

## Freshii's Gluten-Free Menu



Freshii offers a variety of Gluten-Free menu items and allows you to customize menu options based on your dietary needs. When dining at Freshii, be sure to inform the restaurant of any allergies or sensitivities and they will prepare your meal with special care. Freshii also provides you with access to their In-House Nutritionist to help you navigate through their menu - email [andie@freshii.com](mailto:andie@freshii.com) with questions regarding Freshii's menu & nutrition!

### Gluten Free Menu Items

- Salads
  - Metaboost Salad
  - Cobb Salad
  - Fiesta Salad
  - Market Salad
  - Buffalo Salad
- Bowls
  - Mediterranean Bowl
  - Pesto Bowl
  - Bamboo Bowl (LTO)
- Soups

- Spicy Lemongrass Soup
  - Superfood Soup
  - Southwestern Soup
- Juices
  - Green Energy Juice
  - Reviive Juice
  - Mighty Detox Juice
  - Red Power Juice
- Smoothies
  - Freshii Green Smoothie
  - Banana Nut Crunch Smoothie
  - Strawberry Banana Smoothie
  - Recoverii Smoothie
- Proteins
  - Chicken
  - Steak
- Dressings & Sauces
  - Asian Sesame Dressing
  - Balsamic Vinaigrette
  - Balsamic Vinegar
  - Buffalo Sauce
  - Cilantro Lime Vinaigrette
  - Greek Yogurt Ranch
  - Honey Dijon Dressing
  - Lemon Juice
  - Olive Oil
  - Red Pepper Sauce
  - Salsa Fresca
  - Spicy Lemongrass Sauce
  - Spicy Peanut Sauce
  - Sriracha
- Breakfast
  - Greek Eggs & Kale
  - Hard Boiled Eggs

#### Gluten-Free Menu Modifications

- Zen Salad
  - remove crispy wontons
- Pangoa Bowl
  - substitute Fiery BBQ sauce for Cilantro Lime Vinaigrette
- Buddha Satay Bowl
  - remove crispy wontons
- Huevos Bowl
  - substitute Fiery BBQ sauce for sriracha