

tropical **CAFE** SMOOTHIE

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	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 ^{9,7}	530	150	17	5	0	0	135	100	11	55	4
🌱	Acai Bowl with NUTELLA ^{4,3,6,7}	680	150	26	8	0	0	145	116	12	70	6
🌱	Bahama Mama™ Bowl ^{2,6,7}	380	90	11	6	0	0	120	75	16	46	3
🌱	Chia Oatmeal Pudding ^{2,6,7}	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 ^{3,5,7}	560	200	23	8	0	45	270	64	7	33	26
🌱	PB Protein Crunch ^{2,4,6,7}	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 🌱	Calif Breakfast Flatbread - Chicken ^{1,3,8}	560	260	30	8	0	170	1210	47	4	3	27
🌱 when made with 🌱	Calif 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 ^{1,2,9,10}	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 ^{1,3,4,9,10}	830	360	41	10	0	30	1910	95	11	11	23
🌱 when made with 🌱	Supergreen Caesar Chicken ^{1,2,10}	750	340	39	13	0.5	125	1820	55	3	5	43
🌱 when made with 🌱	Thai Chicken ^{4,6,9,10}	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
FLATBREADS												
🌱 when made with 🌱	Chicken Bacon Ranch ^{1,3,8}	510	200	23	7	0	80	1230	47	3	3	28
🌱	Chicken Pesto ^{1,7,8}	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 ^{7,8}	600	250	29	14	0	95	2310	49	3	7	33
🌱 when made with 🌱	Three Cheese Chicken ^{7,8}	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 ^{4,6,9,10}	380	130	14	1.5	0	60	1190	41	4	21	23
KIDS FOOD ITEMS												
🌱	Cheese 'Dilla ^{7,8}	400	190	22	11	0	55	930	35	0	3	17
🌱 when made with 🌱	Cheese 'Dilla with Chicken ^{2,8}	480	200	23	12	0	95	1190	36	0	3	29
🌱	Turkey & Cheddar Wrap ^{1,8}	360	130	15	7	0	60	1090	35	0	3	23
SIDES												
🌱	Apple	90	0	0	0	0	0	25	4	19	0	
🌱	Baked Lay's® Original ⁹	140	35	4	0	0	0	180	24	2	3	2
🌱	Banana	110	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 ^{2,4}	210	80	9	1	0	0	250	28	4	3	3
COOKIES												
🌱	Chocolate Chip ^{1,5,9,10}	350	170	19	11	0	60	230	43	2	21	4
🌱	Snickerdoodle ^{1,5,8,9}	330	120	14	9	0	60	300	47	1	24	3

🌱 Plant-based chicken substitute available. *

🌱 Vegetarian

GF 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 was prepared by MenuTronix, LLC and is based on standard serving sizes and/or on data provided by our suppliers. The nutritional data presented is based on representative values from the USDA National Nutrient Database for Standard Reference and information from product manufacturers. Variations may occur due to the hand-prepared nature of our menu items or due to seasonal influences and/or changes in 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 2020 USDA daily diet is used as the basis for general nutrition advice. 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 have 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.



*All items listed as "gluten-friendly" were verified to contain gluten-free ingredients by MenuTronix, LLC at the time this list was created.

**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.

tropical SMOOTHIE CAFE

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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	470	250	15	2	0	0	0	20	113	60	5	101	47	1
Avocolada ⁷	510	300	90	10	3	0	0	120	104	50	5	96	43	3
Bahama Mama ^{3,6,7}	510	290	40	4.5	4	0	0	55	115	61	3	109	55	2
Beach Bum ^{1,6,9}	550	330	35	4	3	0	0	80	130	77	7	109	55	4
Blimey Limey	510	240	0	0	0	0	0	15	125	58	2	119	51	2
Blueberry Bliss	340	130	5	0.5	0	0	0	10	85	32	4	75	21	1
Chia Banana Boost ^{4,7}	770	660	230	26	6	0	0	160	128	101	15	91	64	15
Detox Island Green	190	210	0	0	0	0	0	35	43	50	5	29	35	3
Island Green	420	200	0	0	0	0	0	35	102	49	4	88	34	3
Jetty Punch	370	150	0	0.5	0	0	0	15	92	39	4	78	24	2
Kiwi Quencher ³	470	250	0	0	0	0	0	70	113	59	3	105	51	4
Mango Magic ²	430	220	0	0	0	0	0	55	103	50	2	94	40	3
Mocha Madness ^{2,9,9}	620	410	45	5	3.5	0	0	190	143	90	3	118	64	6
Paradise Point	440	220	0	0.5	0	0	0	10	108	55	5	93	39	2
Peanut Butter Cup ^{1,4,6,9}	700	480	160	18	6	0	0	220	131	77	7	108	54	10
Peanut Paradise with Pea ^{1,4,11}	750	530	150	17	3.5	0	0	740	115	61	6	90	36	38
Peanut Paradise with Whey ^{1,4,6,11}	710	500	140	16	4	0	30	240	121	67	5	92	38	25
Pomegranate Plunge	500	290	0	0	0	0	0	25	125	72	3	115	61	1
Sunrise Sunset	430	210	0	0	0	0	0	10	104	51	3	95	41	3
KIDS SMOOTHIES (12 OZ.)														
Kids Awesome Chocolate ^{1,6,9}	260	150	20	2	1.5	0	0	35	62	35	3	53	26	2
Kids Jetty Junior	190	80	0	0	0	0	0	5	46	19	2	39	12	1
Kids Lil' Limeberry	260	90	0	0	0	0	0	10	64	24	1	62	21	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	0	0	0	540	5	N/A	1	0	N/A	29
Probiotic	20	N/A	0	0	0	0	0	0	6	N/A	0	1	N/A	0
Vital Proteins® Collagen	35	N/A	0	0	0	0	0	55	0	N/A	0	0	N/A	9
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 ^{2,4}	110	N/A	15	1.5	0.5	0	30	45	11	N/A	0	2	N/A	16
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	130	14	3	0	0	140	6	N/A	2	3	N/A	6
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
EDIBLE STRAWS														
Lime Straw	40	N/A	0	0	0	0	0	0	10	N/A	0	10	N/A	0
Strawberry Straw	40	N/A	0	0	0	0	0	0	10	N/A	0	10	N/A	0
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

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All smoothies are 24 oz. and made with full-thickness sugar unless otherwise required, with the exception of the Detox Island Green[®], which contains only natural sugars present in whole fruits and vegetables. Splenda[®] can be substituted for full-thickness sugar, but all smoothies will contain sugar derived from fruit and other ingredients and are not sugar-free. Coconut, cranberry, blue, lime, pomegranate, and orange juice flavors are from concentrates. Nutritional information is based on the calculator when using the correct portioning of Tropical Smoothie Cafe's standard recipe. Because our smoothies can be customized, exact information may vary. For any additional information, please call 770-621-1900.

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