

Nutritional Values

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



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 - Vegan 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 - 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
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
Burger - Chicken Katsu	617.3	2583.9	26.8	8.4	59.7	9.0	33.3	2.3	1.7
Burger - Korean Chicken	689.1	2884.9	30.3	10.6	69.4	15.4	33.7	2.5	1.7
Burger - Teriyaki Chicken	496.5	2086.3	17.2	3.6	57.7	20.3	27.2	2.7	1.9
Burger - Veggie "Chicken"	506.5	2123.1	17.8	7.8	66.1	16.0	19.0	3.4	1.8
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	441.0	1818.9	20.6	3.4	41.9	4.2	16.2	6.0	1.3

Nutritional Values

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



Recipe Name (alphabetical order)	Energy		Fat	Saturates	Carb	Sugars	Protein	Fibre	Salt
	kcal	kJ	g	g	g	g	g	g	g
Dragon - Salmon & Avo	418.6	1747.0	15.8	3.6	43.3	4.4	19.7	6.2	1.4
Dressing Pot - Soy & Ginger	163.2	676.8	13.4	1.0	10.1	8.3	0.4	0.0	0.5
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
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
Froyo (naked)	158.5	675.6	0.0	0.0	32.6	32.1	5.6	0.0	0.2
Ginger	3.0	12.5	0.0	0.0	0.7	0.0	0.0	-	0.3
Innocent - Coconut Water	46.2	198.0	0.0	0.0	11.6	7.3	0.0	0.0	0.2
Innocent - Energise Super Smoothie	171.6	729.3	0.0	0.0	39.6	33.0	2.0	0.0	0.0
Innocent - Invigorate Super Smoothie	178.2	759.0	1.7	0.3	42.9	36.3	1.7	3.6	0.0
Innocent - OJ	118.8	508.2	0.0	0.0	25.7	25.7	2.3	2.3	0.0
Innocent Bubbles - Apple & Berry	95.7	409.2	0.0	0.0	22.1	20.1	2.0	0.0	0.0
Innocent Bubbles - Lemon & Limes	89.1	382.8	0.0	0.0	22.4	17.8	0.0	0.0	0.0
Innocent Juicy Water - Lemon & Limes	128.7	541.2	0.0	0.0	32.0	24.8	0.0	0.0	0.0
Innocent Juicy Water - Raspberries & Blackcurrant	122.1	521.4	0.0	0.0	30.7	27.4	0.0	0.0	0.0
Katsu Nigiri Sushi	593.7	2502.9	24.2	6.8	64.6	7.6	26.7	4.3	2.1
Kickin' Chicken Sushi	619.6	2560.7	21.3	7.4	71.1	9.4	34.6	4.2	2.3
KIND - Caramel Almond & Sea Salt	210.8	872.8	15.6	3.2	7.6	5.6	6.4	7.2	0.3
KIND - Dark Chocolate, Nuts & Sea Salt	214.0	888.0	15.6	2.7	9.6	7.2	6.4	5.6	0.3
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
Love Corn - BBQ	169.2	710	5.2	0.5	25.3	0.3	2.9	2.8	0.9
Love Corn - Sea Salt	174	731.2	5.3	0.5	26.4	0.3	2.9	2.8	0.6

Nutritional Values

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



Recipe Name (alphabetical order)	Energy		Fat	Saturates	Carb	Sugars	Protein	Fibre	Salt
	kcal	kJ	g	g	g	g	g	g	g
Miso Soup	41.3	173.0	1.9	0.3	9.3	4.3	3.6	0.5	3.4
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	21.8	2.4
Omega Lite Sushi	303.2	1315.5	5.9	1.2	45.6	3.1	15.2	2.2	1.1
Popchips - BBQ	95.7	401.8	3.2	0.4	14.3	2.2	1.4	0.9	0.5
Popchips - Salt & Vinegar	93.9	408.0	3.1	0.4	14.7	1.3	1.3	0.9	0.5
Posh Your Pot	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Pot - Crispy Onions	58.0	241.0	4.4	2.2	4.0	1.5	0.6	0.5	0.1
Pot - Hot Sauce	39.6	167.8	0.5	0.0	7.8	6.6	0.5	0.4	2.1
Pot - Omega 3 Seeds	151.5	628	12	1.6	4.5	0.4	5.5	2.0	0.17
Propercorn - Salty	125.3	522.5	6.8	0.6	13.0	0.0	1.9	2.3	0.2
Propercorn - Sweet & Salty	150.3	627.0	8.1	0.7	15.6	0.0	2.3	2.8	0.2
Rice Bowl - Chicken Katsu Curry	785.6	3281.1	24.8	6.3	105.5	9.9	32.1	4.9	4.3
Rice Bowl - Vegan Chicken Katsu Curry	710.8	2969.9	17.6	6.2	108.8	10.7	25.9	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
Scrambled Eggs	320.0	1328.0	23.2	6.6	0.0	0.0	27.6	0.0	0.8
Scrambled Eggs & Avo	249.3	1032.9	19.8	5.4	0.6	0.2	17.0	1.4	0.5
Side - Chicken Katsu	340.8	1424	17.8	7.7	17.9	0.3	27.2	0.0	0.6
Side - Curry Sauce	117.8	488.4	10.0	0.2	5.4	2.8	1.6	2.6	1.2
Side - Hot Edamame Beans	134.0	561.0	3.3	0.5	8.9	0.9	11.5	4.2	0.5
Side - Vegan Gyoza	259.2	1088.6	10.3	2.8	33.5	4.6	8.6	0.1	1.1
Side - Vegan Katsu	180.8	756.8	6.1	5.6	16.7	1.1	14.2	1.0	0.8
Soup - Carrot & Coriander	149.6	628.8	10.4	0.8	17.2	14.0	2.8	7.2	3.9
Soup - Javanese Chicken	233.2	980.0	13.2	1.6	19.2	7.2	13.2	7.2	3.4
Soup - Red Thai Chicken	233.6	990.8	14.0	1.6	19.6	24.8	14.4	7.2	3.6
Soup - Vegan Chowder	190.4	799.2	11.2	0.8	22.4	10.0	5.2	8.0	3.6
Sparkling Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Still Water	-	-	-	-	-	-	-	-	-
Sweet Chilli Roasted Dumplings	278.1	1165.1	11.1	3.1	35.7	6.3	9.1	0.4	1.1

Nutritional Values

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



Recipe Name (alphabetical order)	Energy		Fat	Saturates	Carb	Sugars	Protein	Fibre	Salt
	kcal	kJ	g	g	g	g	g	g	g
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	-	-	-	-	-	-	-	-	-
Teriyaki Roasted Dumplings	277.7	1165.1	11.1	3.1	35.7	6.4	9.3	0.4	1.3
Vegan Eden Sushi	356.9	1471.3	11.6	2.5	54.5	6.9	6.5	2.9	1.8
Vegan Eden Deluxe Sushi	427.4	1766.3	13.4	2.7	64.9	9.1	9.8	4.1	2.1
Vegan, Clean & Green Sushi	543.6	2247.8	21.3	4.5	74.5	9.9	11.5	4.5	2.1
Vitality Salad - Chicken Katsu	372.5	1559.2	15.1	5.7	32.5	2.0	25.7	-	0.5
Vitality Salad - Cali Crab	376.8	1564.0	23.9	2.1	26.5	2.3	12.7	-	0.2
Vitality Salad - Egg & Avo	305.5	1275.0	16.0	4.1	24.4	3.0	14.2	-	0.4
Vitality Salad - Teriyaki Salmon	288.4	1281.0	10.7	2.1	25.4	4.6	20.9	-	0.5
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 & Brown Rice Bowl - Red Thai Chicken	575.9	2426.6	14.9	5.1	92.4	17.4	22.5	4.8	1.3
Wild & Brown Rice Bowl - Teriyaki Chicken	561.8	2379.5	8.0	2.3	94.7	19.8	33.4	4.3	2.0
Wild & Brown Rice Bowl - Vegan Gyoza	681.6	2883.3	12.1	3.0	132.1	18.7	16.9	4.5	1.0
Yakisoba Noodle Bowl - Chicken Katsu Curry	790.8	3315.0	32.9	8.7	85.6	23.1	38.8	8.6	4.7
Yakisoba Noodle Bowl - Vegetable Gyoza	580.3	2444.2	15.3	3.7	92.6	24.1	19.3	6.1	3.9
Yakisoba Noodle Bowl - Teriyaki Chicken	550.4	2328.6	8.2	1.8	78.3	32.5	42.5	6.2	4.1