# tropical CAFE®

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.

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		ories	from Fat	(6)	d Fat (g)	t (g)	rol (mg)	(mg)	rates (a)	iber (g)	9)	(6)
		Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (A)	Dietary Fiber (g)	Sugars (g)	Protein (g)
	WRAPS											
when made with when made with	Baja Chicken <sup>3 8</sup> Buffalo Chicken <sup>13 6 8</sup>	640 510	220 180	24 21	9 7	0	95 90	1700 2080	67 44	7 3	5 3	38 34
when made with	Caribbean Jerk Chicken 368	590	150	17	9	0	95	1560	74	5	15	37
V	Hummus Veggie 138	710	310	36	7	0	25	1400	80	13	8	18
•	Supergreen Caesar Chicken 12368	600	280	31	11	0	120	1470	42	3	2	37
when made with	Thai Chicken 468	500	130	15	3	0	65	1350	62	3	12	30
	SALADS											
•	Beach Club 13	350	180	20	5.5	0	95	1300	11	4	5	29
when made with	Supergreen Caesar 1236 Thai Chicken 468	550 370	370 120	43 13	11 1.5	0	150 65	1120 1170	9 39	4 4	3 21	32 25
Wich made with	SANDWICHES	3/0	120	13	1.5	0	05	1170	39	4	21	25
	Avocado Grilled Cheese 1368	070	490	F.C.	28	1	115	2360	60	6	4	42
when made with	Chicken Caprese 38	930 660	230	56 26	28 9	0	120	1260	69 62	6 5	4 15	42 45
•	Chicken Caprese with Bacon 38	720	270	31	11	0	130	1510	62	5	15	49
	Smoky Grilled Cheese 1368	650	290	33	11	0	55	1420	63	2	3	25
	Turkey Bacon Ranch 138	560	180	20	8	0	95	1570	59	5	14	42
	QUESADILLAS											
when made with	Santa Fe Chicken 38	600	250	28	15	0	100	2270	50	3	5	35
when made with	Three Cheese Chicken 38	550	240	27	14	0	100	1880	41	1	3	33
	FLATBREADS											
•	Chicken Bacon Ranch 1368	500	200	23	9	0	85	1270	44	3	3	31
when made with -	Chicken Pesto <sup>368</sup> Chipotle Chicken Club <sup>1368</sup>	430 490	140 210	16 24	5 6	0	65 70	1090 1170	43 42	3 3	2	28 27
	KIDS FOOD ITEMS	730	210	24	J	J	, ,	11/0	72	J		21
V	Cheese Quesadilla 38	400	170	19	12	0	45	900	37	0	0	10
when made with	Cheese Quesadilla with Chicken 38	480	180	21	12	0	90	1160	38	0	0	19 33
V	Classic Grilled Cheese 368	610	230	26	16	0.5	70	1380	65	2	3	29
	Turkey & Cheddar Wrap 38	370	130	14	8	0	60	1050	37	0	1	24
	BREAKFAST											
	All American Wrap <sup>138</sup>	410	170	20	10	0	135	970	37	0	1	18
V	Peanut Butter Banana Crunch Flatbread 468	580	210	23	3.5	0	0	720	79	7	22	16
when made with *	Southwest Wrap <sup>138</sup>	580	320	36	10	0	170	1170	38	2	2	24
0.0	SIDES											
(6F) <b>(</b> V)	Apple Banana	90 110	0	0	0	0	0	0	25 27	4 3	19 14	0
@F <b>♡</b>	Jalapeño Corn¹	150	45	5	1	0	0	170	22	3	9	3
<b>⑥ Ⅵ</b>	Kale & Apple Slaw <sup>1</sup>	130	80	9	1.5	0	5	150	11	2	8	1
(GF)	Baked Lay's Original <sup>6</sup>	140	36	4	0.5	0	0	180	24	2	3	2
	Sunchips Harvest Cheddar <sup>38</sup>	210	81	9	1	0	0	260	28	4	3	3
€F V	Maple-Kissed Sweet Potatoes Miss Vickie's Sea Salt & Vinegar <sup>3</sup>	140 200	35 99	4 11	0 1.5	0	0	180 230	26 23	3 2	17 2	2
	Miss Vickie's Simply Sea Salt	210	108	12	1.5	0	0	125	23	2	1	3
(GF)	Miss Vickie's Jalapeño <sup>3</sup>	200	99	11	1.5	0	0	180	22	2	2	3
	Miss Vickie's Smokehouse BBQ <sup>3</sup>	200	99	11	1.5	0	0	200	23	2	3	2
	COOKIES											
V	Chocolate Chunk 13689	350	170	20	12	0	60	230	41	2	21	4
V	Snickerdoodle <sup>138</sup>	330	130	14	9	0	60	300	48	0	25	4
_	BEVERAGES											
<b>(f) (0</b>	Aquafina Bottled Water (20 fl oz)	0	0	0	0	0	0	20	0	0	0	0
(F) <b>(</b> V) (F) <b>(</b> V)	Brewed Sweet Tea (24 fl oz) <sup>9</sup> Brewed Unsweet Tea (16 fl oz) <sup>9</sup>	250 0	0	0	0	0	0	25 15	62 1	0	60 0	0
(a) <b>(</b> a) <b></b>	Brewed Unsweet Tea (16 If 02) <sup>9</sup>	5	0	0	0	0	0	20	2	0	0	0
<b>⑥ ♥</b>	Coca-Cola (8.5 fl oz) 9	110	0	0	0	0	0	30	29	0	29	0
€F ♥	Coca-Cola (12 fl oz) 9	150	0	0	0	0	0	35	40	0	40	0
<b>(f) (0</b>	Coca-Cola (20 fl oz) <sup>9</sup>	240	0	0	0	0	0	60	67	0	67	0
(F) <b>(V</b> (F) <b>(V</b>	Coca-Cola (24 fl oz fountain) <sup>9</sup> Coke Zero (24 fl oz fountain) <sup>9</sup>	290 0	0	0	0	0	0	70 85	80 0	0	80 0	0
@F <b>♡</b>	Dasani Bottled Water (20 fl oz)	0	0	0	0	0	0	20	0	0	0	0
<b>6F V</b>	Diet Coke (8.5 fl oz) <sup>9</sup>	0	0	0	0	0	0	30	0	0	0	0
€F V	Diet Coke (12 fl oz) <sup>9</sup>	0	0	0	0	0	0	40	0	0	0	0
<b>6 ♥</b>	Diet Coke (20 fl oz) 9	0	0	0	0	0	0	70	0	0	0	0
(F) <b>(</b> V) (F) <b>(</b> V)	Diet Coke (24 fl oz fountain) 9	0	0	0	0	0	0	85 200	0 75	0	0 72	0
(F) <b>(</b> √	Minute Maid Lemonade (24 fl oz fountain)  Nestlé Pure Life Bottled Water (20 fl oz)	270 0	0	0	0	0	0	200 20	75 0	0	72 0	0
<b>⊕ ∨</b>	Organic Half Tea & Half Lemonade (16.9 fl oz)	100	0	0	0	0	0	0	25	0	25	0
€F V	Organic Honey Green Tea (16.9 fl oz) 9	70	0	0	0	0	0	15	19	0	19	0
€F V	Organic Peach Tea (16.9 fl oz) 9	100	0	0	0	0	0	20	25	0	25	0
<b>(aF) (V</b>	Sprite (8.5 fl oz)	100	0	0	0	0	0	25	27	0	24	0
(F) <b>(</b> V) (F) <b>(</b> V)	Sprite (12 fl oz) Sprite (20 fl oz)	140 240	0	0	0	0	0	70 115	39 64	0	38 64	0
@F <b>♡</b>	Sprite (20 ii 02) Sprite (24 fl oz fountain)	280	0	0	0	0	0	135	77	0	76	0
	· · · · · · · · · · · · · · · · · · ·											

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.

Vegetarian

Gluten-Friendly

1. Contains egg. 2. Contains fish. 3. Contains fish. 3. Contains milk. 4. Contains peanuts. 5. Contains soy. 7. 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.

Plant-based chicken substitute available. 6

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	SMOOTHIES	Total Calories	Total Calories with Splenda	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohyd	Total Carbohydrates	Dietary Fiber (a)	Sugars (g)	Sugars with Splends	Protein (g)
@ <b>^</b>		470	050	0.0	•				10	44.4	01	_	100	40	
	Acai Berry Boost	470	250	20	2	0	0	0	10	114	61	5	102	48	1
€F ♥	Avocolada <sup>7</sup>	600	380	150	17	4	0	0	50	112	59	9	100	46	4
V	Bahama Mama <sup>367</sup>	510	290	35	4	4	0	0	50	117	64	3	110	56	3
V	Beach Bum <sup>3679</sup>	550	330	35	4	3	0	0	75	131	78	7	109	55	4
€F V	Blimey Limey	480	210	0	0	0	0	0	15	119	52	2	113	46	2
€F ♥	Blueberry Bliss	340	130	5	0.5	0	0	0	5	86	33	4	75	21	1
V	Chia Banana Boost with Peanut Butter 478	770	670	230	26	5	0	0	150	130	103	15	95	68	14
V	Chia Banana Boost with Strawberry 78	610	500	110	12	2.5	0	0	15	127	100	14	94	67	8
€F V	Detox Island Green	180	200	0	0	0	0	0	35	43	50	5	29	35	4
€F V	Island Green	410	190	0	0	0	0	0	35	102	49	4	88	34	3
<b>(iF) (V</b>	Jetty Punch	370	150	0	0	0	0	0	5	94	40	5	77	23	2
€F V	Kiwi Quencher <sup>3</sup>	450	230	0	0	0	0	0	45	111	58	11	94	40	2
<b>(iF) (V</b>	Lean Machine <sup>6 9 10</sup>	490	170	0	0	0	0	0	10	124	43	5	107	26	2
€F ♥	Mango Magic <sup>3</sup>	400	180	0	0	0	0	0	35	98	44	11	81	27	3
V	Mocha Madness 3679	540	320	35	4	3	0	0	120	124	71	11	103	49	5
€F ♥	Paradise Point	430	210	0	0	0	0	0	0	110	56	6	92	38	3
V	Peanut Butter Cup 34679	700	480	160	18	6	0	0	210	131	77	7	108	54	10
<b>(if) (V</b>	Peanut Paradise with Pea 3 4 10	730	510	150	17	4	0	0	700	109	55	15	77	23	37
<b>(if) (V</b>	Peanut Paradise with Whey 3 4 6 10	680	460	150	17	3	0	40	200	107	53	14	79	25	31
<b>(if) (0</b>	Pomegranate Plunge	520	310	0	0	0	0	0	15	131	78	3	121	68	1
€F ♥	Sunrise Sunset	400	180	0	0	0	0	0	10	97	43	2	88	34	2
V	Triple Berry Oat 36810	410	410	40	4.5	0	0	20	25	83	83	7	56	56	15
	KIDS SMOOTHIES (12 OZ.)														
V	Kids Awesome Chocolate 3679	260	150	20	2	1.5	0	0	35	62	35	3	53	26	2
€F V	Kids Jetty Junior	190	80	0	0	0	0	0	0	47	20	2	39	12	1
€F V	Kids Lil' Lime Berry	260	100	0	0	0	0	0	5	66	26	1	63	23	0
	KIDS SMOOTHIES (24 OZ.)														
V	Kids Awesome Chocolate 3679	520	310	35	4	3	0	0	75	124	71	5	105	51	3
€F 🗸	Kids Jetty Junior	370	150	0	0	0	0	0	5	94	40	5	77	23	2
€F 🗸	Kids Lil' Lime Berry	470	200	0	0	0	0	0	15	117	52	2	112	46	0
	SUPPLEMENTS														
€F ♥	Energizer <sup>6 9</sup>	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
GF V	Fat Burner <sup>9</sup>	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
GF V	Multivitamin	15	N/A	0	0	0	0	0	0	4	N/A	0	0	N/A	0
€F V	Pea Protein Powder	150	N/A	20	2	1	0	0	530	4	N/A	1	0	N/A	28
€F V	Probiotic	20	N/A	0	0	0	0	0	0	6	N/A	0	0	N/A	0
(GF)	Vital Proteins® Collagen	35	N/A	0	0	0	0	0	55	0	N/A	0	0	N/A	9
€F ♥	Vitamin B12	15	N/A	0	0	0	0	0	0	4	N/A	0	0	N/A	0
€F ♥	Vitamin C Immune Complex	20	N/A	0	0	0	0	0	0	5	N/A	0	5	N/A	0
€F ♥	Whey Protein Powder <sup>36</sup>	100	N/A	20	2	0	0	40	30	2	N/A	0	2	N/A	22
	FRESH ADD-INS														
V	Chia Seeds	45	N/A	25	2.5	0	0	0	0	4	N/A	3	0	N/A	1
€F ♥	Fresh Ginger	0	N/A	0	0	0	0	0	0	1	N/A	0	0	N/A	0
<b>(iF</b> ) <b>V</b>	Ground Flaxseed	20	N/A	20	2	0	0	0	0	1	N/A	1	0	N/A	1
€F V	Peanut Butter <sup>4</sup>	180	N/A	130	14	2.5	0	0	135	6	N/A	2	3	N/A	6
⊕ V	Raw Almonds <sup>7</sup>	40	N/A	30	3.5	0	0	0	0	2	N/A	0	0	N/A	2
⊕ V	Spinach & Kale Super Pack	15	N/A	0	0	0	0	0	30	2	N/A	0	0	N/A	1
V	Whole-Grain Oats 8	70	N/A	0	0.5	0	0	0	0	15	N/A	3	0	N/A	2





1. Contains egg. 2. Contains fish. 3. Contains fish. 3. Contains milk. 4. Contains peanuts. 5. Contains shellfish. 6. Contains sypplemental 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.

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Promo 5 2021

Promo 5 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)	Added Sugars (g)	Protein (g)
Add Edible Straw	40	0	<b>-</b> 0	0	<b>-</b> 0	0	0	0	0	0	10	0	10	10	0
Caprese Grilled Cheese	690	260	29	15	0	1.5	3.0	65	1630	70	70	3	6	2	33
Cranberry Truffle with Half Turbinado (No Edible Straw)	500	40	4.5	4.0	0	0	0	0	100	170	113	4	101	61	3
Cranberry Truffle with Splenda (No Edible Straw)	410	40	4.5	4.0	0	0	0	0	100	160	89	4	77	31	3
Cranberry Truffle with Turbinado (No Edible Straw)	620	40	4.5	4.0	0	0	0	0	100	180	143	4	131	91	3
Sunshine Smoothie with Half Turbinado	330	0	0	0	0	0	0	0	10	720	79	3	67	30	3
Sunshine Smoothie with Splenda	230	0	0	0	0	0	0	0	10	710	55	3	42	0	3
Sunshine Smoothie with Turbinado	450	0	0	0	0	0	0	0	10	730	109	3	96	60	3
Very Berry Cranberry with Half Turbinado (No Edible Straw)	310	0	0	0	0	0	0	0	10	180	77	2	71	30	0
Very Berry Cranberry with Splenda (No Edible Straw)	210	0	0	0	0	0	0	0	10	170	53	2	47	0	0
Very Berry Cranberry with Turbinado (No Edible Straw)	430	0	0	0	0	0	0	0	10	190	107	2	100	60	0

Menu Item	Allergens
Caprese Grilled Cheese	Milk, Soy, Wheat
Cranberry Truffle (No Edible Straw)	Milk, Soy, Tree Nuts
Sunshine Smoothie (No Edible Straw)	N/A
Very Berry Cranberry (No Edible Straw)	N/A
Edible Straw	N/A

Raven's Smoothie 2021

Raven's 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)
Raven's Smoothie	360	5	1.0	0	0	0	0	0	210	350	93	5	86	54	2

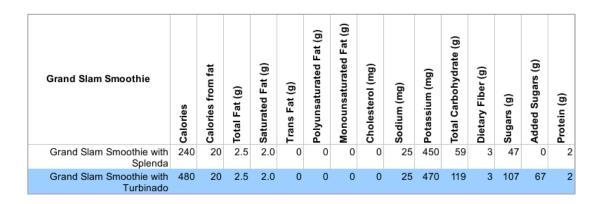
Menu Item	Allergens
Raven's Smoothie	N/A

Jaguars Duuuval Delight Smoothie 2021

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

Menu Item	Allergens
Duuuval Delight Smoothie	Tree Nuts (Coconut)

### Grand Slam Smoothie



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

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)

Carolina Bengals Smoothie 2021

Carolina Bengals Smoothie	Calories	· · · · · · · · · · · · · · · · · · ·	Saturated Fat (g)	atur t (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)
Carolina Bengals Smoothie	460 20	2.0	2.0	0 0	0	0	20	390	113	3	104	67	2

Menu Item	Allergens
Carolina Bengals Smoothie	Tree Nuts (Coconut)