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.

### TOASTED WRAPS

**Baja Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Caribbean Jerk Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Hummus Veggie**
- Contains fish.
- Contains milk.
- Contains peanuts.

**Supreme Caesar**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Thai Chicken**
- Contains fish.
- Contains milk.
- Contains peanuts.

### BOWLS

**Baja Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Buffalo Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Caribbean Jerk Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Supreme Caesar**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Thai Chicken**
- Contains fish.
- Contains milk.
- Contains peanuts.

### QUESADILLAS

**Island Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Santa Fe Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Three Cheese Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

### TOASTED FLATBREADS

**Call Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Chicken Apple**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Chicken Bacon Ranch**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Chicken Pesto**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Chipotle Chicken**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

### KIDS FOOD ITEMS

**Cheese Quesadilla**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Ham & Cheddar Wrap**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Turkey & Cheddar Wrap**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

### BREAKFAST

**All American Wrap**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Butter Peanut Banana Crunch Flatbread**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Southwest Wrap**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

### SIDES

**Apple**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Banana**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Kate & Apple Slaw**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Onion**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Oven Baked Lay’s - Original**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Sunchips - Harvest Cheddar**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Miss Vickie’s - Sea Salt or Vinegar**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Miss Vickie’s - Simply Sea Salt**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Oven Baked Lay’s - Jalapeño**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Smoked BBQ Smoke**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

### COOKIES

**Chocolate Chip**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Snickerdoodle**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

### BEVERAGES

**AquaFina Bottled Water (20 fl oz)**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Brewed Sweet Tea (24 fl oz)**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Brewed Unsweet Tea (16 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Brewed Unsweet Tea (24 oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Coca-Cola (8.5 oz)**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Coca-Cola (12 oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Coke Zero (24 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Coca-Cola (24 fl oz fountain)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Coca-Cola (24 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Diet Coke (20 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Diet Coke (24 fl oz fountain)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Diet Coke (20 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Diet Coke (24 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Mint Maid Lemonade (24 fl oz fountain)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Nestlé Pure Life Bottled Water (20 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Organic Half Tea & Half Lemonade (16.9 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Organic Honey Green Tea (16.9 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Organic Peach Iced Tea (16.9 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Sprite (8.5 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Sprite (12 oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Sprite (20 oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

**Sprite (24 fl oz)***
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

### HEALTH & NUTRITION GUIDE

**Substitute our Beyond Meat® Chicken Strips**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.

### Vegetable

**Gluten Friendly**
- Contains egg.
- Contains fish.
- Contains milk.
- Contains peanuts.


- **Total Calories:**
- **Total Fat (g):**
- **Total Carbohydrates (g):**
- **Total Protein (g):**
- **Calories from Fat (%):**
- **Dietary Fiber (g):**
- **Sugar (g):**
- **Sodium (mg):**

- **Total Fat (g):**
- **Total Carbohydrates (g):**
- **Total Protein (g):**
- **Calories from Fat (%):**
- **Dietary Fiber (g):**
- **Sugar (g):**
- **Sodium (mg):**
**SMOOTHIES**

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<th>Carbs</th>
<th>Sugar</th>
<th>Protein</th>
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**KIDS SMOOTHIES (12 oz.)**

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<tr>
<th>Smoothie Type</th>
<th>Calories</th>
<th>Fat</th>
<th>Carbs</th>
<th>Sugar</th>
<th>Protein</th>
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<td>Kids Jolly Jr.</td>
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**KIDS SMOOTHIES (24 oz.)**

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**SUPPLEMENTS**

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**FRESH ADD-INS**

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## NUTRITIONALS
### PROMO NUTRITIONALS
#### 2019 Promo 4

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<td>Jerk Chicken Quesadilla</td>
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<tr>
<td>Pumpkin Pie Smoothie</td>
<td>Milk, Soy, Tree Nuts</td>
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<tr>
<td>Salted Caramel Smoothie</td>
<td>Milk</td>
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<th>Menu Item</th>
<th>Calories</th>
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<th>Total Fat (g)</th>
<th>Saturated fat (g)</th>
<th>Trans Fat (g)</th>
<th>Poly unsat Fat (g)</th>
<th>Mono unsat Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Sodium (mg)</th>
<th>Potassium (mg)</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber (g)</th>
<th>Total Sugars (g)</th>
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