

abokado

FEEL GREAT FOOD

We prepare our food fresh every day in our kitchens and
we cannot guarantee an allergen free environment.

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.

ALLERGEN PRESENT



Nutritional Data										Allergens															
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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
Bagel - Avocado	166.0	420.0	16.0	2.0	53.4	4.6	13.4	7.4	0.3	wheat, rye, barley														Y	Y
Bagel - Avocado & Bacon	181	482	21	5	54	5	18	7	0.3	wheat, rye, barley														N	N
Bagel - Bacon & Egg, Toms Multigrain	169.0	502.0	21.0	4.0	54.0	6.0	21.6	5.4	0.3	wheat, rye, barley														N	N
Bagel - Bacon Buttie Multigrain	116.0	464.1	17.0	3.1	52.4	4.6	20.7	4.9	0.2	wheat, rye, barley														N	N
Bagel - Buttered Multigrain	122.0	342.0	10.0	1.0	49.6	5.6	12.9	5.8	0.2	wheat, rye, barley														Y	N
Bagel- Egg & Roasted Toms Multigrain	154.0	440.0	16.0	2.0	51.0	7.0	17.2	6.2	0.2	wheat, rye, barley														Y	N
Bagel - Lite Cream Cheese Multigrain	157.0	400.0	12.0	3.0	51.4	6.3	16.6	5.8	0.2	wheat, rye, barley														Y	N
Bagel - Marmite Multigrain	122.0	367.0	10.0	1.0	53.6	4.4	13.4	5.1	0.2	wheat, rye, barley														Y	N
Bagel - Plain Multigrain	115.0	323.0	6.0	1.0	52.2	4.4	12.4	4.9	0.1	wheat, rye, barley														Y	Y
Bagel - Peanut butter	130	415	13	2	54	5	16	5	0.2	wheat, rye, barley														Y	Y
Bagel - peanut butter & banana	166	460	14	2	63	12	17	6	0.2	wheat, rye, barley														Y	Y
Bagel - Smoked Salmon & Lite Cream Cheese Multigrain	187.0	455.0	15.0	3.0	53.4	4.9	21.8	4.9	0.2	wheat, rye, barley														N	N
Hot Bagel with Egg & Spicy Tomato Ketchup	190	465	17.8	4.1	55.4	8.5	17.6	6.2	0.604	wheat, rye, barley														Y	N
Hot Bagel with Double Bacon	155	492	20.4	5.6	51.6	5.1	22.4	5.9	0.957	wheat, rye, barley														N	N
Hot Bagel with Bacon & Egg	198	546	24.9	6.9	52.4	6	25	6.2	0.93	wheat, rye, barley														N	N
Honey & Granola Bowl	230	287	5	2	48	35	11	3	0.01	oats							almonds							Y	N
Mixed Berry Granola Bowl	240	246	6	2	39	25	11	4	0.1	oats							almonds							Y	N
Bircher	205	309	12	7	44	26	9	5	0	oats														Y	N
Light Choc pot	115	86	4	1	15	14	6	0	0															Y	N
Poached Egg & Avo	66	121	10.6	2.6	1.3	0.4	5.4	1.7	0.062															Y	N
Poached Egg, Avo & Salmon	99	171	13.2	3.2	2.9	0.4	11.4	1.7	0.440															N	N
Poached Egg, Avo & Bacon	81	183	15.2	4.4	1.5	0.5	10.3	1.7	0.332															N	N

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For an allergen list, please refer to our website or speak to a team member instore.

*Note that nutritional and intolerance data excludes Bagel - Buttered Multigrain.

Nutritional information (values per portion size) & Allergens

Category: Breakfast

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ALLERGEN PRESENT



Nutritional Data										Allergens															
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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
Non Dairy Porridge Banana & Honey	371	308	14	10.3	40.7	24.7	4.9	2.9	0.0064	Oats							Almonds							Y	N
Non Dairy Porridge Berry Compote & Berry Super Seeds	340	286	18	11.1	24.7	7.5	6.1	4.1	0.004	Oats							Almonds							Y	Y
Non Dairy Porridge Banana & Coconut & Almond Nut Butter	371	351	22.1	12.7	30.6	13.7	7.8	2.9	0.025	Oats							Almonds							Y	Y
Original Porridge Banana & Honey	371	338	9.2	4.9	53.9	32.2	10	3.2	0.123	Oats							Almonds							Y	N
Original Porridge Berry Compote & Berry Super Seeds	340	316	13.2	5.7	38	15	11.2	4.4	0.121	Oats							Almonds							Y	N
Original Porridge Banana & Coconut & Almond Nut Butter	371	381	17.3	7.3	43.8	21.2	12.9	3.2	0.14	Oats							Almonds							Y	N

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*Note that nutritional and intolerance data excludes Bagel - Buttered Multigrain.

Nutritional information (values per portion size) & Allergens



Category: Salad & Salad Pots

Note that nutritional and intolerance data excludes separate dressing pots. Asterisk refers to dressing table.

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans	
Egg & Avo Superbox	311	408	19	4	32	5	19	10	0.4																Y	N
Salmon Superbox	301	387	14	2	31	5	26	7	0.18																N	N
The Energiser	295	220	14.3	5.5	16	9.9	11.4	7.5	0.38																Y	N
Protein Booster	305	279	21	7	13	7	19	8	0.25																N	N
Tuna & Salmon poke	316	245	14	1	12	8	20	6	0.2	Wheat															N	N
Vegan Poke	360	304	24	3	36	12	13	8	0.6	Wheat															Y	Y
Chicken poke	320	253	10	2	12	8	19	5	0.2	Wheat															N	N
Winter Salmon poke	397	397	10	0.3	66	5	45	8	0.07	Wheat															N	N
Chicken Katsu on rice**	313	500	14	5	64	1	24	4	0.2	Wheat															N	N
Rare Miso Salmon on Rice gf***	269	367	12	1	58	3	12	4	0.5	Wheat															N	N
Teriyaki Chicken on Rice gf***	339	427	7	1	62	8	27	5	0.7	Wheat, Barley															N	N
Veggie Gyoza on Sushi Rice	368	563	16	1	91	9	18	6	0.0	wheat															Y	Y
Crab Courgetti Pot gf	110	209	19	1	5	1	5	1	0.2																N	N
Edamame Beans v ve gf	138	134	6	1	0	0	12	4	0																Y	Y
Sesame Seaweed Salad v ve	75	40	1	0	8	5	1	0	0	wheat															Y	Y
Chargrilled Chicken gf	60	71	2	0	1	1	13	0	0																N	N
Salmon Miso	120	208	13.1	2.2	3.4	2.3	18	0.5	0.11	Wheat															N	N
Salmon edamame	131	197	10.8	2.1	3.8	0.3	20.7	1.5	0.052																N	N
Teriyaki Salmon Courgetti Pot	110	112	6	1.2	2.3	2.2	11.4	0.5	0.159	Wheat															N	N
Salmon & Sesame Seaweed	151	201	10.7	2.1	7.7	4.7	17.6	0.1	0.503	Wheat															N	N
Salmon Tartare on Sushi Rice	284	407	9.8	2.1	59	6.6	18.4	3.9	0.401	Wheat															N	N

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Category: Sushi

Nutritional Data										Allergens															
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans
California Crab Dragon Roll	316	508	28.2	3.8	56.2	2.7	9	5.9	0.371	Wheat														N	N
Teriyaki Chicken Dragon Roll	384	499	9.7	1.9	60	5.9	17.6	4.6	0.226	Wheat, Barley														N	N
Veggie Dragon Roll	387	537	18.6	2.9	53.9	4.4	8.1	6.4	0.305	Wheat														Y	Y
Omega Lite	285	352	8.5	1.6	52.6	1.01	19.3	6.7	0.075	Wheat														N	N
Katsu Nigiri	400	607	26.3	5.4	66.1	4.7	27	6.6	0.25	Wheat														N	N
California Nigiri	391	588	31	3.1	62.1	5.4	18.7	5.8	0.55	Wheat														N	N
Oishi	270	419	16	1	51	2	28	5	0.06	Wheat														N	N
Omega 3	445	520	17	1	60	3	28	3	0.4	Wheat														N	N
Deep Blue	436	517	18	2	68	1	25	5	0.09	Wheat														N	N
Lucky 13	478	533	20	2	55	1	40	7	0.4	Wheat														N	N
Kickin' Chicken	509	689	28	7	69	4	36	9	0.1	Wheat														N	N
Chicken Katsu Salad	393	515	22	8	53	2	31	4	0.1	Wheat														N	N
Clean & Green	486	426	16	2	77	6	10	6	0.2	Wheat														Y	Y
River Run	395	448	17	2	53	1	25	7	0.2	Wheat														N	N
Rainbow Run	336	481	15.8	3.3	65.1	10.2	18.1	6.9	0.201	Wheat														N	N

Category: Shwraps

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans	
California Salad	132	205	7.1	0.5	27	1.2	3.5	1.9	0.16																N	N
Avo & Ginger	130	164	4.4	0.9	28.4	0.7	2.8	3	0.006	Wheat, Barley															Y	Y
Sweet Chilli Salmon	133	201	6.4	1.3	28.6	0.8	6.1	2.7	0.019															N	N	
Teriyaki Chicken	122	165	1.1	0.1	30.2	2.2	7.8	2	0.083	Wheat														N	N	

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Category: Dressing/Sauces

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans	
Curry	55	43	1	0	12	10	0	0	0.2																Y	Y
Mango gf	55	48	0	0	11	10	0	0	0																Y	Y
Hollandaise	20	143	15	9	1	1	1	0	0.4																N	N
Honey Pot v gf	20	40	0	0	11	11	0	0	0																Y	N
Hot Chilli v ve gf	25	22	0	0	5	4	0	0	0																Y	Y
Mixed Berry Compote v ve gf	50	48	0	0	11	8	0	1	0																Y	Y
Peanut butter	20	122	10	1	3	1	5	0	0.01																Y	Y
Sweet Chilli & Sesame v ve gf *	25	45	2	7	6	6	0	0	0																Y	Y
Soy Sauce v ve	25	15	0	0	2	0	2	0	1	wheat															Y	Y
Teriyaki Sauce v ve gf ***	25	42	0	0	5.8	6	0	0	1	wheat															Y	Y
Nuoc Cham gf	55	60	0	0	13	12	2	0	1																Y	Y
Fresh Herb gf	55	43	2	0	4	3	2	0	1																Y	Y
Soy, Sesame & Ginger gf	55	139	8	1	16	13	0	0	0																Y	Y
Yoghurt & Mint v gf **	55	100	10	1	3	2	1	0	0.4																Y	N
Crispy Onions	10	58	4	2	4	2	1	0	0	Wheat															Y	Y

Gluten Free Soy Sauce available behind the counter.

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Category: Noodles, Rice & Sides

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans	
Chicken Katsu Yakisoba	761	897	36.1	9.3	101	14.3	41.1	7.4	1.9	Wheat															N	N
Veggie Gyoza Yakisoba	525	658	24	2.7	112	25	23	7	3.4	Wheat															Y	N
Teriyaki Chicken Yakisoba	567	635	13	10	89	22	48	7	3.1	Wheat, barley															N	N
Thai Chicken Brown Rice	446	415	10.6	1.4	58	11.1	22.4	7.9	0.71																N	N
Teriyaki Chicken Brown Rice	451	505	9.8	1.8	77	21.3	33.4	7.1	0.04	Wheat, Barley															N	N
Veggie Gyoza brown Rice Ve	340	543	20.3	2.3	90.7	33	14.4	6.2	0.6	Wheat															Y	Y
Chicken Katsu White Rice*	686	843	28.3	7.4	150	4.5	35	7.2	0.67	Wheat															N	N
Vegan Katsu Curry	645	779	26.8	1.9	124	8.4	21.8	12	0.98	Wheat															Y	Y
Curry Sauce Pot	175	103	8.8	0.17	4.7	1.4	0	0	0.43	Wheat															Y	Y
Sweet Chilli Chicken White Rice	558	774	14.3	2.2	124	31.3	31	7.7	0.66																N	N
Satay Chicken	423	741	30	9.9	86	10.9	25.8	11.1	0.705	Wheat															N	N
Thai Green Chicken Curry	421	561	13.3	1.6	86.4	13.5	25	6	0.902																N	N
Veggie Gyoza Snack Pot	133	361	12.4	3.1	41.3	11.7	8.6	0.11	0.509	Wheat															Y	Y
Chicken Katsu Snack Pot	172	364	18.4	7.4	24.3	7.4	25	0.5	0.291	Wheat															N	N

Category: Soups

Nutritional Data										Allergens																
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans	
Chicken Pho	415	209	4.3	0.7	31.1	5	17.2	2.4	1.24																N	N
Chicken Tom Yum	415	238	4.4	0.9	34.5	4.6	17.3	2.8	0.39																N	N
Salmon Tom Yum	415	267	9	0.8	33.9	4	14.7	2.5	0.27	Wheat															N	N
Miso Soup	340	71	2.4	0.08	7.8	0.2	4.5	0.5	0.58	Wheat															Y	Y

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Category: Platters Breakfast

Nutritional Data										Allergens															
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans
Best of Breakfast Bagels	878	2335	89.9	18.7	268.3	26.5	100.4	28.1	1.18	Wheat, Rye, Barley														N	N
Luxury Smoked salmon & Cream Cheese Bagels	935	2276	79.6	19.4	267	24.8	109.3	24	1.13	Wheat, Rye, Barley														N	N
Signature Avocado Bagels	830	2101	79.5	13.7	267.3	23.1	67.19	37	1.4	Wheat, Rye, Barley														Y	N
Bacon, Egg & tomato Bagels	845	2510	105	20	270	30	108	27	1.5	Wheat Rye, Barley														N	N
Veggie Bagels	853	2121	77.4	13.9	268.1	25.9	76.1	30	1.16	Wheat, Rye, Barley														Y	N
Best of Pretzel Rolls	804	1960	77	22	197	44	113	13	4.5	Wheat														N	N
Pretzel Rolls - Bacon	810	2143	88	27	204	46	128	13	4.6	Wheat														N	N
Pretzel Rolls - Egg & Tom	815	1575	55	11	184	38	81	14	4.2	Wheat														Y	N
Pretzel Rolls - Veggie	805	1575	55	11	184	38	81	24	4.2	Wheat														Y	N

Category: Platters Lunch

Nutritional Data										Allergens															
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans
Best of Bagels	1123	2490	90	12	287	26	118	28	5	Wheat, Rye Barley														N	N
Best of Veggie Bagels	1064	2188	101	11	280	24	93	39	3.4	Wheat, Rye Barley														Y	N
Best of Sushi	1200	1576	56	6	187	4	122	22	0.4	Wheat														N	N
Best of Veggie Sushi	1070	2365	113	14	285	63	93	31	0.27	Wheat														Y	Y
"All cooked" Sushi	1300	2160	96	25	225	11	131	19	0.6	Wheat, Barley														N	N
Best of Shwraps	811	1334	42	5	154	5	64	24	0.3	Wheat, Barley														N	N
Luxury Sashimi	790	1035	51.95	3.68	7.53	3.6	113.7	10.9	0.37	Wheat														N	N
Brownie Bag	361	1178.49	69	47.7	127	105.3	12.5	8.6	0.4															Y	N
Caramel Shortcake Bag	260	1310.20	73	49.3	155	103.3	11.4	1.8	0.55	Wheat														Y	N
Maple & Pecan Bag	280	1421	84.3	32.5	148	72.4	14.3	10	0.8	Wheat, Oats							Pecan							Y	N
Granola Bag	396	1075	51.1	25	138	88.2	20.3	14	0.26	Wheat, Oats														Y	N

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Category: City Pantry Delivery

Nutritional Data										Allergens															
Recipe Name	Portion Size (g)	Energy (kcal)	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (g)	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	Lacto - Ovo Vegetarians	Vegans
Kickin' Chicken*	416	572	20	5	65	11	28	6	0	Wheat														N	N
Simply Salmon	350	440	13	1	55	1	20	6	0															N	N
Clean & Green v ve*	440	500	24	3	73	14	13	5	1	Wheat														Y	Y
Teriyaki Chicken on Rice gf***	339	433	7	1	62	8	27	5	1															N	N
Rare Miso Salmon on Rice***	320	390	9	0	58	4	15	5	1															N	N
Chicken Katsu on Rice**	327	487	14	5	63	0	24	4	0	Wheat														N	N
Veggie Dumpling on Rice v ve***	368	453	16	1	91	9	18	6	0	Wheat														Y	Y
Tuna & Salmon Rice Poke	385	508	11	3	80	2	20	5	3	Wheat														N	N
Chargrilled Chicken Rice Poke	385	487	9	3	80	3	20	5	3	Wheat														N	N
Veggie Courgetti Poke	380	259	20	4	30	9	11	6	0	Wheat														Y	Y
Chargrilled Chicken Courgetti Poke	350	169	7	3	10	6	17	3	0	Wheat														N	N

Note that nutritional and intolerance data excludes wasabi sachet (no allergen), soy sauce (wheat and soybeans), data excludes separate dressing pots. Asterisk refers to dressing table.