



ALLERGEN GUIDE

Contains	wheat & gluten	milk	egg	soy	peanuts	tree nuts	fish	shellfish	sesame seed	mustard
Salads Dressings/Sauces Included										
Berii Crunchii		x				x				x
Cobb		x	x							
Fiesta	x	x								x
Greek		x								x
Kale Caesar		x								x
Sesame Crunch	x			x					x	
Wraps Dressings/Sauces Included										
Berii Crunchii	x	x				x				x
Cobb	x	x	x							
Fiesta	x	x								x
Greek	x	x								x
Kale Caesar	x	x								x
Sesame Crunch	x			x					x	
Bowls Dressings/Sauces Included										
Buddha's Satay*	x			x	x				x	
Chiipotle Cheddar	x	x		x					x	x
Mezze Delight		x							x	
Oaxaca	x	x		x					x	
Spiicy Buffalo		x								
Teriyaki Twiist	x			x					x	
Tex Mex		x								

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Burritos Dressings/Sauces Included										
Buddha's Satay*	x			x	x				x	
Chiipotle Cheddar	x	x		x					x	x
Mezze Deliight	x	x							x	
Oaxaca	x	x		x					x	
Spiicy Buffalo	x	x								
Teriyaki Twiist	x			x					x	
Tex Mex	x	x								
Soups										
Spicy Lemongrass				x					x	
Smoothiiis										
Chocolate Peanut Butter		x			x					
Freshii Green										
Mixed Berrii										
Strawberry Banana		x								
Troical Mango*										
Kids Menu/Sauces Included										
Cheesy Chicken Pocket	x	x								
Power Bowl	x			x						
Super Kids Salad		x								
Sweet Treats										
Peanut Buter Energii Bites*				x	x	o			o	
Coca Energii Bites*				x	o	o			o	
Coconut Chia Pudding*										

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Breakfast Dressings/Sauces Included										
Calii Breakfast Bowl *	x			x		x				
Green Eggs & Kale Bowl	x	x	x	x					x	
Huevos Bowl	x	x	x	x					x	
Steak, Egg & Cheese Burrito	x	x	x	x						
Bacon, Egg & Cheese Pocket	x	x	x							
Veggii & Egg Pocket	x	x	x							
Greek Yogurt Parfait	x	x								
Hard Boiled Eggs (2)			x							
Proteins										
Chicken										
Steak										
Marinated Tofu				x					x	
Falafel Balls										
Hard Boiled Eggs			x							
Dressings & Sauces										
Balsamic Vinaigrette										x
Balsamic Vinegar										
Cilantro Lime Vinaigrette										x
Creamy Chipotle Sauce	x	x		x					x	x
Fiery BBQ	x			x					x	
Greek		x								x
Greek Yogurt Caesar		x								x

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Dressings & Sauces										
Greek Yogurt Ranch		x								
Lemon Juice										
Lemon Za'atar Vinaigrette									x	
Olive Oil										
Salsa Fresca										
Spicy Lemongrass				x					x	
Spicy Peanut				x	x				x	
Spicy Yogurt	x	x		x					x	
Frank's Red Hot Sauce										
Teriyaki	x			x						
Tahini Sauce		x							x	
Thai Sesame	x			x					x	
Soup Broths										
Spicy Lemongrass				x					x	
Bases										
Kale										
Romaine										
Field Greens										
Quinoa										
Brown Rice										
Rice Noodles										
Whole Wheat Tortilla	x									

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Contains	wheat & gluten	milk	egg	soy	peanuts	tree nuts	fish	shellfish	sesame seed	mustard
Toppings										
Aged Cheddar		x								
Avocado										
Bacon										
Beet Slaw										
Black Beans										
Broccoli										
Cabbage										
Carrots										
Cherry Tomatoes										
Cilantro										
Corn										
Crispy Chickpeas										
Crispy Wontons	x									
Cucumber										
Dried Cranberries										
Edamame				x						
Feta Cheese		x								
Green Apple										
Green Onion										
Hard Boiled Egg			x							
Hemp Seeds										
Hot Black Beans										

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Toppings										
Jalapenos										
Olives (kalamata)										
Mango										
Mushrooms										
Parmesan Cheese		x								
Red Onion										
Sesame Seeds									x	
Strawberries										
Tomatoes										
Walnuts					o	x				

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INFORMATION SOURCES & ALLERGY NOTE

The information in these charts is based on product details provided by Freshii-approved food suppliers. Every reasonable effort is made to keep this information current; however, ingredient changes and substitutions may occur without our knowledge or consent before these charts can be updated. As a result, no warranty is expressed or implied regarding its accuracy. Specific promotional and regional items may not be included, as ingredients can vary.

If you have a food allergy, please be aware that Freshii products may contain or come into contact with peanuts, tree nuts, dairy, eggs, wheat, soy, fish, shellfish, or other potential allergens.

Freshii is a restaurant environment that prepares whole and fresh ingredients in a shared kitchen space and may involve shared equipment (e.g., oven, beverage machines, steamer, panini press). Although we take precautions, we cannot guarantee a 100% allergen-free environment.



NUTRITIONAL DATA

Menu Item	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Salads Dressing/ Sauces Included										
Berii Crunchii	610	35	5	0.3	64	8	25	13	10	900
Cobb	430	30	9	0.3	21	6	8	21	220	700
Fiesta	560	44	6	0.4	35	9	11	11	15	670
Greek	580	41	13	0.2	43	6	8	12	15	1350
Kale Caesar	680	31	6	0.2	78	13	17	29	25	1650
Sesame Crunch	210	13	1.5	0.1	20	3	11	4	0.1	0
Wraps Dressing/ Sauces Included										
Berii Crunchii	800	43	8	0.4	92	12	25	17	10	1300
Cobb	710	38	13	0.3	62	11	5	33	250	1160
Fiesta	830	53	9	0.5	77	13	12	17	15	1160
Greek	640	39	14	0.2	60	8	7	15	10	1390
Kale Caesar	720	34	9	0.2	76	15	4	27	29	1230
Sesame Crunch	490	23	4.5	0.1	71	9	12	11	0	860
Bowls Dressing/ Sauces Included										
Buddha's Satay	540	20	7	0	106	6	24	23	45	885
Chiipotle Cheddar	730	26	6	0.2	107	7	10	17	20	1070
Mezze Delight	660	29	4.5	0.1	88	12	14	19	5	1280
Oaxaca	660	14	2.5	0	119	15	26	20	5	970
Spicy Buffalo	450	15	5	0.2	68	6	6	14	20	1930
Teriyaki Twiist	590	9	1.5	0	115	8	18	15	0	1710
Tex Mex	810	29	7	0.2	121	13	11	23	25	1260



NUTRITIONAL DATA

Menu Item	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Burritos Dressing/ Sauces Included										
Buddha's Satay	720	23	8	0	115	12	15	18	0	1150
Chiiptole Cheddar	630	24	7	0.3	91	10	8	18	20	1040
Mezze Deliight	730	35	7	0.1	91	12	13	18	5	1460
Oaxaca	730	21	5	0.1	121	18	18	22	0	1170
Spiicy Buffalo	590	22	8	0.3	84	9	8	18	20	2590
Teriyaki Twiist	650	14	4	0.1	95	11	12	16	0	1320
Tex Mex	820	35	10	0.3	110	17	12	25	25	1430
Proteins										
Chicken (3oz/85g)	110	1.5	0.5	0	1	0	1	23	70	350
Steak (3oz/85g)	130	6	1.5	0	2	0	0	15	45	570
Marinated Tofu (3oz/85g)	130	8	1	0	7	0	5	12	0	85
Falafel Balls (3pcs/57g)	160	8	1	0	19	4	3	5	0	390
Hard Boiled Eggs (2)	160	11	3.5	0	1	0	1	13	375	125
Soups										
Sm. Spiicy Lemongrass	150	1	0.2	0	31	2	5	3	0	820
Lrg. Spiicy Lemongrass	370	2.5	0.4	0	80	2	9	8	0	1630
Smoothiis (12oz)										
Chocolate Peanut Butter	480	23	6	0.1	57	6	38	15	15	200
Freshii Green	260	8	1	0	46	8	20	6	0	55
Mixed Berrii	130	0.4	0	0	33	3	21	1	0	20
Strawberry Banana	320	4.5	2.5	0.1	65	4	47	7	15	200
Tropical Mango	280	14	12	0	37	3	27	2	0	20



NUTRITIONAL DATA

Menu Item	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Smoothiis (16oz)										
Chocolate Peanut Butter	650	31	9	0.2	78	8	54	20	20	300
Freshii Green	380	10	1.5	0	68	11	30	9	0	90
Mixed Berrii	170	0.5	0	0	45	5	28	2	0	25
Strawberry Banana	320	4.5	2.5	0.1	67	5	48	7	15	200
Tropical Mango	440	25	21	0	52	3	41	3	0	30
Smoothiis (24oz)										
Chocolate Peanut Butter	730	27	9	0.2	108	9	75	22	25	400
Freshii Green	530	17	2.5	0	91	16	41	12	0	110
Mixed Berrii	220	0.5	0	0	54	5	34	2	0	30
Strawberry Banana	530	8	4.5	0.2	104	6	79	13	25	400
Tropical Mango	570	29	24	0	74	6	55	5	0	40
Smoothii Add Ons										
Whey Protein	39	0	0	0	0	0	0	9.5	0	24
Vegan Protein Powder	30	0.5	0.1	0	1.2	0.2	0.2	5	0	63
Sweet Treats										
Peanut Butter Energii Bites (3 bites)	270	16	6	0	26	4	12	7	0	80
Cocoa Energii Bites (3 bites)	230	12	5	0	31	4	17	5	0	45
Coconut Chia Pudding	270	19	13	0	24	6	16	4	0	15
Kids Menu										
Cheesy Chicken Pocket	320	15	8	0.4	24	3	1	22	65	670
Power Bowl	400	5	1	0	71	3	9	18	35	1110
Super Kids Salad	180	10	4	0.2	7	2	4	16	55	410



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Menu Item	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Breakfast										
Calii Breakfast Bowl	520	19	7	0	83	14	37	11	0	75
Green Eggs & Kale Bowl	270	16	6	0.2	17	1	13	15	295	790
Huevos Bowl	430	23	7	0.3	40	7	22	20	295	970
Steak, Egg & Cheese Burrito	580	29	10	0.5	50	6	5	34	325	1710
Bacon, Egg & Cheese Pocket	340	19	8	0.3	26	3	3	18	170	850
Veggii & Egg Pocket	310	17	6	0.3	26	4	3	13	155	700
Greek Yogurt Parfait	470	16	4.5	0.1	72	5	42	13	20	115
Hard Boiled Eggs (2)	160	11	3.5	0	1	0	1	13	375	125
Dressings & Sauces										
Balsamic Vinaigrette	110	10	1	0.1	5	0	4	0.2	0	220
Cilantro Lime Vinaigrette	160	16	1	0.1	4	0	3	0.2	0	170
Creamy Chipotle	100	9	1	0	4	0	3	1	5	200
Fiery BBQ	80	0	0	0	19	0	18	0.3	0	210
Frank's Red Hot Sauce	5	0	0	0	1	1	0	0.3	0	1050
Greek	140	15	2	0	1	0	0	0.4	0	230
Greek Yogurt Caesar	70	4.5	1	0	6	0	5	1	5	200
Greek Yogurt Ranch	60	4.5	1	0	3	0	2	1	5	115
Lemon Juice	10	0	0	0	2	0	1	1	0	5
Lemon Za'atar Vinaigrette	100	11	1.5	0	2	0	2	0	0	200
Olive Oil	240	27	4	0	0	0	0	0	0	1
Salsa Fresca	10	0	0	0	2	0	1	0.3	0	50
Spicy Lemongrass	10	0.4	0	0	1	0	1	0.1	0	95
Spicy Peanut	70	4	2	0	7	1	5	1	0	250



NUTRITIONAL DATA

Menu Item	Calories (Cal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Carbohydrates (g)	Fibre (g)	Sugars (g)	Protein (g)	Cholesterol (mg)	Sodium (mg)
Dressings & Sauces										
Spicy Yogurt	60	0.5	0.4	0	11	0	10	1	0	120
Thai Sesame Vinaigrette	150	12	1	0	9	8	8	1	0	310
Tahini Sauce	30	1.5	0.5	0	3	0	2	1	5	260
Teriyaki	40	0	0	0	9	0	8	1	0	600
Freshii Juices (Per Bottle)										
Beta Boost	80	0.3	0	0	18	0	13	2	0	50
Get Glowing	140	0	0	0	3	1	36	0	0	24
Green Genius	100	0.1	0	0	25	1	19	1	0	65
Recharge	90	0.2	0	0	22	0	17	1	0	60
Antioxidant Elixir	25	0	0	0	6	1	4	1	0	20
Immune Elixir	40	0	0	0	10	0	4	0	0	0

Nutritional Disclaimer

The nutritional information provided in these charts is based on data from Freshii-approved suppliers, standardized recipes, and calculated serving sizes. While we strive to ensure accuracy, variations may occur due to differences in preparation, ingredient substitutions, seasonal variations, or supplier changes. As a result, actual nutritional values may differ from those listed.

Caloric and macronutrient values are approximate and should be used as a general guide. If you have specific dietary concerns or restrictions, we recommend consulting a registered dietitian or healthcare professional.