

	<b>FRESHII - MENU NUTRITIONAL VALUES</b>	Revision Date: 15/04/2025
		Approved by : QA Department

**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.

Calories 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.

Menu Items	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fats (g)	Trans Fat (g)	Cholesterol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Proteins (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Iron (mg)
<b>POKE BOWLS</b>														
Tuna Poke Bowl	600 g	860	57	12	0.5	260	51	6	14	37	2575	1150	175	5
Salmon Poke Bowl	584 g	850	54	10	0.5	55	63	8	19	28	2620	1150	175	4.5
Prawn Poke Bowl	580 g	840	57	12	0.5	320	51	6	14	30	2835	750	200	5.5
Tofu Poke Bowl	584 g	850	57	11	0.5	20	64	9	19	23	2505	950	400	5.5
<b>INGREDIENTS</b>														
Tuna Ahi Poke Cubes	85g	90	0	0	0	35	0	0	0	21	40	400	0	0.75
Salmon Poke Cubes	85g	100	3.5	0.5	0	40	0	0	0	17	40	350	10	0.4
Shrimp Ckd 31-40 P&D T-ON	65 g	60	1	0	0	70	1	0	0	14	300	20	50	1.25
Tofu	85 g	100	6	1	0	0	1	1	0	12	0	150	225	1.5
Brown Rice	150 g	70	1.5	0	0	0	13	1	0	2	250	50	10	0.3
Green Onion	10g	0	0	0	0	0	0	0	0	0	5	20	0	0.1
Field Greens	30 g	5	0	0	0	0	2	1	0	1	15	125	30	0.4
Avocado	35 g	25	2	0	0	0	2	1	0	0	5	75	0	0.1
Cucumber	30 g	0	0	0	0	0	2	0	1	0	5	50	0	0.1
Mango	25 g	15	0	0	0	0	4	0	3	0	0	50	0	0
Pickled Red Onion	30g	15	0	0	0	0	4	0	3	0	220	40	0	0.1
Edamame	30 g	45	2	0	0	0	4	1	0	4	5	200	75	1.25
Corn	30 g	30	0	0	0	0	8	1	0	1	0	75	0	0.2
Cilantro	10 g	0	0	0	0	0	0	0	0	5	5	75	10	0.2
Crispy Wontons	10g	50	2	0	0	0	7	0	0	2	85	20	0	0.4
Seasoning Rice Furikake Nori	1.5 g	5	0	0	0	1	1	0	0	0	90	20	0	0.1
Topping Crunch fried Onion	15g	100	8	3	0	0	7	0	0	1	130	30	0	0.5
Seasame seeds	1 g	5	0	0	0	0	0	0	0	0	0	0	10	0.2
Egg Whole Soft boiled	1EA	80	6	2	0	210	1	0	1	7	70	75	20	0.5
Sriracha Mayo	30 g	190	19	3	0	10	4	1	3	0	610	30	10	0.1
Wasabi Aioli	30 g	150	16	2.5	0	10	3	0	1	0	140	10	0	0
Sauce Ponzu Lime	15 ml	10	0	0	0	0	2	0	1	0	450	0	0	0.1
Sauce Ponzu Lime	30 ml	20	0	0	0	0	4	0	2	0	900	0	0	0.2
Teriyaki Sauce	15 ml	30	0	0	0	0	8	0	6	1	490	40	0	0.2



## ALLERGEN CHART - FRESHII

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IF YOU HAVE FOOD ALLERGY CONCERNS, PLEASE NOTIFY FRESHII STAFF BEFORE PLACING ORDER

### 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.

Menu Items	ALLERGENS											
	Gluten	Milk	Egg	Soy	Peanuts	Tree Nuts	Fish	crustaceans	Mollusks	Sesame	Mustard	Sulfites
<b>POKE BOWL</b>												
Tuna Poke Bowl	✓		✓	✓			✓			✓	✓	✓
Salmon Poke Bowl	✓		✓	✓			✓			✓	✓	✓
Prawn Poke Bowl	✓		✓	✓			✓	✓		✓	✓	✓
Tofu Poke Bowl	✓		✓	✓			✓			✓	✓	✓
<b>INGREDIENTS</b>												
Tuna Ahi Poke Cubes							✓					
Salmon Poke Cubes							✓					
Shrimp Ckd 31-40 P&D T-ON								✓				
Tofu				✓								
Brown Rice												
Green Onion												
Field Greens												
Avocado												✓
Cucumber												
Mango												
Pickled Red Onion												✓
Edamame				✓								
Corn												
Cilantro												
Crispy Wontons	✓											
Seasoning Rice Furikake Nori	✓			✓			✓			✓		
Topping Crunch fried Onion	✓											
Sesame seeds										✓		
Egg Whole Soft boiled			✓									
Sriracha Mayo	✓		✓	✓							✓	✓
Wasabi Aioli	✓		✓	✓							✓	
Sauce Ponzu Lime	✓			✓			✓					
Teriyaki Sauce	✓			✓								