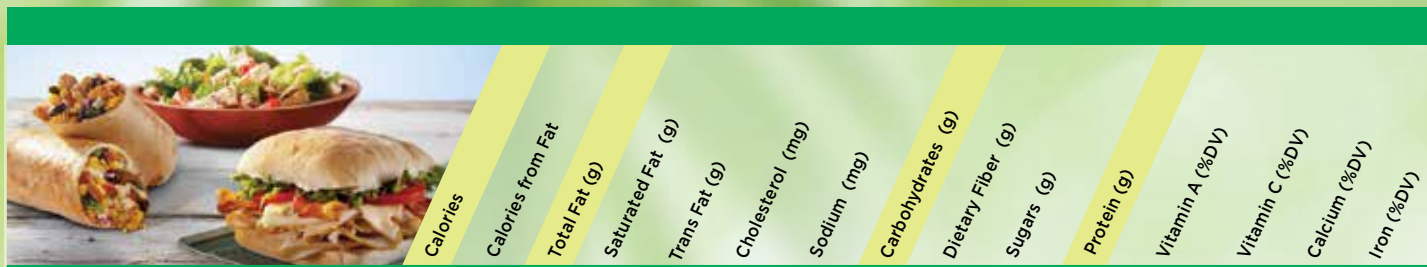




Health & Nutrition Guide

At Tropical Smoothie Café, we care about serving great tasting food that also has the right balance of health and nutrition. Please refer to the chart below to choose the food that is right for you.



TOASTED WRAPS

	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)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Buffalo Chicken	654	256	28	10	0	95	2545	59	3	6	41	120	15	51	22
King Caesar Chicken	635	287	32	8	0	108	1613	53	3	6	36	110	18	38	27
Totally Turkey	616	248	27	9	0	88	1525	54	3	8	44	112	17	45	26
Jamaican Jerk Chicken	625	167	19	8	0	88	1808	73	2	11	42	10	6	48	17
Thai Chicken	552	122	14	4	0	68	1665	75	3	14	33	199	11	24	27
Hummus Veggie	676	289	32	9	0	32	1650	79	7	9	23	60	15	44	27

TOASTED SANDWICHES

Cranberry Pecan Chicken Salad	495	158	18	2	0	49	808	64	7	16	27	51	17	6	20
Turkey Bacon Ranch	579	192	22	7	0	100	1440	53	3	9	45	62	16	26	20
Rustic Turkey & Apple Club	729	323	36	9	0	111	1535	61	7	18	48	87	40	24	18
Ultimate Club	647	263	29	9	0	95	1659	53	3	9	43	62	16	26	21

TOASTED FLATBREADS

Chicken Pesto	469	166	19	6	0	69	1129	44	2	3	33	13	8	40	18
Baja Chicken	474	161	18	6	0	68	1191	47	3	4	32	35	20	37	18
Chipotle Chicken Club	548	253	28	8	0	86	1177	43	3	3	29	33	8	24	18
Cali Chicken Club	531	238	26	7	0	79	1515	47	6	3	34	31	14	30	19

FRESH SALADS

Chicken Caesar	506	354	40	7	0	137	1015	10	5	4	28	307	22	24	13
Thai Chicken	339	80	9	1	0	68	1172	38	5	22	27	392	16	8	17
Loaded Spinach	574	312	34	8	0	36	706	70	6	39	13	164	73	17	21

KIDS FOOD ITEMS

Pizza Quesadilla	374	141	16	7	0	21	1061	43	3	7	18	15	2	43	13
Pizza Quesadilla with Chicken	448	154	17	7	0	67	1322	44	3	7	31	16	3	43	14
Cheese Quesadilla	467	234	26	14	0	60	1043	34	1	1	26	13	0	68	10
Cheese Quesadilla with Chicken	540	247	27	14	0	105	1304	35	1	2	40	14	1	68	11
Ham & Cheddar Wrap	408	176	20	9	0	60	1362	36	1	3	24	8	0	42	12
Turkey & Cheddar Wrap	408	174	19	9	0	71	998	34	1	2	29	8	0	42	10

SIDES

Fruit Medley	85	2	0	0	0	0	10	23	2	19	1	4	60	3	2
Kale & Apple Slaw	70	43	5	1	0	3	83	6	1	4	1	81	31	3	2

BREAKFAST

Southwest Omelet	623	351	39	12	0	363	1272	40	2	3	28	109	32	42	27
All American Omelet	557	297	33	11	0	347	1359	38	1	3	27	13	0	41	19
Peanut Butter Banana Crunch Flatbread	776	351	39	6	0	7	860	85	9	25	23	1	10	10	26

BEVERAGES (at participating locations)

Lemonade	149	1	0	0	0	0	9	37	0	36	0	0	147	1	0
Basil Infused Lemonade	159	1	0	0	0	0	9	39	0	38	0	5	158	3	2

COOKIES

Snickerdoodle	290	99	11	7	0	55	330	43	0	22	5	8	0	0	8
Chocolate Chunk	320	135	15	9	0	40	310	42	2	27	4	6	0	2	15



CLASSIC SMOOTHIES

Sunny Day	260	436	0	0	0	0	0	5	64	108	4	92	48	2	32	65	4	3
Kiwi Quencher	254	430	0	0	0	0	0	38	60	103	1	100	56	2	0	52	6	2
Paradise Point	225	401	0	0	0	0	0	0	62	105	5	88	45	2	4	92	6	6
Mango Magic	192	368	0	0	0	0	0	38	51	94	2	88	44	2	57	57	7	2
Blimey Limey	159	386	0	0	0	0	15	42	99	1	97	41	1	3	125	3	3	
Sunrise Sunset	144	320	0	0	0	0	5	38	81	2	76	32	1	58	96	3	3	
Blueberry Bliss	135	311	5	1	0	0	3	34	78	4	67	23	1	2	41	3	3	
Peaches 'N Silk	138	314	0	0	0	0	8	35	79	2	68	25	1	5	39	3	2	
Rockin' Raspberry	125	402	0	0	0	0	3	32	100	6	88	19	1	1	64	4	4	
Strawberry Limeade	172	399	0	0	0	0	23	44	100	1	98	42	1	0	173	2	2	
Jetty Punch	165	341	0	0	0	0	3	43	86	4	70	27	2	2	72	4	4	

SUPERCHARGED SMOOTHIES

Peanut Paradise with Whey **	499	675	162	18	3	0	40	208	58	101	5	81	38	32	2	23	29	6
Peanut Paradise with Soy **	519	695	162	18	3	0	0	418	58	101	5	81	38	38	2	23	12	28
Peanut Paradise with Pea **	539	715	162	18	3	0	0	710	56	103	6	81	38	38	2	23	7	6
Health Nut with Whey **	300	476	49	5	0	0	40	35	45	88	5	71	28	25	56	50	26	3
Health Nut with Soy **	320	496	49	5	0	0	0	245	45	88	5	71	28	31	56	50	9	26
Health Nut with Pea **	340	516	49	5	0	0	0	537	43	90	6	71	28	31	56	50	4	3
Lean Machine *+ °	165	442	0	0	0	0	0	3	43	112	4	96	27	2	2	73	5	4
Muscle Blaster with Whey +	265	441	18	2	0	0	40	33	45	88	4	70	27	24	2	72	26	4
Muscle Blaster with Soy +	285	461	18	2	0	0	0	243	45	88	4	70	27	30	2	72	9	26
Muscle Blaster with Pea +	305	481	18	2	0	0	0	535	43	90	5	70	27	30	2	72	4	4
Triple Berry Oat+	365	541	31	3	0	0	20	29	71	116	7	89	45	16	39	195	53	15

SUPERFOOD SMOOTHIES

Island Green	201	377	2	0	0	0	0	31	54	97	4	83	39	2	154	108	9	9
Totally Green	138	314	1	0	0	0	0	55	33	76	2	71	28	1	100	49	9	8
Caribbean C-burst	282	458	0	0	0	0	0	87	68	110	6	93	49	4	440	137	9	6
Acai Berry Boost	257	433	23	3	1	0	10	57	101	3	87	44	2	8	174	4	6	
Pomegranate Plunge	274	450	0	0	0	0	0	16	66	110	3	97	54	1	3	172	3	8
Get Up and Goji	249	425	1	0	0	0	0	34	60	104	3	90	47	2	19	87	7	2
Detox Island Green	NA	182	2	0	0	0	0	32	NA	48	5	32	NA	2	154	106	8	9
Avocolada	416	592	195	22	5	0	0	113	52	96	6	87	43	3	108	127	7	12

INDULGENT SMOOTHIES

Mocha Madness °	412	588	49	5	4	0	1	128	83	126	3	117	74	4	0	4	11	4
Beach Bum	344	520	40	4	4	0	1	92	79	122	6	101	57	7	2	72	10	8
Bahama Mama	299	475	37	4	4	0	1	54	63	107	2	101	57	2	2	72	7	4
Peanut Butter Cup *	517	693	184	20	7	0	1	232	78	121	7	99	55	11	2	24	9	10

KIDS SMOOTHIES (12 oz.)

Lil' Limeberry	93	225	0	0	0	0	0	12	23	56	1	55	22	0	0	87	1	1
Jetty Junior	82	170	0	0	0	0	0	2	22	43	2	35	13	1	1	36	2	2
Awesome Orange	175	263	23	3	2	0	1	61	38	59	1	55	33	2	3	53	7	1
Chocolate Chimp	159	247	20	2	2	0	0	47	37</									