

# tropical SMOOTHIE CAFE®

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# 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)
<b>SMOOTHIES</b>														
Acai Berry Boost	470	250	15	2	0	0	0	20	113	60	5	101	47	1
Avocolada <sup>7</sup>	510	300	90	10	3	0	0	120	104	50	5	96	43	3
Bahama Mama <sup>3 6 7</sup>	510	290	40	4.5	4	0	0	55	115	61	3	109	55	2
Beach Bum <sup>3 6 9</sup>	550	330	35	4	3	0	0	80	130	77	7	109	55	4
Blimey Limey	510	240	0	0	0	0	0	15	125	58	2	119	51	2
Blueberry Bliss	340	130	5	0.5	0	0	0	10	85	32	4	75	21	1
Chia Banana Boost <sup>4 7</sup>	770	660	230	26	6	0	0	160	128	101	15	91	64	15
Detox Island Green	190	210	0	0	0	0	0	35	43	50	5	29	35	3
Island Green	420	200	0	0	0	0	0	35	102	49	4	88	34	3
Jetty Punch	370	150	0	0.5	0	0	0	15	92	39	4	78	24	2
Kiwi Quencher <sup>3</sup>	470	250	0	0	0	0	0	70	113	59	3	105	51	4
Mango Magic <sup>3</sup>	430	220	0	0	0	0	0	55	103	50	2	94	40	3
Mocha Madness <sup>3 6 9</sup>	620	410	45	5	3.5	0	0	190	143	90	3	118	64	6
Paradise Point	440	220	0	0.5	0	0	0	10	108	55	5	93	39	2
Peanut Butter Cup <sup>3 4 6 9</sup>	700	480	160	18	6	0	0	220	131	77	7	108	54	10
Peanut Paradise with Pea <sup>3 4 11</sup>	750	530	150	17	3.5	0	0	740	115	61	6	90	36	38
Peanut Paradise with Whey <sup>3 4 6 11</sup>	710	500	140	16	4	0	30	240	121	67	5	92	38	25
Pomegranate Plunge	500	290	0	0	0	0	0	25	125	72	3	115	61	1
Sunrise Sunset	430	210	0	0	0	0	0	10	104	51	3	95	41	3
<b>KIDS SMOOTHIES (12 OZ.)</b>														
Kids Awesome Chocolate <sup>3 6 9</sup>	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	5	46	19	2	39	12	1
Kids Lil' Limeberry	260	90	0	0	0	0	0	10	64	24	1	62	21	0
<b>SUPPLEMENTS</b>														
Energizer <sup>6 9</sup>	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
Fat Burner <sup>9</sup>	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	0	0	0	540	5	N/A	1	0	N/A	29
Probiotic	20	N/A	0	0	0	0	0	0	6	N/A	0	1	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 <sup>3 6</sup>	110	N/A	15	1.5	0.5	0	30	45	11	N/A	0	2	N/A	16
<b>FRESH ADD-INS</b>														
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
Peanut Butter <sup>4</sup>	180	N/A	130	14	3	0	0	140	6	N/A	2	3	N/A	6
Raw Almonds <sup>7</sup>	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	80	N/A	10	1.5	0	0	0	0	14	N/A	2	0	N/A	3
<b>EDIBLE STRAWS</b>														
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
<b>BOTTLED BEVERAGES</b>														
Dasani® (16.9 fl oz.)	0	N/A	0	0	0	0	0	0	0	N/A	0	0	N/A	0
Gold Peak® Sweet Tea (18.5 fl oz.) <sup>9</sup>	190	N/A	0	0	0	0	0	0	48	N/A	0	48	N/A	0
Coca-Cola® (20 fl oz.) <sup>9</sup>	240	N/A	0	0	0	0	0	75	65	N/A	0	65	N/A	0
Coca-Cola® Zero Sugar (20 fl oz.) <sup>9</sup>	0	N/A	0	0	0	0	0	70	0	N/A	0	0	N/A	0
Sprite® (20 fl oz.)	230	N/A	0	0	0	0	0	110	64	N/A	0	64	N/A	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 sesame. 11. Contains supplements. 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 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.

The nutritional information seen here was prepared by MenuTrinco®, 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.

**NOTICE: Please be aware that we cannot guarantee that any menu item is gluten-free®, vegetarian®, or free from allergens, including eggs, fish, milk, peanuts, sesame, shellfish, soy, tree nuts or wheat.** Our normal cafe operations involve shared cooking and preparation areas, equipment and utensils. In addition, ingredients or production methods used by our suppliers may change, there may be product differences among regional suppliers, or we may need to substitute ingredients in menu items. Consult with a healthcare professional or your physician about any food allergies, food intolerances or sensitivities, or dietary restrictions.

\*All items listed as "gluten-friendly" were verified to contain gluten-free ingredients by MenuTrinco®, LLC at the time this list was created.

\*\*Tropical Smoothie Cafe offers vegetarian menu items, which do not include animal meats, but may include eggs, dairy, fish, honey and foods with animal by-products.

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# tropical SMOOTHIE CAFE

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Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
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# HEALTH & NUTRITION GUIDE

## BOWLS

	Acai Bowl <sup>6 7</sup>	540	152	17	5	0	0	130	100	10	55	6
	Bahama Mama Bowl <sup>3 6 7</sup>	380	90	11	6	0	0	120	75	16	46	3
	Chia Oatmeal Pudding Bowl <sup>3 6 7</sup>	740	290	33	18	0	5	230	102	10	50	14
	Mixed Berry Greek Yogurt Bowl <sup>3 6 7</sup>	560	200	23	8	0	45	270	64	7	33	26
	PB Protein Crunch Bowl <sup>3 4 6 7</sup>	800	400	45	14	0	35	380	71	9	39	32

## BREAKFAST

	when made with	All American Wrap - Bacon <sup>1 3 8</sup>	410	190	21	9	0	145	1040	35	0	3	17
	when made with	All American Wrap - Sausage <sup>1 3 8</sup>	540	290	33	13	0	170	1300	36	1	4	23
	when made with	Cali Breakfast Flatbread - Chicken <sup>1 3 8</sup>	560	260	30	8	0	170	1210	47	4	3	27
	when made with	Cali Breakfast Flatbread - Sausage <sup>1 3 8</sup>	660	380	43	13	0	165	1360	46	4	3	24
		PB Banana Crunch Flatbread <sup>4 6 8</sup>	640	230	26	4.5	0	0	810	87	8	25	17
	when made with	Sausage, Egg & Cheese 'Dilla <sup>1 3 8</sup>	630	350	40	16	0	180	2020	39	1	5	27
	when made with	Southwest Wrap - Chicken <sup>1 3 8</sup>	590	330	38	10	0	170	1260	38	1	4	24
	when made with	Southwest Wrap - Sausage <sup>1 3 8</sup>	710	450	51	15	0	175	1480	38	2	4	23
		Spinach Feta & Pesto Breakfast Wrap <sup>1 3 8</sup>	450	230	26	12	0	170	1210	38	2	4	17

## WRAPS

	when made with	Baja Chicken <sup>3 8</sup>	760	260	30	10	0	90	2050	83	7	8	38
	when made with	Buffalo Chicken <sup>1 3 6 8</sup>	620	240	27	9	0	95	2400	59	3	7	33
	when made with	Caribbean Jerk Chicken <sup>3 6 8</sup>	700	180	20	8	0	90	1820	91	5	18	38
		Hummus Veggie <sup>1 3 6 8 10</sup>	830	360	41	10	0	30	1910	95	11	11	23
		Supergreen Caesar Chicken <sup>1 2 3 8</sup>	750	340	39	13	0.5	125	1820	55	3	5	43
	when made with	Thai Chicken <sup>4 6 8 10</sup>	600	170	19	3.5	0	60	1690	77	3	15	31

## SANDWICHES

	Turkey Bacon Ranch <sup>1 3 8</sup>	500	160	18	6	0	90	1510	51	4	8	39
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## FLATBREADS

	Chicken Bacon Ranch <sup>1 3 8</sup>	510	200	23	7	0	80	1230	47	3	3	28	
	when made with	Chicken Pesto <sup>3 7 8</sup>	490	190	22	7	0	70	1220	46	3	4	26
	Chipotle Chicken Club <sup>1 3 8</sup>	520	220	25	7	0	70	1160	46	3	2	27	

## 'DILLAS

	when made with	Santa Fe Chicken <sup>3 8</sup>	600	250	29	14	0	95	2310	49	3	7	33
	when made with	Three Cheese Chicken <sup>3 8</sup>	540	240	27	14	0	95	1930	39	1	5	31

## SALADS

	Supergreen Caesar <sup>1 2 3</sup>	600	410	47	13	0	150	1150	8	3	3	35	
	when made with	Thai Chicken <sup>4 6 8 10</sup>	380	130	14	1.5	0	60	1190	41	4	21	23

## KIDS FOOD ITEMS

	Cheese 'Dilla <sup>3 8</sup>	400	190	22	11	0	55	930	35	0	3	17	
	when made with	Cheese 'Dilla with Chicken <sup>3 8</sup>	480	200	23	12	0	95	1190	36	0	3	29
		Turkey & Cheddar Wrap <sup>3 8</sup>	360	130	15	7	0	60	1090	35	0	3	23

## SIDES

		Apple	90	0	0	0	0	0	25	4	19	0
		Banana	110	0	0	0	0	0	27	3	14	1
		Jalapeño Corn <sup>1</sup>	150	45	5	1	0	0	170	22	3	9
		Kale & Apple Slaw <sup>1</sup>	130	80	9	1.5	0	5	150	11	2	8
		Baked Lay's® Original <sup>6</sup>	140	35	4	0	0	0	180	24	2	3
		Sunchips Harvest Cheddar <sup>3 8</sup>	210	80	9	1	0	0	260	28	4	3
		Maple-Kissed Sweet Potatoes	140	35	4	1	0	0	180	26	3	17
		Miss Vickie's® Sea Salt & Vinegar <sup>3</sup>	200	100	11	1.5	0	0	240	23	2	2
		Miss Vickie's® Simply Sea Salt	210	110	12	1.5	0	0	125	23	2	1
		Miss Vickie's® Jalapeño <sup>3</sup>	200	100	11	1.5	0	0	170	23	2	2
		Miss Vickie's® Smokehouse BBQ <sup>3</sup>	200	100	11	1.5	0	0	200	23	2	3

## COOKIES

	Chocolate Chip <sup>1 3 6 8 9</sup>	350	170	19	11	0	60	230	43	2	21	4
	Snickerdoodle <sup>1 3 6 8</sup>	330	120	14	9	0	60	300	47	1	24	3



For wraps, salads and sandwiches, replacing chicken with plant-based protein adds 15 calories and 1 gram of fat and removes 20 mg of sodium. For 'dillas 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 sesame. 11. Contains supplements. 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 3 2024

8/21/24-10/29/24

Promo 3 2024	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)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Bahama Mama Bowl	380	90	11	6	0	1.5	2.5	0	120	250	75	16	46	33	3
PB Crunch Bowl	800	400	45	14	0	1.5	2.5	35	380	810	71	9	39	27	32

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Bahama Mama Bowl	Milk, Soy, Tree Nuts (coconut)	No	Yes
PB Protein Crunch Bowl	Milk, Peanuts, Soy, Tree Nuts (Almond)	No	Yes



# Promo 3 2024

## 8/28/24-10/1/24

	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)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Cranberry Mai Tai Smoothie - Turbinado	710	35	3.5	3.5	0	0	0	0	50	680	168	6	151	81	4
Cranberry Mai Tai Smoothie - Half Turbinado	590	35	3.5	3.5	0	0	0	0	50	670	138	6	122	51	4
Cranberry Mai Tai Smoothie - No Sweetener	470	35	3.5	3.5	0	0	0	0	50	670	108	6	92	21	4
Cranberry Mai Tai Smoothie - Splenda	500	35	3.5	3.5	0	0	0	0	50	670	114	6	98	21	4

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Cranberry Mai Tai	Tree Nuts (coconut)	Yes	Yes



# Promo 3 2024 & Promo 4 2024

10/16/24 -11/4/24

	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)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Lavender Shimmer Smoothie - Turbinado	550	30	3.5	3.5	0	0	0	0	630	260	138	7	79	48	3
Lavender Shimmer Smoothie - Half Turbinado	490	30	3.5	3.5	0	0	0	0	630	260	123	7	64	33	3
Lavender Shimmer Smoothie - No Sweetener	430	30	3.5	3.5	0	0	0	0	630	260	108	7	49	18	3
Lavender Shimmer Smoothie - Splenda	440	30	3.5	3.5	0	0	0	0	630	260	112	7	52	18	3

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Lavender Shimmer Smoothie		Yes	Yes

# 12 oz Lemon Squeeze Smoothie

## Dallas Fort Worth Only 8/20 – 8/27

	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Polyunsaturated Fat (g)	Monounsaturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Lemon Squeeze Smoothie - Turbinado	220	0	0	0	0	0	0	0	7	Not available	2	Not available	Not available	0
Lemon Squeeze Smoothie - Half Turbinado	160	0	0	0	0	0	0	0	7	Not available	2	Not available	Not available	0
Lemon Squeeze Smoothie - No Sweetener	100	0	0	0	0	0	0	0	7	25	2	25	25	0
Lemon Squeeze Smoothie - Splenda	110	0	0	0	0	0	0	0	7	Not available	2	Not available	Not available	0

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
12 oz Lemon Squeeze Smoothie	None	Yes	Yes

Rangers-Colada	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)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Rangers-Colada (Half Turbinado)	260	15	2.0	1.5	0	0	0	0	40	390	59	3	51	21	2
Rangers-Colada (No Sweetener)	200	15	2.0	1.5	0	0	0	0	40	390	44	3	36	6	2
Rangers-Colada (Splenda)	210	15	2.0	1.5	0	0	0	0	40	390	47	3	39	6	2
Rangers-Colada (Turbinado)	320	15	2.0	1.5	0	0	0	0	45	400	74	3	66	35	2

Menu Item	Allergens	Gluten Friendly?	Vegetarian?
Rangers-Colada Smoothie	Tree Nuts	Yes	Yes