

# 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	468.2	1960.9	19.1	5.1	51.8	8.9	21.4	2.3	1.4
Burger - Korean Chicken	539.9	2261.9	22.5	7.3	61.6	15.2	21.8	2.5	1.4
Burger - Teriyaki Chicken	496.5	2086.3	17.2	3.6	57.7	20.3	27.2	2.7	1.9
Burger - Veggie "Chicken"	551.7	2312.3	19.3	9.2	70.2	16.3	22.6	3.7	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
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

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Dragon - Salmon & Avo	445.1	1867.3	20.4	5.8	50.5	9.7	13.2	3.7	1.9
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 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
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



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Sweet Chilli Roasted Dumplings	278.1	1165.1	11.1	3.1	35.7	6.3	9.1	0.4	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	-	-	-	-	-	-	-	-	-
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
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 - Teriyaki Salmon	544.2	2387.8	11.9	2.5	88.8	15.5	25.3	3.9	2.4
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	747.1	3132.7	30.3	7.9	83.3	22.8	36.1	8.3	4.5
Yakisoba Noodle Bowl - Vegan 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