Nutrition Guide

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.

Breakfast

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Bacon & Cheese Pocket	430	26	12	0	315	20	2	3	28	1120	400	300	2.25
Green Eggs and Kale Bowl	350	20	8	0	480	19	3	10	23	870	700	300	3
Huevos Bowl	550	26	11	0	505	49	9	15	33	1100	1400	500	5
Veggii & Egg Pocket	340	21	10	0	290	19	2	3	19	720	350	250	2
Steak, Egg & Cheese Burrito	510	27	12	0	520	36	4	3	32	1000	500	300	4

Pockets

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Chicken Pesto Cranberry Pocket	350	17	10	0	45	29	6	4	19	610	225	350	1.75
Chipotle Steak Pocket	330	17	9	0	30	30	6	2	14	600	225	300	1.75
Spicy BBQ Chicken Pocket	340	15	9	0	40	31	5	5	18	810	250	300	1.75

Poke Bowls

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Tuna Poke Bowl	830	50	9	0	260	46	5	10	38	1800	1050	100	5
Salmon Poke Bowl	850	54	10	0.5	55	63	8	19	28	2620	1150	175	4.5
Shrimp Poke Bowl	800	50	9	0	320	46	5	10	30	1900	750	150	5
Tofu Poke Bowl	840	57	9	0.5	45	60	6	16	24	1800	800	150	5.5
Spicy Tuna Poke Bowl	600	25	4	0	55	65	7	30	30	3600	950	120	4
Spicy Salmon Poke Bowl	600	27	4	0	50	65	7	30	27	3600	950	100	4
Combo Poke Bowl (Tuna & Salmon)	720	29	4	0	80	74	9	38	45	4800	1300	125	4

NUTRITIONALS & ALLERGEN GUIDE

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Energy Bowls

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Buddha's Satay Bowl w/ Chicken	580	19	6	0	5	70	8	26	37	1330	1300	290	4.5
Mercado Sol Bowl w/ Chicken	840	25	7	0	90	110	15	49	47	1620	1900	530	6
Oaxaca Bowl	570	12	1.5	0	0	97	17	27	27	1130	2400	550	7
Spicy Buffalo Bowl	580	19	7	0	35	85	16	12	22	2130	1820	480	7.2
Teriyaki Bowl w/ Chicken	680	33	4.5	0	95	72	6	35	33	3600	1010	100	3.5
Tex Mex Bowl	640	31	11	0.5	40	69	10	8	24	1320	1050	400	3
Hot Honey Mustard Bowl w/ Chicken	650	39	4	0	50	55	9	20	28	770	1210	150	3
Chicken Pesto Parm Bowl	660	44	8	0	75	40	9	20	33	2230	1960	310	5

Lifestyle Bowls

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Harmony Bowl	760	39	7	0	80	72	9	15	39	1880	1200	300	4
Macro Balance Bowl	670	21	2.5	0	85	87	13	12	40	910	1910	240	5.9
Protein Power Bowl	630	15	3	0	160	67	7	9	57	3420	1750	180	4.1

Heartii Bowls

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
BBQ Chicken Salad	530	27	10	0	115	38	4	19	36	1250	1080	290	2.1
Updated Kale Caesar Bowl	540	28	7	0	270	31	5	14	46	1390	1230	300	3.3
Habibi Bowl	740	51	5	0	0	65	15	15	16	1240	1190	250	5.8

Salad Bowls

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Berrii Crunchii Salad	610	38	7	0	20	54	11	20	20	930	1170	250	5
Cobb Salad	560	38	14	0.5	275	26	8	8	33	1210	1350	500	4.5
Fiesta Salad	310	17	8	0	30	29	11	6	17	480	1250	400	4.5
Kale Caesar Salad	550	28	6	0	35	49	16	9	30	1070	1200	790	5

Burritos

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Oaxaca Burrito	610	13	2	0	0	105	16	27	25	1080	1900	350	6.5
Spicy Buffalo Burrito	540	23	9	0	35	68	8	8	18	4040	710	320	2
Tex Mex Burrito	690	32	11	0.5	40	78	12	10	26	2850	1150	400	4.5
Mercado Sol Burrito w/ Chicken	830	22	6	0	85	120	15	40	47	1450	1625	410	6
Hot Honey Mustard Burrito w/ Chicken	730	39	4	0	50	70	10	20	30	670	1150	150	5
Chicken Pesto Parm Burrito	690	37	6	0	60	57	9	18	37	1350	1910	260	6

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Buddha's Satay Burrito	440	16	6	0	0	68	8	19	10	840	650	75	3
Teriyaki Twist Burrito	580	16	2	0	0	97	11	25	18	2150	770	190	5

Wraps

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Berrii Crunchii Wrap	650	36	8	0	20	69	9	19	18	1210	670	170	3
Cobb Wrap	690	40	15	0.5	275	50	9	9	36	1380	1100	450	5
Fiesta Wrap	440	19	8	0	30	53	12	6	19	650	1000	350	4.5
Kale Caesar Wrap	640	30	8	0	35	64	13	9	29	1340	760	630	3.2

Sides

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Sweet Potato Bites (With hot honey mustard dip)	470	39	3	0	0	0	3	14	4.4	550	370	30	0.7
Waffle Fries (With Green Goddess ranch Dip)	210	14	2	0	0	21	2	1	0	2	820	350	2

Soup

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Creamy roasted tomato soup (12 oz)	340	27	15	1	85	21	3	15	4	950	570	80	1
Small Spicy Lemongrass Soup	260	9	0	0	0	36	3	17	5	1530	500	100	0.75
Large Spicy Lemongrass Soup	540	14	0	0	0	81	4	30	8	2910	650	175	1

Kids Menu

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Kids Cheesy Chicken Pocket	390	23	15	0.5	90	17	2		28	700	250	450	1.25
Power Bowl	190	4.5	1	0	30	26	2	11	13	1210	400	30	1
Super Kids Salad	260	16	8	0	65	10	3	5	21	520	600	300	1.5

Proteins

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Chicken Breast Oven Roast	110	1.5	0.5	0	70	1	0	1	23	350	350	0	0.2
Beef Strip Steakette	100	4.5	1.5	0	40	3	0	0	13	230	225	0	1.25
Bacon Chip	60	4	1.5	0	15	1	0	0	5	270	75	0	0.3
Vegetarian Falafel (3 EA)	150	8	0.5	0	0	17	3	3	5	280	200	75	1.5
Marinated Tofu	130	6	0	0	0	13	0	12	6	15	100	125	0.75
Marinated Tofu (Poke)	100	6	1	0	0	1	1	0	12	0	150	225	1.5

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Egg (Hardboiled / Soft-boiled)	80	6	2	0	210	1	0	1	7	70	75	20	0.5
Spicy Salmon Poke	110	5	1	0	40	2	0	1	17	170	250	10	0
Teriyaki Salmon	130	4	0	0	40	7	0	6	17	580	350	10	0
Spicy Tuna Poke	100	3	0	0	35	2	0	1	20	125	300	0	0
Ponzu Ahi Tuna	100	0	0	0	35	2	0	1	20	430	400	0	0
Combo Spicy Tuna & Salmon	200	8	1	0	55	3	0	3	35	280	550	10	1
Ponzu Prawns	70	1	0	0	90	2	0	1	14	690	10	50	1
Teriyaki Tofu	130	6	1	0	0	8	1	6	13	480	175	225	1

Smoothies

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)	Mg (mg)	Vit C (mg)	Vit A (mcg)	Vit K (mcg)	Vit E (mcg)	Vit B12 (mcg)
Chocolate Peanut Butter (12 oz)	450	19	5	0	15	57	7	38	16	230	700	230	2.8	0	0	0	0	0	0
Chocolate Peanut Butter (16 oz)	700	28	7	0	20	93	11	60	25	340	1160	340	4.4	0	0	0	0	0	0
Chocolate Peanut Butter (24 oz)	950	38	10	0	25	129	16	83	34	440	1610	460	5.9	0	0	0	0	0	0
Mixed Berry (12 oz)	120	0	0	0	0	28	3	19	2	45	330	30	0.5	0	0	0	0	0	0
Mixed Berry (16 oz)	210	1	0	0	0	48	5	31	3	60	540	45	0.8	0	0	0	0	0	0
Mixed Berry (24 oz)	260	1	0	0	0	60	6	40	4	70	710	55	0.9	0	0	0	0	0	0
Strawberry Banana Boost (12 oz)	270	4	2	0	15	53	4	40	7	220	660	210	0.6	0	0	0	0	0	0
Strawberry Banana Boost (16 oz)	400	6	3.5	0	20	81	6	61	11	320	1010	320	1	0	0	0	0	0	0
Strawberry Banana Boost (24 oz)	530	8	4.5	0	25	106	7	80	14	420	1310	420	1.3	0	0	0	0	0	0
Lean Power Greens (12 oz)	470	26	16	0	0	42	10	18	24	210	1960	330	6.8	105	37	565	587	3.2	0
Lean Power Greens (16 oz)	690	37	21	0	0	67	15	32	33	240	2500	350	7.7	115	41	568	595	4	0
Lean Power Greens (24 oz)	1020	51	32	0	0	106	23	49	50	420	4190	670	14	210	75	1131	1175	6.4	0
Berry Litt (12 oz)	190	3	0	0	0	24	4	15	15	160	240	25	0.7	0	0	0	0	0	0
Berry Litt (16 oz)	250	3.5	0	0	0	32	6	19	23	210	340	35	0.9	0	0	0	0	0	0
Berry Litt (24 oz)	410	6	0	0	0	58	11	35	32	290	660	80	1.9	0	0	0	0	0	0
Freshii Green (12 oz)	440	27	18	0	0	46	8	23	7	75	1150	125	3	10	3.8	2.6	7.9	0.8	0
Freshii Green (16 oz)	660	44	27	0	0	64	13	32	11	125	1780	240	5	20	7.5	5.3	16	1.6	0
Freshii Green (24 oz)	850	54	36	0	0	87	15	46	13	140	2140	250	6	20	7.5	5.3	16	1.6	0
Golden Tropical Elixir (12 oz)	280	15	13	0	0	35	4	24	3	65	510	30	1.7	0	0	0	0	0	500
Golden Tropical Elixir (16 oz)	340	15	13	0	0	50	5	35	4	75	700	45	1.9	0	0	0	0	0	500
Golden Tropical Elixir (24 oz)	590	30	25	0	0	77	7	56	5	110	1020	65	3.5	0	0	0	0	0	1000

Smoothie Bowls

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)	Mg (mg)	Vit C (mg)	Vit A (mcg)	Vit K (mcg)	Vit E (mcg)	Vit B12 (mcg)
Chocolate Peanut Butter Smoothie Bowl	810	44	24	0	15	90	18	51	21	245	950	240	3.1	0	7	13	0	0	0
Mixed Berrii Smoothie Bowl	480	25	19	0	0	61	14	32	7	60	580	40	0.8	0	7	13	0	0	0
Strawberry Banana Smoothie Bowl	630	29	21	0	15	86	15	53	12	235	910	220	0.9	0	7	13	0	0	0

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)	Mg (mg)	Vit C (mg)	Vit A (mcg)	Vit K (mcg)	Vit E (mcg)	Vit B12 (mcg)
Lean Power Greens Smoothie Bowl	640	40	32	0	0	68	15	37	8	80	760	40	2	0	7	13	0	0	500
Berry Litt Smoothie Bowl	550	28	19	0	0	57	15	28	20	175	490	35	1	0	7	13	0	0	0
Freshii Green Smoothie Bowl	800	52	37	0	0	79	19	36	12	90	1400	135	3.3	10	10.8	15.6	7.9	0.8	0
Golden Tropical Elixir Smoothie Bowl	640	28	19	0	0	57	15	28	20	175	490	35	1	0	7	13	0	0	0

Sauces & Dressings

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Hot Honey Mustard Sauce	290	30	3	0	0	10	0	10	0.4	150	20	0	0.2
Pesto Vinaigrette	250	27	4	0	0	0	0	0	0.2	150	20	10	0.3
Green Goddess Ranch Dressing	60	5	1	0	10	3	0	2	1	130	75	40	0.1
Sriracha Mayo	190	19	3	0	10	4	1	3	0	610	30	10	0.1
BBQ Pangoa Fiery Sauce	80	0	0	0	0	19	0	18	0.3	210	75	10	0.3
Teriyaki Glaze	50	0	0	0	0	12	0	10	1	790	50	0	0
Peanut Sauce	70	4	2	0	0	7	1	5	1	250	60	10	0.3
Sauce Ponzu Lime	10	0	0	0	0	2	0	1	0	450	0	0	0.1
Balsamic Vinaigrette	110	10	1	0.1	0	5	0	4	0.2	220	25	5	0.2
Cilantro Lime Vinaigrette	160	16	1	0.1	0	4	0	3	0.2	170	35	5	0.2
Creamy Chipotle Dressing	100	9	1	0	5	4	0	3	1	200	30	15	0.2
Hot Cayenne Sauce	5	0	0	0	0	1	1	0	0.3	1050	20	0	0.1
Greek Dressing	140	15	2	0	0	1	0	0	0.4	230	10	5	0.2
Greek Yogurt Caesar	70	4.5	1	0	5	6	0	5	1	200	40	30	0.1
Greek Yogurt Ranch	60	4.5	1	0	5	3	0	2	1	115	35	25	0.1
Lemon Juice	10	0	1	0	0	2	0	1	1	5	20	2	0.1
Lemon Zaatar Dressing	100	11	1.5	0	0	2	0	2	0	200	20	15	0.3
Olive Oil	240	27	4	0	0	0	0	0	0	1	0	0	0.1
Salsa Fresca	10	0	0	0	0	2	0	1	0.3	50	60	5	0.2
Spicy Lemongrass Broth	10	0.4	0	0	0	1	0	1	0.1	95	40	5	0.2
Spicy Yogurt	60	0.5	0.4	0	0	11	0	10	1	120	45	30	0.1
Sesame Thai Vinaigrette	150	12	1	0	0	9	8	8	1	310	60	40	0.4
Tahini Sauce	30	1.5	0.5	0	5	3	0	2	1	260	45	45	0.5

Add-Ons

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Braised Red Cabbage	50	3	0	0	0	6	1	5	1	150	125	20	0.4
Spicy Broccoli	80	6	1	0	0	7	2	4	2	700	200	30	0.5
Roasted Sweet Potato bites	110	3	0	0	0	20	3	4	2	270	350	30	0.5
Boiled Sweet Potato bites	95	0	0	0	0	19	4	5	2	60	350	35	0.5
Lemon Herb Quinoa	90	1.5	0	0	0	15	2	0	3.5	25	150	20	1.25

Item	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Potas. (mg)	Calc. (mg)	Iron (mg)
Lemon Herb Crunch (Gluten Free)	25	0.5	0	0	0	5	1	1	1	30	20	10	0.4
Crispy Fried Onions	50	3.5	0.5	0	0	6	0	0	0.5	100	22	20	0
Brown Rice	70	1.5	0	0	0	13	1	0	2	250	50	10	0.3
Field Greens	5	0	0	0	0	2	1	0	1	15	125	30	0.4
Avocado	25	2	0	0	0	2	1	0	0	5	75	0	0.1
Edamame	45	2	0	0	0	4	1	0	4	5	200	75	1.25
Pickled Red Onion	15	0	0	0	0	4	0	3	0	220	40	0	0.1
Crispy Wontons	50	2	0	0	0	7	0	0	2	85	20	0	0.4
Egg, Whole Soft Boiled	80	6	2	0	210	1	0	1	7	70	75	20	0.5
Rice Noodles, Cooked	108	0.2	0	0	0	24	1	0	1.8	19	4	4	0.15

Allergen Guide

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

ALLERGEN DISCLAIMER

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. No warranty is expressed or implied regarding its accuracy, and specific promotional or regional items may not be included. 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. Although we take precautions, we cannot guarantee a 100% allergen-free environment.

✓ = Contains allergen **MC** = May contain

Vegan no meat, fish, seafood, dairy, egg or honey

Vegetarian no meat, fish or seafood; may have dairy, egg, honey

Contains Meat beef, pork or poultry

Contains Fish finfish, or fish-based sauce / seasoning

Contains Seafood shellfish / crustaceans (e.g. shrimp)

Breakfast

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Bacon & Cheese Pocket	✓	✓	✓										Contains Meat
Veggii & Egg Pocket	✓	✓	✓										Vegetarian
Steak, Egg & Cheese Burrito	✓	✓	✓										Contains Meat
Green Eggs and Kale Bowl	✓	✓	✓	✓						✓			Vegetarian
Huevos Bowl	✓	✓	✓	✓						✓			Vegetarian

Pockets

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Chicken Pesto Cranberry Pocket	✓	✓											Contains Meat
Chipotle Steak Pocket	✓	✓		✓						✓	✓		Contains Meat
Spicy BBQ Chicken Pocket	✓	✓		✓						✓	✓	✓	Contains Meat

Poke Bowls

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Tuna Poke Bowl	✓		✓	✓			✓			✓	✓	✓	Contains Fish
Salmon Poke Bowl	✓		✓	✓			✓			✓	✓	✓	Contains Fish
Shrimp Poke Bowl	✓		✓	✓			✓	✓		✓	✓	✓	Seafood Fish
Tofu Poke Bowl	✓		✓	✓			✓			✓	✓	✓	Contains Fish
Spicy Tuna Poke Bowl	✓		✓	✓			✓			✓	✓	✓	Contains Fish
Spicy Salmon Poke Bowl	✓		✓	✓			✓			✓	✓	✓	Contains Fish
Combo Poke Bowl (Tuna & Salmon)	✓		✓	✓			✓			✓	✓	✓	Contains Fish

Energy Bowls

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Buddha's Satay Bowl w/ Chicken	✓			✓	✓					✓		MC	Contains Meat
Mercado Sol Bowl w/ Chicken	✓	✓	✓	✓						✓		✓	Contains Meat
Oaxaca Bowl	✓	✓		✓						✓		MC	Vegetarian
Spicy Buffalo Bowl		✓											Vegetarian
Teriyaki Bowl w/ Chicken	✓		✓	✓						✓		✓	Contains Meat
Tex Mex Bowl		✓										MC	Vegetarian
Hot Honey Mustard Bowl w/ Chicken	✓									✓	✓	✓	Contains Meat
Chicken Pesto Parm Bowl		✓	✓							✓	✓	✓	Contains Meat

Lifestyle Bowls

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Harmony Bowl		✓				✓					✓	✓	Contains Meat
Macro Balance Bowl		✓	✓	✓								✓	Contains Meat
Protein Power Bowl		✓	✓									✓	Contains Meat

Heartii Bowls

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
BBQ Chicken Salad	✓	✓	✓	✓						✓		✓	Contains Meat
Updated Kale Caesar Bowl		✓	✓	✓						✓	✓		Contains Meat
Habibi Bowl		✓	✓	✓						✓	✓	✓	Vegetarian

Salad Bowls

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Berrii Crunchii Salad		✓				✓				✓	✓	✓	Vegetarian
Cobb Salad		✓	✓										Contains Meat
Fiesta Salad	✓	✓									✓	MC	Vegetarian
Kale Caesar Salad		✓								✓	✓	MC	Vegetarian

Burritos

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Oaxaca Burrito	✓	✓		✓						✓		MC	Vegetarian
Spicy Buffalo Burrito	✓	✓											Vegetarian
Tex Mex Burrito	✓	✓										MC	Vegetarian
Mercado Sol Burrito w/ Chicken	✓	✓	✓	✓						✓		✓	Contains Meat
Hot Honey Mustard Burrito w/ Chicken	✓									✓	✓	✓	Contains Meat
Chicken Pesto Parm Burrito	✓	✓	✓							✓	✓	✓	Contains Meat
Buddha's Satay Burrito	✓			✓	✓					✓		MC	Contains Meat
Teriyaki Twist Burrito	✓		✓	✓						✓		✓	Contains Meat

Wraps

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Berrii Crunchii Wrap	✓	✓				✓				✓	✓	✓	Vegetarian
Cobb Wrap	✓	✓	✓										Contains Meat
Fiesta Wrap	✓	✓									✓	MC	Vegetarian
Kale Caesar Wrap	✓	✓								✓	✓	MC	Vegetarian

Sides

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Sweet Potato Bites (with hot honey mustard dip)											✓	✓	Vegetarian
Waffle Fries (with Green Goddess ranch dip)		✓	✓									✓	Vegetarian

Soup

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Creamy roasted tomato soup (12 oz)	✓	✓		✓									Vegetarian
Spicy Lemongrass Soup				✓						✓			Vegan

Kids Menu

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Kids Cheesy Chicken Pocket	✓	✓											Contains Meat
Power Bowl	✓			✓									Contains Meat
Super Kids Salad		✓											Contains Meat

Proteins

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Chicken Breast Oven Roast													Contains Meat
Beef Strip Steakette													Contains Meat
Bacon Chip													Contains Meat
Falafel													Vegan
Marinated Tofu				✓						✓			Vegan
Teriyaki Tofu (Poke)	✓			✓									Vegan
Egg (Hardboiled / Softboiled)			✓										Vegetarian
Spicy Salmon Poke				✓			✓			✓			Contains Fish
Teriyaki Salmon	✓			✓			✓						Contains Fish
Spicy Tuna Poke				✓			✓			✓			Contains Fish
Ponzu Ahi Tuna	✓			✓			✓						Contains Fish
Combo Spicy Tuna & Salmon				✓			✓			✓			Contains Fish
Ponzu Shrimp	✓			✓			✓	✓					Seafood Fish
Shrimp, Cooked (Non-Marinated)								✓					Seafood

Sweet Treats

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Peanut Butter Energii Bites				✓	✓								Vegan
Coca Energii Bites				✓									Vegan
Coconut Chia Pudding													Vegetarian

Smoothies

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Chocolate Peanut Butter		✓			✓								Vegetarian
Mixed Berry												✓	Vegan
Strawberry Banana Boost		✓											Vegetarian
Lean Power Greens		✓		✓									Vegetarian
Berry Lift		✓		✓		✓							Vegetarian
Freshii Green													Vegan
Golden Tropical Elixir													Vegetarian

Smoothie Bowls

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Chocolate Peanut Butter Smoothie Bowl		✓			✓							✓	Vegetarian
Mixed Berrii Smoothie Bowl												✓	Vegan
Strawberry Banana Smoothie Bowl		✓										✓	Vegetarian
Lean Power Greens Smoothie Bowl		✓		✓								✓	Vegetarian
Berry Lift Smoothie Bowl		✓		✓		✓						✓	Vegetarian
Freshii Green Smoothie Bowl												✓	Vegan
Golden Tropical Elixir Smoothie Bowl												✓	Vegetarian

Sauces & Dressings

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Creamy Chipotle Dressing	✓	✓		✓						✓	✓		Vegetarian
Cilantro Lime Vinaigrette											✓		Vegan
Spicy Yogurt	✓	✓		✓						✓			Vegetarian
Greek Yogurt Ranch		✓											Vegetarian
Greek Dressing		✓									✓	MC	Vegetarian
Greek Yogurt Caesar		✓									✓	MC	Vegetarian
Salsa Fresca												MC	Vegan
Wasabi Aioli	✓		✓	✓							✓		Vegetarian
Sesame Thai Vinaigrette	✓			✓						✓			Vegan
Honey Mustard Dressing											✓	✓	Vegetarian
Lemon Zaatar Dressing										✓			Vegan
Ponzu Lime Sauce	✓			✓			✓						Contains Fish
Hot Cayenne Sauce													Vegan
Chili Sriracha Sauce												✓	Vegan
Mayonnaise			✓								MC		Vegetarian
Lemon Juice												✓	Vegan
Spicy Lemongrass Broth				✓						✓			Vegan
Balsamic Vinaigrette											✓	✓	Vegetarian
Green Goddess Ranch Dressing		✓	✓									✓	Vegetarian
BBQ Pangoa Fiery Sauce	✓			✓						✓			Vegan
Teriyaki Glaze	✓			✓									Vegan
Peanut Sauce				✓	✓					✓		MC	Vegan
Sriracha Mayo			✓									✓	Vegetarian
Wasabi Mayo			✓								✓		Vegetarian
Olive Oil													Vegan
Tahini Sauce										✓		MC	Vegan
Pesto Vinaigrette		✓	✓								✓	✓	Vegetarian

Bases

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Kale													Vegan
Romaine													Vegan
Field Greens													Vegan
Lemon Herb Quinoa										✓			Vegan
Brown Rice													Vegan
Rice Noodles													Vegan
Whole Wheat Tortilla	✓												Vegan

Toppings

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Aged Cheddar		✓											Vegetarian
Avocado													Vegan
Bacon													Contains Meat
Beet Slaw													Vegetarian
Black Beans													Vegan
Broccoli													Vegan
Cucumber													Vegan
Cabbage													Vegan
Carrots													Vegan
Cherry Tomatoes													Vegan
Cilantro													Vegan
Green Apple												✓	Vegan
Green Onion													Vegan
Jalapenos													Vegan
Mushrooms													Vegan
Tomatoes													Vegan
Red Onion													Vegan

Toppings (cont.)

Item	Glu	Milk	Egg	Soy	Pnut	TNut	Fish	Crus	Moll	Ses	Must	Sulf	Diet
Strawberries													Vegan
Mango													Vegan
Corn													Vegan
Edamame				✓									Vegan
Waffle Fries													Vegan
Crispy Chickpeas													Vegan
Crispy Wontons	✓												Vegan
Seasoning Rice Furikake Nori	✓			✓			✓			✓			Contains Fish
Crunch Fried Onion Topping	✓												Vegan
Lemon & Herb Seasoning										✓			Vegan
Cajun Seasoning													Vegan
Dried Cranberries													Vegan
Feta Cheese		✓											Vegetarian
Hemp Seeds													Vegan
Hot Black Bean													Vegan
Olives (Kalamata)													Vegan
Parmesan Cheese		✓											Vegetarian
Sesame Seeds										✓			Vegan
Walnuts					MC	✓							Vegan
Mediterranean Crunch										✓			Vegan
Spicy Broccoli (Roasted & Steamed)													Vegan
Sweet Potato (Roasted & Steamed)													Vegan
Braised Red Cabbage													Vegan
Pickled Red Onion												✓	Vegan