

let's create it.

1 what can we custom build for you?

start with a "chef designed" item from our menu on the reverse

or

salad \$6.95

- romaine
- spinach
- freshii mix

bowl \$6.25

- warm brown rice
- rice noodles

wrap \$6.25

- brown rice
- romaine
- spinach
- freshii mix

—AND—

- classic
- grilled

soup \$5.99

- brown rice
- rice noodles

—AND—

- 100% vegetable
- classic chicken
- spicy lemongrass

2 premium toppings

1X 2X

CHEESE

- blue 1.00
- feta 0.75
- goat 1.00
- jack & cheddar 0.50
- shaved parmesan 0.75

FRUITS & VEGGIES

- avocado 1.00
- blueberries 0.50
- dried cranberries 0.50
- mango 0.50
- kalamata olives 0.50
- sundried tomatoes 0.75
- strawberries 0.50

NUTS

- chopped almonds 0.75
- walnuts 0.75

PROTEIN

- smoked bacon 1.25
- all natural chicken 2.00
- cajun 2.00
- bbq 2.00
- buffalo 2.00
- teriyaki 2.00
- grilled salmon 3.00
- grilled steak 3.00
- grilled tofu 2.00
- albacore tuna 2.00
- egg slices 0.50
- egg whites 0.50

double premium toppings cost double

3 unlimited toppings

- carrots
- broccoli
- black beans
- beets
- celery
- sweet corn
- mandarin oranges
- cucumbers
- edamame
- chick peas
- cilantro
- house croutons
- diced tomatoes
- mushrooms
- red onions
- roasted peppers
- artichoke hearts
- crispy wontons
- sunflower seeds
- bean sprouts
- green apple
- spinach

add any of the above to a chef designed item 0.25

4 dressings

LIGHT

- cucumber dill
- buffalo sauce (spicy)
- salsa (medium)
- sriracha (spicy)
- lemon juice
- olive oil
- balsamic vinegar

BALANCED

- balsamic vinaigrette
- ranch (low fat)
- poppy seed
- asian sesame
- lemongrass (spicy)
- low sodium soy
- spicy peanut
- sweet teriyaki

CLASSIC

- honey dijon
- creamy caesar
- blue cheese
- bbq sauce

SERVING SIZE

½ 1 1½ SIDE

extra side of dressing -0.50

fresh food custom built™

menu

freshii.com



follow freshii on
twitter and facebook

for locations, nutrition, catering,
delivery, and more, visit freshii.com

let's choose.

freshii burritos

burritos served with brown rice wrapped in a honey wheat tortilla

signature 7.99

Brown Rice, BBQ Chicken, Red Onions, Sweet Corn, Jack & Cheddar, Low Fat Ranch Dressing

vegetable 7.49

Brown Rice, Spinach, Roasted Red Peppers, Mushrooms, Diced Tomatoes, Goat Cheese, EVOO & Aged Balsamic Vinegar

bangkok 7.49

Brown Rice, Grilled Chicken, Carrots, Cucumbers, Mushrooms, Bean Sprouts, Warm Peanut Sauce

fiesta 7.99

Brown Rice, Cajun Chicken, Avocado, Black Beans, Sweet Corn, Diced Tomatoes, Jack & Cheddar, Salsa, Low Fat Ranch Dressing

grilled steak 7.99

Brown Rice, Grilled Steak, Diced Tomatoes, Mushrooms, Jack & Cheddar, Low Fat Ranch Dressing

freshii wraps

wraps served in a honey wheat tortilla

vegan 7.29

Spinach, Avocado, Carrots, Broccoli, Cucumbers, Sweet Corn, Chick Peas, Sundried Tomatoes, EVOO & Aged Balsamic Vinegar

buffalo chicken 7.59

Romaine, Buffalo Chicken, Diced Tomatoes, Celery, Carrots, Jack & Cheddar, Low Fat Ranch Dressing

cobb 8.29

Freshii Mix, Romaine, Grilled Chicken, Avocado, Smoked Bacon, Diced Tomatoes, Sweet Corn, Blue Cheese Crumbles, Honey Dijon Dressing

tuna garden 7.49

Freshii Mix, Albacore Tuna, Broccoli, Carrots, Celery, Cucumbers, Feta Cheese, Cucumber Dill Dressing

chicken club 7.99

Romaine, Grilled Chicken, Smoked Bacon, Diced Tomatoes, Jack & Cheddar, Honey Dijon Dressing

freshii bowls

served over warm rice noodles or brown rice

spicy noodle 7.49

Rice Noodles, Grilled Tofu, Chopped Almonds, Bean Sprouts, Cucumbers, Carrots, Cilantro, Spicy Lemongrass Sauce

asian noodle 7.59

Rice Noodles, Grilled Chicken, Cucumbers, Carrots, Edamame, Crispy Wontons, Warm Peanut Sauce

warrior chicken 7.79

Brown Rice, Cajun Chicken, Sweet Corn, Red Onions, Black Beans, Cilantro, Diced Tomatoes, Carrots, Low Fat Ranch Dressing

chicken teriyaki 7.89

Brown Rice, Teriyaki Chicken, Broccoli, Carrots, Bean Sprouts, Mushrooms, Warm Teriyaki Sauce

bliss 7.99

Brown Rice, Roasted Red Peppers, Mushrooms, Double Avocado, Diced Tomatoes, Goat Cheese, EVOO & Aged Balsamic Vinegar

freshii soup

built fresh to order

southwestern chicken 7.99

Classic Chicken Broth, Brown Rice, Cajun Chicken, Broccoli, Diced Tomatoes, Black Beans, Sweet Corn, Jack & Cheddar

spicy lemongrass 7.99

Spicy Lemongrass Broth, Rice Noodles, Grilled Chicken, Carrots, Diced Tomatoes, Mushrooms, Cilantro, Bean Sprouts

7 vegetable 7.99

100% Vegetable Broth, Brown Rice, Grilled Tofu, Spinach, Diced Tomatoes, Sweet Corn, Broccoli, Carrots, Celery

side soup

Small soup 2.99

includes choice of 2 Vegetable Toppings!

Classic Chicken

Spicy Lemongrass

100% Vegetable

freshii salads

tossed fresh to order

bbq chicken 8.59

Freshii Mix, Romaine, BBQ Chicken, Avocado, Sweet Corn, Cucumbers, Diced Tomatoes, Jack & Cheddar, Low Fat Ranch Dressing

wild pacific 9.99

Spinach, Grilled Salmon, Cucumbers, Mushrooms, Roasted Red Peppers, Mandarin Oranges, Cucumber Dill Dressing

chicken caesar 8.79

Romaine, Grilled Chicken, House Croutons, Shaved Parmesan, Caesar Dressing

antioxidant crunch 8.99

Spinach, Grilled Chicken, Blueberries, Broccoli, Celery, Chopped Almonds, EVOO & Aged Balsamic Vinegar

fiesta 8.59

Freshii Mix, Cajun Chicken, Sweet Corn, Black Beans, Avocado, Diced Tomatoes, Jack & Cheddar, Low Fat Ranch Dressing

freshii cobb 9.29

Freshii Mix, Romaine, Grilled Chicken, Avocado, Smoked Bacon, Diced Tomatoes, Sweet Corn, Blue Cheese, Honey Dijon Dressing

asian chop 8.49

Spinach & Romaine Mix, Grilled Chicken, Carrots, Mandarin Oranges, Edamame, Crispy Wontons, Asian Sesame Dressing

buffalo chicken 8.49

Spinach & Romaine Mix, Buffalo Chicken, Diced Tomatoes, Celery, Carrots, Jack & Cheddar, Blue Cheese Dressing


grilled steak 9.49


Romaine, Grilled Steak, Diced Tomatoes, Cucumbers, Mushrooms, Blue Cheese Crumbles, Blue Cheese Dressing

soho 9.29

Spinach, Smoked Bacon, Green Apples, Diced Beets, Cranberries, Walnuts, Goat Cheese, Poppyseed Dressing

freshii breakfast

 coffee or tea + breakfast wrap 4.49

 coffee or tea + organic oatmeal 4.99

drinks

Organic Socially Conscious Coffee 1.79

Organic Tea (Assorted) 1.99

warm grilled breakfast wraps

Bacon, Egg & Cheese Wrap 3.29

Sliced Egg, Diced Tomatoes, Smoked Bacon, Jack & Cheddar, Dijonnaise

Monterey Chicken Wrap 3.59

Grilled Chicken, Diced Tomatoes, Jack & Cheddar, Dijonnaise

Spinach & Goat Cheese Wrap 3.49

Spinach, Mushrooms, Roasted Red Peppers, Goat Cheese, Dijonnaise

mandarin apple muesli 4.99

Organic Oatmeal, Green Apples, Mandarin Oranges, Dried Cranberries, Cinnamon, Honey, Yogurt, Milk

2 hard boiled eggs 1.99

slow cooked organic oatmeal 3.99

(Includes 2 Toppings Below)

yogurt parfait - Plain Low-Fat Yogurt 4.29

Banana	Green Apple	Chopped Almonds	Cinnamon
Strawberry	Mandarin Oranges	Walnuts	Brown Sugar
Blueberry	Dried Cranberries	Organic Granola	Maple Syrup
Mango	Coconut	Sunflower Seeds	Honey

Extra Topping: 50¢

freshii yogurt

fat-free, probiotic frozen yogurt 4.99

12 oz.

includes two toppings below:

Banana	Dried Cranberries	Chocolate Chips
Strawberry	Honey	Vanilla Chips
Blueberry	Chopped Almonds	Reese's Pieces
Mango	Walnuts	Crumbled Oreo
Green Apple	Cinnamon	Organic Granola
Mandarin Oranges	Coconut	Sunflower Seeds

Extra Topping: 50¢

freshii.com