



Menu & Nutrition

The nutrition information listed here is based on standard recipes and is shown as single serving portion. Slight variations may occur due to seasonal changes or use of an alternate vendor. Addition of proteins and/or other food items will alter nutrition values. Freshii, its franchisees and its employees do not assume responsibility for any sensitivity or allergy to any food product provided in our restaurants. We strive for continuous quality improvement and often try new products. Therefore, nutritional content is subject to change.



Nutrition Guide

Lunch / Dinner

Salads Dressings / Sauces Included	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Metaboost	560	40	7	0	20	230	25	8	12	14
Cobb	610	42	11	0	220	1290	38	8	21	24
Fiesta	540	44	7	0	20	610	29	9	7	10
Market	610	31	6	0	20	830	78	11	43	11
Buffalo	250	16	6	0	25	1130	15	6	7	14
Zen	390	30	2	0	0	480	26	7	10	10

Wraps Dressings / Sauces Included	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Metaboost	690	38	8	0	20	640	62	11	10	21
Cobb	785	43	14	0	220	1490	72	11	13	31
Fiesta	675	37	9	0	20	890	70	13	6	18
Market	785	32	9	0	20	1010	111	15	35	18
Buffalo	490	20	9	0	25	1460	59	10	7	19
Zen	570	26	4	0	0	770	70	12	10	18

Bowls Dressings / Sauces Included	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pangoa	770	19	6	0	20	1780	130	13	53	17
Teriyaki Twist	450	10	1	0	0	1490	80	8	17	13
Oaxaca	610	18	3	0	5	850	96	13	25	16
Mediterranean	510	25	5	0	0	1470	56	11	11	17
Buddha's Satay	510	21	6	0	0	460	70	6	7	13

Burritos Dressings / Sauces Included	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Tex Mex	740	29	9	0	25	970	100	16	7	24
Khao San	680	27	6	0	0	1010	93	13	10	22
Smokehouse	660	18	8	0	20	1030	100	12	14	22
Baja	670	32	5	0	0	730	83	14	8	15

Soups	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Spicy Lemongrass	300	3	0	0	2	1300	60	4	8	7
Superfood	170	2	0	0	0	1150	30	5	5	7
Southwestern	370	11	5	0	22	1120	55	7	4	14

Juices	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Green Energy	120	0	0	0	0	45	21	2	12	2
Mighty Detox	130	0	0	0	0	90	25	2	17	1
Carrot Zinger	130	0	0	0	0	60	30	2	20	2
Red Power	110	0	0	0	0	75	23	2	14	2

Smoothies Made with low-fat frozen yogurt	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Freshii Green	370	12	1	0	10	140	64	5	55	10
Banana Nut Crunch	590	26	2	0	10	120	85	7	65	16
Powerhouse	410	16	11	0	10	130	65	2	57	10
Strawberry Banana	380	5	0	0	10	120	83	4	66	10

Frozen Yogurt	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Low-Fat Frozen Yogurt	260	4	2	0	10	120	52	0	50	8



Nutrition Guide

Proteins / Dressings & Sauces / Breakfast

Proteins

*Per 1 serving

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chicken	80	1	0	0	60	370	0	0	0	17
Steak	140	7	3	0	40	660	1	0	1	17
Tofu	80	4	1	0	0	90	3	0	2	7
Falafel	150	8	1	0	0	320	17	4	2	5

Dressings & Sauces

*Per 60ml

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Asian Sesame	215	22	2	0	0	350	2	0	2	1
Balsamic Vinaigrette	300	30	3	0	0	70	5	0	4	0
Balsamic Vinegar	60	0	0	0	0	15	10	0	10	0
Buffalo	15	0	0	0	0	1895	2	1	1	0
Cilantro Lime Vin.	280	25	2	0	0	350	5	0	3	0
Fiery Bbq	160	1	0	0	0	1040	34	0	32	0
Greek Yogurt Ranch	100	7	1	0	4	290	4	0	2	5
Honey Dijon	205	14	1	0	0	515	20	0	17	0
Lemon Juice	15	0	0	0	0	0	4	0	2	0
Olive Oil	475	54	7	0	0	1	0	0	0	0
Red Pepper	55	3	0	0	0	890	5	1	4	0
Salsa Fresca	15	0	0	0	0	60	3	1	2	1
Spicy Lemongrass	80	3	0	0	0	750	14	0	7	1
Spicy Peanut	140	12	4	0	0	250	6	1	3	4
Spicy Yogurt	100	2	1	0	4	530	18	0	17	3
Sriracha	60	0	0	0	0	1200	12	0	12	0
Teriyaki	70	0	0	0	0	1395	15	0	14	0

G. Breakfast Burritos

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Ranchero	620	34	11	1	300	830	56	10	4	25
Steak, Egg & Cheese	670	33	13	1	340	1410	50	5	4	40

Grilled Egg Pockets

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Bacon, E. & Cheese	410	24	9	1	190	800	26	3	2	21
Sp, M. & Cheese	340	18	7	1	170	490	28	3	3	15

House-Made Oatmeal

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Apple Cinnamon	360	17	2	0	0	15	44	8	4	11
Blueberry Crumble	350	17	2	0	0	15	40	7	4	11
Cranberry A Crunch	385	13	2	0	0	15	60	9	18	11

Essentials

	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
G. Yogurt Parfait	490	10	3	0	10	290	85	5	50	18



Allergen Guide

x = contains / o = may contain / * = the only soy-derived ingredient is refined soybean oil

Salads

Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Metaboost		x	x			x	x	
Cobb		x		x			x	
Fiesta		x					x	
Market		x					x	
Buffalo		x						
Zen	x		x	o			x	

Wraps

Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Metaboost	x	x	x			x	x	
Cobb	x	x	*	x			x	
Fiesta	x	x	*				x	
Market	x	x	*				x	
Buffalo	x	x	*					
Zen	x		x	o			x	

Bowls

Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Pangoa	x	x	x				x	
Teriyaki Twist	x		x	o			x	
Oaxaca	x	x	x	o			x	
Mediterranean		x				x		
Buddha's Satay	x		x	o	x		x	

Burritos

Dressings / Sauces Included	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Tex Mex	x	x	*				x	
Khao San	x		x		x	x	x	
Smokehouse	x	x	x				x	
Baja	x		*				x	

Soups

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Spicy Lemongrass			x				x	
Superfood								
Southwestern		x						

Juices

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Green Energy								
Mighty Detox								
Carrot Zinger								
Red Power								

Smoothies

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Freshii Green		x						
Banana Nut Crunch		x				x		
Powerhouse		x						
Strawberry Banana		x						

Frozen Yogurt

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Low-Fat Frozen Yogurt		x						



Allergen Guide

x = contains / o = may contain / * = the only soy-derived ingredient is refined soybean oil

Proteins

*Per 1 serving

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Chicken								
Steak								
Tofu			x					
Falafel	x							

Dressings & Sauces

*Per 60ml

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Asian Sesame			x				x	
Balsamic Vinaigrette							x	
Balsamic Vinegar								
Buffalo								
Cilantro Lime Vin.							x	
Fiery Bbq	x		x				x	
Greek Yogurt Ranch		x						
Honey Dijon							x	
Lemon Juice								
Olive Oil								
Red Pepper								
Salsa Fresca								
Spicy Lemongrass			x				x	
Spicy Peanut			x		x		x	
Spicy Yogurt	x	x	x				x	
Sriracha								
Teriyaki	x		x					

G. Breakfast Burritos

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Ranchero	x	x	*	x			x	
Steak, Egg & Cheese	x	x	*	x			x	

G. Egg Pockets

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Bacon, E. & Cheese	x	x	*	x			x	
Sp, M. & Cheese	x	x	*	x			x	

House-Made Oatmeal

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Apple Cinnamon	o					x		
Blueberry Crumble	o					x		
Cranberry A Crunch	o					x		

Essentials

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
G. Yogurt Parfait	o	x	o			x	x	