Freshii Sundance Menu

15 Sunpark Plaza SE, Unit 3107, Calgary, AB T2X 0M5 · (587) 352-8807 · freshiisundance.com
Mon–Fri 9:30 a.m.–10 p.m. · Sat–Sun 10:00 a.m.–9:30 p.m. · Halal-certified chicken and steak
Prices as listed November 2026. Order online and see today's menu at orders.freshii.com/6099

Limited Time Only (Protein Included)

Kale Caesar **$16.99**
Gluten-free. Roasted chicken on crisp kale and romaine with parmesan crisps, jammy egg, shaved parmesan, roasted bacon, grape tomatoes, hemp seeds, Mediterranean crunch and creamy Greek yogurt dressing, crunchy, creamy and filling. $16.99 with protein, for a limited time.

BBQ Chicken **$16.99**
Roasted Cajun BBQ chicken on crisp kale and romaine with red cabbage, grape tomatoes, green apple, pickled red onion, roasted bacon, crispy fried onions and green goddess ranch. Smoky, tangy and crunchy. $16.99 with protein, for a limited time.

Habibii **$16.99**
Gluten-free. Warm falafel on crisp kale and romaine with house-made hummus, roasted spicy broccoli, roasted sweet potato, cucumber, grape tomatoes, pickled red onion, red cabbage beet slaw, crispy chickpeas and pesto vinaigrette, hearty and fresh. $16.99 with protein, for a limited time.

Bowl of the Day

Monday: Macro Balanced Bowl **$12.99**
Gluten-free. Halal-certified roasted chicken (Central Islamic Council of Thailand), roasted sweet potatoes, edamame, grape tomatoes, spinach, avocado and brown rice with green goddess ranch, balanced and filling. $12.99 every Monday with protein included (regular $16.99).

Tuesday: Hot Honey Mustard Chicken Bowl **$12.99**
Dairy-free. Halal-certified Cajun chicken, herbed quinoa, roasted sweet potatoes, red cabbage, green onions, crispy fried onions and hot honey mustard. Sweet heat with a crunch. $12.99 every Tuesday with protein included (regular $16.49).

Wednesday: Buddha Satay Bowl **$12.99**
Dairy-free. Halal-certified roasted chicken, rice noodles, spicy broccoli, carrots, braised red cabbage, kale, edamame, green onions, peanuts, sesame, crispy wontons and spicy peanut sauce, rich, nutty and mild. $12.99 every Wednesday with protein included (regular $16.99).

Thursday: Teriyaki Twist Bowl **$12.99**
Dairy-free. A teriyaki chicken bowl with halal-certified chicken, brown rice, spicy broccoli, braised red cabbage, carrots, cucumbers, green onions, edamame, sesame seeds, crispy wontons, sriracha mayo and teriyaki sauce, sweet, savoury and crunchy. $12.99 every Thursday with protein included (regular $16.99).

Friday: Harmony Bowl (add a 12 oz Smoothii $3.99) **$12.99**
Gluten-free. Halal-certified roasted chicken, roasted sweet potatoes, apples, feta, toasted almonds, kale, cranberries and brown rice with balsamic vinaigrette, sweet and savoury. $12.99 every Friday with protein included (regular $16.99). Add a 12 oz Smoothii for $3.99.

Saturday: Chicken Pesto Parmesan Bowl **$12.99**
Gluten-free. Halal-certified chicken, herbed quinoa, spinach, grape tomatoes, broccoli, Mediterranean crunch and pesto vinaigrette, bright and herby. $12.99 every Saturday with protein included (regular $16.49).

Sunday: Tex Mex Bowl **$12.99**
Gluten-free. Brown rice, black beans, corn, tomatoes, cheddar and fresh toppings with Greek yogurt ranch and your protein, smoky and satisfying. $12.99 every Sunday with protein included (regular $13.49 without protein).

Bowls

Buddha Satay Bowl **$16.99**
Dairy-free. A Buddha bowl with halal-certified roasted chicken, rice noodles, broccoli, cabbage and carrots in spicy peanut sauce, finished with crispy wontons, rich, nutty and mild, protein included.

Create Your Own Bowl **$12.49 before protein**
Make your own custom bowl: choose your base, protein, vegetables, toppings and sauce. $12.49 before protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Teriyaki Twist Bowl **$16.99**
Dairy-free. A teriyaki chicken bowl with halal-certified chicken, brown rice, spicy broccoli, braised red cabbage, carrots, cucumbers, green onions, edamame, sesame seeds, crispy wontons, sriracha mayo and teriyaki sauce, sweet, savoury and crunchy, protein included.

Tex Mex Bowl **$13.49**
Gluten-free. Rice, smoky black beans, salsa fresca, sweet corn and avocado topped with aged cheddar and Greek yogurt ranch, smoky and satisfying. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Oaxaca Bowl **$13.49**
Kale, brown rice, avocado, black beans and beet slaw topped with crispy wontons and spicy yogurt sauce. Creamy with a kick. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Spicy Buffalo Bowl **$13.49**
Gluten-free. Aged cheddar, jalapeños, carrots and romaine tossed in spicy hot sauce with a drizzle of Greek yogurt ranch, bold and spicy. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Chicken Pesto Parmesan Bowl **$16.49**
Gluten-free. Halal-certified chicken with herbed quinoa, spinach, grape tomatoes, broccoli, Mediterranean crunch and pesto vinaigrette, served with hot sauce, bright and herby, protein included.

Hot Honey Mustard Chicken Bowl **$16.49**
Dairy-free. Halal-certified Cajun chicken with herbed quinoa, roasted sweet potatoes, red cabbage, crispy fried onions and honey mustard. Sweet heat with a crunch, protein included.

Mercado Sol Bowl **$17.99**
Halal-certified roasted chicken, brown rice, roasted corn, black beans, aged white cheddar, avocado, grape tomatoes, kale, cilantro, pickled red onions and crispy wontons with green goddess dressing and fiery BBQ sauce. Smoky, fresh and loaded, protein included.

Poke Bowls

Poke Spicy Salmon + Tuna Bowl **$19.99**
Dairy-free. Spicy tuna and salmon poke with brown rice, green onion, field greens, avocado, cucumber, mango, pickled red onion, edamame, cilantro, wonton crisps, furikake, fried onions, black and white sesame seeds, teriyaki sauce, wasabi aioli and ponzu, double fish, double heat.

Poke Spicy Tuna Bowl **$17.99**
Dairy-free. Spicy tuna poke with brown rice, green onion, field greens, avocado, cucumber, mango, pickled red onion, edamame, cilantro, wonton crisps, furikake, fried onions and sesame seeds with teriyaki sauce, wasabi aioli and ponzu, fresh with a kick.

Poke Spicy Salmon Bowl **$17.99**
Dairy-free. Spicy salmon poke with brown rice, green onion, field greens, avocado, cucumber, mango, pickled red onion, edamame, cilantro, wonton crisps, furikake, fried onions, black and white sesame seeds, teriyaki sauce, wasabi aioli and ponzu, fresh with a kick.

Poke Tuna Bowl **$17.99**
Dairy-free. A tuna poke bowl with ahi tuna, brown rice, green onion, field greens, avocado, cucumber, mango, pickled red onions, edamame, cilantro, wonton crisps, furikake, fried onions, sesame seeds and a medium-boiled egg with sriracha mayo, wasabi mayo and ponzu, fresh and satisfying.

Poke Shrimp Bowl **$17.99**
Dairy-free. Shrimp with 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 a medium-boiled egg with sriracha mayo, wasabi mayo and ponzu, fresh and satisfying.

Poke Salmon Bowl **$17.99**
Dairy-free. Salmon poke with 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 with sriracha mayo, wasabi mayo, ponzu and teriyaki sauce, fresh and satisfying.

Poke Tofu Bowl **$17.99**
Dairy-free. Tofu with brown rice, green onion, field greens, avocado, cucumber, mango, corn, pickled red onions, edamame, cilantro, wonton crisps, furikake, fried onions and sesame seeds with sriracha mayo, wasabi mayo, ponzu and teriyaki sauce, fresh and satisfying.

Lifestyle Bowls

Harmony Bowl **$16.99**
Gluten-free. Halal-certified roasted chicken, roasted sweet potatoes, apples, feta, toasted almonds, kale, cranberries and brown rice with balsamic vinaigrette, sweet and savoury, protein included.

Macro Balanced Bowl **$16.99**
Gluten-free. Halal-certified roasted chicken, roasted sweet potatoes, edamame, grape tomatoes, spinach, avocado and brown rice with green goddess ranch, balanced and filling, protein included.

Protein Power Bowl **$18.99**
Gluten-free. Double halal-certified roasted chicken, romaine, spinach, grape tomatoes, spicy roasted broccoli and brown rice with green goddess ranch and hot sauce, double protein included.

Super Smoothiis

Tropical Mango Smoothie **$6.29–$8.29**
Gluten-free and dairy-free. Mango, pineapple and banana with honey and turmeric, blended with coconut milk, sweet and tropical.

Smoothii Bowl **$10.29**
Choose your smoothie base plus five toppings. Thick, cold and spoonable.

Strawberrii Banana Smoothie **$6.29–$8.29**
Gluten-free. A strawberry banana smoothie blended with frozen yogurt, creamy and fruity.

Chocolate Peanut Butter Smoothie **$6.29–$8.29**
Gluten-free. A chocolate smoothie made with banana, peanuts, cocoa powder and frozen yogurt, rich and chocolatey.

Mixed Berrii Smoothie **$6.29–$8.29**
Vegan, gluten-free and dairy-free. Blueberries, strawberries and banana blended with orange juice, bright and fruity.

Freshii Green Smoothie **$6.29–$8.29**
Vegan, gluten-free and dairy-free. A kale smoothie made with pineapple, banana, kale, avocado and oat milk, smooth and refreshing.

Berri Lift Protein Smoothie **$8.28–$11.98**
Gluten-free. Whey protein, blueberries, strawberries and almond milk, fruity and filling. $8.28 or $11.98.

Lean Power Greens Protein Smoothie **$8.28–$11.98**
Gluten-free. Protein powder, kale, spinach, avocado, pineapple, banana and coconut milk, green and filling. $8.28 or $11.98.

Salads

Cobb Salad **$13.49**
Gluten-free. Avocado, boiled egg, bacon and aged cheddar on crisp greens with Greek yogurt ranch, classic and hearty. $13.49 without protein; add chicken, steak, tofu or falafel for $3.99.

Berrii Crunchii Salad **$13.49**
Gluten-free. A berry crunch salad of leafy greens and quinoa with strawberries, green apples, walnuts, feta and dried cranberries in balsamic vinaigrette, sweet and crunchy. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Fiiesta Salad **$13.49**
A fiesta salad with sweet corn, black beans, aged cheddar, crispy wontons and salsa fresca tossed in cilantro lime vinaigrette. Zesty and crunchy. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Create Your Own Salad **$12.49 before protein**
Choose your greens, protein, toppings and dressing. $12.49 before protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

All-Day Breakfast

Steak, Egg & Cheese Roll **$8.99**
Scrambled eggs, halal-certified steak, tomato and melted cheese in a grilled tortilla roll. Warm and filling.

Bacon, Egg & Cheese Pocket **$6.49**
Scrambled eggs, bacon, tomato and melted cheese in a grilled flatbread pocket. Warm and quick.

Veggii & Egg Pocket **$6.49**
Scrambled eggs, red pepper, mushroom, green onion and melted cheese in a grilled flatbread pocket. Warm and quick.

Green Eggs & Kale Bowl **$9.99**
Scrambled eggs with broccoli, kale, cherry tomatoes, feta, salsa and green onion. Light and savoury.

Huevos Bowl **$9.99**
Scrambled eggs with black beans, avocado, pico de gallo, kale, cheese and hot sauce. Hearty with a little heat.

Wraps

Berrii Crunchii Wrap **$13.49**
Quinoa, strawberries, green apples, walnuts, feta and dried cranberries with leafy greens and balsamic vinaigrette. Sweet and crunchy. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Fiiesta Wrap **$13.49**
Sweet corn, black beans, avocado, aged cheddar and crispy wontons with salsa fresca and cilantro lime vinaigrette in leafy greens. Zesty and crunchy. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Cobb Wrap **$13.49**
Hard-boiled egg, avocado, bacon, aged cheddar and tomatoes with romaine and field greens in Greek yogurt ranch. Classic and hearty. $13.49 without protein; add chicken, steak, tofu or falafel for $3.99.

Create Your Own Wrap **$12.49 before protein**
Choose your greens, protein, toppings and sauces. $12.49 before protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Burritos

Spicy Buffalo Burrito **$13.49**
Brown rice, romaine, aged cheddar, jalapeños, tomatoes and carrots in a whole wheat tortilla with spicy hot sauce and Greek yogurt ranch. Bold and spicy. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Tex Mex Burrito **$13.49**
Rice, spicy black beans, salsa fresca, sweet corn, avocado and aged cheddar in a whole wheat tortilla with Greek yogurt ranch. Smoky and satisfying. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Oaxaca Burrito **$13.49**
Brown rice, kale, avocado, beet slaw, black beans, sweet corn, salsa fresca and crispy wontons in a whole wheat tortilla with spicy yogurt sauce. Creamy with a kick. $13.49 without protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Hot Honey Mustard Chicken Burrito **$16.49**
Dairy-free. Halal-certified Cajun chicken, herbed quinoa, roasted sweet potatoes, red cabbage, crispy fried onions and honey mustard in a tortilla. Sweet heat with a crunch, protein included.

Chicken Pesto Parmesan Burrito **$16.49**
Halal-certified chicken, herbed quinoa, spinach, grape tomatoes, broccoli, Mediterranean crunch and pesto vinaigrette in a tortilla, served with hot sauce. Bright and herby, protein included.

Buddha Satay Burrito **$16.99**
Dairy-free. Halal-certified roasted chicken, broccoli, carrots, cabbage and green onions with brown rice and crispy wontons in a whole wheat tortilla with spicy peanut sauce, rich, nutty and mild, protein included.

Teriyaki Twist Burrito **$16.99**
Dairy-free. Halal-certified teriyaki chicken, brown rice, spicy broccoli, braised red cabbage, carrots, cucumbers, green onions, edamame, sesame seeds, crispy wontons, sriracha mayo and teriyaki sauce in a tortilla, sweet, savoury and crunchy, protein included.

Mercado Sol Burrito **$17.99**
Halal-certified roasted chicken, brown rice, roasted corn, black beans, aged white cheddar, avocado, grape tomatoes, kale, cilantro, pickled red onions and crispy wontons with green goddess dressing and fiery BBQ sauce in a tortilla. Smoky, fresh and loaded, protein included.

Create Your Own Burrito **$12.49 before protein**
Choose your protein, grains, vegetables and sauces. $12.49 before protein; add halal-certified chicken or steak, tofu or falafel for $3.99.

Soups & Pockets

Spiicy Lemongrass Soup **$7.99**
Gluten-free and dairy-free. Spicy lemongrass broth with rice noodles and vegetables, warming with a kick.

Spicy BBQ Chicken Pocket **$4.99**
Chicken, bacon, cilantro, pickled red onion and aged cheddar with fiery BBQ sauce in a warm pocket. Smoky and cheesy.

Creamy Roasted Tomato Soup **$7.99**
Tomatoes, roasted red peppers and onions in a creamy soup. Smooth and comforting.

Chipotle Steak Pocket **$4.99**
Halal-certified steak, green onion, mushroom, crispy fried onions and aged cheddar with creamy chipotle in a warm pocket. Smoky and cheesy.

Chicken Pesto Cranberry Pocket **$4.99**
Halal-certified chicken, pesto, cranberry and aged cheddar in a warm pocket. Sweet and savoury.

Juices & Cleanses

Juice Cleanse (3 Day) **$99.99**
Gluten-free and dairy-free. Six Green Genius juices and three each of Immune Elixir, Antioxidant Elixir, Beta Boost, Get Glowing and Red Recharge.

Red Recharge **$6.99**
Vegan, gluten-free and dairy-free. Cold-pressed beet, carrot, apple, lemon and ginger, earthy and sweet, in a 333 mL bottle.

Juice Cleanse (1 Day) **$39.99**
Gluten-free and dairy-free. Two Green Genius juices and one each of Immune Elixir, Antioxidant Elixir, Beta Boost, Get Glowing and Red Recharge.

Beta Boost **$6.99**
Vegan, gluten-free and dairy-free. Cold-pressed carrot, orange, lemon and turmeric, bright and citrusy, in a 333 mL bottle.

Green Genius Juice **$6.99**
Vegan, gluten-free and dairy-free. Cold-pressed spinach, kale, celery, apple, lemon and ginger, fresh and green, in a 333 mL bottle.

Antioxidant Elixir **$3.99**
Vegan, gluten-free and dairy-free. Beet, lemon, orange, camu camu and moringa. A tart 60 mL shot.

Juice Cleanse (5 Day) **$169.99**
Gluten-free and dairy-free. Ten Green Genius juices and five each of Immune Elixir, Antioxidant Elixir, Beta Boost, Get Glowing and Red Recharge.

Get Glowing **$6.99**
Vegan, gluten-free and dairy-free. Cold-pressed grapefruit, lemon, apple, cucumber and ginger, crisp and tangy, in a 333 mL bottle.

Immune Elixir **$3.99**
Gluten-free and dairy-free. Lemon, ginger and honey. A zesty 60 mL shot.

Kids Menu

Kids Power Bowl **$7.49**
Dairy-free. Halal-certified chicken, cucumber, carrots, broccoli and crispy wontons with teriyaki sauce, served with your choice of brown rice or rice noodles.

Super Kids Salad **$7.49**
Gluten-free. Halal-certified chicken, romaine, carrots, cucumber and aged cheddar with Greek yogurt ranch dressing, crunchy and mild.

Cheesy Chicken Pocket **$4.99**
Halal-certified chicken and aged cheddar in a warm, grilled pocket. Melty and easy to eat.

Sides

Roasted Sweet Potato Bites **$4.99**
Gluten-free and dairy-free. Roasted, seasoned sweet potato bites served with honey mustard.

Baked Rosemary Waffle Fries **$4.99**
Gluten-free. Oven-baked waffle-cut fries with rosemary, served with green goddess ranch.

Snacks

Regular Baked Lay's **$1.99**
A packaged bag of Baked Lay's Original chips.

Peanut Butter Energii Bites **$2.99**
Peanut butter Energii Bites, sold in threes.

Miss Vickies Jalapeño **$1.99**
A packaged bag of Miss Vickies Jalapeño chips.

Chia Pudding **$6.49**
Gluten-free and dairy-free. Chia seeds, coconut milk and honey topped with mango, strawberries and shredded coconut, creamy and lightly sweet.

Miss Vickies Sea Salt & Vinegar **$1.99**
A packaged bag of Miss Vickies Sea Salt & Vinegar chips.

Cocoa Energii Bites **$2.99**
Cocoa Energii Bites, sold in threes.

SunChips Harvest Cheddar **$1.99**
A packaged bag of SunChips Harvest Cheddar snacks.

Miss Vickies Original **$1.99**
A packaged bag of Miss Vickies Original Recipe chips.

Drinks

Perrier Sparkling Water **$3.49**
A bottle of Perrier sparkling water.

Bottled Diet Coke **$3.29**
A bottle of Diet Coke.

FUZE Iced Tea Zero **$3.29**
A bottle of FUZE Iced Tea Zero.

Thirsty Buddha Coconut **$3.99**
Thirsty Buddha coconut water.

Bottled Dasani Water **$2.99**
Bottled Dasani Water.

Reign Storm Strawberry Guava **$3.99**
A packaged REIGN Storm Strawberry Guava drink.

Body Armour Peach Mango **$3.99**
A packaged BODYARMOR Peach Mango drink.

Bottled Coke Zero **$3.29**
A bottle of Coca-Cola Zero Sugar.

Vitaminwater XXX **$3.99**
A bottle of vitaminwater XXX with açai-blueberry-pomegranate flavour.

Body Armour Fruit Punch **$3.99**
A packaged BODYARMOR Fruit Punch drink.

Vitaminwater Multi-V **$3.99**
A bottle of vitaminwater Multi-V lemonade-flavoured water.

Core Power Chocolate **$5.49**
A bottled Core Power chocolate protein shake.

Rise Fresh Ginger **$4.99**
A bottle of RISE Fresh Ginger kombucha.

Bottled Ginger Ale **$3.29**
A bottle of ginger ale.

Vitaminwater Zero Sugar XOXOX **$3.99**
A bottle of Vitaminwater Zero Sugar XOXOX.

Reign Storm Kiwi Blend **$3.99**
A packaged REIGN Storm Kiwi Blend drink.

Rise Hibiscus & Rose Hip **$4.99**
A bottle of RISE Hibiscus & Rose Hip kombucha.

Catering

Regular Group Salad **$59.95**
Serves 5–8 guests. Choose one recipe: Cobb, Berrii Crunchii or Fiiesta; add protein for $19.95.

Large Group Salad **$119.90**
Serves 10–15 guests. Choose up to two recipes: Cobb, Berrii Crunchii or Fiiesta; add protein for $39.90.

Wrap Platter (Regular, 5 wraps) **$54.95**
Serves 5–8. Add protein for $19.95 ($74.90 with protein). Labelled; cut in half or left whole on request.

Wrap Platter (Large, 10 wraps) **$109.99**
Serves 10–15. Add protein for $39.90 ($149.89 with protein). Labelled; cut in half or left whole on request.

Fruit Platter **$27.99**
Vegan, gluten-free and dairy-free. A seasonal selection of cut fruit. Serves 10–15 guests.

Veggie Platter **$44.99**
Fresh vegetables with ranch dip. Serves 10–15 guests.

Energii Bite Platter **$14.95**

Fifteen Energii Bites supplied as five packs of three. Call or email for current flavour details.