

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



WRAPS

when made with	Baja Chicken ^{3 8}	640	220	24	9	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	9	0	95	1560	74	5	15	37
	Hummus Veggie ^{1 3 8}	710	310	36	7	0	25	1400	80	13	8	18
	Supergreen Caesar Chicken ^{1 2 3 6 8}	600	280	31	11	0	120	1470	42	3	2	37
when made with	Thai Chicken ^{4 6 8}	500	130	15	3	0	65	1350	62	3	12	30

UNWRAPS

when made with	Baja Chicken ³	465	185	21	7	0	95	1480	38	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	7	0	95	1350	52	6	24	33
	Hummus Veggie ^{1 3}	590	360	41	7	0	35	1180	43	15	8	13
	Supergreen Caesar Chicken ^{1 2 3 6}	560	380	43	11	0	150	1180	10	5	3	33
when made with	Thai Chicken ^{4 6 8}	380	120	13	1.5	0	65	1160	40	5	22	26

SANDWICHES

Chicken Caprese ^{3 8}	660	230	26	9	0	120	1260	62	5	15	45
Chicken Caprese with Bacon ^{3 8}	720	270	31	11	0	130	1510	62	5	15	49
Turkey Bacon Ranch ^{1 3 8}	560	180	20	8	0	95	1570	59	5	14	42
Ultimate Club ^{1 3 8}	620	240	27	9	0	95	1720	59	5	13	42

QUESADILLAS

Santa Fe Chicken ^{3 8}	600	250	28	15	0	100	2270	50	3	5	35
Three Cheese Chicken ^{3 8}	550	240	27	14	0	100	1880	41	1	3	33

FLATBREADS

	Chicken Bacon Ranch ^{1 3 6 8}	500	200	23	9	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	12	0	45	900	37	0	0	19
when made with	Cheese Quesadilla with Chicken ^{3 8}	480	180	21	12	0	90	1160	38	0	0	33
	Ham & Cheddar Wrap ^{3 8}	380	140	16	9	0	60	1260	37	0	1	23
	Turkey & Cheddar Wrap ^{3 8}	370	130	14	8	0	60	1050	37	0	1	24

BREAKFAST

	All American Wrap ^{1 3 8}	430	180	20	10	0	145	1160	37	0	1	22
	Peanut Butter Banana Crunch Flatbread ^{4 6 8}	590	210	24	4	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	0	25	4	19	0
	Banana	110	0	0	0	0	0	0	27	3	14	1
	Kale & Apple Slaw ¹	120	70	8	1	0	5	140	11	2	7	1
	Lay's Baked 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 6 8 9}	350	170	20	12	0	60	230	41	2	21	4
	Snickerdoodle ^{1 3 8}	330	130	14	9	0	60	300	48	0	25	4

BEVERAGES

	Aquafina Bottled Water (20 fl oz)	0	0	0	0	0	0	20	0	0	0	0
	Brewed Sweet Tea (24 fl oz) ⁹	250	0	0	0	0	0	25	62	0	60	0
	Brewed Unsweet Tea (16 fl oz) ⁹	0	0	0	0	0	0	15	1	0	0	0
	Brewed Unsweet Tea (24 fl oz) ⁹	5	0	0	0	0	0	20	2	0	0	0
	Coca-Cola (8.5 fl oz) ⁹	110	0	0	0	0	0	30	29	0	29	0
	Coca-Cola (12 fl oz) ⁹	150	0	0	0	0	0	35	40	0	40	0
	Coca-Cola (20 fl oz) ⁹	240	0	0	0	0	0	60	67	0	67	0
	Coca-Cola (24 fl oz fountain) ⁹	290	0	0	0	0	0	70	80	0	80	0
	Coke Zero (24 fl oz fountain) ⁹	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) ⁹	0	0	0	0	0	0	30	0	0	0	0
	Diet Coke (12 fl oz) ⁹	0	0	0	0	0	0	40	0	0	0	0
	Diet Coke (20 fl oz) ⁹	0	0	0	0	0	0	70	0	0	0	0
	Diet Coke (24 fl oz fountain) ⁹	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
	Nestlé 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) ⁹	100	0	0	0	0	0	0	25	0	25	0
	Organic Honey Green Tea (16.9 fl oz) ⁹	70	0	0	0	0	0	15	19	0	19	0
	Organic Peach Tea (16.9 fl oz) ⁹	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

Plant-based chicken substitute available.⁶

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. Nutritional information for these items includes 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.

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HEALTH & NUTRITION GUIDE



SMOOTHIES

	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)
Acai Berry Boost	470	250	20	2	0	0	0	10	114	61	5	102	48	1
Avocolada ⁷	600	380	150	17	4	0	0	50	112	59	9	100	46	4
Bahama Mama ^{3 6 7}	510	290	35	4	4	0	0	50	117	64	3	110	56	3
Beach Bum ^{3 6 7 9}	550	330	35	4	3	0	0	75	131	78	7	109	55	4
Blimey Limey	480	210	0	0	0	0	0	15	119	52	2	113	46	2
Blueberry Bliss	340	130	5	0.5	0	0	0	5	86	33	4	75	21	1
Chia Banana Boost with Peanut Butter ^{4 6 7 8}	780	680	240	27	6	0	0	160	128	101	15	95	68	16
Chia Banana Boost with Strawberry ^{7 8}	610	500	110	12	2.5	0	0	15	127	100	14	94	67	8
Detox Island Green	180	200	0	0	0	0	0	35	43	50	5	29	35	4
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 ³	450	230	0	0	0	0	0	45	111	58	11	94	40	2
Lean Machine ^{6 9 10}	490	170	0	0	0	0	0	10	124	43	5	107	26	2
Mango Magic ³	400	180	0	0	0	0	0	35	98	44	11	81	27	3
Mocha Madness ^{3 6 7 9}	540	320	35	4	3	0	0	120	124	71	11	103	49	5
Paradise Point	430	210	0	0	0	0	0	0	110	56	6	92	38	3
Peanut Butter Cup ^{3 4 6 7 9}	710	490	170	19	6	0	0	220	129	75	7	108	54	11
Peanut Paradise with Pea ^{3 4 10}	740	520	160	17	4	0	0	710	107	53	15	77	23	39
Peanut Paradise with Soy ^{3 4 6 10}	700	480	145	16	3	0	0	250	109	55	14	77	23	33
Peanut Paradise with Whey ^{3 4 6 10}	690	470	160	17	3	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
Sunrise Sunset	400	180	0	0	0	0	0	10	97	43	2	88	34	2
Triple Berry Oat ^{3 6 8 10}	410	410	40	4.5	0	0	20	25	83	83	7	56	56	15

KIDS SMOOTHIES (12 OZ.)

Kids Chocolate Chimp ^{3 6 7 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	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

KIDS SMOOTHIES (24 OZ.)

Kids Chocolate Chimp ^{3 6 7 9}	520	310	35	4	3	0	0	75	124	71	5	105	51	3
Kids Jetty Junior	370	150	0	0	0	0	0	5	94	40	5	77	23	2
Kids Lil' Lime Berry	470	200	0	0	0	0	0	15	117	52	2	112	46	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	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 ⁶	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 ^{3 6}	100	N/A	20	2	0	0	40	30	2	N/A	0	2	N/A	22

FRESH ADD-INS

Almonds ⁷	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 ⁹	15	N/A	0	0	0	0	0	0	4	N/A	0	4	N/A	0
Peanut Butter ^{4 6}	190	N/A	130	15	3	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 ⁸	70	N/A	0	0.5	0	0	0	0	15	N/A	3	0	N/A	2

Vegetarian

Gluten-Friendly

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All smoothies are 24 oz. and made with turbinado sugar unless otherwise requested, with the exception of the Triple Berry Oat, which is made with Splenda®, and 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, kiwi, lime, pomegranate, and orange juice flavors are 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.

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NUTRITIONALS

PROMO NUTRITIONALS

Promo 3 2021

Promo 3 2021	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
BBQ Shrimp Quesadilla	600	240	27	13	0	0	1.5	155	2120	70	60	2	22	28
BLT Quesadilla	620	350	39	17	0	0	1.5	70	1950	280	42	3	4	24
Jerk Chicken Quesadilla	590	180	21	12	0	0	1.5	90	2020	320	69	3	24	32
Mango Berry Cosmo with Splenda	270	0	0	0	0	0	0	0	10	220	66	3	55	1
Mango Berry Cosmo with Splenda & Edible Straw	310	0	0	0	0	0	0	0	10	220	76	3	65	1
Mango Berry Cosmo with Turbinado	480	0	0	0	0	0	0	0	10	240	119	3	109	1
Mango Berry Cosmo with Turbinado & Edible Straw	520	0	0	0	0	0	0	0	10	240	129	3	119	1
Watermelon Mojito with Splenda	160	0	0	0	0	0	0	0	5	240	40	2	33	1
Watermelon Mojito with Splenda & Edible Straw	200	0	0	0	0	0	0	0	5	240	50	2	43	1
Watermelon Mojito with Turbinado	370	0	0	0	0	0	0	0	10	260	93	2	87	1
Watermelon Mojito with Turbinado & Edible Straw	410	0	0	0	0	0	0	0	10	260	103	2	97	1

Menu Item	Allergens
BBQ Shrimp Quesadilla	Egg, Milk, Shellfish, Wheat
BLT Quesadilla	Egg, Milk, Wheat
Jerk Chicken Quesadilla	Egg, Milk, Soy, Wheat
Mango Berry Cosmo (with or without edible straw)	N/A
Watermelon Mojito (with or without edible straw)	N/A

NUTRITIONALS

PROMO NUTRITIONALS 2021

Nats Berry Crush	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Nats Berry Crush	410	0	0	0	0	0	0	0	10	75	102	0	99	60	0

Menu Item	Allergens
Nats Berry Crush	N/A

NUTRITIONALS

Grand Slam Smoothie

Grand Slam Smoothie	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Grand Slam Smoothie with Splenda	240	20	2.5	2.0	0	0	0	0	25	450	59	3	47	0	2
Grand Slam Smoothie with Turbinado	480	20	2.5	2.0	0	0	0	0	25	470	119	3	107	67	2

Menu Item	Allergens
Grand Slam Smoothie with Splenda	Tree Nuts (Coconut)
Grand Slam Smoothie with Turbinado	Tree Nuts (Coconut)

NUTRITIONALS

Locolada Smoothie

Locolada Smoothie	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Locolada Smoothie with Splenda	220	20	2.0	2.0	0	0	0	0	5	360	53	3	45	0	2
Locolada Smoothie with Turbinado	460	20	2.0	2.0	0	0	0	0	10	380	113	3	104	67	2

Menu Item	Allergens
Locolada Smoothie with Splenda	Tree Nuts (Coconut)
Locolada Smoothie with Turbinado	Tree Nuts (Coconut)