



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	43	13	0	290	1450	39	8	22	25
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	510	27	8	10	9

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	690	40	8	0	20	920	70	12	9	22
Cobb	790	43	15	0	290	1920	76	12	13	33
Fiesta	670	36	9	0	20	1170	74	14	5	19
Market	780	40	9	0	20	1290	114	16	33	18
Buffalo	460	19	9	0	25	1710	60	9	5	19
Zen	570	24	4	0	0	1080	76	13	9	18

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	2	0	0	1320	98	9	18	15
Oaxaca	620	16	3	0	0	570	105	13	27	17
Mediterranean	490	24	5	0	20	1490	53	11	11	16
Buddha's Satay	500	17	4	0	0	580	72	7	8	14
Bamboo	530	18	11	0	10	420	81	9	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	710	26	8	0	20	1230	105	16	6	25
Khao San	650	24	5	0	0	1300	99	13	9	23
Smokehouse	640	16	7	0	20	1150	110	13	13	23
Baja	660	31	5	0	0	1010	86	15	7	16

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	300	3	0	0	0	1300	61	4	8	7
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	240	8	1	0	0	80	36	5	24	8
Banana Nut Crunch	460	23	2	0	0	60	60	7	34	13
Strawberry Banana	200	1	0	0	0	60	43	3	29	7
Recoverii	350	21	18	0	0	60	43	3	29	2

Frozen Kefir	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 Kefir	220	0	0	0	5	110	40	0	30	10

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	110	5	2	0	50	230	2	0	0	15
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	80	6	0	0	5	240	3	0	2	4
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	9	2	0	0	280	6	1	3	5
Spicy Yogurt	100	2	0	0	0	220	21	0	19	3
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	34	11	0	270	1510	72	14	5	29
Steak, Egg & Cheese	650	31	12	0	320	760	56	6	3	39

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.	410	23	10	0	180	1210	28	3	2	22
Spinach, Mr. & Ch.	320	15	7	0	150	770	31	4	3	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	27	8	0	270	900	38	6	23	19
Green Eggs & Kale	280	19	7	0	270	1080	11	2	6	15
Cali	450	14	4	0	0	170	73	13	43	9

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	300	5	1	0	10	150	67	3	36	14
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			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			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			x			
Oaxaca	x	x	x	x			x			
Mediterranean		x				x				
Buddha's Satay	x		x	x	x		x			
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
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						o				

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

Protein 1 serving	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Fish	Shellfish	Vegan
Chicken										
Steak							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	o			o		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

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	o	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	o	x	x			o				

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



Biiblos Bowl

Limited Time Offer
Nutrition Information

Calories	700
Fat	34g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	20mg
Sodium	590mg
Total Carbohydrates	80g
Dietary Fiber	14g
Total Sugars	24g
Protein	24g

Contains: milk, tree nuts, sesame



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!

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 calcs, 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:
↓ 90 calories

sub blue cheese for 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 for broccoli:
↓ 75 calories

PANGO

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:
↓ 50 calories

remove crispy wontons:
↓ 60 calories

sub hot beans for cold beans:
↓ 40 calories