

beverages

	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%VD)
pure smoothies															
Caribbean Splash	308	0	0	0	0	0	59	68	2	62	0	35	170	3	2
Chunky Monkey	460	152	17	4	0	0	284	63	5	46	17	11	15	16	50
Iced Cappuccino	524	48	7	5	0	0	456	90	1	75	19	16	13	28	64
Kiwi Quencher	336	0	0	0	0	0	44	63	2	58	1	35	180	2	3
Mango Mania	285	0	0	0	0	0	60	72	2	63	0	35	136	1	1
Pineapple Paradise	398	15	2	2	0	0	67	70	3	68	5	2	195	10	7
Pomegranate Punch	360	0	0	0	0	0	84	70	10	61	7	6	148	21	10
Protein Power	290	18	2	0	0	0	130	43	4	29	24	11	53	8	61
Raspberry Blast	301	13	1	0	0	6	50	66	20	50	0	8	128	31	10
Strawberry Banana Supreme	320	1	0	0	0	0	57	58	3	47	3	3	188	11	6
Tropical Peach	276	0	0	0	0	0	54	67	2	67	0	54	226	4	1
True Blue	337	1	0	0	0	0	84	73	10	63	7	7	114	20	9
super smoothies															
Acai Mega Berry	427	4	4	0	0	0	0	164	66	70	2	5	151	20	10
Avocados & Cream	402	12	12	3	0	0	161	60	5	44	12	13	18	14	49
Jolly Green Kiwi	224	0	0	0	0	3	94	50	7	46	5	114	134	11	15
Kale Pineapple	194	0	0	0	0	0	20	48	4	41	2	87	169	6	6
fruit & vegetable squeezes															
Cold Terminator	190	0	0	0	0	0	138	25	1	26	4	245	159	3	5
Super Detox	226	0	0	0	0	0	142	29	1	29	5	246	191	4	5
Orange (6oz)	84	0	0	0	0	0	2	10	1	15	1	7	147	2	2
Apple (6oz)	90	0	0	0	0	0	4	20	1	19	0	4	118	2	4
Carrot (6oz)	72	0	0	0	0	0	114	11	0	10	2	204	8	2	3
Spinach (4oz)	40	0	0	0	0	0	176	12	7	1	10	324	89	21	25
Kale (4oz)	113	0	0	0	0	0	100	23	5	0	32	696	454	32	22
Cucumber (4oz)	12	0	0	0	0	0	4	4	0	0	0	4	0	0	0
Beet (2oz)	28	0	0	0	0	0	36	12	12	8	1	5	6	2	3
Ginger (2oz)	44	0	0	0	0	0	8	5	0	1	2	0	16	0	0
Wheatgrass (2oz)	20	0	0	0	0	0	10	2	0	1	1	0	15	0	20
Lemonade	104	0	0	0	0	0	0	25	0	19	0	0	69	0	0
Organic Iced Tea	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Organic Iced Tea (w/lemon & agave)	48	0	0	0	0	0	0	11	0	9	0	0	23	0	0
100% pure fruit juice															
Passion-Orange-Guava	165	0	0	0	0	0	23	42	0	39	0	0	150	3	0
Cranberry	195	0	0	0	0	0	15	48	0	47	2	0	150	3	3
Peach	180	0	0	0	0	0	15	45	0	45	0	23	150	6	0
Pomegranate-Blueberry	210	0	0	0	0	0	0	51	0	50	0	0	150	6	3
Kiwi	168	0	0	0	0	0	0	39	0	39	0	0	120	0	0
Acai	288	0	6	0	0	0	0	186	60	60	0	0	0	0	0

*The nutrition information listed here is based on standard recipes and product formulations, however slight variations may occur due to seasons of the year, use of alternative suppliers, region of the country and/or small difference in product assembly.

For more information on regional products, visit:

freshrestaurants.com

* Regional and Limited Time Offer products and menu items are only available in certain regions or certain times of the year and ingredients and formulas may vary between restaurants. Nutritional information for these products are based on the most common formulas and ingredients.

food items

	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%VD)
nutritious sides & kids meal															
Strawberry Peach Parfait	441	64	8	3	0	9	191	83	10	45	12	141	41	149	15
Blueberry Raspberry Parfait	448	65	8	3	0	9	191	84	14	45	12	142	16	150	15
Spiced Apple Oatmeal Bowl	329	13	2	0	0	0	3	75	10	29	1	3	0	1	130
Peanut Butter & Jelly (kids meal)	317	139	15	3	0	0	320	38	5	18	12	0	30	1	18
Grilled Cheese (kids meal)	440	186	22	14	0	60	760	41	6	6	24	14	0	40	30
dressings/sauces (1oz)															
Sesame Vinaigrette	41	0	0	0	0	0	306	10	0	6	0	0	0	0	0
Hummus	60	45	6	0	0	0	120	4	1	0	2	0	2	2	4
Balsamic Vinaigrette	90	80	9	2	0	0	310	2	0	1	0	0	0	0	0
Tzatziki Sauce	50	40	5	3	0	0	200	1	0	0	1	0	0	0	0
Salsa	10	0	0	0	0	0	130	2	1	1	1	4	20	0	2
Mayonnaise	20	0	0	0	0	0	240	4	0	2	0	0	0	0	0
Ranch Dressing	93	74	8	2	0	10	140	2	0	1	1	0	0	0	0
Raspberry Vinaigrette	30	0	0	0	0	0	219	7	0	6	0	0	0	0	0
Pesto Sauce	80	24	3	2	0	6	105	0	0	0	3	0	2	9	2
Caesar Dressing	90	72	12	7	0	2	319	4	1	1	1	0	0	2	0
cheeses (1oz, based on volume)															
Cheddar Cheese	66	46	6	4	0	17	104	0	0	0	4	0	0	11	0
Feta Cheese	40	23	3	2	0	10	241	1	0	0	4	4	0	8	0
Mozzarella Cheese	42	23	3	2	0	7	89	1	0	0	8	4	0	10	0
Parmesan Cheese	8	6	1	0	0	2	48	0	0	0	2	0	0	2	0
Vegan Cheese	50	36	4	0	0	0	200	1	0	0	1	0	0	0	0
breads															
Wheat Wrap	250	70	7	2	0	0	620	43	5	1	8	0	0	15	15
Spinach Wrap	240	30	4	0	0	0	420	45	2	1	9	8	0	10	20
Tomato Wrap	250	35	4	5	0	0	350	46	2	1	9	0	0	10	20
Cibatta Bread	192	24	2	0	0	0	320	37	6	3	6	2	0	2	8
Focaccia Bread	288	32	3	0	0	0	752	56	2	1	10	0	0	0	10
Gluten Free Wrap	110	37	4	1	0	21	364	21	1	3	3	0	0	8	2
Wheat Bread Slice	100	10	1	0	0	0	190	20	3	3	5	0	0	0	15
vegetarian meat (1oz)															
Gardein Chick'n	39	4	0	0	0	0	752	56	2	1	10	0	0	0	10
crepes *select locations only															
The Classic	531	138	15	5	0	46	170	89	4	36	11	1	6	27	21
Strawberry Delight	432	93	9	5	0	46	183	76	5	21	10	1	54	23	18
Florence	480	115	12	5	0	238	452	65	5	12	26	127	26	61	42
Apple Caramel	542	111	12	2	0	51	225	98	4	39	11	2	0	25	115
Very Fruity	345	28	3	1	0	46	155	70	8	16	9	2	33	24	19
Peanut Butter Cup	613	223	23	8	0	46	313	85	5	26	17	1	6	24	20
Mister Popeye	430	100	11	6	0	76	938	62	3	10	21	115	26	41	24
Good Morning	628	233	27	16	0	284	612	64	3	13	30	32	27	75	35
Veggie Fest	581	199	23	9	0	74	823	69	1	16	25	16	28	64	18