

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

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.

| 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 & Goma Wakame | 151 | 211 | 12 | 0.5 | 5 | 3 | 20 | 0.1 | 0.09 | | | | | | | | | | | | | | | N | N |
| Salmon Maki & Edamame | 131 | 226 | 13 | 0.7 | 0.18 | 0 | 24 | 1.3 | 0.04 | | | | | | | | | | | | | | | N | N |
| Salmon, Sesame & Miso | 120 | 232 | 15 | 0.8 | 3.3 | 2.3 | 21 | 0.4 | 0.1 | | | | | | | | | | | | | | | 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 |
| Mixed Maki | 340 | 381 | 14 | 2 | 61 | 2 | 26 | 7 | 0.1 | Wheat | | | | | | | | | | | | | | | | 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: Toppers Pots

| 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 | | |
| Salmon Miso | 120 | 233 | 14.9 | 0.7 | 3.4 | 2.3 | 21 | 0.5 | 0.101 | | | | | | | | | | | | | | | | | N | N |
| Salmon edamame | 131 | 221 | 12.5 | 0.6 | 3.8 | 0.3 | 23.7 | 1.5 | 0.042 | | | | | | | | | | | | | | | | | N | N |
| Tuna Miso | 140 | 202 | 9.1 | 0.6 | 4.8 | 3.4 | 25 | 0.7 | 0.089 | | | | | | | | | | | | | | | | | N | N |
| Tuna Teriyaki | 125 | 71 | 1.9 | 0.1 | 2.3 | 2.2 | 11.2 | 0.5 | 0.18 | 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 | | | | | | | | | | | | | | | | 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 |

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 | Wheat | | | | | | | | | | | | | | | N | N |
| Chicken Tom Yum | 415 | 236 | 4.4 | 0.9 | 34.5 | 4.6 | 17.3 | 2.8 | 0.39 | Wheat | | | | | | | | | | | | | | | N | N |
| Salmon Tom Yum | 415 | 265 | 9 | 0.8 | 33.9 | 4 | 14.7 | 2.5 | 0.27 | Wheat | | | | | | | | | | | | | | | N | N |

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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. oats | | | | | | | | | | | | | | 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 | | | | | | | | | | | | | | N | N |
| Best of Shwraps | 811 | 1334 | 42 | 5 | 154 | 5 | 64 | 24 | 0.3 | 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 |

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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.