



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	0.3	20	270	24	7	10	14
Cobb	450	280	31	10	0.3	250	740	22	8	6	27
Fiesta	440	300	34	6	0.2	20	470	26	9	6	22
Market	540	240	27	6	0.2	20	640	68	12	37	11
Kale Caesar	480	200	22	5	0.2	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	0.3	20	690	64	11	10	21
Cobb	710	340	38	13	0.3	250	1160	62	11	5	33
Fiesta	650	320	36	9	0.2	20	860	67	13	7	18
Market	740	320	35	8	0.2	20	830	94	12	26	17
Kale Caesar	670	260	29	8	0.2	30	990	75	15	3	27
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	0.2	20	490	118	13	27	19
Teriyaki Twist	490	80	9	1	0	0	810	90	8	12	14
Oaxaca	600	140	16	2	0.1	0	440	100	13	23	15
Tex Mex	640	210	23	6	0.2	25	470	90	12	6	19
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
Smokehouse	480	100	10	5	0	20	325	89	8	20	17
Baja	490	240	27	2	0	0	260	53	12	8	10
Mediterranean	470	220	24	5	0.2	20	950	50	9	10	16
Khao San	530	210	23	5	0	0	810	78	11	17	19

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)
Pangoa	860	231	26	9	0	20	905	136	17	23	25
Teriyaki Twist	670	150	17	4	0	0	940	108	12	9	20
Oaxaca	750	220	24	5	0	0	880	130	17	20	21
Tex Mex	710	250	28	8	0.2	25	920	99	15	6	23
Buddha's Satay	740	210	23	8	0	0	1150	115	12	15	18
Bamboo	650	190	21	11	0	5	720	100	12	7	16
Smokehouse	650	160	18	7	0.2	20	780	107	12	17	22
Baja	640	280	31	5	0	0	700	79	14	7	15
Mediterranean	620	260	29	8	0	20	1235	76	12	8	21
Khao San	640	230	26	6	0	0	990	93	13	13	23

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	35	4	0	0	0	1140	32	7	6	10
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	260	90	10	2	0	5	75	42	5	34	7
Strawberry Banana	220	30	3	1	0	5	55	49	3	39	6
Recoverii	320	160	18	12	0	0	20	41	3	31	3

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 (2)	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 Yogurt	260	40	4	2	0	10	120	52	0	50	8

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)
Spinach, Mr. & Ch. Pocket	320	140	16	7	0.3	200	550	27	3	2	14
Bacon, Egg & Cheese Pocket	410	230	25	10	0.2	230	970	27	3	3	22
Ranchero Burrito	700	330	37	11	0.2	370	1230	67	13	6	28
Steak, Egg & Cheese Burrito	630	300	33	11	1	400	1530	49	5	4	36
Huevos Bowl	450	250	28	8	0.2	400	850	34	6	19	19
Green Eggs & Kale Bowl	280	180	20	7	0.2	400	770	11	1	6	15
Call Smoothie Bowl	530	200	22	10	0	5	80	85	14	50	12
Greek Yogurt Parfait	420	100	11	4	0	20	85	75	11	40	13
Hard Boiled Eggs (2)	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	160	18	9	0.5	40	500	25	3	2	14
Cheesy Chicken Quesadilla	390	170	19	10	0.5	100	860	23	3	1	31
Kung Fu Bowl	320	50	6	0	0	60	810	45	4	6	26
Super Kids Salad	160	90	10	4	0.2	20	260	10	3	4	9
Chicken Noodle Soup	210	20	2	0	0	60	1100	28	2	2	20
Strawberry Banana Smoothie	220	30	3	1	0	5	55	49	3	39	6

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	90	9	1	0	0	45	380	3	0	0	16
Steak	90	40	4	1	1	30	510	0	0	0	13
Tofu	80	40	4	1	0	0	90	3	0	2	7
Falafel	160	80	9	2	0	0	290	18	4	3	5
Hard Boiled Eggs (2)	140	110	12	4	0	460	150	2	0	2	14

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
Cilantro Lime Vinaigrette	120	120	13	1	0	0	150	2	0	1	1
Greek Yogurt Caesar	50	40	4	1	0	5	130	2	0	1	2
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 Caesar	50	40	4	1	0	6	130	2	0	1	2
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
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
Keto Vinaigrette	180	171	19	3	0	0	150	0	0	0	0

Breakfast Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Vegan
Spinach, Mr. & Ch. Pocket	x	x		x							
Bacon, Egg & Cheese Pocket	x	x		x							
Ranchero Burrito	x	x		x							
Huevos Bowl	x	x	x	x			x				
Steak, Egg & Cheese Burrito	x	x	x	x							
Green Eggs & Kale Bowl		x		x							
Call Smoothie Bowl *	x	x				o	o				
Greek Yogurt Parfait	x	x				o	o				
Hard Boiled Eggs				x							

Kid's Menu Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Vegan
Cheesy Cheddar Quesadilla	x	x									
Cheesy Chicken Quesadilla	x	x									
Kung Fu Bowl	x		x								
Super Kids Salad		x									
Chicken Noodle Soup											
Strawberry Banana Smoothie		x									

Proteins	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Vegan
Chicken											
Steak	x		x								
Tofu			x				x				v
Falafel											v
Hard Boiled Egg				x							

Dressings & Sauces	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Sesame	Mustard	Fish	Shellfish	Vegan
Balsamic Vinaigrette								x			
Balsamic Vinegar											v
Cilantro Lime Vinaigrette								x			v
Fiery Bbq	x		x				x				v
Ginger Miso			x				x				v
Greek Yogurt Caesar		x						x			
Greek Yogurt Ranch		x									
Green Curry *		x							x		
Lemon Juice											v
Olive Oil											v
Red Pepper											v
Salsa Fresca											v
Spicy Lemongrass			x				x				v
Spicy Peanut *			x		x		x				v
Spicy Yogurt	x	x	x				x				
Sriracha											v
Teriyaki	x		x								v
Keto Vinaigrette*								x			v

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
Broccoli											v
Cabbage											v
Carrots											v
Cherry Tomatoes											v
Cilantro											v
Corn											v
Crispy Chickpeas											v
Crispy Wontons	x										v
Cucumber											v
Dried Cranberries											v
Edamame			x								v
Feta Cheese		x									
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

Email guest@freshii.com with questions about our menu items.