



### Allergen Guide

x = contains / o = may contain / \* = contains coconut

Salads Dressings/Sauces Included	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Cobb Salad		X		X							
Fiesta Salad	X	X						X			
Kale Caesar Salad		X						X			
Greek Salad		X						X			
Berrii Crunchii Salad		X				X		X			

Handhelds Dressings/Sauces Included	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Sesame Crunch Roll	X		X				X				V
Spicy Buffalo Roll	X	X									
Texas Smokehouse Roll	X	X	X				X				
Zesty Za'atar Roll	X	X					X				
Italian Market Roll	X	X						X			

Bowls Dressings/Sauces Included	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Buddha's Satay Bowl*	X		X		X		X				V
Chipotle Cheddar Bowl	X	X	X				X	X			
Oaxaca Bowl	X	X	X				X				
Teriyaki Twist Bowl	X		X				X				V
Chicken Tikka Bowl		X									
Mezze Delight Bowl		X				X					

Soups	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Spicy Lemongrass Soup	X		X				X				V
Creamy Tomato	X	X	X								

Smoothies	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Chocolate Peanut Butter Smoothie		X			X						
Freshii Green Smoothie			X			X					V
Mixed Berry Smoothie											V
Strawberry Banana Smoothie		X									
Tropical Mango Smoothie*											

Sweet Treats	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Peanut Butter Energii Bites*			X		X	o	o				V
Cocoa Energii Bites*			X		o	o	o				V
Coconut Chia Pudding*											



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Breakfast Dressings/Sauces Included	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Cali Breakfast Bowl*	X		X			X					V
Green Eggs & Kale Breakfast Bowl	X	X	X	X			X				
Huevos Breakfast Bowl	X	X	X	X			X				
Steak, Egg and Cheese Breakfast Burrito	X	X	X	X							
Bacon, Egg and Cheese Pocket	X	X		X							
Veggii & Egg Pocket	X	X		X							
Greek Yogurt Parfait	X	X									
Hard-Boiled Eggs				X							

Kid's Menu/Sauces Included	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Kids Cheesy Chicken Pocket (includes chicken)	X	X									
Kids Power Bowl (includes chicken)	X		X								
Super Kids Salad (includes chicken)		X									

Proteins	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Chicken											
Steak	X		X								
Marinated Tofu			X				X				V
Falafel Balls											V
Hard-Boiled Eggs				X							

Dressings & Sauces	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Balsamic Vinaigrette								X			
Balsamic Vinegar											V
Cilantro Lime Vinaigrette								X			V
Creamy Chipotle Sauce	X	X	X				X	X			
Fiery BBQ	X		X				X				V
Greek		X						X			
Greek Yogurt Caesar		X						X			
Greek Yogurt Ranch		X									
Lemon Juice											V
Lemon Za'atar Vinaigrette							X				
Olive Oil											V
Salsa Fresca											V
Spicy Lemongrass			X				X				V
Spicy Peanut*			X		X		X				V



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Dressings & Sauces	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Spicy Yogurt	X	X	X				X				
Frank's RedHot Original Hot Sauce											V
Teriyaki	X		X								V
Za'atar Garlic Sauce		X					X				
Tiika Masala		X				o		o			
Tahini Sauce		X					X				
Sweet Sesame Soy	X		X				X				V

Soup Broths	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Spicy Lemongrass	X		X				X				V

Bases	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Kale											V
Romaine											V
Field Greens											V
Quinoa											V
Brown Rice											V
Rice Noodles											V
Whole Wheat Tortilla	X										V

Toppings/Ingredients	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Aged Cheddar		X									
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



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Toppings/Ingredients	Wheat & Gluten	Milk	Soy	Egg	Peanuts	Tree Nuts	Sesame Seed	Mustard	Fish	Shellfish	Vegan
Edamame			X								V
Feta Cheese		X									
Green Apple											V
Green Onion											V
Hard Boiled Egg				X							
Hemp Seeds											V
Hot Black Beans											V
Jalapenos											V
Kalamata Olives											V
Mango											V
Mozzarella		X									
Mushrooms											V
Parmesan		X									
Red Onion											V
Sesame Seeds							X				V
Strawberries											V
Sweet Potato											V
Tomatoes											V
Walnuts					o	X					V

Email [guest@freshii.com](mailto:guest@freshii.com) with questions about our menu items



## Nutrition Guide

Salads Dressing/Sauces Included	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Cobb Salad	430	30	9	0.3	220	700	21	8	21
Fiesta Salad	390	28	5	0.2	15	560	29	7	10
Kale Caesar Salad	670	32	6	0.2	25	990	71	17	29
Greek Salad	580	41	13	0.2	15	1350	43	8	12
Berii Crunchii Salad	630	48	7	0.2	10	660	44	23	10
Handhelds Dressings/Sauces Included	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Sesame Crunch Roll	490	23	4.5	0.1	0	860	71	12	11
Spicy Buffalo Roll	580	21	7	0.3	20	1870	85	6	18
Texas Smokehouse Roll	840	26	9	0.4	55	2050	121	26	37
Zesty Za'atar Roll	530	18	5	0.1	55	1090	68	11	28
Italian Market Roll	970	60	16	0.5	100	1440	71	12	42
Bowls Dressings/Sauces Included	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Buddha's Satay Bowl	540	12	6	0	0	800	99	19	11
Chiliotle Cheddar Bowl	730	27	6	0.2	20	570	107	10	17
Oaxaca Bowl	660	15	2.5	0	5	640	119	25	20
Teriyaki Twist Bowl	590	9	1.5	0	0	1220	115	18	15
Chicken Tikka Bowl	560	13	4	0	65	870	84	7	33
Mezze Delight Bowl	630	29	4.5	0.1	5	970	79	13	19
Proteins	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Chicken (3oz/85g)	90	1	0.3	0	45	380	3	0	16
Steak (3oz/85g)	90	4	1.5	0	35	780	0	0	14
Marinated Tofu (3oz/85g)	130	8	1	0	0	85	7	5	12
Falafel Balls (3 pieces/57g)	160	8	1	0	0	390	19	3	5
Hard-Boiled Eggs (2)	160	11	3.5	0	375	125	1	1	13
Soups	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Small Spicy Lemongrass Soup	200	3	0.5	0	0	1420	39	11	4
Large Spicy Lemongrass Soup	470	6	1	0	0	2840	95	21	10



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Soups	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Creamy Tomato	470	32	19	0.5	65	1310	32	24	5
Smoothies (12oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Chocolate Peanut Butter	480	23	6	0.1	15	200	57	38	15
Freshii Green	240	7	1	0	0	70	43	20	5
Mixed Berry	130	0.4	0	0	0	20	33	21	1
Strawberry Banana	260	4	2.5	0.1	15	200	52	40	6
Tropical Mango	280	14	12	0	0	20	37	27	2
Smoothies (16oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Chocolate Peanut Butter	650	31	9	0.2	20	300	78	54	20
Freshii Green	350	9	1	0	0	120	63	31	8
Mixed Berii	170	0.5	0	0	0	25	45	28	2
Strawberry Banana	320	4.5	2.5	0.1	15	200	67	48	7
Tropical Mango	440	25	21	0	0	30	52	41	3
Smoothies (24oz)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Chocolate Peanut Butter	730	27	9	0.2	25	400	108	75	22
Freshii Green	500	15	2	0	0	140	87	41	11
Mixed Berii	220	0.5	0	0	0	30	54	34	2
Strawberry Banana	530	8	4.5	0.2	25	400	104	79	13
Tropical Mango	570	29	24	0	0	40	74	55	5
Smoothies Add Ons	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Whey Protein Powder	30	0	0	0	0	20	0	0	8
Vegan Protein Powder	30	0.5	0.1	0	0	63	1.2	0.2	5



## Nutrition Guide

Sweet Treats	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Peanut Butter Energii Bites (3 bites / 54g)	270	16	6	0	0	80	26	12	7
Cocoa Energii Bites (3 bites / 54g)	230	12	5	0	0	45	31	17	5
Coconut Chia Pudding	270	19	13	0	0	15	24	16	4
Breakfast Dressing/Sauces Included	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Cali Breakfast Bowl	520	19	7	0	0	75	83	37	11
Green Eggs & Kale Breakfast Bowl	270	16	6	0.2	295	790	17	13	15
Huevos Breakfast Bowl	430	23	7	0.3	295	970	40	22	20
Burrito	580	29	10	0.5	325	1710	50	5	34
Bacon, Egg and Cheese Pocket	340	19	8	0.3	170	850	26	3	18
Veggii & Egg Pocket	310	17	6	0.3	155	700	26	3	13
Greek Yogurt Parfait	470	16	4.5	0.1	20	115	72	42	13
Hard-Boiled Eggs (2)	160	11	3.5	0	375	125	1	1	13
Kid's Menu Dressings/Sauces Included	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Kids Cheesy Chicken Pocket	300	14	8	0.4	55	690	25	1	19
Kids Power Bowl	390	4.5	1	0	25	810	72	9	16
Super Kids Salad	180	10	4	0.2	45	440	9	4	14
Dressings & Sauces (Per 30 ml)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette	160	16	2	0	0	190	4	3	0.1
Balsamic Vinegar	30	0	0	0	0	5	6	5	0.2
Cilantro Lime Vinaigrette	160	16	1	0	0	230	3	2	0.2
Creamy Chipotle	100	9	1	0	5	200	4	3	1
Fiery BBQ Sauce	80	0	0	0	0	210	19	18	0.3
Frank's RedHot Original Hot Sauce	5	0	0	0	0	1050	1	0	0.3
Greek	140	15	2	0	0	230	1	0	0.4



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Dressings & Sauces (Per 30 ml)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Greek Yogurt Caesar	70	4.5	1	0	5	200	6	5	1
Greek Yogurt Ranch	60	4.5	1	0	5	115	3	2	1
Lemon Juice	10	0	0	0	0	5	2	1	0.1
Lemon Za'atar Vinaigrette	100	11	1.5	0	0	200	2	2	0
Olive Oil	240	27	4	0	0	1	0	0	0
Salsa Fresca	10	0	0	0	0	50	2	1	0.3
Spicy Lemongrass	50	2	0.3	0	0	590	8	6	1
Spicy Peanut	70	4	2	0	0	250	7	5	1
Spicy Yogurt	60	0.5	0.4	0	0	120	11	10	1
Sweet Sesame Soy	150	12	1	0	0	310	9	8	1
Tahini Sauce	30	1.5	0.5	0	5	260	3	2	1
Teriyaki	40	0	0	0	0	600	9	8	1
Tikka Masala	25	2	1	0	5	115	2	0	0.4
Za'atar Garlic Sauce	50	4.5	1	0	5	85	3	2	1
Freshii Juices (per bottle)	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carbohydrates (g)	Sugars (g)	Protein (g)
Beta Boost	80	0.3	0	0	0	50	18	13	2
Get Glowing	140	0	0	0	0	24	3	36	0
Green Genius	100	0.1	0	0	0	65	25	19	1
Recharge	90	0.2	0	0	0	60	22	17	1
Antioxidant Elixir	25	0	0	0	0	20	6	4	1
Immune Elixir	40	0	0	0	0	0	10	4	0