



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.



Lunch / Dinner Menu

Salads

Buffalo

romaine, tomatoes, aged cheddar, carrots, celery, ranch dressing, buffalo sauce

Cobb

field greens and romaine, avocado, bacon, blue cheese, tomatoes, corn, honey dijon dressing

Fiesta

field greens, black beans, avocado, aged cheddar, corn, pico de gallo, cilantro lime vinaigrette

Market

field greens and spinach, quinoa, avocado, beet slaw, apples, dried cranberries, carrots, honey dijon dressing

Metaboost

field greens and spinach, kale, mangos, carrots, edamame, almonds, goat cheese, balsamic vinaigrette

Ninja

spinach and romaine, cabbage, edamame, carrots, cucumbers, cilantro, crispy wontons, asian sesame dressing

Wraps

Buffalo

romaine, tomatoes, aged cheddar, carrots, celery, ranch dressing, buffalo sauce

Cobb

field greens and romaine, avocado, bacon, blue cheese, tomatoes, corn, honey dijon dressing

Fiesta

field greens, black beans, avocado, aged cheddar, corn, pico de gallo, cilantro lime vinaigrette

Market

field greens and spinach, quinoa, avocado, beet slaw, apples, dried cranberries, carrots, honey dijon dressing

Metaboost

field greens and spinach, kale, mangos, carrots, edamame, almonds, goat cheese, balsamic vinaigrette

Ninja

spinach and romaine, cabbage, edamame, carrots, cucumbers, cilantro, crispy wontons, asian sesame dressing

Bowls

Buddha's Satay

rice noodles, crispy wontons, carrots, broccoli, cabbage, green onions, peanut sauce

Mediterranean

half quinoa and half field greens, red onions, kalamata olives, feta cheese, cucumbers, roasted red peppers, tomatoes, cilantro, almonds, red pepper sauce

Pangoa

brown rice, avocado, black beans, aged cheddar, corn, grape tomatoes, cilantro, lime wedge, fiery bbq sauce

Teriyaki Twist

brown rice, broccoli, carrots, edamame, cucumber, green onions, sesame seeds, crispy wontons, teriyaki sauce

Warrior

brown rice, corn, black beans, red onions, tomatoes, carrots, cajun spice, ranch dressing

Burritos

Baja

quinoa, avocado, red onions, cilantro, green onions, cabbage, salsa, pico de gallo

Bangkok

brown rice, spinach, cucumbers, mushrooms, carrots, cabbage, peanut sauce

Smokehouse

brown rice, black beans, red onions, tomatoes, corn, aged cheddar, spicy yogurt sauce

Tex Mex

brown rice, black beans, corn, avocado, aged cheddar, salsa, pico de gallo

Spicy Thai

quinoa, cabbage, carrots, cilantro, edamame, spicy lemongrass sauce

Soups

Asian Vegetable

vegetable broth, rice noodles, spinach, corn, edamame, carrots, celery

Southwestern

chicken broth, brown rice, broccoli, tomatoes, corn, aged cheddar

Spicy Lemongrass

spicy lemongrass broth, rice noodles, cabbage, carrots, tomatoes, mushrooms, cilantro

Frozen Yogurt

Low-Fat Froyo

low-fat frozen yogurt with your choice of two toppings

Juices

Carrot Zinger

carrot, apple, ginger

Green Energy

apple, cucumber, lemon, carrot, romaine, spinach, kale

Mighty Detox

pineapple, apple, cucumber, celery, ginger

Red Power

beet, carrot, lemon, ginger

Smoothies

Banana Nut Crunch

banana, almonds, walnuts, low-fat frozen yogurt

Freshii Green

kale, spinach, pineapple, avocado, low-fat frozen yogurt

Powerhouse

pineapple, mint, coconut milk, low-fat frozen yogurt

Strawberry Banana

banana, strawberries, low-fat frozen yogurt



Nutrition

Salads

Dressings / Sauces Included

Chef-Designed Menu Item	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)
Buffalo	230	16	5	0	24	455	13	5	7	12
Cobb	550	38	10	0	44	1245	38	8	20	18
Fiesta	530	40	7	0	20	600	28	9	7	10
Market	550	26	2	0	0	615	77	12	42	8
Metaboost	560	40	7	0	20	232	25	8	12	14
Ninja	350	28	2	0	0	455	21	6	6	9

Wraps

Dressings / Sauces Included

Chef-Designed Menu Item	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)
Buffalo	520	24	8	0	24	920	60	10	8	20
Cobb	840	46	13	0	44	1710	82	13	21	26
Fiesta	810	48	10	0	20	1055	70	12	8	18
Market	840	34	5	0	0	1085	120	17	43	16
Metaboost	850	48	10	0	20	700	70	13	13	22
Ninja	640	36	5	0	0	925	65	11	7	17

Bowls

Dressings / Sauces Included

Chef-Designed Menu Item	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)
Buddha Satay	570	22	7	0	0	1430	85	6	19	13
Mediterranean	510	25	5	0	20	1470	56	11	11	17
Pangoa	770	19	6	0	20	1777	130	13	53	17
Teriyaki	500	14	2	0	0	1490	82	9	17	14
Warrior	550	17	3	0	30	1390	88	9	8	10

Burritos

Dressings / Sauces Included

Chef-Designed Menu Item	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)
Baja	510	17	5	0	0	780	76	13	6	14
Bangkok	640	25	8	0	0	1370	93	9	15	17
Smokehouse	600	18	8	0	20	890	93	9	13	19
Spicy Thai	480	13	4	0	0	875	78	10	8	16
Tex Mex	630	24	8	0	20	910	88	13	5	18



Nutrition

Soups

Chef-Designed Menu Item	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 Vegetable	315	2	0	0	0	1473	65	5	7	9
Southwestern	370	11	4	0	26	585	53	5	4	15
S. Lemongrass	350	6	1	0	6	825	65	4	8	9

Frozen Yogurt

Chef-Designed Menu Item	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)
Frozen Yogurt	260	4	2	0	10	120	52	0	50	8

Juices

Chef-Designed Menu Item	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)
Carrot Zinger	130	0	0	0	0	60	30	2	20	2
Green Energy	120	0	0	0	0	45	21	2	12	2
Mighty Detox	130	0	0	0	0	90	25	2	17	1
Red Power	110	0	0	0	0	75	23	2	14	2

Smoothies

Chef-Designed Menu Item	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)
B. Nut Crunch	610	28	4	0	12	150	80	5	68	17
Freshii Green	420	12	3	0	12	168	74	5	65	12
Powerhouse	468	17	12	0	12	154	75	2	68	11
S. Banana	438	5	3	0	12	145	94	4	77	11



Nutrition

Dressings & Sauces

*2 fluid ounce portion

Chef-Designed Menu Item	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	212	22	2	0	0	350	2	0	2	1
Balsamic Vinaig.	300	30	3	0	0	70	5	0	4	0
Balsamic Vinegar	56	0	0	0	0	14	10	0	10	0
Buffalo	13	0	0	0	0	1895	2	1	1	0
Cilantro Lime	280	25	2	0	8	353	5	0	3	0
Fiery Bbq	160	1	0	0	0	1040	34	0	32	0
Greek Y. Ranch	105	9	2	0	5	285	3	0	3	5
Honey Dijon	205	14	1	0	0	515	20	0	17	0
Lemon Juice	13	0	0	0	0	0	4	0	2	0
Lemongrass	80	3	0	0	0	750	14	0	7	1
Olive Oil	475	54	7	0	0	1	0	0	0	0
Pico De Gallo	11	0	0	0	0	110	2	1	1	0
Red Bell Pepper	60	4	0	0	0	870	5	1	4	1
Salsa	16	0	0	0	0	460	4	1	3	0
Spicy Peanut	170	12	5	0	0	860	15	0	10	4
Spicy Yogurt	100	2	1	0	4	530	18	0	17	3
Striracha	60	0	0	0	0	1200	12	0	12	0
Teriyaki	68	0	0	0	0	1395	15	0	14	0

Proteins

*1 serving

Chef-Designed Menu Item	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	55	370	0	0	0	17
Tofu	30	1	0	0	0	265	2	0	1	2
Falafel	150	8	0	0	0	320	17	4	2	5
Steak	135	8	3	0	38	665	1	1	0	17
Turkey	75	3	1	0	48	305	0	0	0	11



Allergens

△ = the only soy-derived ingredient is refined soybean oil

○ = may contain

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Salads								
Buffalo		✓						
Cobb		✓					✓	
Fiesta		✓					✓	
Market							✓	
Metaboost		✓	✓			✓	✓	
Ninja	✓		✓	○			✓	
Wraps								
Buffalo	✓	✓	△					
Cobb	✓	✓	△				✓	
Fiesta	✓	✓	△				✓	
Market	✓		△				✓	
Metaboost	✓	✓	✓			✓	✓	
Ninja	✓		✓	○			✓	
Bowls								
Buddha Satay*	✓		✓	○	✓	○	✓	
Mediterranean		✓				✓		
Pangoa	✓	✓	✓				✓	
Teriyaki	✓		✓	○			✓	
Warrior		✓					✓	

* = may contain fish



Allergens

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○ = may contain

	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Burritos								
Baja	✓		△					
Bangkok*	✓		✓	○	✓	○	✓	
Smokehouse	✓	✓	✓				✓	
Spicy Thai	✓		✓				✓	
Tex Mex	✓	✓	△				✓	
Soups								
Asian Vegetable	○		✓					
Southwestern		✓	○				○	
S. Lemongrass			✓				✓	
Froyo								
Frozen Yogurt		✓						
Juices								
Carrot Zinger								
Green Energy								
Mighty Detox								
Red Power								
Smoothies								
Banana Nut Crunch		✓				✓		
Freshii Green		✓						
Powerhouse		✓				○		
Strawberry Banana		✓						

* = may contain fish



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	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Breakfast Grilled Burritos								
Ranchero	✓	✓	△	✓			✓	
Steak, Egg & Cheese	✓	✓	△	✓			✓	
Breakfast Egg Pockets								
Bacon, E. & Cheese	✓	✓	△	✓			✓	
Spinach, M. & Cheese	✓	✓	△	✓			✓	
Breakfast Oatmeals								
Apple Cinnamon	○					✓		
Blueberry Crumble	○					✓		
Cranberry A. Crunch	○					✓		
Breakfast Essentials								
2 Hard Boiled Eggs				✓				
Yogurt Parfait	○	✓	○			✓	✓	

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Allergens

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	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Dressings & Sauces								
Asian Sesame			✓				✓	
Balsamic Vinaig.							✓	
Balsamic Vinegar								
Buffalo								
Cilantro Lime							✓	
Fiery Bbq	✓		✓					
Honey Dijon							✓	
Lemon Juice								
Lemongrass			✓				✓	
Olive Oil								
Peanut*	○		✓		✓		✓	
Pico De Gallo								
Ranch		✓						
Red Bell Pepper						✓		
Salsa								
Spicy Yogurt	✓	✓	✓				✓	
Sriracha								
Teriyaki	✓		✓					

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Allergens

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	Wheat & Gluten	Milk	Soy	Eggs	Peanuts	Tree Nuts	Seeds	Shellfish
Protein								
Chicken			○					
Tofu	✓		✓					
Falafel	✓							
Steak								
Turkey								

* =may contain fish