

# NUTRITIONAL INFORMATION

All Dairy Free				(g)/serving					
Bowl Favorites	V/VG/GF	Serving Size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbo-hydrates	Sugar	Sodium (mg)
Small Poke Party		392	3420	56.8	19.7	8.6	142	15.9	185
Large Poke Party		502	4320	68.2	25.8	11	172	17.2	209
Small Sashimi Lovin +	GF	387	2970	57.7	22.9	4.8	103	18.7	1290
Large Sashimi Lovin +	GF	487	3810	68.3	27.8	5.9	131	20	1680
Small Eye of the Tiger	GF	387	2520	51.6	10.4	1	110	16.7	641
Large Eye of the Tiger	GF	487	3060	65.4	11.1	1.1	132	18.1	805
Small Cool Chick	GF	392	2690	53.4	16.5	2.6	108	19	546
Large Cool Chick	GF	492	3230	63.6	18.9	3	127	20	669
Small Chicken Teriyaki Tease	GF	392	2640	49.9	8.3	1.7	119	20.7	1030
Large Chicken Teriyaki Tease	GF	492	3190	57.8	10.2	2.1	139	21.2	1160
Small Tofu Terisan	V VG GF	332	2090	46.9	16	2.2	70.2	21.5	818
Large Tofu Terisan	V VG GF	432	2620	54.1	21.4	2.9	80.3	22.4	843
Small Wagyu-san	GF	457	4270	48	53.2	17	118	20.9	857
Regular Wagyu-san	GF	547	5170	50.7	67	21.6	137	21.6	870
Small Japanese Fried Chicken	GF	445	3490	52.1	25.6	4.5	120	22.6	1260
Large Japanese Fried Chicken	GF	528	4060	60.6	27.7	5	141	22.8	1280
Small Miso Beet Falalalafel	V GF	481	4290	12.7	60.9	12.6	103	18.4	1240
Large Miso Beet Falalalafel	V GF	581	5230	16.2	72.9	14.7	127	20.8	1540
Proteins	V/VG/GF	Serving Size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbo-hydrates	Sugar	Sodium (mg)
Small Sous-vide Chicken	GF	65	253	13	1	0	0	0	41
Large Sous-vide Chicken	GF	95	370	18	2	0	0	0	60
Small Karaage Chicken	GF	65	433	9.1	5.8	1.5	2.3	0.4	132
Large Karaage Chicken	GF	95	632	13.3	8.5	2.2	3.4	0.5	193
Small Miso Falafel	V GF	80	613	3.6	10.5	0.8	8	2.7	298
Large Miso Falafel	V GF	120	919.5	5.4	15.75	1.2	12	4.05	447
Small Wagyu beef	GF	60	1572	3.1	40.4	13.5	0	0	16
Large Wagyu beef	GF	80	2096	4.2	53.9	18	0	0	22
Small Tofu	V VG GF	65	569	10.1	9.4	1.1	0	0	34
Large Tofu	V VG GF	95	831	14.8	13.8	1.6	0	0	50
Small Prawn	GF	65	208	11.115	0.52	0.13	0	0	340.6
Large Prawn	GF	95	304	16.245	0.76	0.19	0	0	497.8
Small Salmon	GF	65	523.25	15.665	6.955	1.82	0	0	27.3
Large Salmon	GF	95	764.75	22.895	10.165	2.66	0	0	39.9
Small Tuna	GF	65	351.65	17.095	1.17	0.26	0	0	32.5
Large Tuna	GF	95	513.95	24.985	1.71	0.38	0	0	47.5
Small Eggplant	V VG GF	65	769.86	1	17	1.495	6.7	4.9	251.55
Large Eggplant	V VG GF	95	1154.79	1.5	25.5	2.2425	10.05	7.35	377.325
Small Falafel	V VG GF	80	613	3.6	10.5	0.8	8	2.7	298
Large Falafel	V VG GF	120	919.5	5.4	15.75	1.2	12	4.05	447
Salads	V/VG/GF	Serving Size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbo-hydrates	Sugar	Sodium (mg)
Small Spinach	V VG GF	30	57.3	0.96	0.33	0.03	1.47	0.81	12
Large Spinach	V VG GF	50	95.5	1.6	0.55	0.05	2.45	1.35	20
Small Broccoli Pumpkin	V VG GF	75	134.568	3.402	0.5292	0.0756	1.6632	0.9828	21.924
Large Broccoli Pumpkin	V VG GF	105	186.9	4.725	0.735	0.105	2.31	1.365	30.45
Small Mixed Leaf	V VG GF	30	64.8	0.3	0.42	0.03	1.71	0.84	6.6
Large Mixed Leaf	V VG GF	50	108	0.7	1	0.15	2.85	1.4	16
Small Kale	V VG GF	40	100.8	0.96	0.96	0.04	1.04	1.04	8
Large Kale	V VG GF	60	151.2	1.44	1.44	0.06	1.56	1.56	12
Sauces	V/VG/GF	Serving Size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbo-hydrates	Sugar	Sodium (mg)
Korean Honey BBQ	V GF	30	483	0.15	8.1	1.05	9.6	6.75	298.5
Spicy Caramel Ginger	GF	30	118.5	0.1	0	0	4.7	4.6	89
Tamarind	V VG GF	30	340.5	0.3	6.6	0.45	5.25	3.9	157.5
Teriyaki	V VG GF	30	238.5	0.6	0	0	10.35	6.3	640.5
Shoyu	V VG GF	30	381	0.9	7.5	1.2	4.95	4.8	1120.5
Creamy Yuzu Vinegarette	V GF	30	546	0.15	12.6	1.5	3.9	3.9	42
Creamy Roasted Sesame	V	30	570	0.75	13.05	1.5	3.6	2.7	416.4
Spicy Mayo	V GF	30	658.5	0.75	16.8	0	1.8	1.5	277.5
Sweet Miso	V VG GF	30	316.5	1.5	3.15	0	9.45	19.95	859.95
Cashew Satay	V VG GF	60	528	1.9	10.4	3.5	6	4.7	171
Bases	V/VG/GF	Serving Size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbo-hydrates	Sugar	Sodium (mg)
Small Jasmine Rice	V VG GF	200	1342	5.4	0.2	0	72	0.2	2
Large Jasmine Rice	V VG GF	250	1677.5	6.75	0.25	0	90	0.25	2.5
Small Brown Rice	V VG GF	200	1278	5.8	2	0.4	63.6	0.6	6
Large Brown Rice	V VG GF	250	1597.5	7.25	2.5	0.5	79.5	0.75	7.5
Small Quinoa	V VG GF	130	603.2	5.07	2.21	0.26	24.44	0.39	7.8
Large Quinoa	V VG GF	170	788.8	6.63	2.89	0.34	31.96	0.51	10.2
Small Soba	V VG	150	621	7.65	0.15	0.15	32.1	10.35	90
Regular Soba	V VG	230	952.2	11.73	0.23	0.23	49.22	15.87	138
Small Cauliflower Corn Rice	V VG GF	130	241.8	2.47	1.95	1.3	5.98	2.47	106.6
Large Cauliflower Corn Rice	V VG GF	170	316.2	3.23	2.55	1.7	7.82	3.23	139.4
Small Coconut Turmeric Rice	V VG GF	200	1624	6.4	4.8	4	78.2	1	22
Large Coconut Turmeric Rice	V VG GF	250	2030	8	6	5	97.75	1.25	27.5
Tacos	V/VG/GF	Serving Size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbo-hydrates	Sugar	Sodium (mg)
Spicy Salmon Taco	GF	145	2020	13.8	26.2	5.7	47	2.6	526
Tamarind Tofu Taco	GF/V/VG	145	1610	11.9	14.3	3.1	49	4.4	278
Tamarind Prawn Taco	GF	145	1460	12.1	11.1	2.7	49	4.4	442
Wagyu Taco	GF	145	2410	7.8	35.8	11.1	53.4	7.2	409
Sesame Chicken Taco		145	1750	15.2	7.6	3.9	70.2	0.8	245
Baos	V/VG/GF	Serving Size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbo-hydrates	Sugar	Sodium (mg)
Seared Salmon Bao		112	1500	9.6	26.9	4.3	21.4	6	251
Karaage Chicken Bao		112	1280	9.6	20.2	3.3	22.7	7.4	342
Tofu Bao	V	116	1260	8.3	11.8	5	35.1	12.7	382
Sides	V/VG/GF	Serving Size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbo-hydrates	Sugar	Sodium (mg)
Japanese Fried Chicken side	GF	100	1551.8	32.6	21.0	5.4	8.4	1.2	475.3
Eggplant bites small	GF/V/VG	175	2001.6	2.6	44.2	3.9	17.4	12.7	654.0
Eggplant bites large	GF/V/VG	240	2802.3	3.6	61.9	5.4	24.4	17.8	915.6

V = Vegetarian | VG = Vegan | GF = Gluten Free

# ALLERGEN INFORMATION

Nosh - Allergies and Intolerances (Revised 02.2023)	Cashew	Walnut	Dairy	Egg	Sesame	Fish	Shellfish	Gluten	Soy	Honey	Garlic	Lupin	Sulphites
Bowl Favorites*													
Cool Chick					X	X			X		X		X
Chicken Teriyaki Tease					X				X				
JFC-San				X	X				X		X		X
Poke Party (sashimi/aburi)				X	X	X		X	X		X		
Sashimi Lovin +					X	X			X				
Wagyu-San				X	X				X				
Miso Falalafel				X	X				X				X
Eye of the Tiger					X		X		X		X		X
Tofu Teri-san		X			X				X				
Baos													
Seared Salmon Bao				X	X	X		X	X				
Karaage Chicken Bao				X	X			X	X		X		X
Tofu Bao	X				X			X	X		X		
Tacos													
Spicy Salmon Taco				X	X	X			X		X		X
Tamarind Tofu Taco					X				X		X		X
Tamarind Prawn Taco					X		X		X		X		X
Wagyu Taco					X				X	X	X		
Sesame Chicken Taco				X	X			X	X		X		
Sauces													
Teriyaki									X				
Yuzu Vinaigrette										X			
Spicy Caramel Ginger						X					X		
Tamarind					X				X		X		X
Shoyu					X				X				
Spicy Mayo				X					X		X		X
Korean BBQ					X				X	X	X		
Sweet Miso									X				
Cashew Satay	X								X		X		
Creamy Roasted Sesame				X	X			X	X				
Salads													
Baby Spinach									X				
Mixed Baby Leaves													
Super Kale		X											
Charred Broccoli					X				X				
Salads													
Eggplant Bites													
Falafel Bites									X				
JFC Bites					X						X		

\*All items are sprinkled with sesame seeds unless otherwise advised by the customer

\*\*All items are produced in the same facilities containing sesame, soy, egg and walnuts\*\*