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,pecan nuts,pistachios,macadamia nuts and 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	0.384	wheat, rye, barley															
Avocado Bagel	166g	404	16	3.2	52.4	5.1	13.4	8.3	0.56	wheat, rye,barley															
Avocado & Bacon Bagel	183g	490	21.3	5.2	52.6	5.2	19	8.3	0.866	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																
VEGAN PORRIDGE - Banana & Coconut	362g	368	23.9	13	30.1	13.7	8.5	2.8	0.032	oats							Almonds								
VEGAN PORRIDGE - Banana & Honey	376g	312	13.4	9.9	43.2	27.7	4.8	2.8	0.008	oats							Almonds								
VEGAN PORRIDGE - Compote & Seeds	340g	286	18	11.1	24.7	7.5	6.1	4.1	0.004	oats							Almonds				Sulphites				
PORRIDGE - Banana & Coconut	362g	397	19.3	7.8	42.9	20.9	13.4	3.1	0.145	oats							Almonds								
PORRIDGE - Banana & Honey	362g	341	8.8	4.7	55.9	35	9.7	3.1	0.121	oats															
PORRIDGE - Compote & Seeds	340g	316	13.2	5.7	37.9	15	11.2	4.4	0.121	oats											Sulphites				
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 Dioxide				
Pip n' Bircher	150g	263	11	4.2	33.4	16.4	8.5	3	0.071	oats							Almonds				Sulphur Dioxide/Sulphites				
Smashed Avo & Smoked Salmon	107g	145	12.3	3	2.8	0.7	6.6	2.6	0.356																
Smashed Avo & Egg	131g	171	14.8	3.9	2	0.9	7.5	2.8	0.096																

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,pecan nuts,pistachios,macadamia nuts and 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																
Chicken Superbox	336g	395	15	3.6	31.5	6	33.1	5.2	0.333																
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	20.3	2.5	60.4	8.5	23.42	11.5	0.579	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	404	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															
Chicken Katsu Poke	430g	556	14	5	75.3	7.6	30.2	3.9	0.642	wheat															
Kale, Egg & Avo Power Pot	176g	231	11.9	2.5	19.2	2.7	11.3	1.5	0.223																
Miso Chicken Power Pot	141g	150	6.1	0.9	11.1	4.8	14.1	3.6	0.212																
Sweet Chilli Salmon Power Pot	141g	146	6.6	1.1	11.6	5.9	11.1	3.2	0.055																
Salmon & Sesame Seaweed Topper	151g	201	10.6	2.1	7.7	4.7	17.6	0.1	0.503	wheat															
Teriyaki Salmon Power Pot	156g	205	10.5	2.2	17	2.4	10	1.4	0.197	wheat															
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,pecan nuts,pistachios,macadamia nuts and 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						
Rainbow Run (dressing not included)	310g	418	13	3.1	54.7	6.4	19	5	0.703	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															
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,pecan nuts,pistachios,macadamia nuts and 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															
Vegan Katsu Shwrap	134g	181	4.2	0.4	28.9	2.9	5.4	2.1	0.43	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

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,pecan nuts,pistachios,macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Roasted Cricket Pot	5g	24	1.4	0.3	1.1	0.4	2.1	0.3	0.064		People allergic to crustaceans & shellfish should avoid crickets.														
Crispy Onion Pot	10g	58	4.4	2.2	4	1.5	0.6	0.45	0.039	wheat															
Fresh Herb	44g	106	10.2	0.7	3.1	2.6	0.4	0	0.170																
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																
Soy Sauce Bottle (15ml)	15ml	10	0	0	1.1	0.2	1.5	0	0.916	wheat															
Hot Chilli	18g	16	0.2	0	3.1	2.6	0.2	0	0.347																

Nutritional information

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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,pecan nuts,pistachios,macadamia nuts and 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																
Veggie Gyoza on Brown Rice	386g	686	18.6	3.5	118.8	28.2	16.2	5.6	0.455	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),							
Vegan Katsu Curry (sauce not included)	477g	404	16.8	2	114.7	12.1	23.7	8.6	1.587	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															
Satay chicken	423g	737	30.8	10	89.2	11	25.1	12.3	0.7	wheat											Sulphites				
Thia Green Chicken Curry	421g	557	14	1.8	89.6	13.7	24.4	7.2	0.898												Sulphites				
Chicken Katsu Snack Pot (sauce not included)	147g	313	16.3	7.1	16.5	0.3	25	0	0.232	wheat										in sauce					
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					
Curry Sauce (katsu)	175g	103	8.8	0.2	4.7	2.5	1.4	2.3	0.429	wheat															

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,pecan nuts,pistachios,macadamia nuts and Queensland nuts	Celery	Mustard	Sesame	Sulphur Dioxide/Sulphites	Lupin	Molluscs	Vegetarian	Vegan
Chicken Tom Yam	415g	236	4.3	0.9	34.5	4.6	17.3	2.8	0.399												Sulphites				
Salmon Tom Yam	415g	216	5.8	1.1	34.4	4.3	9.1	2.5	0.363	wheat											Sulphites				
Miso Soup	328g	38	1.7	0.3	8.9	4.2	3.2	0.5	1.279	wheat															
Chicken Coconut Laksa	415g	308	11.6	4.6	34.4	6.6	17.9	2.4	0.713												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,pecan nuts,pistachios,macadamia nuts and 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	0.5	0												sulphites				
Toppings - Honey	20g	67	0	0	16.5	16.5	0.1	0	0.008																

Nutritional information

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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,pecan nuts,pistachios,macadamia nuts and 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							peacans								
Granola Bag										wheat, oats															