	450	111	2	97	64	33
24 oz Cherry Berry Protein Smoothie No Turbinado	420	81	9	2.5	0	10	450	53	2	39	6	33
24 oz Cherry Berry Protein Smoothie Add Half Turbinado	530	81	9	2.5	0	10	450	81	2	67	35	33
24 oz Cherry Berry Protein Smoothie Add Splenda	420	81	9	2.5	0	10	450	59	2	39	6	33

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Cherry Berry Smoothie (Pea Protein)	Dairy and Almond (tree nut)	Yes	Yes

Chocolate Peanut Butter Smoothie (Pea Protein) 1/7/26-3/3/26

	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)	Added Sugars (g)	Protein (g)
24 oz Chocolate Peanut Butter Smoothie Full Turbinado	830	261	29	12	0	10	610	111	9	86	75	39
24 oz Chocolate Peanut Butter Smoothie No Turbinado	600	261	29	12	0	10	600	53	9	28	17	39
24 oz Chocolate Peanut Butter Smoothie Add Half Turbinado	710	261	29	12	0	10	600	81	9	56	45	39
24 oz Chocolate Peanut Butter Smoothie Add Splenda	600	261	29	12	0	10	600	59	9	28	17	39

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Chocolate Peanut Butter Smoothie (Pea Protein)	Dairy, Peanut, and Soy	Yes	Yes

Banana Almond Smoothie (Pea Protein)
1/7/26-3/3/26

	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)	Added Sugars (g)	Protein (g)
24 oz Banana Almond Smoothie Full Turbinado	750	216	24	6	0	10	430	102	3	88	66	38
24 oz Banana Almond Smoothie No Turbinado	520	216	24	6	0	10	430	44	3	29	8	38
24 oz Banana Almond Smoothie Add Half Turbinado	630	216	24	6	0	10	430	72	3	58	36	38
24 oz Banana Almond Smoothie Add Splenda	520	216	24	6	0	10	430	51	3	29	8	38

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Banana Almond Smoothie	Dairy, Almond (tree nut) and Soy	Yes	Yes

Chocolate Covered Strawberry Smoothie
1/7/26-3/3/26

	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)	Added Sugars (g)	Protein (g)
24 oz Chocolate Covered Strawberry Smoothie Full Turbinado	580	40.5	4.5	3.5	0	0	150	133	4	116	100	5
24 oz Chocolate Covered Strawberry Smoothie No Turbinado	350	40.5	4.5	3.5	0	0	140	75	4	58	42	5
24 oz Chocolate Covered Strawberry Smoothie Add Half Turbinado	460	40.5	4.5	3.5	0	0	140	103	4	86	70	5
24 oz Chocolate Covered Strawberry Smoothie Add Splenda	350	40.5	4.5	3.5	0	0	140	82	4	58	42	5

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Chocolate Covered Strawberry Smoothie	Dairy and Soy	Yes	Yes