

tropical SMOOTHIE 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.

HEALTH & NUTRITION GUIDE



	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)
SMOOTHIES														
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' Lime Berry	260	100	0	0	0	0	0	5	66	26	1	63	23	0
KIDS SMOOTHIES (24 OZ.)														
Kids Awesome Chocolate ^{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
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

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 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.

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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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 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 of 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 any 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.

NUTRITIONALS

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	0	0	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

NUTRITIONALS

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

NUTRITIONALS

Jaguars Duuval Delight Smoothie 2021

Duuval 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)
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)

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)

NUTRITIONALS

Carolina Bengals Smoothie 2021

Carolina Bengals 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)
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)