



Nutrition & Allergen Guide

The nutrition information provided is based on standard serving sizes and preparation methods. Addition of proteins and/or other food items will alter nutrition values. Although efforts are made to avoid cross-contamination of allergens, Freshii does not guarantee that cross-contamination with allergens will not occur. Freshii, its franchisees and its employees do not assume responsibility for any sensitivity or allergy caused by a food product provided in our restaurants.

We strive for continuous quality improvement and often try new products. Therefore, nutrition and allergen information is subject to change.



Nutrition Guide

Salads Dressings / Sauces Included	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Metaboost	500	350	39	6	0	20	270	24	7	10	14
Cobb	560	340	38	11	0	240	1020	33	8	17	27
Fiesta	440	300	34	6	0	20	470	26	9	6	10
Market	540	240	27	6	0	20	640	68	12	37	11
Kale Caesar	480	200	22	5	0	30	570	50	11	4	24
Umamii	470	220	24	2	0	0	540	60	11	12	16

Wraps Dressings / Sauces Included	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Metaboost	700	360	40	8	0	20	690	64	11	10	21
Cobb	780	390	43	14	0	250	1480	69	11	12	33
Fiesta	650	320	36	9	0	20	860	67	13	7	18
Market	770	300	33	9	0	20	980	106	15	34	18
Kale Caesar	670	240	27	8	0	30	1260	80	16	2	28
Umamii	690	270	30	5	0	0	840	95	15	10	22

Bowls Dressings / Sauces Included	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pangoa	700	170	19	6	0	20	490	118	13	27	19
Teriyaki Twist	490	80	9	1	0	0	810	90	8	12	14
Oaxaca	600	140	16	2	0	0	440	100	13	23	15
Mediterranean	470	220	24	5	0	20	950	50	9	10	16
Buddha's Satay	500	140	16	7	0	0	970	83	7	18	11
Bamboo	540	170	19	12	0	10	420	80	9	9	12

Burritos Dressings / Sauces Included	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tex Mex	710	230	26	8	0	25	1190	100	16	5	24
Smokehouse	650	140	16	7	0	20	1050	113	13	15	23
Baja	640	260	29	5	0	0	970	85	15	6	16
Khao San	640	220	24	6	0	0	1260	99	14	12	24

Soups	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Spicy Lemongrass	300	30	3	0	0	0	1300	61	4	8	7
Spicy Lemongrass (veg.)	300	20	2	0	0	0	1530	63	4	8	7
Superfood	260	40	4	0	0	0	1160	48	7	6	11
Tortilla	510	170	19	4	0	10	1260	79	14	14	15

Smoothies	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Freshii Green	240	70	8	1	0	0	80	36	5	24	8
Banana Nut Crunch	460	210	23	2	0	0	60	60	7	34	13
Strawberry Banana	200	10	1	0	0	0	60	43	3	29	7
Recoverii	350	190	21	18	0	0	60	43	3	29	2

Sweet Treats	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Energii Bites	280	160	18	6	0	0	60	30	4	14	8
Chia Pudding	330	210	23	13	0	0	15	30	9	20	8
Frozen Kelfr	220	0	0	0	0	5	110	40	0	30	10

Breakfast Dressings / Sauces Included	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon, Egg & Cheese Pocket	410	220	24	10	0	180	1000	29	3	2	23
Spinach, Mr. & Ch. Pocket	320	140	15	7	0	150	790	30	4	3	15
Ranchero Burrito	700	310	34	11	0	270	1500	72	14	5	29
Steak, Egg & Cheese Burrito	650	280	31	12	0	315	1510	56	6	3	39
Huevos Bowl	450	240	27	8	0	270	850	33	7	19	19
Green Eggs & Kale Bowl	280	170	19	7	0	270	770	10	1	6	15
Call Smoothie Bowl	450	130	14	4	0	0	170	73	13	43	9
Greek Yogurt Parfait	300	50	5	1	0	10	150	67	3	36	14
Hard Boiled Eggs	140	110	12	4	0	460	150	2	0	2	14

Kid's Menu Dressings / Sauces Included	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cheesy Cheddar Quesadilla	320	150	17	9	0	40	630	28	4	2	15
Cheesy Chicken Quesadilla	390	160	18	10	0	100	1000	26	3	0	31
Kung Fu Bowl	310	50	6	1	0	60	820	46	5	7	25
Super Kids Salad	160	90	10	4	0	20	260	10	3	4	9
Chicken Noodle Soup	210	180	20	0	0	60	1200	28	2	2	20
Strawberry Banana	200	10	1	0	0	0	60	43	3	29	7

Proteins	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken	80	10	1	0	0	60	370	0	0	0	17
Steak	110	50	5	2	0	50	230	2	0	0	15
Tofu	80	40	4	1	0	0	90	3	0	2	7
Falafel	160	80	9	2	0	0	290	18	4	3	5

Dressings & Sauces Per 30 ml	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette	150	140	16	1	0	0	70	2	0	2	0
Balsamic Vinegar	30	0	0	0	0	0	10	5	0	5	0
Buffalo	10	0	0	0	0	0	1010	1	0	1	0
Cilantro Lime Vinaigrette	120	120	13	1	0	0	150	2	0	1	1
Fiery Bbq	80	0	0	0	0	0	220	20	0	18	1
Ginger Miso	80	60	7	1	0	0	310	5	0	4	1
Greek Yogurt Ranch	40	30	3	0	0	5	90	2	0	1	2
Green Curry	40	30	3	2	0	0	90	2	0	1	1
Honey Dijon	100	60	7	1	0	0	220	8	0	8	0
Lemon Juice	10	0	0	0	0	0	0	2	0	1	0
Olive Oil	240	240	27	4	0	0	0	0	0	0	0
Red Pepper	40	30	3	0	0	0	190	2	0	2	0
Salsa Fresca	5	0	0	0	0	0	30	1	0	1	0
Spicy Lemongrass	50	20	2	0	0	0	380	6	0	5	4
Spicy Peanut	70	40	4	2	0	0	270	7	1	5	1
Spicy Yogurt	60	10	1	0	0	0	80	13	0	12	1
Sriracha	30	0	0	0	0	0	480	6	0	6	0
Teriyaki	20	0	0	0	0	0	350	5	0	4	0

Bases	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Vegan
Kale											v
Spinach											v
Romaine											v
Field Greens											v
Quinoa											v
Brown Rice											v
Rice Noodles											v
Whole Wheat Tortilla	x										v

Soup Broths	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Vegan
Spicy Lemongrass (chicken)			x				x				
Spicy Lemongrass (veg.)			x				x				v
Vegetable											v
Tortilla											

Toppings	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Vegan
Aged Cheddar		x									
Almonds						x					v
Avocado											v
Bacon											
Beet Slaw											
Black Beans											v
Blue Cheese		x									
Broccoli											v
Cabbage											v
Carrots											v
Celery											v
Cherry Tomatoes											v
Cilantro											v
Corn											v
Crispy Chickpeas											v
Crispy Wontons	x			x							
Cucumber											v
Dried Cranberries											v
Edamame			x								v
Feta Cheese		x									
Green Apple											v
Green Onion											v
Goat Cheese		x									
Hard Boiled Egg				x							
Hemp Seeds											v
Kalamata Olives											v
Mango											v
Mushrooms											v
Red Onion											v
Roasted Red Peppers											v
Sesame Seeds							x				v
Strawberries											v
Tomatoes											v
Tortilla Chips											v
Walnuts						x					v

Did you know?
Our nutrition-led menu is designed by Freshii's Lead Nutritionist!
Email andie@freshii.com with questions about our menu items.