

# abokado

FEEL GREAT FOOD

We prepare our food fresh every day in our kitchens and  
we cannot guarantee an allergen free environment.

# Nutritional information (values per portion size) & Allergens

## Category: Breakfast

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



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	Vegetarian	Vegan
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 - Avocado & Bacon	181	482	21	5	54	5	18	7	0.3	wheat, rye, barley														N	N
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
Honey & Granola Bowl v	230	275	5	2	48	35	11	3	0.01	oats														Y	N
Mixed Berry & Granola Bowl v	240	246	6	2	39	25	11	4	0.1	oats														Y	N
Bircher v	205	309	12	7	44	26	9	5	0															Y	N
Scrambled Eggs v	187	291	22	6	2	2	22	0	0.2															Y	N
Light Choc pot	115	114	4	1	15	14	6	0	0															Y	N
Poached Egg Pot & Tomato*	145	222	20	4	4	2	6	4	0.2															Y	N
Poached Egg Pot & Bacon*	130	247	22	6	3	1	10	4	0.2															N	N
Poached Egg Pot & Smoked Salmon*	185	249	22	4	2	1	12	4	0.2															N	N
Scrambled Eggs - Avocado & Dill	240	371	31	8	2.6	1.8	21.3	2.4	0.23	wheat, barley, oats														Y	N
Scrambled Eggs - Avocado, Salmon & Dill	270	426	33.8	7.9	2.5	1.8	27.2	2.4	0.25	wheat, barley, oats														N	N
Scrambled Eggs - Bacon	215	398	30	9.2	1.85	1.9	30.2	0	0.71	wheat, barley, oats														N	N

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\*Note that nutritional and intolerance data excludes Bagel - Buttered Multigrain.

# Nutritional information (values per portion size) & Allergens



## Category: Breakfast

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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	Vegetarian	Vegan
Bacon, Egg and Smoky Ketchup Pretzel Roll	165	380	14.4	4	40	10	21	2.4	0.8	wheat														N	N
Double Bacon Pretzel Roll	130	368	14	4	40	9.2	21	2.4	0.8	wheat														N	N
Tomato, Egg & Smoky Ketchup Pretzel Roll	178	343	12	2.1	41	11	16.4	3	0.8	wheat														N	N

## Category: Salad & Salad Pots

Note that nutritional and intolerance data excludes separate dressing pots. Asterisk refers to dressing table.

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	
Egg & Avo Superbox	311	376	19	4	32	5	19	10	0.4																Y	N
Salmon Superbox	301	354	14	2	31	5	26	7	0.18																N	N
Immunity Booster	342	338	14	3	33	7	21	10	0.1																N	N
The Energiser	295	233	14.3	5.5	16	9.9	11.4	7.5	0.38																Y	N
Protein Booster	305	312	21	7	13	7	19	8	0.25																N	N
Tuna & Salmon poke	316	245	14	1	12	8	20	6	0.2	Wheat															N	N
Vegan Poke	360	304	24	3	36	12	13	8	0.6	Wheat															Y	Y
Chicken poke	320	205	10	2	12	8	19	5	0.2	Wheat															N	N
Winter Salmon poke	397	463	10	0.3	66	5	45	8	0.07	Wheat															N	N
Chicken Katsu on rice**	313	499	14	5	64	1	24	4	0.2	Wheat															N	N
Rare Miso Salmon on Rice gf***	269	395	12	1	58	3	12	4	0.5																N	N
Teriyaki Chicken on Rice gf***	339	433	7	1	62	8	27	5	0.7																N	N
Veggie Dumpling on Rice v ve***	368	453	16	1	91	9	18	6	0.0	wheat															Y	Y
Crab Courgetti Pot gf	110	209	19	1	5	1	5	1	0.2																N	N
Edamame Beans v ve gf	138	134	6	1	0	0	12	4	0																Y	Y
Sesame Seaweed Salad v ve	75	39	1	0	8	5	1	0	0	wheat															Y	Y
Chargrilled Chicken gf	60	71	2	0	1	1	13	0	0																N	N
Teriyaki Salmon Power Pot gf	110	127	4	0	3	2	7	0	0																N	N
Salmon Maki & Seaweed Pot	151	211	12	0.5	5	3	20	0.1	0.09	wheat															N	N
Salmon Miso	120	209	13.1	2.2	3.4	2.3	18	0.5	0.11																N	N
Salmon edamame	131	197	10.8	2.1	3.8	0.3	20.7	1.5	0.052																N	N
Tuna Miso	140	202	9.1	0.6	4.8	3.4	25	0.7	0.089																N	N
Tuna Teriyaki	125	74	2.1	0.1	2.4	2.2	11.2	0.1	0.184	Wheat															N	N

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## 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 Dragon Roll	316	508	26	3	58	2	54	6	0.1																N	N
Teriyaki Chicken Dragon Roll	384	499	14	3	70	6	23	6	0.1	Wheat															N	N
Veggie Dragon Roll	387	537	24	4	68	7	11	8	0.1																Y	Y
Omega Lite	285	352	11	1	43	1	22	5	0.03																N	N
Katsu Nigiri	400	611	26.3	5.4	66.1	4.7	27	6.6	0.25	Wheat															N	N
California Nigiri	391	607	31	3.1	62.1	5.4	18.7	5.8	0.55	Wheat															N	N
Oishi	270	433	16	1	51	2	28	5	0.06																N	N
Omega 3	445	500	17	1	60	3	28	3	0.4	Wheat															N	N
Deep Blue	436	517	18	2	68	1	25	5	0.09																N	N
Lucky 13	478	533	20	2	55	1	40	7	0.4																N	N
Kickin' Chicken	509	698	28	7	69	4	36	9	0.1	Wheat															N	N
Chicken Katsu Salad	393	540	22	8	53	2	31	4	0.1	Wheat															N	N
Clean & Green	486	447	16	2	77	6	10	6	0.2	Wheat															Y	Y
River Run	395	490	17	2	53	1	25	7	0.2																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	
California Salad	132	189	7.1	0.5	27	1.2	3.5	1.9	0.16																N	N
Avo & Ginger	130	168	4.4	0.9	28.4	0.7	2.8	3	0.006																Y	Y
Sweet Chilli Salmon	133	201	6.4	1.3	28.6	0.8	6.1	2.7	0.019																N	N
Teriyaki Chicken	122	165	1.1	0.1	30.2	2.2	7.8	2	0.083	Wheat															N	N

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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	
Curry	55	43	1	0	12	10	0	0	0.2																Y	Y
Mango gf	55	48	0	0	11	10	0	0	0																Y	Y
Hollandaise	20	143	15	9	1	1	1	0	0.4																N	N
Honey Pot v gf	20	40	0	0	11	11	0	0	0																Y	N
Hot Chilli v ve gf	25	22	0	0	5	4	0	0	0																Y	Y
Mixed Berry Compote v ve gf	50	48	0	0	11	8	0	1	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	15	0	0	2	0	2	0	1	wheat															Y	Y
Teriyaki Sauce v ve gf ***	25	42	0	0	5.8	6	0	0	1																Y	Y
Nuoc Cham gf	55	60	0	0	13	12	2	0	1																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
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.

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### 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	761	897	36.1	9.3	101	14.3	41.1	7.4	1.9	Wheat															N	N
Veggie Gyoza Yakisoba	525	653	24	2.7	112	25	23	7	3.4	Wheat															Y	N
Teriyaki Chicken Yakisoba	567	664	13	10	89	22	48	7	3.1	Wheat															N	N
Thai Chicken Brown Rice	446	409	10.6	1.4	58	11.1	22.4	7.9	0.71																N	N
Teriyaki Chicken Brown Rice	451	505	9.8	1.8	77	21.3	33.4	7.1	0.04	Wheat, Barley															N	N
Veggie Gyoza brown Rice Ve	340	543	20.3	2.3	90.7	33	14.4	6.2	0.6	Wheat															Y	Y
Chicken Katsu White Rice*	686	870	28.3	7.4	150	4.5	35	7.2	0.67	Wheat															N	N
Vegan Katsu Curry	645	848	26.8	1.9	124	8.4	21.8	12	0.98	Wheat															Y	Y
Curry Sauce Pot	175	103	8.8	0.17	4.7	1.4	0	0	0.43	Wheat															Y	Y
Sweet Chilli Chicken White Rice	558	775	14.3	2.2	124	31.3	31	7.7	0.66																N	N
Veggie Gyoza Snack Pot	93	125	8.5	0.3	29	10	5.4	0.06	0.061	Wheat															Y	Y

### 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	
Chicken Pho	415	219	4.3	0.7	31.1	5	17.2	2.4	1.24																N	N
Chicken Tom Yum	415	236	4.4	0.9	34.5	4.6	17.3	2.8	0.39																N	N
Salmon Tom Yum	415	265	9	0.8	33.9	4	14.7	2.5	0.27	Wheat															N	N
Miso Soup	340	71	2.4	0.08	7.8	0.2	4.5	0.5	0.58	Wheat															Y	Y

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### 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	
Sour cream & pepper Popcorn	30	146	7	1	17	2	2	3	0.13																Y	N
Salty Popcorn	25	125	7	1	13	0	2	2	0.04																Y	Y
Sweet & Salty Popcorn	30	143	6	0	19	6	2	2	0.06																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																Y	Y
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 - 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
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

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### Category: Platters Breakfast

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
Best of Breakfast Bagels	878	2335	89.9	18.7	268.3	26.5	100.4	28.1	1.18	Wheat, Rye, Barley														N	N
Luxury Smoked salmon & Cream Cheese Bagels	935	2276	79.6	19.4	267	24.8	109.3	24	1.13	Wheat, Rye, Barley														N	N
Signature Avocado Bagels	830	2101	79.5	13.7	267.3	23.1	67.19	37	1.4	Wheat, Rye, Barley														Y	N
Bacon, Egg & tomato Bagels	845	2510	105	20	270	30	108	27	1.5	Wheat Rye, Barley														N	N
Veggie Bagels	853	2121	77.4	13.9	268.1	25.9	76.1	30	1.16	Wheat, Rye, Barley														Y	N
Best of Pretzel Rolls	804	1960	77	22	197	44	113	13	4.5	Wheat														N	N
Pretzel Rolls - Bacon	810	2143	88	27	204	46	128	13	4.6	Wheat														N	N
Pretzel Rolls - Egg & Tom	815	1575	55	11	184	38	81	14	4.2	Wheat														Y	N
Pretzel Rolls - Veggie	805	1575	55	11	184	38	81	24	4.2	Wheat														Y	N

### Category: Platters Lunch

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
Best of Bagels	1123	2490	90	12	287	26	118	28	5	Wheat, Rye Barley														N	N
Best of Veggie Bagels	1064	2188	101	11	280	24	93	39	3.4	Wheat, Rye Barley														Y	N
Best of Sushi	1200	1576	56	6	187	4	122	22	0.4	Wheat														N	N
Best of Veggie Sushi	1070	2365	113	14	285	63	93	31	0.27	Wheat														Y	Y
"All cooked" Sushi	1300	2160	96	25	225	11	131	19	0.6	Wheat, Barley														N	N
Best of Shwraps	811	1334	42	5	154	5	64	24	0.3	Wheat, Barley														N	N
Luxury Sashimi	790	1035	51.95	3.68	7.53	3.6	113.7	10.9	0.37	Wheat														N	N
Brownie Bag	361	1178.49	69	47.7	127	105.3	12.5	8.6	0.4															Y	N
Caramel Shortcake Bag	260	1310.20	73	49.3	155	103.3	11.4	1.8	0.55	Wheat														Y	N
Maple & Pecan Bag	280	1421	84.3	32.5	148	72.4	14.3	10	0.8	Wheat, Oats							Pecan							Y	N
Granola Bag	396	1075	51.1	25	138	88.2	20.3	14	0.26	Wheat, Oats														Y	N

We prepare our food fresh every day in our kitchens and we cannot guarantee an allergen free environment.  
For an allergens list, please refer to our website or speak to a team member instore.



Category: City Pantry Delivery

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
Kickin' Chicken*	416	572	20	5	65	11	28	6	0	Wheat														N	N
Simply Salmon	350	440	13	1	55	1	20	6	0															N	N
Clean & Green v ve*	440	500	24	3	73	14	13	5	1	Wheat														Y	Y
Teriyaki Chicken on Rice gf***	339	433	7	1	62	8	27	5	1															N	N
Rare Miso Salmon on Rice***	320	390	9	0	58	4	15	5	1															N	N
Chicken Katsu on Rice**	327	487	14	5	63	0	24	4	0	Wheat														N	N
Veggie Dumpling on Rice v ve***	368	453	16	1	91	9	18	6	0	Wheat														Y	Y
Tuna & Salmon Rice Poke	385	508	11	3	80	2	20	5	3	Wheat														N	N
Chargrilled Chicken Rice Poke	385	487	9	3	80	3	20	5	3	Wheat														N	N
Veggie Courgetti Poke	380	259	20	4	30	9	11	6	0	Wheat														Y	Y
Chargrilled Chicken Courgetti Poke	350	169	7	3	10	6	17	3	0	Wheat														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.