

freshens®	CALORIES	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARB (g)	FIBER (g)	SUGAR (g)	PROTEIN (g)
SMOOTHIES										
100% Clean Ingredients										
Açaí Energy	390	4	1	0	0	40	87	0	77	2
Bangin' Berry	380	0	0	0	0	35	91	1	87	1
Caribbean Craze	310	0	0	0	0	30	76	1	72	0
Goin' Green	300	1	0	0	0	40	75	1	61	2
Lime Berry	340	3	1.5	0	10	50	77	0	72	3
Lucky 7	440	0	0	0	0	35	110	1	102	1
Mango Me Crazy	340	0	0	0	0	20	86	1	79	0
Maui Mango	380	0	0	0	0	30	93	1	83	0
Orange Sunrise	350	3	1.5	0	10	55	78	0	72	3
Peach on the Beach	360	3	1.5	0	10	50	80	0	74	3
Super C	360	3	1.5	0	10	60	80	0	72	3
Tropical Therapy	420	9	9	0	0	35	84	1	79	0
Wild Strawberry	310	0	0	0	0	20	79	1	75	0
PB Protein	640	23	3	0	5	500	81	3	72	28
(new) Peanut Butter Cookie	550	23	4.5	0	5	450	63	4	55	29
(new) PB & J	610	22	4.5	0	0	550	76	6	67	29

AÇAÍ BOWLS										
Aloha Bowl™	450	10	2	0	0	125	88	4	52	10
Pure Life™	330	8	2	0	0	85	65	2	41	6
Nutty Bowl™	480	16	4.5	0	0	95	83	3	52	8
Açaí Power	470	19	4	0	0	170	72	4	40	11
Sun Power (PF)*	480	20	3	0	0	170	72	5	40	11

Allergen Notes:

Lime Berry, Orange Sunrise, Peach On The Beach, Super C contain: Milk

PB Protein, PB Cookie, PB & J contain: Milk and Peanuts

Acai Power contains peanuts, Nutty Bowl contains tree nuts

SALADS										
Avocado Cobb	440	36	11	0	155	1100	10	4	4	21
Caesar	440	40	10	0	40	870	14	4	3	14
SW Chipotle	400	29	6	0	40	840	26	7	6	24
Harvest	460	27	7	0	30	750	32	6	23	10
RICE BOWLS										
Baja Queso	680	33	6	0	65	1100	74	2	5	21
Buffalo	600	23	7	0	75	1810	70	2	3	27
Thai Chicken	560	10	1	0	30	1740	96	4	25	23
KC BBQ	610	11	5	0	65	1530	97	2	27	27
Mexican	710	29	6	0	65	1380	83	2	6	25
Power Protein	810	30	8	0	170	2020	94	3	4	39
Frito Grande	630	21	5	0	45	810	87	3	2	23
Meatless Mexican	730	29	7	0	35	1170	91	2	8	24
GRILLED FLATBREADS										
Chipotle Chicken Club	670	35	10	0	85	1470	58	3	6	34
BBQ Bacon Chicken	660	22	9	0	85	1760	81	3	29	36
Pesto Chicken	600	29	9	0	55	1220	58	3	6	30
Chicken Bacon Avocado	600	29	5	0	60	1270	58	4	6	29
Hot Honey Chicken	730	36	11	0	80	1470	68	3	16	35
ARTISAN MELTS										
Mom's Grilled Cheese w/soup	1160	58	24	0	105	2350	118	3	8	37
Bacon Grilled Cheese w/soup	1220	62	25	0	125	2630	118	3	8	43
Chicken Bacon Ranch	1070	52	18	0	130	2390	105	3	1	44
Chicken Caprese	940	35	17	0	105	2110	110	4	4	37
Buffalo	1020	47	18	0	125	3770	106	3	1	44
Tomato Soup dipper	80	1.5	0.5	0	5	390	14	0	8	2
POCKET DIPPERS										
POCKET DIPPERS	560	23	10	0	65	1200	60	1	1	27
Chipotle Ranch	270	28	4	0	25	390	2	0	1	1
Creamy Garlic	220	22	3.5	0	20	280	2	0	2	1
Boom Sauce	260	26	4	0	15	390	7	0	5	0
Smokey Honey BBQ	210	15	2.5	0	10	300	19	0	18	0
Mango Tajin	90	8	4.5	0	30	220	3	0	2	1
LTO (Oct. 2026)										
Chicken Quesadilla	840	49	25	0	160	1850	47	0	7	45

BREAKFAST POCKETS*										
Bacon, Egg & Cheese	390	22	10	0	220	1150	21	0	2	24
Southwest Pocket	280	12	3.5	0	185	1130	25	0	4	16
Florentine Pocket	300	16	7	0	190	890	21	0	2	17
Sausage, Egg & Cheese	450	28	12	0	350	1080	22	0	2	25
BREAKFAST SANDWICHES*										
Classic	500	20	9	0	50	1220	53	2	0	27
Sausage	490	20	9	0	40	1060	53	2	0	25

* where available