



# 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
Buffalo	220	120	14	6	0	25	890	14	5	6	11
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	780	390	43	14	0.3	250	1480	69	11	12	33
Fiesta	650	320	36	9	0.2	20	860	67	13	7	18
Market	770	300	33	9	0.2	20	980	106	15	34	18
Buffalo	470	190	21	9	0.3	25	1440	54	8	6	17
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	180	20	6	0	0	890	93	8	28	17
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	250	28	8	0.2	25	920	99	15	6	23
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
Khao San	640	230	26	5	0	0	960	96	13	16	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

Juices	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)
Green Energy	120	0	0	0	0	0	40	17	1	9	1
Revive	140	0	0	0	0	0	50	30	2	20	2
Mighty Detox	130	0	0	0	0	0	90	25	2	17	1
Red Power	110	0	0	0	0	0	75	23	2	14	2

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
Banana Nut Crunch	480	220	24	3	0	5	55	63	7	44	12
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	280	140	16	8	0	0	80	30	3	18	7
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	195	650	28	3	3	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
Cali 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	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	180	20	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	80	10	1	0	0	60	370	0	0	0	17
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

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	90	50	5	2	0	0	250	10	1	8	3
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										v
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](mailto:andie@freshii.com) with questions about our menu items.



**Kale Caesar Salad**  
**Limited Time Offer**

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**Nutrition Information**

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<b>Calories</b>	<b>480</b>
<b>Fat</b>	<b>22g</b>
<b>Saturated Fat</b>	<b>5g</b>
<b>Trans Fat</b>	<b>0g</b>
<b>Cholesterol</b>	<b>30 mg</b>
<b>Sodium</b>	<b>570 mg</b>
<b>Total Carbohydrates</b>	<b>50g</b>
<b>Dietary Fiber</b>	<b>11g</b>
<b>Total Sugars</b>	<b>4g</b>
<b>Protein</b>	<b>24g</b>

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**Allergens: milk, mustard**



**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: our menu is focused on food quality, not quantity. At Freshii we count nutrients over calories, and here's why:

**Counting calories can lead to the consumption of the wrong type of calories. Yep, you heard us!**

Here's the thing. If you're only keeping the number of calories in mind, it's easy to forget about the other components of food and the effect each can have on the body. Think about 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 down the wrong path. The candy bar offers no nutritional value, while the apple is loaded with vitamins, minerals and fiber. Natural sweetness for the win!

**Counting calories can encourage the restriction of nutrient-dense food.**

We've covered foods that contain equal calories, but what about nutritious foods that have MORE calories than "unhealthy" foods? Turns out, some of the most nutrient-dense food on the planet is also the most caloric. Think about avocados, olive oil, nuts and seeds - all contain essential fats, vitamins and minerals to support a healthy weight and metabolism. Trust us, the nutritional benefit from these foods far outweigh the number of calories they contain.

**Counting calories ignores food quality.**

Another thing to keep in mind? Calorie count doesn't consider whether a food is natural or unprocessed, nor does it distinguish between the type of fat, protein and carbohydrates it contains. Calories from complex carbohydrates, such as whole grains and vegetables, will help to keep blood sugar levels stable and provide the body with sustained energy. Simple carbohydrates, such as refined grains and added sugars, will have the opposite effect. Let's avoid those insulin spikes and cravings!

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We'll leave it at this: if you opt for healthy foods that provide your body with the energy and nutrients it needs, you can trust that it will keep you at a healthy weight. However, we also understand that you may have specific health goals that require you to monitor your intake - and that's ok! If you're keeping close tabs on those cals, check out the following page for some pro-tips from Freshii's Lead Nutritionist!





### **MORE GREENS, LESS GRAINS**

Quinoa and brown rice are known for their impressive health profiles. That said, they can 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, whether it's chicken, steak, tofu, falafel, hard-boiled eggs or even 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, however remember that portion control is key here - ask for a half serving!

### **DRESS LIGHTLY**

We prepare our salad dressings fresh in-house with heart-healthy oils. But if you're looking to lighten up a meal, ask for your menu item to be half-dressed. Another tip? Use balsamic vinegar and/or lemon juice in place of dressing.

Looking to reduce the calories of your favourite Freshii menu item? We've got you covered!

#### **COBB**

- half dressing:  
↓ 100 calories in salad
- ↓ 50 calories in wrap
- remove bacon:  
↓ 100 calories

sub blue cheese with red onion:  
↓ 90 calories

#### **METABOOST**

- half dressing:  
↓ 150 calories in salad
- ↓ 75 calories in wrap
- remove almonds:  
↓ 100 calories

remove goat cheese:  
↓ 80 calories

#### **MARKET**

- half dressing:  
↓ 100 calories in salad
- ↓ 50 calories in wrap
- remove feta cheese:  
↓ 60 calories

sub dried cranberries with broccoli:  
↓ 75 calories

#### **PANGOA**

- half sauce:  
↓ 90 calories
- half brown rice, half kale:  
↓ 80 calories
- remove aged cheddar:  
↓ 80 calories

#### **WAIT, DON'T LOSE THE AVO!**

Avocado may drive up the calorie count in a few of our menu items, but let us remind you that the nutritional benefits far outweigh this. Rich in heart-healthy fats, antioxidants and fiber - avocado is a superfood that we don't recommend skipping!

#### **OAXACA**

- half sauce:  
↓ 60 calories
- remove crispy wontons:  
↓ 60 calories
- sub hot beans with cold beans:  
↓ 40 calories