

Banh Mi Nutritional Info								
	Grilled Chicken	Soy Ginger Chicken	Lemongrass Chicken	Katsu Chicken	Karaage Chicken	Meatball	Roast Pork	Tofu & Mushroom
Serving Size	205	205	205	200	200	205	205	205
Energy(kj)	1787	1814	1795	1801	1771	1743	1934	1721
Protein(g)	32.8	31.4	32.7	44.9	31.4	27.6	34.3	26.1
Fat, total(g)	11.4	10.9	11.4	5.1	9.3	11.8	16	10
- saturated(g)	3.1	3	3.1	1.2	2.5	3.5	5.4	1.5
Carbohydrate	45.4	50.7	45.8	48.1	50.6	47.6	43	46.3
- sugars(g)	7.6	12.7	7.7	5.6	6.7	8.9	5.4	7.5
Sodium(mg)	910	997	906	607	866	1031	1683	721

Bun Bowl Nutritional Info										
	Grilled Chicken	Soy Ginger Chicken	Lemongrass Chicken	Katsu Chicken	Karaage Chicken	Meatball	Roast Pork	Tofu & Mushroom	Chicken Spring Rolls	Vegetarian Spring Rolls
Serving Size	313	313	313	308	308	313	308	313	288	288
Energy(kj)	1429	1463	1439	1460	1422	1374	1555	1347	1628	1628
Protein(g)	32.4	30.6	32.2	48	30.9	25.8	32.6	24	8.8	8.8
Fat, total(g)	11.2	10.5	11.1	3.3	8.7	11.6	16.1	9.4	5.2	5.2
- saturated(g)	3.5	3.3	3.5	1.1	2.7	4	6	1.5	1.9	1.9
Carbohydrate	25.4	32	25.9	28.8	31.9	28.1	22.3	26.5	73.2	73.2
- sugars(g)	6	12.3	6.1	3.4	4.9	7.6	3.1	5.9	3.8	3.8
Sodium(mg)	550	658	545	173	501	701	1442	314	608	608

Cabbage Salad Bowl Nutritional Info										
	Grilled Chicken	Soy Ginger Chicken	Lemongrass Chicken	Katsu Chicken	Karaage Chicken	Meatball	Roast Pork	Tofu & Mushroom	Chicken Spring Rolls	Vegetarian Spring Rolls
Serving Size	280	280	280	275	275	280	275	280	255	255
Energy(kj)	1195	1229	1205	1226	1188	1140	1321	1113	1394	1394
Protein(g)	33	31.2	32.8	48.6	31.5	26.4	33.2	24.6	9.4	9.4
Fat, total(g)	11.2	10.5	11.1	3.3	8.7	11.6	16.1	9.4	5.2	5.2
- saturated(g)	3.3	3.1	3.3	0.9	2.5	3.8	5.8	1.3	1.7	1.7
Carbohydrate	9.9	16.5	10.4	13.3	16.4	12.6	6.8	11	57.7	57.7
- sugars(g)	9.3	15.6	9.4	6.7	8.2	10.9	6.4	9.2	7.1	7.1
Sodium(mg)	541	649	536	164	492	692	1433	305	599	599

Cos Salad Bowl Nutritional Info										
	Grilled Chicken	Soy Ginger Chicken	Lemongrass Chicken	Katsu Chicken	Karaage Chicken	Meatball	Roast Pork	Tofu & Mushroom	Chicken Spring Rolls	Vegetarian Spring Rolls
Serving Size	300	300	300	295	295	300	295	300	275	275
Energy(kj)	1310	1344	1320	1341	1303	1255	1436	1228	1509	1509
Protein(g)	32.2	30.4	32	47.8	30.7	25.6	32.4	23.8	8.6	8.6
Fat, total(g)	15.4	14.7	15.3	7.5	12.9	15.8	20.3	13.6	9.4	9.4
- saturated(g)	4.5	4.3	4.5	2.1	3.7	5	7	2.5	2.9	2.9
Carbohydrate	8.5	15.1	9	11.9	15	11.2	5.4	9.6	56.3	56.3
- sugars(g)	8.1	14.4	8.2	5.5	7	9.7	5.2	8	5.9	5.9
Sodium(mg)	552	660	547	175	503	703	1444	316	610	610

Musclun Salad Bowl Nutritional Info										
	Grilled Chicken	Soy Ginger Chicken	Lemongrass Chicken	Katsu Chicken	Karaage Chicken	Meatball	Roast Pork	Tofu & Mushroom	Chicken Spring Rolls	Vegetarian Spring Rolls
Serving Size	300	300	300	295	295	300	295	300	275	275
Energy(kj)	1180	1214	1190	1211	1173	1125	1306	1098	1379	1379
Protein(g)	33.2	31.4	33	48.8	31.7	26.6	33.4	24.8	9.6	9.6
Fat, total(g)	11.6	10.9	11.5	3.7	9.1	12	16.5	9.8	5.6	5.6
- saturated(g)	3.3	3.1	3.3	0.9	2.5	3.8	5.8	1.3	1.7	1.7
Carbohydrate	8.9	15.5	9.4	12.3	15.4	11.6	5.8	10	56.7	56.7
- sugars(g)	7.7	14	7.8	5.1	6.6	9.3	4.8	7.6	5.5	5.5
Sodium(mg)	552	660	547	175	503	703	1444	316	610	610

Rice Bowl Nutritional Info										
	Grilled Chicken	Soy Ginger Chicken	Lemongrass Chicken	Katsu Chicken	Karaage Chicken	Meatball	Roast Pork	Tofu & Mushroom	Chicken Spring Rolls	Vegetarian Spring Rolls
Serving Size	250	250	250	245	245	250	245	250	225	225
Energy(kj)	1726	1760	1736	1757	1719	1671	1852	1644	1925	1925
Protein(g)	34.8	33	34.6	50.4	33.3	28.2	35	26.4	11.2	11.2
Fat, total(g)	13.1	12.4	13	5.2	10.6	13.5	18	11.3	7.1	7.1
- saturated(g)	3.9	3.7	3.9	1.5	3.1	4.4	6.4	1.9	2.3	2.3
Carbohydrate	37	43.6	37.5	40.4	43.5	39.7	33.9	38.1	84.8	84.8
- sugars(g)	6.3	12.6	6.4	3.7	5.2	7.9	3.4	6.2	4.1	4.1
Sodium(mg)	544	652	539	167	495	695	1436	308	602	602

Cold Roll Nutritional Info							
	Prawn	Pork & Prawn	Grilled Chicken	Soy Ginger Chicken	Lemongrass Chicken	Meatball	Tofu & Mushroom
Serving Size	176	176	166	166	166	166	166
Energy(kj)	359	428	598	612	602	576	566
Protein(g)	10.1	10.3	13.4	12.7	13.3	10.8	10.1
Fat, total(g)	3.2	5	7.2	6.9	7.2	7.4	6.5
- saturated(g)	0.9	1.6	2.1	2	2.1	2.3	1.3
Carbohydrate	2.6	2.6	4.3	7	4.5	5.4	4.8
- sugars(g)	2.6	2.6	4.2	6.7	4.2	4.8	4.1
Sodium(mg)	170	107	230	273	228	290	135