

# Nutritional Values



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

Note that where a dish is accompanied by a separate dressing pot, this is excluded from our calculations and the pot values are displayed below.

Recipe Name (alphabetical order)	Energy		Fat	Saturates	Carb	Sugars	Protein	Fibre	Salt
	kcal	kJ	g	g	g	g	g	g	g
"On Rice" Salad - Miso Salmon	346.1	1470.8	4.7	1.1	60.9	5.1	13.5	2.3	2.0
"On Rice" Salad - Teriyaki Chicken	411.9	1728.6	3.4	1.0	68.4	11.5	25.6	2.5	2.4
"On Rice" Salad - Gyoza	536.0	2244.4	11.4	3.1	90.1	8.9	16.8	2.8	2.7
Bagel - Avo & Bacon	527.0	2209.7	23.4	5.5	54.7	6.8	20.2	11.4	1.7
Bagel - Avo & Cream Cheese	450.0	1882.9	23.7	8.8	43.5	6.5	13.4	8.8	0.8
Bagel - Avo & Vegan Bacon	446.3	1874.4	15.8	2.9	53.3	6.6	18.8	10.6	0.6
Bagel - Avocado & Shichimi	444.6	1867.4	16.7	3.1	54.8	6.8	14.3	11.5	1.1
Bagel - Bacon & Egg	560.5	2350.2	25.4	4.7	54.2	6.8	24.6	9.1	2.0
Bagel - Bacon Butty	560.8	2351.2	25.2	6.8	53.7	6.6	25.4	9.1	2.9
Bagel - Buttered	392.3	1651.3	11.8	1.9	53.7	6.6	13.5	9.1	0.8
Bagel - Cream Cheese	487.3	2045.2	20.8	9.1	55.5	8.2	16.5	9.1	1.0
Bagel - Egg	476.3	2000.2	18.6	2.3	54.2	6.8	18.7	9.1	0.9
Bagel - Marmite	405.3	1706.2	11.8	1.9	55.2	6.6	15.2	9.1	1.3
Bagel - Peanut Butter	469.7	1974.0	16.6	2.1	56.3	7.4	18.9	9.1	1.0
Bagel - Smoked Salmon & Cream Cheese	525.6	2206.7	22.0	9.3	55.5	8.2	23.4	9.1	2.3
Banh Mi - Crispy Chicken	666.1	2799	24.6	7.0	86.1	13.3	23.9	4.9	2.9
Banh Mi - Sweet & Sour Chicken	577.0	2432.2	15.5	4.5	81.1	12.5	23.6	5.6	2.7
Banh Mi - Tonkatsu BBQ "Chicken"	591.4	2489.7	13.5	6.3	92.2	14.2	23.7	4.9	3.5
Black Americano - Large	1.3	5.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0
Black Americano - Reg	1.1	4.3	0.0	0.0	0.2	0.0	0.0	0.0	0.0
Brown Rice Bowl - Sweet Chilli Dumplings Reg	526.2	2220.5	13.9	2.8	91.3	21.5	12.4	3.2	1.2
Brown Rice Bowl - Sweet Chilli Dumplings Lge	656.9	2770.9	18.2	3.8	111.5	22.9	15.8	4.2	1.6
Brown Rice Bowl - Teriyaki Chicken Reg	482.3	2038.7	10.3	2.4	70.5	26.2	31.3	3.6	3.1
Brown Rice Bowl - Teriyaki Chicken Lge	581.9	2459.9	12.6	2.6	89.6	28.7	33.1	4.9	3.3
Brown Rice Bowl - Teriyaki Salmon Reg	464.6	2046.9	14.2	2.5	64.6	21.9	23.2	3.2	3.5
Brown Rice Bowl - Teriyaki Salmon Lge	564.3	2468.2	16.5	2.7	83.7	24.4	24.9	4.6	3.6
Brown Rice Bowl - Thai Green Curry Reg	516.3	2169.5	18.7	3.2	77.7	13.3	12.5	3.1	1.3
Brown Rice Bowl - Thai Green Curry Lge	699.1	2937.6	25.7	4.4	104.6	19.0	16.4	4.1	1.9
Brown Rice Bowl - Thai Red Curry Reg	510.7	2146.2	18.3	3.1	76.9	12.9	12.8	4.0	1.9

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	kcal	kJ	g	g	g	g	g	g	g
Brown Rice Bowl - Thai Red Curry Lge	691.5	2905.9	25.0	4.2	103.7	18.5	16.9	5.4	2.7
California Nigiri Sushi	579.8	2440.3	29.6	4.5	56.6	6.4	19.1	3.9	1.8
Cappuccino - Large	248.1	1029.8	14.6	9.3	17.4	17.2	12.4	0.0	0.4
Cappuccino - Reg	176.0	730.4	10.3	6.6	12.4	12.2	8.8	0.0	0.3
Coca Cola	135.3	574.2	0.0	0.0	36.0	36.0	0.0	0.0	0.0
Coke Zero	1.0	4.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Deep Blue Sushi	523.4	2219.3	17.6	4.0	67.4	5.5	20.5	3.5	2.2
Diet Coke	3.3	6.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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 - Sesame	121.2	507.6	8.5	0.9	9.5	8.6	1.7	0	1.1
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
Dressing Pot - Tonkatsu BBQ	62.8	259.2	0.1	0.0	15.3	12.0	0.3	0.0	1.0
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
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

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	kcal	kJ	g	g	g	g	g	g	g
Gyoza - Teriyaki	332.9	1397.8	13.8	3.6	41.9	5.8	10.8	0.1	1.4
Gyoza - Tonkatsu BBQ	332.9	1397.8	13.8	3.6	41.9	5.8	10.8	0.1	1.4
Katsu Nigiri Sushi	593.7	2502.9	24.2	6.8	64.6	7.6	26.7	4.3	2.1
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
Mean, Clean & Green Sushi	543.6	2247.8	21.3	4.5	74.5	9.9	11.5	4.5	2.1
Miso Soup	36.9	154.7	1.6	0.3	7.8	3.5	3.1	0.4	2.7
Nourish Bowl - Miso Salmon	425.7	1834.6	13.9	1.9	58.2	10.9	16.3	4.2	2.6
Nourish Bowl - Plant-Based	529.5	2232.7	16.8	2.9	79.2	13.5	14.9	4.3	2.9
Nourish Bowl - Teriyaki Chicken	493.7	2088.9	11.5	1.5	67.4	18.8	29.9	4.4	3.0
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	2.6	2.4
Omega Lite Sushi	303.2	1315.5	5.9	1.2	45.6	3.1	15.2	2.2	1.1
Poke - Plant Based	568.1	2390.6	14.6	9.4	89.2	12.3	23.2	5.8	1.9
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 - Tonkatsu BBQ Chicken	446.5	1873.5	18.7	6.6	53.8	10.9	18.3	3.1	1.6
Porridge - Plain	340.3	1422.2	13.5	6.5	38.9	11.4	13.9	4.5	0.3
Porridge - Honey & Banana	445.3	1869.5	13.6	6.6	65.8	37.2	14.6	5.3	0.3
Porridge - Peanut Butter & Banana	510.1	2131.5	23.4	7.9	53.2	22.7	19.9	5.3	0.7
Pot - Coriander & Lime	2.0	8.0	0.0	0.0	0.3	0.3	0.1	0.0	0.0
Pot - Crispy Onions	58.0	241.0	4.4	2.2	4.0	1.5	0.6	0.5	0.1
Pot - Sriracha Hot Sauce	53.6	224.4	0.3	0.1	11.6	11.2	0.8	1.1	2.8
Pot - Pumpkin Seeds	111.8	467.8	9.8	1.7	2.1	0.3	6	1.2	0.0
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 - Thai Green Chicken Curry	825.9	3453.8	23.4	7.5	117.1	16.3	34.1	1.9	3.7
Rice Bowl - Thai Red Chicken Curry	818.5	3422.6	22.8	7.3	116.1	15.9	34.6	3.2	4.5

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Rice Bowl - Tonkatsu BBQ Chicken	836.2	3489.2	16.6	6.9	135.3	33.4	33.4	1.9	5.4
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 - Plant-Based 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
Sashimi Salmon Sushi	263.5	1200.7	9.7	1.6	24.9	0.6	18.5	2.3	0.7
Scrambled Eggs - Plain	248.9	1032.9	18.4	5.0	0	0	20.7	0	1.5
Scrambled Eggs - Smashed Avo	348.1	1441.7	28.3	7.4	1.3	0.3	21.6	2.6	1.5
Scrambled Eggs - Crispy Smoked Bacon	333.2	1382.9	25.1	7.5	0	0	26.7	0	2.6
Scrambled Eggs - Vegan "Bacon"	286.9	1192.5	18.7	0	2.7	0.3	26.8	0	1.5
Scrambled Eggs - Smoked Salmon	287.3	1194.5	19.6	5.2	0	0	27.6	0	2.8
Sparkling Water	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Spicy Chicken Katsu Sushi	502.2	2063.2	22.3	5.9	58.3	12.6	15.2	4.2	3.1
Spicy Salmon Sushi	339.1	1427.6	8.3	2.4	49.9	10.2	14.1	2.9	2.9
Still Water	-	-	-	-	-	-	-	-	-
Sushi Roll - Salmon Avo	209.6	883.9	7.7	1.5	27.1	2.9	6.7	1.5	0.9
Sushi Roll - Sesame Seaweed	138.3	581.3	0.9	0.1	28.6	2.6	3.0	1.1	1.2
Sushi Roll - Spicy California	194.6	779.3	6.5	0.5	28.4	3.5	4.5	0.9	1.2
Sushi Roll - Teriyaki Chicken	155.9	644.1	0.7	0.2	28.5	4.4	8.1	1.2	0.9
Sushi Roll - Teriyaki Salmon	159.6	679.3	2.4	0.5	26.4	2.7	6.8	0.8	0.9
Sushi Roll - Tonkatsu BBQ Chicken	217.3	895.8	7.0	2.2	30.2	3.3	7.3	1.5	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	-	-	-	-	-	-	-	-	-
Topping - Pumpkin Seeds	27.9	116.9	2.4	0.4	0.5	0.1	1.5	0.3	0.0

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Topping - Sun-Dried Tomatoes	8.5	35.7	0.0	0.0	1.6	1.6	0.1	0.6	0.6
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
Wild Rice Salad - Chicken	408.0	1710.4	16.4	4.9	48.9	6.1	18.0	3.6	0.8
Wild Rice Salad - Salmon Tartare	309.6	1340.0	11.6	1.8	41.3	6.1	11.5	3.7	0.5
Yaki Udon Noodles - Katsu Curry	499.9	2084.0	10.1	0.9	90.6	8.4	10.4	7.6	2.9
Yaki Udon Noodles - Sweet Chilli	506.0	2117.4	4.2	0.8	106.2	22.2	9.5	6.0	2.4
Yaki Udon Noodles - Teriyaki	504.2	2110.2	4.2	0.8	105.7	22.9	11.6	6.4	4.9
Yaki Udon Noodles - Thai Green Curry	530.7	2215.2	9.5	1.3	100.1	14.8	10.5	6.2	2.6
Yaki Udon Noodles - Thai Red Curry	525.1	2191.8	9.0	1.1	99.4	14.4	10.8	7.2	3.2
Yaki Udon Noodles - Tonkatsu BBQ	523.4	2179.8	4.3	0.8	110.3	24.7	9.8	6.0	3.7