



# Nutrition & Allergen Guide

*The nutrition information provided is based on standard serving sizes and preparation methods. Addition of proteins and/or other food items will alter nutrition and allergen content. Variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences, may affect the nutrition values for each product. In addition, product formulations change periodically. You should expect some variation in the nutrient content of the products purchased in our restaurants. Although efforts are made to avoid cross-contamination of allergens, Freshii does not guarantee that cross-contamination with allergens will not occur. Freshii, its franchisees and its employees do not assume responsibility for any sensitivity or allergy caused by a food product provided in our restaurants.*



## Nutrition Guide

<b>Salads</b> Dressings / Sauces Included	<b>Calories</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Bacon Ranch	280	18	6	0.2	35	610	17	5	8	14
Cobb	450	31	10	0.3	250	740	22	8	6	27
Fiesta	480	36	6	0.2	20	540	33	9	6	23
Market	540	27	6	0.2	20	640	68	12	37	11
Kale Caesar	560	31	5	0.2	30	1010	51.5	11	7.5	22
Sesame Crunch	220	14	1.5	0	0	360	21	5	11	4

<b>Wraps</b> Dressings / Sauces Included	<b>Calories</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Bacon Ranch	500	23	9	0.3	30	1020	58	9	7	20
Cobb	710	38	13	0.3	250	1160	62	11	5	33
Fiesta	690	38	9	0.2	20	930	74	13	7	19
Market	740	35	8	0.2	20	830	94	12	26	17
Kale Caesar	720	34	9	0.2	29	1230	76	15	4	27
Sesame Crunch	490	23	4.5	0.1	0	860	64	9	12	11

<b>Bowls</b> Dressings / Sauces Included	<b>Calories</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Chipotle Cheddar	790	27	6	0.2	20	820	122	13	11	22
Pangoa	700	19	6	0.2	20	490	118	13	27	19
Teriyaki Twist	470	9	1	0	0	810	90	8	12	14
Oaxaca	580	16	2	0.1	0	440	100	13	23	15
Tex Mex	640	23	6	0.2	25	470	90	12	6	19
Buddha's Satay	480	16	7	0	0	970	83	7	18	11
Bamboo	540	19	12	0	10	420	80	9	9	12
Smokehouse	480	10	5	0	20	325	89	8	20	17
Southwest BBQ	450	8	1.5	0	5	340	88	6	23	9
Mediterranean	470	24	5	0.2	20	950	50	9	10	16

<b>Burritos</b> Dressings / Sauces Included	<b>Calories</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Chipotle Cheddar	720	25	8	0.3	20	1120	107	16	10	24
Pangoa	860	26	9	0	20	905	136	17	23	25
Teriyaki Twist	650	17	4	0	0	940	108	12	9	20
Oaxaca	730	24	5	0	0	880	130	17	20	21
Tex Mex	710	28	8	0.2	25	920	99	15	6	23
Buddha's Satay	720	23	8	0	0	1150	115	12	15	18
Bamboo	650	21	11	0	5	720	100	12	7	16
Smokehouse	650	18	7	0.2	20	780	107	12	17	22
Southwest BBQ	520	13	4	0.1	0	690	93	10	15	13
Mediterranean	620	29	8	0	20	1235	76	12	8	21

<b>Soups</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Saturated Fat (g)</b>	<b>Trans Fat (g)</b>	<b>Cholesterol (mg)</b>	<b>Sodium (mg)</b>	<b>Carbohydrates (g)</b>	<b>Dietary Fiber (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>
Spicy Lemongrass	240	3.5	0.4	0	0	1520	47	1	11	4
Large Spicy Lemongrass	370	6	1	0	0	2860	76	4	19	5
Tortilla	350	16	3.5	0	5	940	44	8	8	9
Large Tortilla	760	27	6	0	10	2380	113	22	21	26

Smoothies (12 oz)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Peanut Butter	410	21	5	0.1	10	160	52	6	33	13
Freshii Green	200	6	1	0	0	55	38	7	20	3
Tropical Mango	250	12	11	0	0	15	36	3	26	2
Strawberrii Banana	220	3.5	2	0	10	150	45	3	33	5
Mixed Berrii	120	0	0	0	0	15	31	2	20	1

Smoothies (24 oz)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chocolate Peanut Butter	770	38	9	0.1	20	290	95	11	62	25
Freshii Green	370	11	1.5	0	0	105	71	12	36	6
Tropical Mango	470	23	20	0	0	30	66	6	49	4
Strawberrii Banana	430	7	3.5	0.1	20	290	88	6	65	9
Mixed Berrii	200	0.5	0	0	0	20	50	3	33	2

Smoothie Add Ons	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Whey Protein Powder	30	0	0	0	0	20	0	0	0	8
Vegan Protein Powder	30	0.5	0.1	0	0	63	1.2	0.2	0.2	5

Sweet Treats	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Peanut Butter Energii Bites	270	16	6	0	0	80	26	4	12	7
Cocoa Energii Bites	230	12	5	0	0	45	31	5	17	5
Chia Pudding	330	23	13	0	0	15	30	9	20	8
Frozen Yogurt	260	4	2	0	10	120	52	0	50	8

Breakfast Dressings / Sauces Included	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kale, Mushroom. & Cheese Pocket	300	16	7	0.2	200	665	26	3	3	13
Bacon, Egg & Cheese Pocket	410	25	10	0.2	230	970	27	3	3	22
Ranchero Burrito	700	37	11	0.2	370	1230	67	13	6	28
Steak, Egg & Cheese Burrito	630	33	11	1	400	1530	49	5	4	36
Huevos Bowl	450	28	8	0.2	400	850	34	6	19	19
Green Eggs & Kale Bowl	280	20	7	0.2	400	770	11	1	6	15
Call Smoothie Bowl	490	21	12	0	0	125	76	10	38	11
Greek Yogurt Parfait	420	11	4	0	20	85	75	11	40	13
Hard Boiled Eggs (2)	140	12	4	0	460	150	2	0	2	14

Kid's Menu / School Lunch Program Dressings / Sauces Included	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Cheesy Chicken Pocket	300	14	8	0.4	55	690	25	3	1	19
Kids Ceasar Wrap	600	27	9	0.3	55	1480	64	8	14	28
Kids Power Bowl	390	4.5	1	0	25	810	72	3	9	16
Super Kids Salad	180	10	4	0.2	45	440	9	2	4	14

Proteins	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chicken	90	1	0	0	45	380	3	0	0	16
Steak	90	4	1	1	30	510	0	0	0	13
Tofu	80	4	1	0	0	90	3	0	2	7
Falafel	160	9	2	0	0	290	18	4	3	5
Hard Boiled Eggs (2)	140	12	4	0	460	150	2	0	2	14

Dressings & Sauces Per 30 ml	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Balsamic Vinaigrette	150	16	1.5	0	0	170	3	0	3	0
Balsamic Vinegar	30	0	0	0	0	10	5	0	5	0
Cilantro Lime Vinaigrette	120	13	1	0	0	150	2	0	1	1
Greek Yogurt Caesar	70	6	1	0	5	250	2	0	2	1
Fiery Bbq	80	0	0	0	0	220	20	0	18	1
Greek Yogurt Caesar	50	4	1	0	6	130	2	0	1	2
Greek Yogurt Ranch	40	3	0	0	5	90	2	0	1	2
Green Curry	40	3	2	0	0	90	2	0	1	1
Lemon Juice	10	0	0	0	0	0	2	0	1	0
Olive Oil	240	27	4	0	0	0	0	0	0	0

Red Pepper	40	3	0	0	0	190	2	0	2	0
Salsa Fresca	5	0	0	0	0	30	1	0	1	0
Spicy Lemongrass	50	2	0	0	0	380	6	0	5	4
Spicy Peanut	70	4	2	0	0	270	7	1	5	1
Spicy Yogurt	60	1	0	0	0	80	13	0	12	1
Frank's Hot Sauce	30	0	0	0	0	480	6	0	6	0
Teriyaki	20	0	0	0	0	350	5	0	4	0