



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

Salads 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

Wraps 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

Bowls 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	18	3	0	0	1110	95	8	30	13
Bamboo	550	21	13	0	10	420	81	8	9	11

Burritos 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	680	27	5	0	0	1290	108	13	19	24
Smokehouse	650	19	8	0	20	970	112	12	16	24
Baja	660	34	6	0	0	820	87	14	9	17

Soups	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	1530	63	4	8	7
Superfood	260	4	0	0	0	1160	48	7	6	11
Tortilla	510	19	4	0	10	1260	79	14	14	15

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)
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	0	30	510	0	0	0	13
Tofu	80	4	1	0	0	90	3	0	2	7
Falafel	160	9	2	0	0	290	18	4	3	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
Green Curry	100	8	6	0	5	240	6	0	3	1
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	10	2	0	0	640	22	2	18	4
Spicy Yogurt	120	2	1	0	5	230	23	0	20	2
Sriracha	60	0	0	0	0	960	12	0	12	0
Teriyaki	70	0	0	0	0	1200	18	0	15	1

G. Breakfast Burritos	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

Grilled Egg Pockets	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 & Ch.	420	26	9	0	220	910	32	3	4	24
Spinach, Mr. & Ch.	320	16	7	0	200	670	32	4	4	15

Breakfast Bowls	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

Breakfast Essentials	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	140	12	4	0	460	150	2	0	2	14
OG Energii Bites	280	16	8	0	0	80	30	3	18	7



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	x	x	
Bamboo		x	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	x	x	
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
Tortilla							o			

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										

Frozen Yogurt	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
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										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								
Green Curry		x						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	x	x	
Spicy Yogurt	x	x	x				x			
Sriracha										v
Teriyaki	x		x							v

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

Grilled Egg Pockets	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Bacon, Egg & Ch.	x	x	o	x						
Spinach, Mr. & Ch.	x	x	o	x						

Breakfast Bowls	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Huevos	x	x	x	x			x			
Green Eggs & Kale		x	o	x						
Cali	x	x	o			x				

Breakfast Essentials	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Greek Yogurt Parfait	x	x	o			x				
Hard Boiled Eggs				x						
OG Energii Bites	o	o	x		x					