

# Nutritional Values



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

Note that where a dish is accompanied by a separate dressing pot, this is excluded from our calculations and the pot values are displayed below.

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 - Bacon Buttie	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 - Honey & Chilli Duck	555.2	2306.9	13.3	2.6	85.8	20.6	22.0	4.1	2.5
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
Br-Avo! Sushi	360.2	1479.2	15.3	2.9	47.4	7.2	6.4	4.1	1.5
Cali Crab Noodle Salad	455.4	1899.3	25.6	4.1	43.6	8.6	12.3	4.4	1.9
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
Crispy Chicken Noodle Salad	439.6	1842.7	17.4	6.8	49.2	8.7	21.6	4.4	2.2

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	kcal	kJ	g	g	g	g	g	g	g
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- Plant-Eating	465.9	1919.4	22.8	5.3	56.6	13.8	7.3	3.8	2.2
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 - 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
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
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
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
Honey & Chilli Duck Noodle Salad	460.1	1895.2	16.1	5.0	58.1	22.0	20.7	4.6	2.2
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



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	kcal	kJ	g	g	g	g	g	g	g
Tea - English Breakfast - Reg	-	-	-	-	-	-	-	-	-
Tea - Green - Large	-	-	-	-	-	-	-	-	-
Tea - Green - Reg	-	-	-	-	-	-	-	-	-
Tea - Mint - Large	-	-	-	-	-	-	-	-	-
Tea - Mint - Reg	-	-	-	-	-	-	-	-	-
Thai Chicken Noodle Soup	328.9	1378.3	12.0	3.8	42.9	18.7	16.3	3.6	4.8
Vegan, Clean & Green Sushi	543.6	2247.8	21.3	4.5	74.5	9.9	11.5	4.5	2.1
Vitality Bowl - Honey & Chilli Duck Reg	501.3	2069.9	13.1	2.8	77.6	30.0	20.8	2.8	0.7
Vitality Bowl - Honey & Chilli Duck Lge	607.2	2516.8	16.2	3.2	96.5	32.3	22.6	4.1	0.9
Vitality Bowl - Red Thai Chicken Reg	471.4	1979.4	17.3	5.1	62.2	18.4	19.7	4.0	1.4
Vitality Bowl - Red Thai Chicken Lge	571.0	2400.6	19.5	5.4	81.3	20.9	21.4	5.4	1.6
Vitality Bowl - Teriyaki Chicken Reg	482.3	2038.7	10.3	2.4	70.5	26.2	31.3	3.6	3.1
Vitality Bowl - Teriyaki Chicken Lge	581.9	2459.9	12.6	2.6	89.6	28.7	33.1	4.9	3.3
Vitality Bowl - Teriyaki Salmon Reg	464.6	2046.9	14.2	2.5	64.6	21.9	23.2	3.2	3.5
Vitality Bowl - Teriyaki Salmon Lge	564.3	2468.2	16.5	2.7	83.7	24.4	24.9	4.6	3.6
Vitality Bowl - Sweet Chilli Dumplings Reg	526.2	2220.5	13.9	2.8	91.3	21.5	12.4	3.2	1.2
Vitality Bowl - Sweet Chilli Dumplings Lge	656.9	2770.9	18.2	3.8	111.5	22.9	15.8	4.2	1.6
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
Yakisoba Noodle Bowl - Chicken Katsu Curry	747.1	3132.7	30.3	7.9	83.3	22.8	36.1	8.3	4.5
Yakisoba Noodle Bowl - Sweet & Sour 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