

# Nutritional information (values per portion size) & Allergens

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

## Category: Breakfast

Please note we use nuts and sesame seeds widely in our kitchens.

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
4 Berry & Yoghurt v gf	120	80.0	1.0	1.0	14.9	14.6	5.5	0.5	0.1															Y	N
Bagel - Avocado v ve	166.0	420.0	16.0	2.0	53.4	4.6	13.4	7.4	0.3	wheat, rye, barley														Y	Y
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 v	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 v	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 v	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 v	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 v ve	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 v ve	130	415	13	2	54	5	16	5	0.2	wheat, rye, barley														Y	Y
Bagel - peanut butter & banana v ve	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
Coconut & Chia ve gf	104	145	12	10	6	3	2	1	0															Y	Y
Honey & Banana Granola Bowl v	233.0	292.0	5.0	2.1	54.6	41.0	10.0	3.5	0.1	oats							almonds							Y	N
Honey & Chia v gf	115	137.0	5.0	1.1	16.9	16.3	7.4	2.1	0.1								All nuts above							Y	N
Mixed Berry & Granola Bowl v	192.0	214.0	5.0	2.0	36.0	23.1	9.5	3.3	0.1	oats							almonds							Y	N
Egg Mayo Tomato Pretzel Roll v	148.0	337.0	14.0	2.0	35.4	4.9	14.9	2.9	0.6	wheat														Y	N
Farmhouse Bacon & Smokey Ketchup Pretzel Roll	126.0	343.0	12.0	3.0	36.6	6.2	20.7	0.0	1.4	wheat														N	N
Ruby Red Chia v gf	125	129	4	1	17	15	6	2	0.1															Y	N
Spiced Apple Granola Bowl v	210	227.0	5.0	2.0	36.7	23.4	9.5	3.3	0.1	oats							almonds							Y	N
Porridge v	280	235	9	5	29	8	9	2	0	oats														Y	N
Scrambled Eggs v	165	256	18	6.0	2	2	21	0.0	0.8															Y	N
Scrambled Eggs & Bacon	180	319	23	8	2	2	27	0.0	0.9															N	N
Light Choc pot	115	114	4	1	15	14	6	0	0								Pistachio							Y	N
'Free From' porridge ve v	280	193	7	5	27	5	4	2	0															Y	Y





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*	281.8	389.0	19.2	2.1	38.6	0.1	40.6	5.7	0.2																N	N
Chicken katsu Salad*	341	534	18	7	64	2	28	4	0.2	Wheat															N	N
Clean & Green v ve*	440	500	24	3	73	14	13	5	0.6	Wheat															Y	Y
Inari Veggie v ve	370	375	16	2	48	11	8	4	0.3	Wheat															Y	Y
The Londoner*	416	505	21	4	56	4	22	6	0.3	Wheat															N	N
Kickin' Chicken*	416	572	20	5	65	11	28	6	0.2	Wheat															N	N
Lucky 13™*	416.0	500	17.2	1.2	55.4	0.1	38.4	6.2	0.1																N	N
River Run™*	394.5	452	15.2	1.1	53.8	1.2	37.1	4.3	0.2																N	N
Salmon, Avocado & Chives	283.0	359	14.2	1.2	36.9	0.3	16.0	5.8	0.1																N	N
Salmon Nigiri	268.5	338	9.1	0.3	39.3	0.0	18.7	3.8	0.1																N	N
Simply Salmon™*	350.4	440	13.0	1.2	55.2	1.3	19.6	5.8	0.1																N	N
Super Omega 3™*	486.1	546	18.3	1.3	63.9	3.3	29.5	4.0	0.3	wheat															N	N
Tuna & Salmon Maki	221.0	265	10.4	1.8	26.6	0.1	26.1	4.6	0.1																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.

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	
Avocado & Ginger Shwrap® v ve gf	122.5	174.2	4.0	1.0	29.4	0.7	2.9	3.2	0.0																Y	Y
California Salad Shwrap® gf	142.8	202.0	7.0	1.0	30.0	0.3	4.2	2.1	0.0																N	N
Miso Tuna Shwrap® gf	135	194	4	0	31	2	8	2	0.0																N	N
Philly Shwrap®	122.5	183.0	4.1	1.0	27.8	0.1	7.3	1.8	0.0																N	N
Sweet Chilli Salmon & Fresh Dill Shwrap® gf	135.0	212	7.3	1.1	29.4	0.5	7.1	1.0	0.0																N	N
Teriyaki Chicken Shwrap® gf	122.5	166.0	1.1	0.1	30.2	1.3	8.4	2.1	0.0																N	N

### Category: Wraps

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	
BBQ Chicken Wrap	260.0	456	13	5	46	6	38	3	0.1	wheat, barley															N	N
Green Thai Chicken Wrap	260.0	563.4	24.6	4.4	44.3	3.4	38.4	4.4	0.2	wheat															N	N
Teriyaki Salmon Wrap	230	419	19	5	46	5	15	5	0.2	Wheat															N	N
Salmon & Dill Wrap	230.0	382	12	3	48	7	18	4	0.1	wheat															N	N
Miso Avocado Wrap v	252	481	25	6	49	8	12	7.2	0.0	wheat															Y	Y
Tuna & Egg Wrap	250.0	572.0	31.4	5.0	44.7	3.6	25.9	3.2	0.5	wheat															N	N

### 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	
Honey Pot v gf	20.0	40.3	0.0	0.0	10.7	10.7	0.1	0.0	0.0																Y	N
Hot Chilli v ve gf	25.0	22.3	0.3	0.0	4.6	3.9	0.3	0.2	0.0																Y	Y
Mixed Berry Compote v ve gf	50.0	47.5	0.2	0.0	10.9	8.3	0.3	1.2	0.0																Y	Y
Peanut butter	20	122	10	1	3	1	5	0	0.01																Y	Y
Sweet Chilli & Sesame v ve gf *	25	49	2	7	6	6	0	0	0																Y	Y
Soy Sauce v ve	25.0	15.0	0.0	0.0	1.8	0.0	2.0	0.0	5.4	wheat															Y	Y
Spiced Fruit Compote v ve gf	50.0	40.0	0.1	0.0	0.3	8.2	0.3	0.6	0.0																Y	Y
Teriyaki Sauce v ve gf ***	25.0	42.0	0.0	0.0	5.8	5.6	0.2	0.0	1.9																Y	Y
Nuoc Cham gf	55	60	0	0	13	12	2	0	2																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
Sweet Chilli & Sesame	55	107	5	1	16	14	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.

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-Noodles	567	708	25	8	84	22	39	6	1	Wheat															N	N
Veggie Gyoza Yakisoba-Noodles	500	514	18	2	96	26	22	6	1	Wheat															Y	N
Sweet Chilli Chicken Noodles	570	626	16	3	102	26	41	0	1	Wheat															N	N
Teriyaki Chicken noodles	580	592	12	2	93	22	50	0	1	Wheat															N	N
BBQ Chicken Noodles	580	639	18	4	70	4	56	6	1	Wheat															N	N
Thai Chicken Brown Rice	380	378	13	6	42	6	24	7	1																N	N
Teriyaki Chicken Brown Rice	380	403	8	3	49	13	34	6	0.9																N	N
Veggie Gyoza brown Rice V	340	438	16	2	77	26	15	5	0.2	Wheat															Y	Y
Chicken Katsu White Rice*	526	746	20	7	103	2	36	7	1	Wheat, Barley															N	N
Chicken Curry White Rice*	500	561	7	1	88	3	34	7	0.05	Wheat															N	N
Sweet Chilli Chicken White Rice	650	758	14	2	118	30	34	7	0.2																N	N
Curry Sauce Pot	175	195	17	9	13	5	3	0	0.02	Wheat															Y	N
Gyoza Pot V	90	74	6	0	20	3	5	0	0.02	Wheat															Y	Y

\* Nutritionals excludes separate curry sauce

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	
Chargrilled Chicken	480	278	7	1	29	3	25	3	1.52	wheat															N	N
Miso v ve	320	70	3	1	6	0	5	0	0.93																Y	Y
Chicken Hug	530	371	22	10	10	8	31	6	0.69																N	N
Coconut Chicken	480	365	15	7	32	6	25	3	0.61	wheat															N	N
Veggie Dumpling v	475	294	11	0	43	4	18	3	0.91	wheat															Y	N
Miso Salmon	470	349	16	8	33	5	16	3	0.9	wheat															N	N

Category: Popcorn/Popchips

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	
Cocoa Popcorn	30	139	6	5	18	8	2	2	0.07																Y	Y
Salty Popcorn	20	99	6	5	9	0	1	1	1																Y	Y
Sweet & Salty Popcorn	27	128	6	5	15	5	1	1	1																Y	Y
Salt Popchips	23	95	3	0	14	0	1	1	1																Y	Y
BBQ Popchips	23	97	4	0	14	2	1	1	0																	
Salt & vinegar Popchips	23	95	3	0	15	0	1	1	1																Y	Y
Sour Cream & Onion Popchips	23	95	3	0	15	1	1	1	0																Y	Y

Category: Snacks

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	
Caramel Shortcake v	65.0	326.0	18.0	12.0	38.6	25.7	2.8	0.4	0.1	wheat															Y	N
Chilli & Lemon Nuts v ve gf	25.0	126.0	3.9	2.9	22.8	3.6	2.1	0.7	0.0																Y	Y
Chocolate Brownie v gf	25.0	293.0	17.0	11.0	31.6	26.22	3.1	2.1	0.1																Y	N
Frozen Yoghurt - Rainbow sunflower seeds v gf	125.0	169	2	0	31	30	5	0	0																Y	N
Frozen Yoghurt - Apple & Cinnamon v gf	140.0	162.0	0.0	0.0	28.2	27.3	4.3	0.2	0.0																Y	N
Frozen Yoghurt - Mix Berries v gf	140.0	167.0	0.0	0.0	30.8	30.1	4.3	0.5	0.0																Y	N
Frozen Yoghurt - Naked v gf	120.0	138.0	0.0	0.0	24.5	24.0	4.2	0.0	0.0																Y	N
Granola Slice	60.0	247.0	11.0	5.0	31.7	20.2	4.6	3.2	0.0	wheat, oats															Y	N
Honey Coated Cashew v ve gf	40.0	209.0	10.8	2.1	23.3	17.5	4.2	0.7	0.0								cashews								Y	N
Mixed Nuts v ve gf	35.0	129.0	12.4	1.0	1.3	0.8	4.0	1.4	0.0								cashews, walnuts, hazelnuts, almonds								Y	Y
Maple & Pecan v	70.0	354.0	21.0	8.0	37.1	18.0	3.5	2.6	0.2	wheat, oats							pecan								Y	N
Rainbow Sunflower Seeds v gf	50.0	267.0	15.4	5.1	26.5	21.9	4.2	2.6	0.0																Y	N
Yoghurt Cranberries v gf	45.0	190.0	10.4	6.5	23.3	20.6	1.9	1.5	0.0																Y	N
Chocolate & Yoghurt Edamame v gf	40g	207	10	5	19	15	8	3	0																Y	N
Caramel & Sesame Peanuts v ve gf	30g	149	9	1	15	13	5	2	0																Y	Y

