freshëns®

Allergen Information

Due to the handcrafted nature of our food, variations in our supplier ingredients and our use of shared preparation areas, we cannot ensure that our food is free from any allergens. Products containing milk, soy, wheat, egg, tree nuts & peanuts are all made in our kitchens. There could be other potential allergens not addressed here. Please consult the ingredients on each product prior to consuming.

SMOOTHIES	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Acai Energy								GF
Bangin' Berry								GF V
Caribbean Craze								GF V
Cookie Dough	✓							GF D
Jamaican Jammer	✓							GF D
Mango Me Crazy								GF V
Maui Mango								GF V
Orange Sunrise	✓							GF D
Peach on the Beach	✓							GF D
Tropical Therapy								GF V
Wild Strawberry								GF V
Goin' Green *								GF V
Apple Kiwi Kale *								GF V
Peanut Butter Protein	✓			✓				GF D
Vegan Power Up								GF V

GF = Gluten Friendly   D = Dairy   V = Vegan

SALADS	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Buffalo Chicken	✓	✓			✓	✓		
Chicken Caesar	✓	✓			✓	✓	✓	
Roadhouse BBQ Chicken	✓	✓			✓	✓		
Strawberry & Kale	✓	✓	✓		✓	✓		
SW Chipotle Chicken	✓	✓			✓	✓		
Chicken Avocado Cobb	✓	✓			✓	✓		

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RICE BOWLS	Milk	Soy	Tree Nut	Peanut	Wheat	Egg	Fish	Icons
Buffalo	✓	✓				✓		
Baja Queso	✓	✓				✓		
Thai Chicken (Peanut Free)		✓			✓			🥜⊘
KC BBQ	✓	✓			✓			
Mexican	✓	✓				✓		
Frito Grande	✓	✓			✓	✓		
Power Protein	✓	✓				✓		
Meatless Mexican	✓	✓				✓		🌱
Grilled FLATBREADS	**Milk**	**Soy**	**Tree Nut**	**Peanut**	**Wheat**	**Egg**	**Fish**	**Icons**
Chipotle Chicken Club	✓	✓			✓	✓		
BBQ Bacon Cheddar	✓	✓			✓			
Pesto Chicken	✓	✓	✓		✓			
Sante Fe	✓	✓			✓	✓		
Nashville Hot!	✓	✓			✓	✓		
TOASTED WRAPS	**Milk**	**Soy**	**Tree Nut**	**Peanut**	**Wheat**	**Egg**	**Fish**	**Icons**
Super Green	✓	✓			✓	✓	✓	
Thai Chicken (Peanut Free)		✓			✓			🥜⊘
Chicken Avocado	✓	✓			✓	✓		
Mexicano	✓	✓			✓	✓		
Spinach Pesto	✓	✓	✓		✓			

All Chicken Contains No Antibiotics EVER!   ** Based on availability*

2,000 calories a day used for general nutrition advice, but calorie needs vary.

Additional nutritional information is available upon request.

GF Gluten Friendly   🌱 Vegetarian   🥜⊘ Peanut Free