

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)	
TOASTED WRAPS												
when made with	Baja Chicken ^{3 8}	640	220	24	8	0	95	1700	67	7	5	38
when made with	Buffalo Chicken ^{1 3 6 8}	510	180	21	7	0	90	2080	44	3	3	34
when made with	Caribbean Jerk Chicken ^{3 6 8}	590	150	17	8	0	95	1560	74	5	15	37
	Hummus Veggie ^{1 3 8}	740	330	38	8	0	25	1410	83	11	10	18
	Supergreen Caesar Chicken ^{1 2 3 6 8}	610	280	31	11	0	120	1460	42	3	2	37
when made with	Thai Chicken ^{4 6 8}	500	130	15	3	0	65	1350	62	3	12	30
BOWLS												
when made with	Baja Chicken ³	470	190	21	6	0	95	1480	37	9	7	33
when made with	Buffalo Chicken ^{1 3 6}	420	220	25	7	0	100	2550	16	4	6	29
when made with	Caribbean Jerk Chicken ^{3 6}	440	110	12	6	0	95	1350	52	6	24	33
	Hummus Veggie ^{1 3}	620	370	42	7	0	35	1170	48	11	9	13
	Supergreen Caesar Chicken ^{1 2 3 6}	570	380	43	11	0	150	1140	13	5	3	33
when made with	Thai Chicken ^{4 6 8}	380	120	13	1.5	0	65	1160	40	5	22	26
PRESSED SANDWICHES												
	Chicken Caprese ^{1 3 6 8}	730	270	30	10	0	125	1480	64	1	5	45
	Chicken Caprese with Bacon ^{1 3 6 8}	790	310	35	12	0	135	1730	64	1	5	49
	Cuban ^{1 3 6 8}	790	370	42	14	0	105	2020	64	0	2	35
TOASTED SANDWICHES												
	Tropical Chicken Salad ^{1 6 7 8}	610	300	33	4	0	70	880	52	2	14	27
	Half Tropical Chicken Salad ^{1 6 7 8}	300	150	17	2	0	35	440	26	0	7	13
	Turkey Apple Dijon ^{1 3 6 8}	640	270	31	11	0	110	1670	52	0	16	44
	Half Turkey Apple Dijon ^{1 3 6 8}	320	140	16	5	0	55	830	26	0	8	22
	Turkey Bacon Ranch ^{1 3 8}	560	180	20	8	0	95	1570	59	5	14	42
	Half Turkey Bacon Ranch ^{1 3 8}	280	90	10	4	0	45	780	30	3	7	21
	Ultimate Club ^{1 3 8}	620	240	27	9	0	95	1720	59	5	13	42
	Half Ultimate Club ^{1 3 8}	310	120	13	4.5	0	50	860	29	3	7	21
QUESADILLAS												
	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
TOASTED FLATBREADS												
	Cali Chicken Club ^{1 3 6 8}	570	250	29	7	0	75	1520	47	6	2	30
	Chicken Apple Club ^{1 3 6 8}	580	260	29	10	0	90	1330	49	3	8	32
	Chicken Bacon Ranch ^{1 3 6 8}	500	200	23	8	0	85	1270	44	3	3	31
when made with	Chicken Pesto ^{3 6 8}	430	140	16	5	0	65	1090	43	3	2	28
	Chipotle Chicken Club ^{1 3 6 8}	490	210	24	6	0	70	1170	42	3	2	27
KIDS FOOD ITEMS												
	Cheese Quesadilla ^{3 8}	400	170	19	11	0	45	900	37	0	0	19
when made with	Cheese Quesadilla with Chicken ^{3 8}	480	180	21	11	0	90	1160	38	0	0	33
	Ham & Cheddar Wrap ^{3 8}	380	140	16	8	0	60	1260	37	0	1	23
	Turkey & Cheddar Wrap ^{3 8}	370	130	14	7	0	60	1050	37	0	1	24
BREAKFAST												
	All American Wrap ^{1 3 8}	430	180	20	9	0	145	1160	37	0	1	22
	Peanut Butter Banana Crunch Flatbread ^{4 6 8}	590	210	24	4.5	0	0	730	77	7	22	18
when made with	Southwest Wrap ^{1 3 8}	580	320	36	10	0	170	1170	38	2	2	24
SIDES												
	Apple	90	0	0	0	0	0	25	4	19	0	
	Banana	110	0	0	0	0	0	27	3	14	1	
	Kale & Apple Slaw ¹	120	70	8	1	0	5	140	11	2	7	1
	Orange	60	0	0	0	0	0	15	3	12	1	
	Oven Baked Lay's - Original ⁶	110	27	3	0	0	0	140	19	1	2	2
	Sunchips - Harvest Cheddar ^{3 8}	140	54	6	0.5	0	0	200	19	2	2	2
	Miss Vickie's - Sea Salt & Vinegar ³	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 ³	200	99	11	1.5	0	0	180	22	2	2	3
	Miss Vickie's - Smokehouse BBQ ³	200	99	11	1.5	0	0	200	23	2	3	2
COOKIES												
	Chocolate Chunk ^{1 3 4 6 7 8 9}	330	160	18	11	0	35	300	39	3	22	5
	Snickerdoodle ^{1 3 4 6 7 8}	290	100	11	7	0	50	330	43	0	22	5
BEVERAGES												
	Aquafina Bottled Water (20 fl oz)	0	0	0	0	0	20	0	0	0	0	0
	Brewed Sweet Tea (24 fl oz) ⁹	250	0	0	0	0	25	62	0	60	0	
	Brewed Unsweet Tea (16 fl oz) ⁹	0	0	0	0	0	15	1	0	0	0	
	Brewed Unsweet Tea (24 fl oz) ⁹	5	0	0	0	0	20	2	0	0	0	
	Coca-Cola (8.5 fl oz) ⁹	110	0	0	0	0	30	29	0	29	0	
	Coca-Cola (12 fl oz) ⁹	150	0	0	0	0	35	40	0	40	0	
	Coca-Cola (20 fl oz) ⁹	240	0	0	0	0	60	67	0	67	0	
	Coca-Cola (24 fl oz fountain) ⁹	290	0	0	0	0	70	80	0	80	0	
	Coke Zero (24 fl oz fountain) ⁹	0	0	0	0	0	85	0	0	0	0	
	Dasani Bottled Water (20 fl oz)	0	0	0	0	0	20	0	0	0	0	
	Diet Coke (8.5 fl oz) ⁹	0	0	0	0	0	30	0	0	0	0	
	Diet Coke (12 fl oz) ⁹	0	0	0	0	0	40	0	0	0	0	
	Diet Coke (20 fl oz) ⁹	0	0	0	0	0	70	0	0	0	0	
	Diet Coke (24 fl oz fountain) ⁹	0	0	0	0	0	85	0	0	0	0	
	Minute Maid Lemonade (24 fl oz fountain)	270	0	0	0	0	200	75	0	72	0	
	Nestle Pure Life Bottled Water (20 fl oz)	0	0	0	0	0	20	0	0	0	0	
	Organic Half Tea & Half Lemonade (16.9 fl oz) ⁹	100	0	0	0	0	0	25	0	25	0	
	Organic Honey Green Tea (16.9 fl oz) ⁹	70	0	0	0	0	15	19	0	19	0	
	Organic Peach Tea (16.9 fl oz) ⁹	100	0	0	0	0	20	25	0	25	0	
	Sprite (8.5 fl oz)	100	0	0	0	0	25	27	0	24	0	
	Sprite (12 fl oz)	140	0	0	0	0	70	39	0	38	0	
	Sprite (20 fl oz)	240	0	0	0	0	115	64	0	64	0	
	Sprite (24 fl oz fountain)	280	0	0	0	0	135	77	0	76	0	

Substitute our Beyond Meat Chicken-Free Chicken Strips⁶

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.

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.



NUTRITIONALS

PROMO NUTRITIONALS

2019 Promo 4

	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	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Jerk Chicken Quesadilla	580	190	21	11	0	0	2.0	80	2200	510	64	4	18		31
Pumpkin Pie Smoothie	500	35	4.0	3.5					135	360	112	13	90		4
Salted Caramel Smoothie	520	0	0.5	0		0			840	500	126	22	73		5

Menu Item

Allergens

Jerk Chicken Quesadilla

Milk, Soy, Wheat

Pumpkin Pie Smoothie

Milk, Soy, Tree Nuts

Salted Caramel Smoothie

Milk