Nutritional information

Nutritional information (values per portion size) & Allergens

Category: Breakfast

Please note that our menu is made daily from scratch in our shop kitchens. Each product therefore differs slightly from our standard recipe.
The values below are approximate and correct to our knowledge at the time of going to print.

Nutritional Data										Allergens														
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Buttered Bagel	125g	367	11.1	2	51.3	4.8	12.5	5.9	0.417	wheat, rye,barley															
Marmite Bagel	129g	377	11.1	2	52.5	4.9	13.9	5.9	0.587	wheat, rye, barley, oats															
Avo & Cream Cheese Bagel	166g	427	21.9	8	43.2	5.2	12.7	6.6	0.393	wheat, rye, barley															
Avocado Bagel	161g	404	16	3.2	52.4	5.1	13.4	8.1	0.56	wheat, rye,barley															
Avocado & Bacon Bagel	183g	490	21.3	5.2	52.6	5.2	19	8.1	0.83	wheat, rye,barley															
Vegan Avocado & Bacon Bagel	176g	449	18.2	3	49.8	4.9	18.6	7.3	0.503	wheat, rye,barley															
Egg & Tom Bagel Bagel	183g	457	17.5	2.3	54.1	7.3	17.4	7.1	0.681	wheat, rye,barley															
Bacon, Egg & Tom Bagel	200g	528	22.7	4.3	54.3	7.5	23	7.1	0.987	wheat, rye, barley															
Salmon & Cream Cheese Bagel	185g	484	19.9	8.2	54.3	6.2	21	5.9	0.852	wheat, rye, barley															
Peanut Butter Bagel	135g	444	15.9	2.2	58.9	5.7	17.9	5.9	0.522	wheat, rye, barley															
Egg & Ketchup Hot Hold Bagel	190g	465	17.8	4.1	55.4	8.5	17.6	6.2	0.604	wheat, rye, barley															
Double Bacon Hot Hold	155g	495	21.1	6	50.3	5.1	23.2	5.7	1.003	wheat, rye, barley															
Bacon & Egg Hot Hold Bagel	201g	558	25.8	7.3	52.5	6	26	6.2	0.984	wheat, rye, barley															
Poached Egg - Avo	66g	121	10.6	2.6	1.3	0.4	5.4	1.7	0.062																
Poached Egg - Bacon	83g	192	15.9	4.6	1.5	0.5	11	1.7	0.368																
Poached Egg - Salmon	96g	171	13.2	3.2	2.9	0.4	11.4	1.7	0.44																
Porridge - Banana & Coconut	406g	436	21	8.6	47.4	23.7	14.9	3.5	0.162	gluten-free oats							Almonds								
Porridge - Banana & Honey	406g	378	10.1	5.3	30.9	37.1	11	3.5	0.137	gluten-free oats															
Porridge - Compote & Seeds	370g	340	14.1	6.2	40.8	15.8	12.2	4.6	0.133	gluten-free oats											Sulphites				
Porridge - Cinnamon Crunch	371g	407	12.5	6.1	61.2	29.7	12.1	5.1	0.138	oats (gluten in granola)							Almonds								
Honey Granola	210g	384	20.3	11.4	41.9	29.4	9.6	2.9	0.17	oats							Almonds								
Very Berry Granola	220g	345	20.3	11.4	31.9	17.8	9.6	3.5	0.162	oats							Almonds				Sulphites				
Banana & Honey	202g	365	20.6	9.5	37	34	9.3	3.2	0.136																
Choc Pot	100g	149	9.9	6.2	10.6	10.1	4.4	0	0.092																
Bigger Bircher	205g	261	4.6	3	47	21.4	9.1	4.6	0.078	oats											Sulphur				
Pip n' Bircher	150g	263	11	4.2	33.4	16.4	8.5	3	0.071	oats							Almonds				Sulphur				

Nutritional information

Nutritional information (values per portion size) & Allergens

Category: Salad & Salad Pots Note that nutritional data excludes separate dressing pots.

Nutritional Data										Allergens														
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Egg & Avo Superbox	301g	374	18.9	4.2	31.5	5.6	19.3	6.8	0.162			■			■					■				■	
Salmon Superbox	301g	391	17.3	3.5	31.2	5.5	27.6	5	0.432			■	■		■					■					
Miso Chicken Nourishing Noodles	301g	384	10.3	1.6	51.8	8.4	22.5	6.7	0.354						■					■					
Crab & Egg Nourishing Noodles	302g	453	23.2	3.1	45.3	4.5	16.6	4.7	0.461		■	■	■		■				■	■					
Vegan Katsu Nourishing Noodles	301g	482	16.5	2	63.7	7.4	19	9.4	0.47	wheat					■					■					■
Chicken Katsu Nourishing Noodles	303g	425	13.6	4.7	53.2	4.3	23.6	5.6	0.161	wheat					■					■					
Veggie Gyoza on Sushi Rice	335g	550	12.3	3.3	91.2	12.9	17.4	2.7	1.421	wheat					■					■					■
Teriyaki Chicken on Sushi Rice	306g	393	3	0.8	65.4	14.9	25.1	2.4	1.222	wheat, barley					■					■					
Chicken Katsu on Sushi Rice	315g	482	12.8	5.1	65.3	5.2	25.2	2.4	0.765	wheat					■					■					
Miso Salmon on Sushi Rice	257g	351	8.9	1.4	54.5	6.8	11.4	1.3	0.957	wheat			■		■					■					
Salmon Tartare on Sushi Rice	284g	394	9.1	2.2	56.2	8.2	19.4	1.9	1.004	wheat			■		■					■					
Chicken Poke	310g	200	9.1	1.5	12.7	8.8	18.5	5.7	0.281	wheat					■					■					
Tuna & Salmon Poke	321g	229	12.2	1.8	12.7	8.8	18.3	5.5	0.253	wheat			■		■					■					
Vegan Poke	374g	396	24.5	5.3	33.8	11.2	12	7.8	0.418	wheat					■					■					■
Salmon & Grain Poke	398g	448	8.7	1.5	65.2	8.2	24.3	3.9	0.619	wheat			■		■					■					
Salmon & Sesame Seaweed Topper	151g	201	10.6	2.1	7.7	4.7	17.6	0.1	0.503	wheat			■		■					■					
Salmon & Edamame	131g	197	10.8	2.1	3.8	0.3	20.7	1.5	0.052				■		■					■					
Sesame Seaweed Topper	76g	64	1.7	0.4	11.5	7	0.9	0.1	0.68	wheat					■					■					■
Edamame Beans	100g	134	3.3	0.5	8.9	0.92	11.5	4.2	0.008						■										■

Nutritional information

Nutritional information (values per portion size) & Allergens

Category: Sushi

Note that nutritional data excludes separate dressing pots.

Nutritional Data										Allergens															
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Lucky 13	373g	557	18.8	3.1	66	6.1	30	6.5	0.782	wheat (in soy sauce)															
River Run (dressing not included)	348g	457	12.9	2.9	59.9	5.3	24.1	6.2	0.723	wheat									in wasabi						
Omega 3	403g	540	14.7	3.4	73.4	9.7	24.6	2.5	1.318	wheat									in wasabi						
Deep Blue	384g	404	19	3.6	76.9	7.4	21.5	3.7	1.11	wheat															
California Nigiri	368g	584	30	4	58.9	8.6	17.5	4	1.114	wheat															
Katsu Nigiri	383g	585	23.9	6.2	64.7	8.3	25.6	4.5	0.997	wheat									in wasabi						
Clean & Green (dressing not included)	392g	576	18.1	3.9	87.4	10.5	13.3	4.5	1.219	wheat									in wasabi						Vegan
Chicken Katsu Salad (dressing not included)	352g	570	21.8	7.8	65	9.4	30.7	3.7	0.818	wheat															
Kickin' Chicken	426g	696	23.9	7.4	83.5	13.3	35.8	6.4	0.994	wheat, barley									in wasabi						
Omega Lite	259g	351	7.8	1.6	49.7	3	19.9	5	0.433	wheat (soy sauce)									in wasabi						
Oishi	275g	410	13.5	2.7	54.8	5	15	2.5	0.798	wheat															
Salmon & Avo Dragon Roll	287g	420	15.5	4.2	53.2	6.1	14.4	3.4	0.832	wheat									in wasabi						
California Dragon Roll	268g	506	27.5	3.9	53.6	5.9	9.9	4	0.924	wheat (soy sauce)															
Veggie Dragon Roll	267g	424	18.7	3.1	53.6	7.7	9.3	4.8	0.865	wheat									in wasabi						Vegan
Teriyaki Dragon Roll	267g	387	9	2	57.3	9.2	18.6	2.7	0.806	wheat, barley									in wasabi						

Nutritional information

Category: Shwraps

Nutritional Data										Allergens															
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/ Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Chicken Katsu Shwrap	134g	167	3.6	1.2	26	2.1	6.7	1.1	0.351	wheat															
Avocado & Ginger Shwrap	114g	150	4.3	1	24	2.3	3.1	2	0.309																
Teriyaki Chicken Shwrap	124g	145	0.7	0.2	25.8	4	8.1	1	0.359	wheat, barley															
California Salad Shwrap	121g	182	6.7	0.6	25.5	2.7	3.9	0.9	0.436																
Sweet Chilli Salmon & Dill Shwrap	127g	188	6.5	1.5	24.8	3.1	6.4	1.7	0.301																

Nutritional information

abokado
FEEL GREAT FOOD

Category: Dressings

Nutritional Data										Allergens															
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Crispy Onion Pot	10g	58	4.4	2.2	4	1.5	0.6	0.45	0.039	wheat															
Yoghurt & Mint	44g	109	10.9	0.8	2.1	1.5	0.4	0	0.158																
Curry Sauce	44g	404	4.9	0.4	9.5	8.4	0.3	0	0.083																
Teriyaki	18g	17	0	0	4.1	4	0.14	0	0.331	wheat															
Sweet Chilli & Sesame	18g	37	1.5	0.2	5.6	5.1	0.1	0	0.043																
Nuoc Cham	44g	58	0.1	0	13.2	12.7	0.4	0	0.326																
Soy, Sesame & Ginger	44g	178	15.1	1.1	9.9	8.3	0.5	0	0.181																
Hot Chilli	18g	16	0.2	0	3.1	2.6	0.2	0	0.347																
Soy Sauce Bottle (15ml)	15ml	10	0	0	1.1	0.2	1.5	0	0.916	wheat															
GF Soy Sauce Sachet	10ml	9	0	0	1	0	1.2	0	0.580																
Pickled Ginger Sachet	10g	13	0	0	0.7	0	0	0	0.106																
Wasabi	2.5g	7	0.25	0	1.1	0.3	0.12	0.3	0.046																

Nutritional information

abokado
FEEL GREAT FOOD

Category: Noodles, Rice & Sides

Note that nutritional data excludes separate dressing pots.

Nutritional Data										Allergens															
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Teriyaki Chicken on Brown Rice	466g	529	6.1	1.3	93.5	16.8	31.4	5.4	0.79	wheat, barley											Sulphites				
Red Thai Chicken on Brown Rice	421g	551	13.9	1.8	88.8	13.2	24	6.3	0.7																
Thai Green Chicken Curry on Brown Rice	421g	557	14	1.8	89.6	13.7	24.4	7.2	0.898												Sulphites				
Veggie Gyoza on Brown Rice	386g	686	18.6	3.5	118.8	28.2	16.2	5.6	0.455	wheat															
Teriyaki Salmon on Brown Rice	456g	577	13	2.4	94.2	20.1	24.6	5.2	1.42	wheat															
Chicken Katsu on White Rice (sauce not included)	516g	746	18.3	7.5	105.7	8.1	36.9	3.8	1.279	wheat								celery (in sauce)							
THIS Vegan Katsu Curry (sauce not included)	460g	635	8.8	6.7	107.9	9.2	27.8	5	1.396	wheat								celery (in sauce)							
Sweet Chilli Chicken on White Rice	550g	737	12	2.3	121.5	37.2	32.5	4.2	1.531																
Chicken Katsu Yakisoba (sauce not included)	577g	793	28.7	9.2	95.5	28.7	38.2	6.2	1.701	wheat								celery (in sauce)							
Veggie Gyoza Yakisoba	517g	708	22.9	4.6	105.1	32	21.2	6.8	1.824	wheat															
Teriyaki Chicken Yakisoba	561g	641	12.9	2.5	87.9	35.1	44.2	6.5	1.893	wheat, barley															
Curry Sauce (katsu)	175g	103	8.8	0.2	4.7	2.5	1.4	2.3	0.429	wheat															

Category: Sides

Nutritional Data										Allergens															
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Veggie Gyoza Snack Pot (sauce not included)	108g	259	10.3	2.8	33.5	4.6	8.6	0.1	0.45	wheat										in sauce					
Miso Soup	328g	38	1.7	0.3	8.9	4.2	3.2	0.5	1.279	wheat															
Miso Salmon Super Broth	425g	142	6.6	1.2	25.5	4.3	11.6	1	1.327	wheat															
Bread Roll	40g	122	3.2	0.5	17.8	0.6	4.3	1.8	0.18	wheat, rye, barley															

Nutritional information

abokado
FEEL GREAT FOOD

Category: Soups

Nutritional Data										Allergens															
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Soups Medium (16oz)																									
Carrot & Coriander	400g	150	10	0.8	17.2	14	2.8	7.2	1.6												Sulphites				
Red Thai Chicken	400g	239	14	2.7	19.6	11.5	12.4	7.2	1.63												Sulphites				
Chickpea & Kale	400g	295	12	0.8	38	10	11.2	12	1.3												Sulphites				
Veggie Chowder	400g	190	11	0.8	22.4	10	5.2	8	1.4												Sulphites				
Spiced Chicken & Lentil	400g	197	10	0.8	16	8	15.6	8	1.2																
Broccoli & Cumin	400g	249	10	0.8	36.4	11.6	7.2	7.2	0.94																
Javanese Chicken	400g	233	13	1.6	19.2	7.2	13.2	7.2	1.4												Sulphites				
Soups Small (8oz)																									
Carrot & Coriander	175g	65	4.6	0.4	7.5	6.1	1.2	3.2	0.7												Sulphites				
Red Thai Chicken	175g	105	6.1	0.7	8.6	5.4	5.4	3.2	0.63												Sulphites				
Chickpea & Kale	175g	131	5.3	0.4	16.6	4.4	4.9	5.25	0.58												Sulphites				
Veggie Chowder	175g	83	4.9	0.4	9.8	4.4	2.3	3.5	0.63												Sulphites				
Spiced Chicken & Lentil	175g	86	4.4	0.4	7	3.5	6.8	3.5	0.52																
Broccoli & Cumin	175g	109	4.6	0.4	15.9	5.1	3.2	3.2	0.41																
Javanese Chicken	175g	102	5.8	0.7	8.4	3.5	5.8	3.1	0.59												Sulphites				

Nutritional information

Category: Froyo

Nutritional Data										Allergens															
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Naked Froyo	200g	198	0.1	0	40.8	40	7	0	0.118																
Toppings - Coconut & Almond Butter	20g	125	11	3.2	3	1.92	4	0	0.033								almonds								
Toppings - Mixed Berry Compote	20g	19	0.1	0	4.3	3.3	0.1	0.46	0												sulphites				
Toppings - Honey	20g	67	0	0	16.5	16.5	0.1	0	0.008																

Nutritional information

abokado
FEEL GREAT FOOD

Category: Breakfast Platters

Nutritional Data										Allergens														
Recipe	portion size (g)	Cals	Fat	Sat Fat	Carbs	Sugar	Protein	Fibre	Sodium	Cereals containing gluten, wheat, rye barley & oats	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Nuts: almonds,hazelnuts, walnuts,cashews,pecans,pistachios,macadamia, Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Best of Breakfast Bagels										wheat, rye, barley		■	■			■			■	■					
Luxury Smoked Salmon & Cream Cheese Bagels										wheat, rye, barley			■			■									
Avocado Bagels										wheat, rye, barley										■					■
Bacon, Egg & Tomato Bagels										wheat, rye, barley		■							■						
Veggie Bagels										wheat, rye, barley		■				■			■	■				■	
Category: Lunch Platters																									
Best of Bagels										wheat, rye, barley		■	■			■			■	■					
Best of Veggie Bagels										wheat, rye, barley		■							■	■				■	
Best of Sushi										wheat	■	■	■		■				■	■					
Best of Veggie Sushi										wheat					■				■	■					■
All Cooked Sushi										wheat, barley	■	■	■		■				■	■					
Best of Shwraps										wheat, barley	■	■	■		■				■	■					
Luxury Sashimi										wheat			■		■				■	■					
Brownie Bag												■			■	■									
Caramel Shortcake Bag										wheat					■	■									
Maple & Pecan Bag										wheat, oats		■			■		pecans								
Granola Bag										wheat, oats						■					■				