



# 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
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 - 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
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
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
Kent Crisps - Cheese & Onion	207.6	867.6	11.5	0.9	23.4	1.0	2.0	1.0	0.6
Kent Crisps - Sea Salt	207.6	867.6	11.5	0.9	23.4	0.2	2.0	1.0	0.5
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



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	kcal	kJ							
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, Clean & Green Sushi	543.6	2247.8	21.3	4.5	74.5	9.9	11.5	4.5	2.1
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