



SERVING PLANT-BASED
AND MEAT-EATING PALATES

HEALTH CONSCIOUS + ECO-FRIENDLY

Food By Frenchie Pledge:

Our promise to all FBF customers is to maintain extremely kind, authentic, and sanitary business practices. We cherish cleanliness, freshness, whole foods free from soy and limited genetically modified organisms. It is our every intention to provide food that helps heal and fuel your body, mind, and soul. Thanks for dining with us. Please Enjoy.

SCAN QR CODE
FOR NUTRITIONAL INFO ON YOUR MEALS.



PROUDLY SERVING THE
LOS ANGELES AREA



@FOODBYFRENCHIE



YOUR ORDERS HELP SUPPORT OUR MISSION
TO PROVIDE FREE MEALS TO FAMILIES AND
COMMUNITIES IN FOOD DESERTS. WE
APPRECIATE YOUR SUPPORT.

MADE-TO-ORDER MEAL PREP AND FOOD DELIVERY



MEALS



BAKED SALMON
 PORTION SIZE: 3 OZ (85G)
 AMOUNT PER PORTION:
 155 CALORIES
 TOTAL FAT: 6.9G (9%)
 SATURATED FAT 1.1G (6%)
 CHOLESTEROL: 60MG (20%)
 SODIUM: 60MG (2.5%)
 CARBOHYDRATE: 0G (0%)
 DIETARY FIBER: 0G (0%)
 PROTEIN: 22G (44%)
 CALCIUM: 13MG (1%)
 IRON: 0.9MG (5%)
 POTASSIUM: 534MG (11%)



GARLIC SHRIMP
 PORTION SIZE: 6 OZ (170.1 G)
 AMOUNT PER PORTION:
 121 CALORIES
 TOTAL FAT: 1.5G
 SATURATED FAT 0G (0%)
 CHOLESTEROL: 0MG (0%)
 SODIUM: 60MG (2.5%)
 CARBOHYDRATE: 0G (0%)
 DIETARY FIBER: 0G (0%)
 PROTEIN: 23G (44%)
 CALCIUM: 91.85MG
 IRON: 0.27MG (1%)



BAKED & SHREDDED CHICKEN BREAST
 PORTION SIZE: 3OZ (85G)
 AMOUNT PER PORTION:
 128 CALORIES
 TOTAL FAT: 1.9G (2%)
 SATURATED FAT 0.5G (2%)
 SODIUM: 40MG (1.5%)
 CARBOHYDRATE: 0G (0%)
 DIETARY FIBER: 0G (0%)
 PROTEIN: 27G (54%)



PULLED JACKFRUIT
 PORTION SIZE: 6OZ (170G)
 AMOUNT PER PORTION: 162 CALORIES
 TOTAL FAT: 1.1G (1%) SATURATED FAT: 0.3 (2%)
 CARBOHYDRATE: 3G (1%) SODIUM: 3.4MG (0%)
 DIETARY FIBER: 2.6G (9%) SUGAR 32G
 PROTEIN: 2.9G (6%) CALCIUM: 41MG (3%)
 IRON: 0.4MG (2%) POTASSIUM 762MG (16%)



CHICKEN WINGS
 PORTION SIZE: 4OZ (113G)
 AMOUNT PER PORTION:
 193 CALORIES
 TOTAL FAT: 13G (17%)
 SATURATED FAT 4.6G (23%)
 CHOLESTEROL 96MG (32%)
 SODIUM: 203MG (9%)
 CARBOHYDRATE: 0.3G (0%)
 DIETARY FIBER: 0G (0%)
 SUGAR 0G
 PROTEIN: 16G (32%)



ROASTED CAULIFLOWER
 PORTION SIZE: 3OZ (85G)
 AMOUNT PER PORTION:
 141 CALORIES
 TOTAL FAT: 14.1G (18%)
 SATURATED FAT 2G (10%)
 CHOLESTEROL 0MG (0%)
 SODIUM: 413MG (18%)
 CARBOHYDRATE: 4.5G (2%)
 DIETARY FIBER: 2.1G (8%)
 SUGAR 2G
 PROTEIN: 1.7G
 CALCIUM: 19MG (1%)



PORTOBELLO MUSHROOMS
 PORTION SIZE: 6 OZ (85G)
 AMOUNT PER PORTION:
 20 CALORIES
 TOTAL FAT: 0G (0%)
 CARBOHYDRATE: 3G (1%)
 DIETARY FIBER: 1G (4%)
 SUGAR 2G
 PROTEIN: 3.1G (6%)
 VITAMIN D: 9MCG (45%)
 CALCIUM: 3MG (0%)
 IRON: 0.5MG (3%)
 POTASSIUM 300MG (6%)

FOOD BY FRENCHIE

NUTRITIONAL INFORMATION
 (% DAILY VALUE)*



SAMMIES



GRILLED PESTO SAMMIE
 SERVING SIZE: 1
 AMOUNT PER SERVING:
 225 CALORIES
 TOTAL FAT: 6.7G (9%)
 SATURATED FAT: 0.8 (4%)
 CHOLESTEROL: 0MG (0%)
 SODIUM: 321MG (14%)
 CARBOHYDRATE: 33.6G (12%)
 DIETARY FIBER: 2.3G (8%)
 SUGAR 0.3G
 PROTEIN: 4.6G



GRILLED SAMMIE
 SERVING SIZE: 1
 AMOUNT PER SERVING:
 225 CALORIES
 TOTAL FAT: 6.7G (9%)
 SATURATED FAT: 0.8 (4%)
 CHOLESTEROL: 0MG (0%)
 SODIUM: 321MG (14%)
 CARBOHYDRATE: 33.6G (12%)
 DIETARY FIBER: 2.3G (8%)
 SUGAR 0.3G
 PROTEIN: 4.6G

MORE SAMMIES...

CROISSANT SANDWICH
 SERVING SIZE: 1
 AMOUNT PER SERVING:
 322 CALORIES
 TOTAL FAT: 18.7G (24%)
 SATURATED FAT: 8.7 (43%)
 CHOLESTEROL: 207MG (69%)
 SODIUM: 897MG (39%)
 CARBOHYDRATE: 27.1G (10%)
 DIETARY FIBER: 1.5G (5%)
 SUGAR 7.3G
 PROTEIN: 10.8G
 VITAMIN D: 44MCG (220%)
 CALCIUM: 25MG (2%)
 IRON: 2MG (11%)
 POTASSIUM 148MG (3%)

ENGLISH MUFFIN SANDWICH
 SERVING SIZE: 1
 AMOUNT PER SERVING:
 232 CALORIES
 TOTAL FAT: 10G (13%)
 SATURATED FAT: 2.5 (12%)
 CHOLESTEROL: 164MG (55%)
 SODIUM: 304MG (13%)
 CARBOHYDRATE: 25.5G (9%)
 DIETARY FIBER: 2G (7%)
 SUGAR 2.4G
 PROTEIN: 10.6G
 VITAMIN D: 15MCG (77%)
 CALCIUM: 116MG (9%)
 IRON: 3MG (17%)
 POTASSIUM 121MG (3%)

SALADS

MEDITERRANEAN SALAD
 SERVING SIZE: 1
 AMOUNT PER SERVING:
 269 CALORIES
 TOTAL FAT: 8.9G (11%)
 SATURATED FAT: 2.2 (11%)
 CHOLESTEROL: 8MG (3%)
 SODIUM: 428MG (19%)
 CARBOHYDRATE: 37.9G (14%)
 DIETARY FIBER: 11.1G (4%)
 SUGAR 8G
 PROTEIN: 12.6G
 VITAMIN D: 0MCG (0%)
 CALCIUM: 153MG (12%)
 IRON: 6MG (36%)
 POTASSIUM 767MG (16%)

COBB SALAD
 SERVING SIZE: 1
 AMOUNT PER SERVING:
 510 CALORIES
 TOTAL FAT: 35.1G (45%)
 SATURATED FAT: 6.6 (33%)
 CHOLESTEROL: 196MG (65%)
 SODIUM: 202MG (9%)
 CARBOHYDRATE: 43.6G (16%)
 DIETARY FIBER: 20.1G (72%)
 SUGAR 18.9G
 PROTEIN: 17.1G
 VITAMIN D: 0MCG (0%)
 CALCIUM: 123MG (9%)
 IRON: 5MG (28%)
 POTASSIUM 2496MG (53%)

BBQ CRUNCH SALAD
 SERVING SIZE: 1
 AMOUNT PER SERVING:
 450 CALORIES
 TOTAL FAT: 41.2G (53%)
 SATURATED FAT: 5.8 (29%)
 CHOLESTEROL: 0MG (0%)
 SODIUM: 23MG (1%)
 CARBOHYDRATE: 24.1G (9%)
 DIETARY FIBER: 13.2G (47%)
 SUGAR 2.4G
 PROTEIN: 5G
 VITAMIN D: 0MCG (0%)
 CALCIUM: 24MG (2%)
 IRON: 4MG (20%)
 POTASSIUM 1073MG (23%)

SIMPLE SPINACH SALAD
 SERVING SIZE: 1
 AMOUNT PER SERVING:
 136 CALORIES
 TOTAL FAT: 1.6 (2%)
 SATURATED FAT: 0.2 (1%)
 CHOLESTEROL: 0MG (0%)
 SODIUM: 79MG (3%)
 CARBOHYDRATE: 28.8G (10%)
 DIETARY FIBER: 9.3G (33%)
 SUGAR 17.6G
 PROTEIN: 7.5G
 VITAMIN D: 0MCG (0%)
 CALCIUM: 128MG (10%)
 IRON: 3MG (19%)
 POTASSIUM 1834MG (39%)

