








































































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

 Vegetarian

 Gluten-Friendly

<sup>1</sup> Contains egg. <sup>2</sup> Contains fish. <sup>3</sup> Contains milk. <sup>4</sup> Contains peanuts. <sup>5</sup> Contains shellfish. <sup>6</sup> Contains soy. <sup>7</sup> Contains tree nuts. <sup>8</sup> Contains wheat. <sup>9</sup> Contains caffeine. <sup>10</sup> 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) |
|---|----------------|-----------------------------|-------------------|---------------|-------------------|---------------|------------------|-------------|-------------------------|--------------------------------------|-------------------|------------|-------------------------|-------------|
| <b>SMOOTHIES</b>  |                |                             |                   |               |                   |               |                  |             |                         |                                      |                   |            |                         |             |
| Acai Berry Boost  | 470            | 250                         | 20                | 2             | 0                 | 0             | 0                | 10          | 114                     | 61                                   | 5                 | 102        | 48                      | 1           |
| Avocolada <sup>7</sup>                                  | 600            | 380                         | 150               | 17            | 4                 | 0             | 0                | 50          | 112                     | 59                                   | 9                 | 100        | 46                      | 4           |
| Bahama Mama <sup>3 6 7</sup>                            | 500            | 290                         | 40                | 4.5           | 4                 | 0             | 0                | 50          | 117                     | 63                                   | 3                 | 110        | 56                      | 3           |
| Beach Bum <sup>3 6 7 9</sup>                            | 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 <sup>4 6 7 8</sup> | 780            | 680                         | 240               | 27            | 6                 | 0             | 0                | 160         | 128                     | 101                                  | 15                | 95         | 68                      | 16          |
| Chia Banana Boost with Strawberry <sup>7 8</sup>        | 610            | 500                         | 110               | 12            | 2.5               | 0             | 0                | 15          | 127                     | 100                                  | 14                | 94         | 67                      | 8           |
| Chia Banana Max <sup>3 4 6 7 8 10</sup>                 | 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 <sup>7 10</sup>                     | 570            | 350                         | 55                | 6             | 1                 | 0             | 0                | 540         | 99                      | 45                                   | 6                 | 80         | 26                      | 31          |
| Health Nut with Soy <sup>6 7 10</sup>                   | 530            | 310                         | 40                | 4.5           | 0                 | 0             | 0                | 80          | 101                     | 47                                   | 5                 | 80         | 26                      | 25          |
| Health Nut with Whey <sup>3 6 7 10</sup>                | 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 <sup>3</sup>                              | 450            | 230                         | 0                 | 0             | 0                 | 0             | 0                | 45          | 111                     | 58                                   | 11                | 94         | 40                      | 2           |
| Lean Machine <sup>6 9 10</sup>                          | 490            | 170                         | 0                 | 0             | 0                 | 0             | 0                | 10          | 124                     | 43                                   | 5                 | 107        | 26                      | 2           |
| Mango Magic <sup>3</sup>                                | 400            | 180                         | 0                 | 0             | 0                 | 0             | 0                | 35          | 98                      | 44                                   | 11                | 81         | 27                      | 3           |
| Mocha Madness <sup>3 6 7 9</sup>                        | 660            | 330                         | 45                | 5             | 4                 | 0             | 0                | 150         | 152                     | 69                                   | 11                | 132        | 48                      | 6           |
| Muscle Blaster with Pea <sup>10</sup>                   | 520            | 300                         | 20                | 2             | 1                 | 0             | 0                | 540         | 98                      | 44                                   | 6                 | 77         | 23                      | 30          |
| Muscle Blaster with Soy <sup>6 10</sup>                 | 480            | 260                         | 5                 | 0.5           | 0                 | 0             | 0                | 75          | 100                     | 46                                   | 5                 | 77         | 23                      | 24          |
| Muscle Blaster with Whey <sup>3 6 10</sup>              | 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 <sup>3 4 6 7 9</sup>                  | 710            | 500                         | 180               | 20            | 8                 | 0             | 0                | 250         | 127                     | 73                                   | 7                 | 107        | 53                      | 12          |
| Peanut Paradise with Pea <sup>3 4 6 10</sup>            | 740            | 520                         | 160               | 17            | 4.5               | 0             | 0                | 710         | 107                     | 53                                   | 15                | 77         | 23                      | 39          |
| Peanut Paradise with Soy <sup>3 4 6 10</sup>            | 700            | 480                         | 145               | 16            | 3.5               | 0             | 0                | 250         | 109                     | 55                                   | 14                | 77         | 23                      | 33          |
| Peanut Paradise with Whey <sup>3 4 6 10</sup>           | 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 <sup>3 6 8 10</sup>                    | 410            | 410                         | 40                | 4.5           | 0                 | 0             | 20               | 25          | 83                      | 83                                   | 7                 | 56         | 56                      | 15          |
| <b>KIDS SMOOTHIES (12 oz.)</b>                          |                |                             |                   |               |                   |               |                  |             |                         |                                      |                   |            |                         |             |
| Kids Awesome Orange <sup>3 6 7</sup>                    | 370            | 270                         | 45                | 5             | 4.5               | 0             | 0                | 100         | 80                      | 53                                   | 6                 | 70         | 43                      | 3           |
| Kids Chocolate Chimp <sup>3 6 7 9</sup>                 | 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           |
| <b>KIDS SMOOTHIES (24 oz.)</b>                          |                |                             |                   |               |                   |               |                  |             |                         |                                      |                   |            |                         |             |
| Kids Awesome Orange <sup>3 6 7</sup>                    | 750            | 530                         | 90                | 10            | 9                 | 0             | 3                | 210         | 160                     | 106                                  | 11                | 139        | 86                      | 7           |
| Kids Chocolate Chimp <sup>3 6 7 9</sup>                 | 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           |
| <b>SUPPLEMENTS</b>                                      |                |                             |                   |               |                   |               |                  |             |                         |                                      |                   |            |                         |             |
| Energizer <sup>6 9</sup>                                | 0              | N/A                         | 0                 | 0             | 0                 | 0             | 0                | 0           | 0                       | N/A                                  | 0                 | 0          | N/A                     | 0           |
| Fat Burner <sup>9</sup>                                 | 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 <sup>6</sup>                         | 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 <sup>3 6</sup>                      | 100            | N/A                         | 20                | 2             | 0                 | 0             | 40               | 30          | 2                       | N/A                                  | 0                 | 2          | N/A                     | 22          |
| <b>FRESH ADD-INS</b>                                    |                |                             |                   |               |                   |               |                  |             |                         |                                      |                   |            |                         |             |
| Almonds <sup>7</sup>                                    | 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 <sup>9</sup>                           | 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 <sup>4 6</sup>                            | 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 <sup>8</sup>                           | 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 Strips<sup>6</sup>



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<sup>®</sup> and the Detox Island Green, which contains only natural sugars present in whole fruits and vegetables. Splenda<sup>®</sup> 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.

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<sup>®</sup>, 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<sup>®</sup>, 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 allergies. 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.



# NUTRITIONALS

## PROMO NUTRITIONALS

### 2019 Promo 3

| 2019 Promo 3                     | 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 (g) | Dietary Fiber (g) | Total Sugars (g) | Protein (g) |
|----------------------------------|----------|-------------------|---------------|-------------------|---------------|--------------------|--------------------|------------------|-------------|----------------|------------------------|-------------------|------------------|-------------|
| BBQ Chicken Flatbread            | 530      | 180               | 21            | 7                 |               | 0                  | 0                  | 85               | 1370        | 270            | 57                     | 4                 | 13               | 31          |
| Watermelon Mojito - No Sweetener | 170      | 0                 | 0             |                   |               | 0                  | 0                  |                  | 5           | 380            | 42                     | 3                 | 34               | 2           |
| Watermelon Mojito with Splenda   | 190      | 0                 | 0             |                   |               | 0                  | 0                  |                  | 5           | 380            | 48                     | 3                 | 39               | 2           |
| Watermelon Mojito with Turbinado | 410      | 0                 | 0             |                   |               | 0                  | 0                  |                  | 10          | 390            | 102                    | 3                 | 93               | 2           |

| Menu Item                        | Allergens             |
|----------------------------------|-----------------------|
| BBQ Chicken Flatbread            | Egg, Milk, Soy, Wheat |
| Watermelon Mojito – No Sweetener | None                  |
| Watermelon Mojito with Splenda   | None                  |
| Watermelon Mojito with Turbinado | None                  |