

# Nutritional Values



Our menu is freshly made in our kitchens in small batches. These values should be used as a guide.

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| Recipe Name (alphabetical order)             | Energy |        | Fat  | Saturates | Carb  | Sugars | Protein | Fibre | Salt |
|----------------------------------------------|--------|--------|------|-----------|-------|--------|---------|-------|------|
|                                              | kcal   | kJ     | g    | g         | g     | g      | g       | g     | g    |
| "On Rice" Salad - Miso Salmon                | 346.1  | 1470.8 | 4.7  | 1.1       | 60.9  | 5.1    | 13.5    | 2.3   | 2.0  |
| "On Rice" Salad - Teriyaki Chicken           | 411.9  | 1728.6 | 3.4  | 1.0       | 68.4  | 11.5   | 25.6    | 2.5   | 2.4  |
| "On Rice" Salad - Gyoza                      | 536.0  | 2244.4 | 11.4 | 3.1       | 90.1  | 8.9    | 16.8    | 2.8   | 2.7  |
| Bagel - Avo & Bacon                          | 527.0  | 2209.7 | 23.4 | 5.5       | 54.7  | 6.8    | 20.2    | 11.4  | 1.7  |
| Bagel - Avo & Cream Cheese                   | 450.0  | 1882.9 | 23.7 | 8.8       | 43.5  | 6.5    | 13.4    | 8.8   | 0.8  |
| Bagel - Avo & Vegan Bacon                    | 446.3  | 1874.4 | 15.8 | 2.9       | 53.3  | 6.6    | 18.8    | 10.6  | 0.6  |
| Bagel - Avocado & Shichimi                   | 444.6  | 1867.4 | 16.7 | 3.1       | 54.8  | 6.8    | 14.3    | 11.5  | 1.1  |
| Bagel - Bacon & Egg                          | 560.5  | 2350.2 | 25.4 | 4.7       | 54.2  | 6.8    | 24.6    | 9.1   | 2.0  |
| Bagel - Bacon Butty                          | 560.8  | 2351.2 | 25.2 | 6.8       | 53.7  | 6.6    | 25.4    | 9.1   | 2.9  |
| Bagel - Buttered                             | 392.3  | 1651.3 | 11.8 | 1.9       | 53.7  | 6.6    | 13.5    | 9.1   | 0.8  |
| Bagel - Cream Cheese                         | 487.3  | 2045.2 | 20.8 | 9.1       | 55.5  | 8.2    | 16.5    | 9.1   | 1.0  |
| Bagel - Egg                                  | 476.3  | 2000.2 | 18.6 | 2.3       | 54.2  | 6.8    | 18.7    | 9.1   | 0.9  |
| Bagel - Marmite                              | 405.3  | 1706.2 | 11.8 | 1.9       | 55.2  | 6.6    | 15.2    | 9.1   | 1.3  |
| Bagel - Peanut Butter                        | 469.7  | 1974.0 | 16.6 | 2.1       | 56.3  | 7.4    | 18.9    | 9.1   | 1.0  |
| Bagel - Smoked Salmon & Cream Cheese         | 525.6  | 2206.7 | 22.0 | 9.3       | 55.5  | 8.2    | 23.4    | 9.1   | 2.3  |
| Banh Mi - Crispy Chicken                     | 666.1  | 2799   | 24.6 | 7.0       | 86.1  | 13.3   | 23.9    | 4.9   | 2.9  |
| Banh Mi - Sweet & Sour Chicken               | 577.0  | 2432.2 | 15.5 | 4.5       | 81.1  | 12.5   | 23.6    | 5.6   | 2.7  |
| Banh Mi - Tonkatsu BBQ "Chicken"             | 591.4  | 2489.7 | 13.5 | 6.3       | 92.2  | 14.2   | 23.7    | 4.9   | 3.5  |
| Black Americano - Large                      | 1.3    | 5.0    | 0.0  | 0.0       | 0.2   | 0.0    | 0.0     | 0.0   | 0.0  |
| Black Americano - Reg                        | 1.1    | 4.3    | 0.0  | 0.0       | 0.2   | 0.0    | 0.0     | 0.0   | 0.0  |
| Brown Rice Bowl - Sweet Chilli Dumplings Reg | 526.2  | 2220.5 | 13.9 | 2.8       | 91.3  | 21.5   | 12.4    | 3.2   | 1.2  |
| Brown Rice Bowl - Sweet Chilli Dumplings Lge | 656.9  | 2770.9 | 18.2 | 3.8       | 111.5 | 22.9   | 15.8    | 4.2   | 1.6  |
| Brown Rice Bowl - Teriyaki Chicken Reg       | 482.3  | 2038.7 | 10.3 | 2.4       | 70.5  | 26.2   | 31.3    | 3.6   | 3.1  |
| Brown Rice Bowl - Teriyaki Chicken Lge       | 581.9  | 2459.9 | 12.6 | 2.6       | 89.6  | 28.7   | 33.1    | 4.9   | 3.3  |
| Brown Rice Bowl - Teriyaki Salmon Reg        | 464.6  | 2046.9 | 14.2 | 2.5       | 64.6  | 21.9   | 23.2    | 3.2   | 3.5  |
| Brown Rice Bowl - Teriyaki Salmon Lge        | 564.3  | 2468.2 | 16.5 | 2.7       | 83.7  | 24.4   | 24.9    | 4.6   | 3.6  |
| Brown Rice Bowl - Thai Green Curry Reg       | 516.3  | 2169.5 | 18.7 | 3.2       | 77.7  | 13.3   | 12.5    | 3.1   | 1.3  |
| Brown Rice Bowl - Thai Green Curry Lge       | 699.1  | 2937.6 | 25.7 | 4.4       | 104.6 | 19.0   | 16.4    | 4.1   | 1.9  |
| Brown Rice Bowl - Thai Red Curry Reg         | 510.7  | 2146.2 | 18.3 | 3.1       | 76.9  | 12.9   | 12.8    | 4.0   | 1.9  |

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|--------------------------------------|--------|--------|------|-----------|-------|--------|---------|-------|------|
|                                      | kcal   | kJ     | g    | g         | g     | g      | g       | g     | g    |
| Brown Rice Bowl - Thai Red Curry Lge | 691.5  | 2905.9 | 25.0 | 4.2       | 103.7 | 18.5   | 16.9    | 5.4   | 2.7  |
| California Nigiri Sushi              | 579.8  | 2440.3 | 29.6 | 4.5       | 56.6  | 6.4    | 19.1    | 3.9   | 1.8  |
| Cappuccino - Large                   | 248.1  | 1029.8 | 14.6 | 9.3       | 17.4  | 17.2   | 12.4    | 0.0   | 0.4  |
| Cappuccino - Reg                     | 176.0  | 730.4  | 10.3 | 6.6       | 12.4  | 12.2   | 8.8     | 0.0   | 0.3  |
| Coca Cola                            | 135.3  | 574.2  | 0.0  | 0.0       | 36.0  | 36.0   | 0.0     | 0.0   | 0.0  |
| Coke Zero                            | 1.0    | 4.6    | 0.0  | 0.0       | 0.0   | 0.0    | 0.0     | 0.0   | 0.0  |
| Deep Blue Sushi                      | 523.4  | 2219.3 | 17.6 | 4.0       | 67.4  | 5.5    | 20.5    | 3.5   | 2.2  |
| Diet Coke                            | 3.3    | 6.6    | 0.0  | 0.0       | 0.0   | 0.0    | 0.0     | 0.0   | 0.0  |
| Double Espresso                      | 4.4    | 17.6   | 0.1  | 0.0       | 0.8   | 0.0    | 0.1     | 0.0   | 0.0  |
| Dragon - California Crab             | 477.0  | 1962.8 | 26.5 | 5.8       | 49.0  | 9.4    | 9.3     | 3.6   | 1.8  |
| Dragon - Chicken Katsu               | 519.9  | 2140.9 | 26.5 | 7.3       | 55.5  | 12.7   | 13.7    | 3.6   | 2.1  |
| Dragon - Salmon & Avo                | 445.1  | 1867.3 | 20.4 | 5.8       | 50.5  | 9.7    | 13.2    | 3.7   | 1.9  |
| Dressing Pot - Asian (Soy & Ginger)  | 163.2  | 676.8  | 13.4 | 1.0       | 10.1  | 8.3    | 0.4     | 0.0   | 0.5  |
| Dressing Pot - Sesame                | 121.2  | 507.6  | 8.5  | 0.9       | 9.5   | 8.6    | 1.7     | 0     | 1.1  |
| Dressing Pot - Sweet Chilli          | 70.4   | 299.2  | 0.1  | 0.0       | 17.3  | 14.2   | 0.1     | 0.0   | 0.2  |
| Dressing Pot - Teriyaki              | 22.5   | 95.8   | 0.0  | 0.0       | 5.5   | 4.9    | 0.6     | 0.1   | 0.8  |
| Dressing Pot - Tonkatsu BBQ          | 62.8   | 259.2  | 0.1  | 0.0       | 15.3  | 12.0   | 0.3     | 0.0   | 1.0  |
| Edamame Beans                        | 134.0  | 561.0  | 3.3  | 0.5       | 8.9   | 0.9    | 11.5    | 4.2   | 0.5  |
| Exotic Fruit Salad                   | 96.9   | 409.7  | 0.3  | 0.0       | 23.9  | 17.0   | 1.2     | 4.4   | 0.0  |
| Extra - Avocado                      | 95.5   | 393.5  | 9.9  | 2.4       | 1.0   | 0.3    | 0.8     | 2.3   | 0.0  |
| Extra - Bacon                        | 84.3   | 350.0  | 6.7  | 2.5       | 0.0   | 0.0    | 6.0     | 0.0   | 1.1  |
| Extra - Cream Cheese                 | 112.0  | 463.2  | 11.2 | 6.7       | 1.4   | 1.3    | 2.4     | 0.0   | 0.3  |
| Extra - Espresso Shot                | 0.6    | 2.5    | 0.0  | 0.0       | 0.1   | 0.0    | 0.0     | 0.0   | 0.0  |
| Extra - Smoked Salmon                | 1.4    | 6.0    | 0.0  | 0.0       | 0.0   | 0.0    | 0.3     | 0.0   | 0.0  |
| Extra - Vegan Bacon                  | 38.0   | 159.5  | 0.3  | 0.1       | 2.7   | 0.3    | 6.1     | 0.0   | 0.0  |
| Flat White                           | 122.0  | 506.1  | 7.2  | 4.5       | 8.6   | 8.4    | 6.1     | 0.0   | 0.2  |
| Ginger                               | 3.0    | 12.5   | 0.0  | 0.0       | 0.7   | 0.0    | 0.0     | -     | 0.3  |
| Gyoza - Spicy                        | 332.9  | 1397.8 | 13.8 | 3.6       | 41.9  | 5.8    | 10.8    | 0.1   | 1.4  |
| Gyoza - Sweet Chilli                 | 332.9  | 1397.8 | 13.8 | 3.6       | 41.9  | 5.8    | 10.8    | 0.1   | 1.4  |

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|                                      | kcal   | kJ     | g    | g         | g     | g      | g       | g     | g    |
| Gyoza - Teriyaki                     | 332.9  | 1397.8 | 13.8 | 3.6       | 41.9  | 5.8    | 10.8    | 0.1   | 1.4  |
| Gyoza - Tonkatsu BBQ                 | 332.9  | 1397.8 | 13.8 | 3.6       | 41.9  | 5.8    | 10.8    | 0.1   | 1.4  |
| Katsu Nigiri Sushi                   | 593.7  | 2502.9 | 24.2 | 6.8       | 64.6  | 7.6    | 26.7    | 4.3   | 2.1  |
| Latte - Large                        | 283.4  | 1176.5 | 16.7 | 10.6      | 19.9  | 19.7   | 14.1    | 0.0   | 0.5  |
| Latte - Reg                          | 206.2  | 855.6  | 12.1 | 7.7       | 14.5  | 14.3   | 10.3    | 0.0   | 0.3  |
| Mango & Lime Pot                     | 96.9   | 416.5  | 0.3  | 0.2       | 23.9  | 23.5   | 1.2     | 4.4   | 0.0  |
| Mean, Clean & Green Sushi            | 543.6  | 2247.8 | 21.3 | 4.5       | 74.5  | 9.9    | 11.5    | 4.5   | 2.1  |
| Miso Soup                            | 36.9   | 154.7  | 1.6  | 0.3       | 7.8   | 3.5    | 3.1     | 0.4   | 2.7  |
| Nourish Bowl - Miso Salmon           | 425.7  | 1834.6 | 13.9 | 1.9       | 58.2  | 10.9   | 16.3    | 4.2   | 2.6  |
| Nourish Bowl - Plant-Based           | 529.5  | 2232.7 | 16.8 | 2.9       | 79.2  | 13.5   | 14.9    | 4.3   | 2.9  |
| Nourish Bowl - Teriyaki Chicken      | 493.7  | 2088.9 | 11.5 | 1.5       | 67.4  | 18.8   | 29.9    | 4.4   | 3.0  |
| Oishi Sushi                          | 374.1  | 1585.5 | 12.3 | 2.7       | 48.9  | 4.0    | 14.6    | 2.3   | 1.6  |
| Omega 3 Sushi                        | 597.1  | 2583.8 | 16.3 | 3.7       | 80.0  | 10.3   | 28.2    | 2.6   | 2.4  |
| Omega Lite Sushi                     | 303.2  | 1315.5 | 5.9  | 1.2       | 45.6  | 3.1    | 15.2    | 2.2   | 1.1  |
| Overnight Oats - Berry & Almond      | 332.0  | 1394.0 | 9.9  | 1.1       | 56.4  | 30.3   | 7.6     | 5.7   | 0.1  |
| Overnight Oats - Golden Mango        | 265.0  | 1113.0 | 7.1  | 0.9       | 43.6  | 17.5   | 6.7     | 5.9   | 0.1  |
| Overnight Oats - PB & Banana         | 378.0  | 1588.0 | 19.3 | 2.6       | 42.8  | 14.6   | 13.3    | 5.2   | 0.6  |
| Poke - Plant Based                   | 568.1  | 2390.6 | 14.6 | 9.4       | 89.2  | 12.3   | 23.2    | 5.8   | 1.9  |
| Poke - Spicy Citrus Salmon           | 426.5  | 1878.6 | 10.1 | 2.1       | 66.7  | 9.8    | 19.9    | 4.3   | 1.1  |
| Poke - Teriyaki Salmon               | 487.0  | 2121.7 | 14.4 | 4.4       | 72.9  | 13.2   | 19.7    | 4.7   | 1.5  |
| Poke - Teriyaki Chicken              | 471.1  | 1991.1 | 8.9  | 3.4       | 78.5  | 17.7   | 23.7    | 4.8   | 1.7  |
| Poke - Tonkatsu BBQ Chicken          | 446.5  | 1873.5 | 18.7 | 6.6       | 53.8  | 10.9   | 18.3    | 3.1   | 1.6  |
| Pot - Crispy Onions                  | 58.0   | 241.0  | 4.4  | 2.2       | 4.0   | 1.5    | 0.6     | 0.5   | 0.1  |
| Pot - Sriracha Hot Sauce             | 53.6   | 224.4  | 0.3  | 0.1       | 11.6  | 11.2   | 0.8     | 1.1   | 2.8  |
| Pot - Pumpkin Seeds                  | 111.8  | 467.8  | 9.8  | 1.7       | 2.1   | 0.3    | 6       | 1.2   | 0.0  |
| Rice Bowl - Chicken Katsu Curry      | 805.7  | 3365.8 | 25.5 | 7.1       | 106.7 | 9.6    | 34.4    | 4.7   | 4.2  |
| Rice Bowl - Thai Green Chicken Curry | 825.9  | 3453.8 | 23.4 | 7.5       | 117.1 | 16.3   | 34.1    | 1.9   | 3.7  |
| Rice Bowl - Thai Red Chicken Curry   | 818.5  | 3422.6 | 22.8 | 7.3       | 116.1 | 15.9   | 34.6    | 3.2   | 4.5  |
| Rice Bowl - Tonkatsu BBQ Chicken     | 836.2  | 3489.2 | 16.6 | 6.9       | 135.3 | 33.4   | 33.4    | 1.9   | 5.4  |

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|                                      | kcal   | kJ     | g    | g         | g     | g      | g       | g     | g    |
| Rice Bowl - Sweet Chilli Chicken     | 848.5  | 3558.8 | 16.5 | 6.9       | 138.6 | 37.4   | 33.1    | 1.9   | 3.5  |
| Rice Bowl - Plant-Based Katsu Curry  | 721.6  | 3015.7 | 17.3 | 6.9       | 110.4 | 10.6   | 27.5    | 5.9   | 4.6  |
| River Run Sushi                      | 369.3  | 1593.1 | 10.3 | 2.2       | 48.9  | 4.7    | 18.3    | 2.9   | 1.6  |
| Sashimi Salmon Sushi                 | 263.5  | 1200.7 | 9.7  | 1.6       | 24.9  | 0.6    | 18.5    | 2.3   | 0.7  |
| Scrambled Eggs - Plain               | 248.9  | 1032.9 | 18.4 | 5.0       | 0     | 0      | 20.7    | 0     | 1.5  |
| Scrambled Eggs - Smashed Avo         | 348.1  | 1441.7 | 28.3 | 7.4       | 1.3   | 0.3    | 21.6    | 2.6   | 1.5  |
| Scrambled Eggs - Crispy Smoked Bacon | 333.2  | 1382.9 | 25.1 | 7.5       | 0     | 0      | 26.7    | 0     | 2.6  |
| Scrambled Eggs - Vegan "Bacon"       | 286.9  | 1192.5 | 18.7 | 0         | 2.7   | 0.3    | 26.8    | 0     | 1.5  |
| Scrambled Eggs - Smoked Salmon       | 287.3  | 1194.5 | 19.6 | 5.2       | 0     | 0      | 27.6    | 0     | 2.8  |
| Sparkling Water                      | 0.0    | 0.0    | 0.0  | 0.0       | 0.0   | 0.0    | 0.0     | 0.0   | 0.0  |
| Spicy Chicken Katsu Sushi            | 502.2  | 2063.2 | 22.3 | 5.9       | 58.3  | 12.6   | 15.2    | 4.2   | 3.1  |
| Spicy Salmon Sushi                   | 339.1  | 1427.6 | 8.3  | 2.4       | 49.9  | 10.2   | 14.1    | 2.9   | 2.9  |
| Still Water                          | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Sushi Roll - Salmon Avo              | 209.6  | 883.9  | 7.7  | 1.5       | 27.1  | 2.9    | 6.7     | 1.5   | 0.9  |
| Sushi Roll - Sesame Seaweed          | 138.3  | 581.3  | 0.9  | 0.1       | 28.6  | 2.6    | 3.0     | 1.1   | 1.2  |
| Sushi Roll - Spicy California        | 194.6  | 779.3  | 6.5  | 0.5       | 28.4  | 3.5    | 4.5     | 0.9   | 1.2  |
| Sushi Roll - Teriyaki Chicken        | 155.9  | 644.1  | 0.7  | 0.2       | 28.5  | 4.4    | 8.1     | 1.2   | 0.9  |
| Sushi Roll - Teriyaki Salmon         | 159.6  | 679.3  | 2.4  | 0.5       | 26.4  | 2.7    | 6.8     | 0.8   | 0.9  |
| Sushi Roll - Tonkatsu BBQ Chicken    | 217.3  | 895.8  | 7.0  | 2.2       | 30.2  | 3.3    | 7.3     | 1.5   | 1.1  |
| Tea - Earl Grey - Large              | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Tea - Earl Grey - Reg                | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Tea - English Breakfast - Large      | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Tea - English Breakfast - Reg        | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Tea - Green - Large                  | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Tea - Green - Reg                    | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Tea - Mint - Large                   | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Tea - Mint - Reg                     | -      | -      | -    | -         | -     | -      | -       | -     | -    |
| Topping - Pumpkin Seeds              | 27.9   | 116.9  | 2.4  | 0.4       | 0.5   | 0.1    | 1.5     | 0.3   | 0.0  |
| Topping - Sun-Dried Tomatoes         | 8.5    | 35.7   | 0.0  | 0.0       | 1.6   | 1.6    | 0.1     | 0.6   | 0.6  |

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|                                      | kcal   | kJ     | g    | g         | g     | g      | g       | g     | g    |
| Wasabi                               | 7.2    | 29.9   | 0.3  | 0.0       | 1.1   | 0.3    | 0.1     | 0.3   | 0.1  |
| White Americano - Large              | 41.7   | 173.0  | 2.4  | 1.5       | 3.1   | 2.8    | 2.0     | 0.0   | 0.1  |
| White Americano - Reg                | 21.4   | 88.6   | 1.2  | 0.8       | 1.6   | 1.4    | 1.0     | 0.0   | 0.0  |
| Wild Rice Salad - Chicken            | 408.0  | 1710.4 | 16.4 | 4.9       | 48.9  | 6.1    | 18.0    | 3.6   | 0.8  |
| Wild Rice Salad - Salmon Tartare     | 309.6  | 1340.0 | 11.6 | 1.8       | 41.3  | 6.1    | 11.5    | 3.7   | 0.5  |
| Yaki Udon Noodles - Katsu Curry      | 499.9  | 2084.0 | 10.1 | 0.9       | 90.6  | 8.4    | 10.4    | 7.6   | 2.9  |
| Yaki Udon Noodles - Sweet Chilli     | 506.0  | 2117.4 | 4.2  | 0.8       | 106.2 | 22.2   | 9.5     | 6.0   | 2.4  |
| Yaki Udon Noodles - Teriyaki         | 504.2  | 2110.2 | 4.2  | 0.8       | 105.7 | 22.9   | 11.6    | 6.4   | 4.9  |
| Yaki Udon Noodles - Thai Green Curry | 530.7  | 2215.2 | 9.5  | 1.3       | 100.1 | 14.8   | 10.5    | 6.2   | 2.6  |
| Yaki Udon Noodles - Thai Red Curry   | 525.1  | 2191.8 | 9.0  | 1.1       | 99.4  | 14.4   | 10.8    | 7.2   | 3.2  |
| Yaki Udon Noodles - Tonkatsu BBQ     | 523.4  | 2179.8 | 4.3  | 0.8       | 110.3 | 24.7   | 9.8     | 6.0   | 3.7  |