

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



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 7 8}	770	670	230	26	5	0	0	150	130	103	15	95	68	14
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}	700	480	160	18	6	0	0	210	131	77	7	108	54	10
Peanut Paradise with Pea ^{3 4 10}	730	510	150	17	4	0	0	700	109	55	15	77	23	37
Peanut Paradise with Whey ^{3 4 6 10}	680	460	150	17	3	0	40	200	107	53	14	79	25	31
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 Awesome Chocolate ^{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' Limeberry	260	100	0	0	0	0	0	5	66	26	1	63	23	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
Vital Proteins® Collagen	35	N/A	0	0	0	0	0	55	0	N/A	0	0	N/A	9
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

Chia Seeds	45	N/A	25	2.5	0	0	0	0	4	N/A	3	0	N/A	1
Fresh Ginger	0	N/A	0	0	0	0	0	0	1	N/A	0	0	N/A	0
Ground Flaxseed	20	N/A	20	2	0	0	0	0	1	N/A	1	0	N/A	1
Peanut Butter ⁴	180	N/A	130	14	2.5	0	0	135	6	N/A	2	3	N/A	6
Raw Almonds ⁷	40	N/A	30	3.5	0	0	0	0	2	N/A	0	0	N/A	2
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

EDIBLE STRAWS

Lime Straw	40	N/A	0	0	0	0	0	0	10	N/A	0	10	N/A	0
Strawberry Straw	40	N/A	0	0	0	0	0	0	10	N/A	0	10	N/A	0

BEVERAGES

Dasani® (16.9 fl oz)	0	N/A	0	0	0	0	0	0	0	N/A	0	0	0	0
Gold Peak® Sweet Tea (18.5 fl oz) ⁹	190	N/A	0	0	0	0	0	0	48	N/A	0	48	0	0
Coca-Cola® (20 fl oz) ⁹	240	N/A	0	0	0	0	0	75	65	N/A	0	65	0	0
Coca-Cola® Zero Sugar (20 fl oz) ⁹	0	N/A	0	0	0	0	0	70	0	N/A	0	0	0	0
Sprite® (20 fl oz)	230	N/A	0	0	0	0	0	110	64	N/A	0	64	0	0

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. 11. Contains sesame. Nutritional information for these items includes supplement values. Consult a physician before starting any supplement 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 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.

Vital Proteins® is a registered trademark of Vital Proteins and used with Vital Proteins' permission.

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 is based on representative values from the USDA National 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 that will alter the nutritional values. 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 as well as for age, gender, and fitness level.



All ingredients listed as gluten-friendly were verified as gluten-free by MenuTrinfo®, LLC at the time this list was created. Menu items designated as "Vegetarian" are meant to be used as a guideline. Ingredients may change or be substituted, and while we make best efforts to review on an ongoing basis, items listed may not always necessarily be items served. In addition, ingredients or production methods used by our suppliers may change, or there may be product differences among regional suppliers. Tropical Smoothie Cafe is not responsible for substitutions or changes to ingredients or production methods by our manufacturers or product differences among regional suppliers. Also, normal kitchen operations, which involve shared cooking and preparation areas, as well as vendor production methods, may present cross-contact opportunities. Therefore, **we cannot guarantee that any menu item is vegetarian* or free from gluten or any other allergen.** Please consult with a healthcare professional about any food allergies, food sensitivities, or dietary restrictions.

*Tropical Smoothie Cafe defines a vegetarian diet as one that excludes animal meats like poultry, pork and beef, but may include eggs, dairy, fish, honey, and foods made with animal byproducts.

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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 6 8 11}	680	270	31	8	0	25	1490	83	11	13	19
	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 11}	500	130	15	3	0	65	1350	62	3	12	30

SALADS

	Beach Club ^{1 3}	350	180	20	5.5	0	95	1300	11	4	5	29
	Supergreen Caesar ^{1 2 3 6}	550	370	43	11	0	150	1120	9	4	3	32
when made with	Thai Chicken ^{4 6 8 11}	370	120	13	1.5	0	65	1170	39	4	21	25

SANDWICHES

when made with	Avocado Grilled Cheese ^{1 3 6 8}	930	490	56	28	1	115	2360	69	6	4	42
when made with	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
	Smoky Grilled Cheese ^{1 3 6 8}	650	290	33	11	0	55	1420	63	2	3	25
	Turkey Bacon Ranch ^{1 3 8}	560	180	20	8	0	95	1570	59	5	14	42

QUESADILLAS

when made with	Santa Fe Chicken ^{3 8}	600	250	28	15	0	100	2270	50	3	5	35
when made with	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
	Classic Grilled Cheese ^{3 6 8}	610	230	26	16	0.5	70	1380	65	2	3	29
	Turkey & Cheddar Wrap ^{3 8}	370	130	14	8	0	60	1050	37	0	1	24

BREAKFAST

	All American Wrap ^{1 3 8}	410	170	20	10	0	135	970	37	0	1	18
	Peanut Butter Banana Crunch Flatbread ^{4 6 8}	580	210	23	3.5	0	0	720	79	7	22	16
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
	Jalapeño Corn ¹	150	45	5	1	0	0	170	22	3	9	3
	Kale & Apple Slaw ¹	130	80	9	1.5	0	5	150	11	2	8	1
	Baked Lay's Original ⁶	140	36	4	0.5	0	0	180	24	2	3	2
	Sunchips Harvest Cheddar ^{3 8}	210	81	9	1	0	0	260	28	4	3	3
	Maple-Kissed Sweet Potatoes	140	35	4	0	0	0	180	26	3	17	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 Chip ^{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

Plant-based chicken substitute available.⁶

Vegetarian

Gluten-Friendly

For sandwiches, salads and wraps, replacing chicken with plant-based protein adds 15 calories and 1 gram of fat and removes 20 mg of sodium. For quesadillas and flatbreads, replacing chicken with plant-based protein adds 10 calories and 1 gram of fat and removes 15 mg of sodium.

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. 11. Contains sesame. Nutritional information for these items includes supplement values. Consult a physician before starting any supplement program, especially if you're pregnant, nursing, or taking medications. These products are not recommended for children.

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Promo 1 2023

Promo 1 2023	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)
Cali Breakfast Flatbread	570	290	33	8	0	1.5	6	160	1340	470	45	4	2	0	26
Chocolate Covered Strawberry Smoothie with Half Turbinado	600	70	8	7	0	0	0	0	190	620	131	10	104	91	6
Chocolate Covered Strawberry Smoothie with Splenda	500	70	8	7	0	0	0	0	190	610	107	10	80	61	6
Chocolate Covered Strawberry Smoothie with Turbinado	720	70	8	7	0	0	0	0	190	630	161	10	134	121	6
Peanut Butter Crunch Flatbread	580	210	23	4.0	0	0.5	2.0	0	730	440	79	7	22	2	16
Super Sunrise Sunset Smoothie with Half Turbinado	360	0	0	0	0	0	0	0	35	740	86	2	71	30	3
Super Sunrise Sunset Smoothie with Splenda	260	0	0	0	0	0	0	0	35	730	62	2	46	0	3
Super Sunrise Sunset Smoothie with Turbinado	480	0	0	0	0	0	0	0	35	740	116	2	100	60	3

Menu Item	Allergens	Vegetarian?	Gluten Friendly?
Cali Breakfast Flatbread	Egg, Milk, Soy, Wheat	No	No
Chocolate Covered Strawberry Smoothie	Milk, Soy, Tree Nuts	Yes	No
Peanut Butter Crunch Flatbread	Peanuts, Soy, Wheat	Yes	No
Super Sunrise Sunset Smoothie	N/A	Yes	Yes

NUTRITIONALS

Jaguars Duuval Delight Smoothie 2022

	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)
Duuval Delight Smoothie	460	20	2.0	2.0	0	0	0	0	20	390	113	3	104	67	2

Menu Item	Allergens
Duuval Delight Smoothie	Tree Nuts (Coconut)