



Menu

Freshii

46 Rue St-Jacques, Saint-Jean-Sur-Richelieu QC J3B 2J7, Canada | (450) 346-0555

Most Ordered



Create Your Own Bowl

CA\$14.99

Let Your Inner Master Chef Shine! Create Your Perfect Meal



Chipotle Steak Pocket

CA\$10.79

steak, green onion, mushroom, crispy fried onions, aged cheddar, creamy chipotle



Poke Salmon

CA\$20.39

Salmon, brown rice, green onion, field greens, avocado, cucumber, mango, pickled red onions, edamame, corn, cilantro, wonton crisps, furikake, fried onions, and black and white sesame seeds. sriracha mayo, wasabi mayo, ponzu sauce, and teriyaki sauce



Baked Rosemary Waffle Fries

CA\$5.99

Waffled potato fries with rosemary, air fried, served with green goddess ranch



Macro Balanced Bowl

CA\$20.39

40g protein | 64g carbs | 18g fat Roasted chicken, roasted sweet potatoes, edamame, grape tomatoes, spinach, avocado, brown rice, green goddess ranch



Oaxaca Bowl

CA\$16.19

Brown Rice, Kale, Avocado, Beet Slaw, Black Beans, Corn, Salsa Fresca, Crispy Wontons, Spicy Yogurt Sauce



Smoothii Bowl

CA\$12.39

Choose your Smoothii Base + 5 Toppings

Menu Freshii



Tropical Mango

Mango, Pineapple, Banana, Honey, Turmeric, Coconut Milk

CA\$7.59



Strawberrii Banana

Strawberries, Banana, Frozen Yogurt

CA\$7.59



Tex Mex Bowl

Rice, Black Bean, Salsa Fresca, Corn, Avocado, Aged Cheddar, Greek Yogurt Ranch

CA\$16.19

Limited Time Offer (Protein Included)



Teriyaki Twiist Bowl (New Chef-Elevated)

Chicken, Brown Rice, Spicy Broccoli, Braised Red Cabbage, Carrots, Cucumbers, Green Onions, Edamame, Sesame Seeds, Crispy Wontons, Siracha Mayo, Teriyaki Sauce

CA\$20.39



Buddha Satay Bowl (New Chef-Elevated)

Roasted Chicken, Rice Noodles, Roasted Spicy Broccoli, Carrots, Braised Red Cabbage, Kale, Edamame, Green Onions, Crispy Fried Onions, Peanuts, Sesame Seeds, Cilantro, Crispy Wontons, Spicy Peanut Sauce

CA\$20.39



Mercado Sol

Chicken, Brown Rice, Roasted Corn, Black Beans, Aged White Cheddar, Avocado, Grape Tomatoes, Kale, Cilantro, Pickled Red Onions, Crispy Wontons, Green Goddess Dressing, Fiery Bbq Sauce

CA\$21.59

Lifestyle Bowls



Macro Balanced Bowl

40g protein | 64g carbs | 18g fat Roasted chicken, roasted sweet potatoes, edamame, grape tomatoes, spinach, avocado, brown rice, green goddess ranch

CA\$20.39



Protein Power Bowl

56g protein | 51g carbs | 21g fat Double roasted chicken, romaine, spinach, grape tomatoes, spicy roasted broccoli, brown rice, green goddess ranch, hot sauce

CA\$22.79

Menu Freshii



Harmony Bowl

CA\$20.39

39g protein | 72g carbs | 39g fat
Roasted chicken, roasted sweet potatoes, apples, feta, toasted almonds, kale, cranberries, brown rice, balsamic vinaigrette

Salads & Wraps



Kale Caesar Salad

CA\$16.19

Kale, Quinoa, Crispy Chickpeas, Parmesan Cheese, Hemp Seeds, Greek Yogurt Caesar Dressing



Cobb Salad

CA\$16.19

Romaine, Field Greens, Hard Boiled Egg, Corn, Avocado, Bacon, Aged Cheddar, Tomatoes, Greek Yogurt Ranch



Fiesta Salad

CA\$16.19

Romaine, Field Greens, Corn, Black Beans, Aged Cheddar, Avocado, Crispy Wontons, Salsa Fresca, Cilantro Lime Vinaigrette



Custom Salad

CA\$14.99

Let Your Inner Master Chef Shine! Create Your Perfect Meal



Berii Crunchii Salad

CA\$16.19

Field Greens , Romaine , Quinoa, Green Apple, Green Onions, Dried Cranberries, Feta Cheese, Strawberries, Walnuts, Balsamic Vinaigrette

Poke Bowls



Poke Salmon

CA\$20.39

Salmon, brown rice, green onion, field greens, avocado, cucumber, mango, pickled red onions, edamame, corn, cilantro, wonton crisps, furikake, fried onions, and black and white sesame seeds. sriracha mayo, wasabi mayo, ponzu sauce, and teriyaki sauce



Poke Shrimp

CA\$20.39

Shrimp, brown rice, green onion, field greens, avocado, cucumber, mango, pickled red onions, edamame. cilantro, wonton crisps, furikake, fried onions, black and white sesame seeds, and medium-boiled egg. sriracha mayo, wasabi mayo, and ponzu sauce

Menu Freshii



Poke Tuna

Ahi Tuna, brown rice, green onion, field greens, avocado, cucumber, mango, pickled red onions, edamame, cilantro, wonton crisps, furikake, fried onions, black and white sesame seeds, and medium-boiled egg. sriracha mayo, wasabi mayo, and ponzu sauce

CA\$20.39



Poke Tofu

Tofu, brown rice, green onion, field greens, avocado, cucumber, mango, corn, pickled red onions, edamame, cilantro, wonton crisps, furikake, fried onions, and black and white sesame seeds, sriracha mayo, wasabi mayo, ponzu sauce, and teriyaki sauce

CA\$20.39

Bowls & Burritos



Hot Honey Mustard Chicken

Cajun Chicken, Herbed Quinoa, Sweet Potatoes, Red Cabbage, Crispy Fried Onions, Honey Mustard

CA\$18.59



Oaxaca Bowl

Brown Rice, Kale, Avocado, Beet Slaw, Black Beans, Corn, Salsa Fresca, Crispy Wontons, Spicy Yogurt Sauce

CA\$16.19



Tex Mex Bowl

Rice, Black Bean, Salsa Fresca, Corn, Avocado, Aged Cheddar, Greek Yogurt Ranch

CA\$16.19



Chicken Pesto Parmesan

Chicken, Herbed Quinoa, Spinach, Grape Tomatoes, Broccoli, Mediterranean Crunch, Pesto Vinaigrette, Served With Hot Sauce

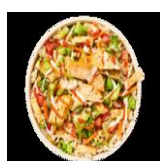
CA\$18.59



Create Your Own Bowl

Let Your Inner Master Chef Shine! Create Your Perfect Meal

CA\$14.99



Spicy Buffalo Bowl

Brown rice, romaine, aged cheddar, jalapenos, tomatoes, carrots, hot sauce, greek yogurt ranch

CA\$16.19

Soups & Pockets



Chipotle Steak Pocket

steak, green onion, mushroom, crispy fried onions, aged cheddar, creamy chipotle

CA\$10.79



Soup + Pockets Combo

any 16oz soup + any pocket

CA\$17.99



Spicy BBQ Chicken Pocket

chicken, bacon, cilantro, pickled red onion, aged cheddar, fiery BBQ

CA\$10.79



Chicken Pesto Cranberry Pocket

chicken, pesto, cranberry, aged cheddar

CA\$10.79



Creamy Roasted Tomato

Tomatoes, Roasted Red Peppers, Onions

CA\$9.59

Side



Baked Rosemary Waffle Fries

Waffled potato fries with rosemary, air fried, served with green goddess ranch

CA\$5.99



Roasted Sweet Potato Bites

Roasted seasoned sweet potatoes served with honey mustard

CA\$5.99

Kids Menu



Kids Power Bowl

CA\$8.99

Menu Freshii



Cheesy Chicken Pocket

Whole wheat tortilla, aged cheddar, and chicken.

CA\$7.79



Super Kids Salad

Romaine, Chicken, Carrots, Cucumbers, Tomatoes, Aged Cheddar, Greek Yogurt Ranch

CA\$8.99

Super Smoothiiis



Strawberrii Banana

Strawberries, Banana, Frozen Yogurt

CA\$7.59



Zen Matcha

Matcha, Spinach, Kale, Mango, Pineapple, Banana, Coconut Milk

CA\$7.59



Tropical Mango

Mango, Pineapple, Banana, Honey, Turmeric, Coconut Milk

CA\$7.59



Freshii Green

Pineapple, Banana, Kale, Avocado, Oat Milk

CA\$7.59



Mixed Berrii

Blueberry, Strawberry, Banana, Orange Juice

CA\$7.59



Smoothii Bowl

Choose your Smoothii Base + 5 Toppings

CA\$12.39

Menu Freshii



Chocolate Peanut Butter

Banana, Peanuts, Cocoa Powder, Frozen Yogurt

CA\$7.59

Snacks



Peppermint Cocoa Energii Bites

CA\$4.20



Sunchip Harvest Cheddar

CA\$2.39



Peanut Butter Energii Bites

Peanut butter (dry-roasted peanuts), Oats, Agave syrup, Dark chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla extract), Desiccated coconut, Sunflower oil, Sea salt.

CA\$3.59

Beverage



Body Armor Peach Mango

CA\$4.79



Bottled Coke

CA\$3.95



Bottled Coke Zero

CA\$3.95



Core Power Choc

CA\$6.59

Menu Freshii



FUZE Iced Tea

CA\$3.95



Body Armor Fruit Punch

CA\$4.79



Red Bull Energy Drink

CA\$4.79



Bottled Ginger Ale

CA\$3.95



Smart Water

CA\$4.19

Cutlery



Cutlery

0,00 \$
