



# NUTRITION & ALLERGEN GUIDE

*The nutrition information listed here is based on standard recipes and is shown as single serving portion. Slight variations may occur due to seasonal changes or use of an alternate vendor. Addition of proteins and/or other food items will alter nutrition values. Freshii, its franchisees and its employees do not assume responsibility for any sensitivity or allergy to any food product provided in our restaurants. We strive for continuous quality improvement and often try new products. Therefore, nutritional content is subject to change.*



## Nutrition Guide

<b>Salads</b> Dressings / Sauces Included	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Metaboost	570	45	7	0	20	230	26	7	12	14
Cobb	620	42	11	0	240	1200	41	9	22	26
Fiesta	540	44	7	0	20	610	29	9	7	10
Market	610	31	6	0	20	830	78	12	43	11
Buffalo	250	17	7	0	30	1100	16	5	8	11
Zen	390	29	2	0	0	490	26	7	10	10

<b>Wraps</b> Dressings / Sauces Included	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Metaboost	700	40	9	0	20	730	70	11	12	23
Cobb	790	45	14	0	240	1500	80	12	15	35
Fiesta	680	39	9	0	20	980	75	13	8	20
Market	780	34	9	0	20	1100	115	16	36	19
Buffalo	480	22	9	0	25	1530	62	9	8	19
Zen	570	27	4	0	0	880	76	12	12	20

<b>Bowls</b> Dressings / Sauces Included	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pangoa	780	19	6	0	20	640	133	13	40	19
Teriyaki Twist	520	9	1	0	0	1300	97	8	18	15
Oaxaca	640	17	3	0	5	560	105	13	27	16
Mediterranean	490	24	5	0	20	1490	53	11	11	16
Buddha's Satay	500	17	4	0	0	560	71	7	7	14
Bamboo	550	21	13	0	10	420	81	8	9	11

<b>Burritos</b> Dressings / Sauces Included	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Tex Mex	720	30	9	0	25	1050	108	16	9	25
Khao San	660	27	6	0	0	1110	100	13	12	24
Smokehouse	650	19	8	0	20	970	112	12	16	24
Baja	660	34	6	0	0	820	87	14	9	17

<b>Soups</b>	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
S. Lemongrass	330	9	1	0	10	1000	66	4	6	9
S. Lemongrass (veg.)	300	2	0	0	0	1440	63	4	8	7
Superfood	260	4	0	0	0	1160	48	7	6	11
Southwestern	430	12	5	0	30	900	65	6	3	16

Juices	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Green Energy	120	0	0	0	0	40	17	1	9	1
Reviive	140	0	0	0	0	50	30	2	20	2
Mighty Detox	130	0	0	0	0	90	25	2	17	1
Red Power	110	0	0	0	0	75	23	2	14	2

Smoothies	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Freshii Green	260	10	2	0	5	75	42	5	34	7
Banana Nut Crunch	480	24	3	0	5	55	63	7	44	12
Strawberry Banana	220	3	1	0	5	55	49	3	39	6
Recoverii	320	18	12	0	0	20	41	3	31	3

Frozen Yogurt	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Low-Fat Frozen Yogurt	260	4	2	0	10	120	52	0	50	8

Protein 1 serving	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chicken	80	1	0	0	60	370	0	0	0	17
Steak	90	4	1	1	30	510	0	0	0	13
Tofu	80	4	1	0	0	90	3	0	2	7
Falafel	150	8	1	0	0	320	17	4	2	5

Dressings & Sauces 60ml	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Asian Sesame	220	22	2	0	0	350	2	0	2	1
Balsamic Vinaigrette	300	30	3	0	0	70	5	0	4	0
Balsamic Vinegar	60	0	0	0	0	15	10	0	10	0
Buffalo	15	0	0	0	0	1990	2	1	1	0
Cilantro Lime Vin.	280	25	2	0	0	350	5	0	3	0
Fiery Bbq	180	1	0	0	0	420	40	0	36	1
Greek Yogurt Ranch	100	8	2	0	10	260	5	0	4	2
Honey Dijon	210	14	1	0	0	520	20	0	17	0
Lemon Juice	15	0	0	0	0	0	4	0	2	0
Olive Oil	480	54	7	0	0	0	0	0	0	0
Red Pepper	60	3	0	0	0	890	5	1	4	0
Salsa Fresca	15	0	0	0	0	60	3	1	2	1
Spicy Lemongrass	80	3	0	0	0	750	14	0	7	1
Spicy Peanut	130	9	2	0	0	280	6	1	3	5
Spicy Yogurt	120	2	1	0	5	230	23	0	20	2
Sriracha	60	0	0	0	0	1200	12	0	12	0
Teriyaki	70	0	0	0	0	1200	18	0	15	1

<b>G. Breakfast Burritos</b>	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Ranchero	700	38	11	0	370	1330	74	13	8	30
Steak, Egg & Cheese	630	33	12	1	400	1613	56	6	6	38

<b>Grilled Egg Pockets</b>	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Bacon, Egg & Cheese	420	26	9	0	220	910	32	3	4	24
Sp., Mushroom & Ch.	320	16	7	0	200	670	32	4	4	15

<b>Breakfast Bowls</b>	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Huevos	480	28	8	0	370	900	40	6	23	19
Green Eggs & Kale	280	20	7	0	370	1080	12	2	6	15
Cali	530	22	10	0	5	80	85	14	50	12

<b>Breakfast Essentials</b>	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Greek Yogurt Parfait	420	11	4	0	20	85	75	11	40	13
Hard Boiled Eggs	160	12	4	0	460	150	2	0	2	14
OG Energii Bites	280	16	8	0	0	80	30	3	18	7
Cocoa Energii Bites	280	16	6	0	0	80	30	4	18	6



## Allergen Guide

x = contains / o = may contain / v = vegan

Salads Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Metaboost		x	x			x	x			
Cobb		x		x			x			
Fiesta		x					x			
Market		x					x			
Buffalo		x								
Zen	x		x				x			

Wraps Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Metaboost	x	x	x			x	x			
Cobb	x	x		x			x			
Fiesta	x	x					x			
Market	x	x					x			
Buffalo	x	x								
Zen	x		x				x			

Bowls Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Pangoa	x	x	x				x			
Teriyaki Twist	x		x				x			v
Oaxaca	x	x	x				x			
Mediterranean		x				x				
Buddha's Satay	x		x		x		x			v
Bamboo		x	o			o		x		

Burritos Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Tex Mex	x	x								
Khao San	x		x		x	x	x			v
Smokehouse	x	x	x				x			
Baja	x						x			v

Soups	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
S. Lemongrass			x				x			
S. Lemongrass (veg.)			x				x			v
Superfood										v
Southwestern		x	x				x			

Juices	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Green Energy										v
Reviive										v
Mighty Detox										v
Red Power										v

Smoothies	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Freshii Green		x								
Banana Nut Crunch		x				x				
Strawberry Banana		x								
Recoverii						o				

Frozen Yogurt	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Low-Fat Frozen Yogurt		x								

Protein 1 serving	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Chicken										
Steak	x		x							
Tofu			x				x			v
Falafel	x									v

Dressings & Sauces 60ml	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Asian Sesame			x				x			
Balsamic Vinaigrette							x			
Balsamic Vinegar										v
Buffalo										v
Cilantro Lime Vin.							x			v
Fiery Bbq	x		x				x			v
Greek Yogurt Ranch		x								
Honey Dijon							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

<b>G. Breakfast Burritos</b>	<b>Wheat &amp; Gluten</b>	<b>Milk</b>	<b>Soy</b>	<b>Eggs</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Vegan</b>
Ranchero	x	x	o	x						
Steak, Egg & Cheese	x	x	x	x						

<b>Grilled Egg Pockets</b>	<b>Wheat &amp; Gluten</b>	<b>Milk</b>	<b>Soy</b>	<b>Eggs</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Vegan</b>
Bacon, Egg & Cheese	x	x	o	x						
Sp., Mushroom & Ch.	x	x	o	x						

<b>Breakfast Bowls</b>	<b>Wheat &amp; Gluten</b>	<b>Milk</b>	<b>Soy</b>	<b>Eggs</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Vegan</b>
Huevos	x	x	x	x			x			
Green Eggs & Kale		x	o	x						
Cali	x	x				o	x			

<b>Breakfast Essentials</b>	<b>Wheat &amp; Gluten</b>	<b>Milk</b>	<b>Soy</b>	<b>Eggs</b>	<b>Peanuts</b>	<b>Tree Nuts</b>	<b>Seeds</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Vegan</b>
Greek Yogurt Parfait	x	x				o	x			
Hard Boiled Eggs				x						
OG Energii Bites	o	o	x		x	o				
Cocoa Energii Bites	o	o	x		x	x				



**Pokii Bowl**  
Limited Time Offer

<b>Calories</b>	<b>620</b>
<b>Fat</b>	<b>26g</b>
<b>Saturated Fat</b>	<b>4g</b>
<b>Trans Fat</b>	<b>0g</b>
<b>Cholesterol</b>	<b>5mg</b>
<b>Sodium</b>	<b>550mg</b>
<b>Total Carbohydrate</b>	<b>85g</b>
<b>Dietary Fiber</b>	<b>10g</b>
<b>Sugars</b>	<b>26g</b>
<b>Protein</b>	<b>14g</b>

Contains: wheat & gluten, milk, soy, seeds





## OUR MOTTO: COUNT NUTRIENTS, NOT CALORIES

Not all calories are created equal. Some calories are healing, some are harming. Some calories are metabolism-boosting, while others boost blood sugar. The same number of calories from different types of food can influence the body in different ways.

At Freshii, we believe it's important to eat the RIGHT type of calories that energize your body and make you feel GOOD. We follow a nutrient-based approach to eating: serving a menu focused on food quality, not quantity. At Freshii, we count nutrients over calories, and here's why:

### 1. COUNTING CALORIES CAN LEAD TO THE CONSUMPTION OF THE WRONG TYPE OF CALORIES

If you're only keeping the number of calories in mind, it is easy to forget about the other components of a food and the effect they can have on the body. Consider a 100-calorie apple versus a 100-calorie candy bar. Viewing them as the same because they hold an equal number of calories can lead us to make poor food choices. The candy bar offers little to no nutritional value, while the apple provides vitamins, minerals, and fiber to help the body process the calories consumed.

### 2. COUNTING CALORIES IGNORES FOOD QUALITY

Calorie counting does not consider if a food is natural and unprocessed, or distinguish between the type of fat, protein and carbohydrates it contains. Calories from complex carbohydrates, such as whole grains and vegetables, will help to maintain blood sugar levels and provide the body with sustained energy. Simple carbohydrates, such as refined grains and added sugars, will have the opposite effect, spiking insulin levels and contributing to increased cravings and appetite.

### 3. COUNTING CALORIES CAN ENCOURAGE THE RESTRICTION OF NUTRIENT-DENSE FOOD

Some of the most nutritious food on the planet is also the most caloric. Although calorie-dense, foods such as avocados, nuts and seeds contain essential fats, vitamins and minerals to support a healthy weight and metabolism. The nutritional benefit from these foods far outweigh the number of calories they contain.

We believe that if you focus on eating healthy food, you don't have to count calories. As long as you fuel yourself with the proper energy and nutrients, your body will take care of the rest - which includes keeping you at a healthy weight.



If you can't already tell, we love calories (the good ones at least). However, we also understand that at times, monitoring your calorie intake may be necessary. For those calorie-conscious individuals, we've got a few suggestions to help you achieve your goals while energizing at Freshii...

## MORE GREENS, LESS GRAINS

Quinoa and brown rice are known for their impressive health profiles, but can also be quite calorie-dense if consumed in large amounts. When ordering your favourite bowl, upgrade to a kale base or opt for half grains, half greens.

## PACK ON PROTEIN

Protein-rich foods are highly satiating, leading to reduced hunger and cravings. Be sure to include lean proteins with your Freshii menu items - choose from chicken, tofu, falafel, hard-boiled eggs and beans.

## DITCH THE DAIRY

Cheese is an excellent source of calcium, but no matter which way you slice it, most cheese is high in calories and fat. If you're mindful of numbers, substitute the cheese for non-dairy sources of calcium such as broccoli or kale.

## DON'T GO NUTS

Nuts are packed with nutrients, but they are also packed with calories and (healthy) fats. Incorporate nuts into your daily diet in order to reap their nutritional benefits, but remember that portion control is key - ask for a half serving.

## DRESS LIGHTLY

We prepare our salad dressings fresh in-house with heart-healthy oils. Ask for your menu item to be lightly dressed or use balsamic vinegar or lemon juice in place of dressing.

Your certified Freshii Nutritionist is Andie.  
Email [andie@freshii.com](mailto:andie@freshii.com) with questions regarding our menu & nutrition.