



# Nutritional Values



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

Please note that where a dish is accompanied by a separate dressing pot, this is not included in the calculations. The dressing pot value is displayed separately below.

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- 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
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
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

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	kcal	kJ	g	g	g	g	g	g	g
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
Mango & Lime Pot	96.9	416.5	0.3	0.2	23.9	23.5	1.2	4.4	0.0
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
Poke - Spicy Citrus Salmon	426.5	1878.6	10.1	2.1	66.7	9.8	19.9	4.3	1.1
Poke - Teriyaki Salmon	487.0	2121.7	14.4	4.4	72.9	13.2	19.7	4.7	1.5
Poke - Teriyaki Chicken	471.1	1991.1	8.9	3.4	78.5	17.7	23.7	4.8	1.7
Poke - Plant Based	568.1	2390.6	14.6	9.4	89.2	12.3	23.2	5.8	1.9
Popchips - BBQ	95.7	401.8	3.2	0.4	14.3	2.2	1.4	0.9	0.5
Popchips - Salt & Vinegar	93.9	408.0	3.1	0.4	14.7	1.3	1.3	0.9	0.5
Porridge - Plain	293.3	1230.6	10.9	5.6	31.5	9.8	14.4	4.2	0.2
Pot - Crispy Onions	58.0	241.0	4.4	2.2	4.0	1.5	0.6	0.5	0.1
Pot - Hot Sauce	39.6	167.8	0.5	0.0	7.8	6.6	0.5	0.4	2.1
Propercorn - Salty	125.3	522.5	6.8	0.6	13.0	0.0	1.9	2.3	0.2
Propercorn - Sweet & Salty	150.3	627.0	8.1	0.7	15.6	0.0	2.3	2.8	0.2
Rice Bowl - Chicken Katsu Curry	805.7	3365.8	25.5	7.1	106.7	9.6	34.4	4.7	4.2
Rice Bowl - Sweet Chilli Chicken	848.5	3558.8	16.5	6.9	138.6	37.4	33.1	1.9	3.5
Rice Bowl - Vegan Chicken Katsu Curry	721.6	3015.7	17.3	6.9	110.4	10.6	27.5	5.9	4.6
River Run Sushi	369.3	1593.1	10.3	2.2	48.9	4.7	18.3	2.9	1.6
Scrambled Eggs	320.0	1328.0	23.2	6.6	0.0	0.0	27.6	0.0	0.8
Scrambled Eggs & Avo	249.3	1032.9	19.8	5.4	0.6	0.2	17.0	1.4	0.5
Side - Chicken Katsu	340.8	1424	17.8	7.7	17.9	0.3	27.2	0.0	0.6
Side - Roasted Dumplings	259.2	1088.6	10.3	2.8	33.5	4.6	8.6	0.1	1.1
Side - THIS "Chicken"	203.4	851.4	6.8	6.3	18.8	1.3	16.0	1.2	0.9

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	kcal	kJ	g	g	g	g	g	g	g
Sparkling Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Spicy Chicken Katsu Sushi	521.8	2145.9	25.1	5.8	57.1	10.5	14.8	4.3	2.3
Spicy Dumpling Noodle Salad	505.5	2123.2	17.8	5.5	70.6	12.9	15.8	5.3	2.8
Spicy Dumpling Noodle Soup	334.6	1405.5	10.8	2.7	51.2	11.3	12.2	2.8	4.7
Spicy Salmon Sushi	358.7	1509.4	10.9	2.4	48.8	8.2	13.7	3.0	2.1
Still Water	-	-	-	-	-	-	-	-	-
Sweet Chilli Dumplings (served cold)	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 Dumplings (served cold)	277.7	1165.1	11.1	3.1	35.7	6.4	9.3	0.4	1.3
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 - 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

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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