



eat better. feel better.®

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.

		Calories	Calories with Splenda	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Carbohydrates with Splenda (g)	Dietary Fiber (g)	Sugars (g)	Sugars with Splenda (g)	Protein (g)
SMOOTHIES															
	Acai Berry Boost	470	250	20	2.0	0	0	0	10	114	61	5	102	48	1
	Avocolada ⁷	600	380	150	17	4.0	0	0	50	112	59	9	100	46	4
	Bahama Mama ^{3 6 7}	500	290	40	4.5	4.0	0	0	50	117	63	3	110	56	3
	Beach Bum ^{3 6 7 9}	550	340	45	5	4.0	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 ^{4 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
	Chia Banana Max ^{3 4 6 7 8 10}	880	780	260	29	6	0	40	190	130	103	15	97	70	38
	Detox Island Green	180	200	0	0	0	0	0	30	43	50	5	29	35	4
	Health Nut with Pea ^{7 10}	570	350	55	6	1	0	0	540	99	45	6	80	26	31
	Health Nut with Soy ^{6 7 10}	530	310	40	4.5	0	0	0	80	101	47	5	80	26	25
	Health Nut with Whey ^{3 6 7 10}	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 ³	450	230	0	0	0	0	0	45	111	58	11	94	40	2
	Lean Machine ^{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}	660	330	45	5	4.0	0	0	150	152	69	11	132	48	6
	Muscle Blaster with Pea ¹⁰	520	300	20	2	1	0	0	535	98	44	6	77	23	30
	Muscle Blaster with Soy ^{6 10}	480	260	5	0.5	0	0	0	75	100	46	5	77	23	24
	Muscle Blaster with Whey ^{3 6 10}	470	250	20	2	0	0	40	35	96	42	5	79	25	24
	Orange Ginger Glow	420	210	0	0	0	0	0	85	104	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 ^{3 4 6 7 9}	710	500	180	20	8	0	0	250	127	73	7	107	53	12
	Peanut Paradise with Pea ^{3 4 7 10}	740	520	160	17	4.5	0	0	710	107	53	15	77	23	39
	Peanut Paradise with Soy ^{3 4 6 7 10}	700	480	145	15.5	3.5	0	0	250	109	55	14	77	23	33
	Peanut Paradise with Whey ^{3 4 6 7 10}	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 ^{3 6 8 10}	410	N/A	40	4.5	0	0	20	25	83	N/A	7	56	N/A	15
KIDS SMOOTHIES (12 oz.)															
	Kids Awesome Orange ^{3 6 7}	370	270	45	5	4.5	0	0	100	80	53	6	70	43	3
	Kids Chocolate Chimp ^{3 6 7 9}	260	150	20	2.5	2.0	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
SUPPLEMENTS															
	Energizer 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
	Multi-vitamin	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	1.0	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	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 Flax Seed	20	N/A	20	2.0	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
	Peanut Butter ^{4 7}	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 ⁸	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 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. 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® and the Detox Island Green, which contains only natural sugars present in whole fruits and vegetables. Splenda® can be substituted for turbinado, but all smoothies will contain sugar derived from fruit and other ingredients and are not sugar free. 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®, 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.

												
	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	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 6 8}	690	350	39	8	0	25	1470	68	12	8	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 7 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 6 8}	590	380	43	7	0	35	1230	40	14	10	14	
 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 7 8}	380	120	13	1.5	0	65	1160	40	5	22	26	
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 6 8}	560	170	20	8	0	95	1570	59	5	14	42	
Half Turkey Bacon Ranch ^{1 3 6 8}	280	90	10	4	0	45	780	30	3	7	21	
Ultimate Club ^{1 3 6 8}	620	240	27	9	0	95	1720	59	5	13	42	
Half Ultimate Club ^{1 3 6 8}	310	120	13	4.5	0	50	860	29	3	7	21	
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	20.5	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 7 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	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	
  Orange	60	0	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 - Garden Salsa ^{3 8}	140	54	6	.5	0	0	140	19	2	2	2	
Sunchips - Harvest Cheddar ^{3 8}	140	54	6	.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	0	20	0	0	0	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	
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) 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	



Substitute our Beyond Meat Chicken-Free Chicken Strips 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. 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

Pressed Sandwiches and Watermelon Mojito Smoothie

Pressed Sandwiches and Watermelon Mojito Smoothie	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)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Caprese Pressed Sandwich Without Bacon	730	270	30	10	0	0	1	125	1480	550	64	1	5	45
Caprese Pressed Sandwich Without Chicken	620	250	28	10	0	0	0.5	55	1090	240	63	1	4	25
Caprese Pressed Sandwich with Bacon And Chicken	790	310	35	12	0	0	1	135	1730	550	64	1	5	49
Cuban Sandwich	790	370	42	14				105	2020	100	64		2	35
Watermelon Mojito	410	0	0			0	0		10	390	102	3	93	2
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

Menu Item	Allergens
Caprese Pressed Sandwich without Bacon	Egg, Milk, Wheat
Caprese Pressed Sandwich without Chicken	Egg, Milk, Wheat
Caprese Pressed Sandwich with Bacon and Chicken	Egg, Milk, Wheat
Cuban Sandwich	Egg, Milk, Wheat
Watermelon Mojito Smoothie (Turbinado)	None
Watermelon Mojito Smoothie (Splenda)	None
Watermelon Mojito Smoothie (No Sweetener)	None