

BOWL'D NUTRITIONAL INFO

BOWLS

	<h3>NACHO BOWL</h3>	Cal/ kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	<h3>BURRITO BOWL</h3>	Cal/ kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	<h3>BUDDHA BOWL</h3>	Cal/ kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
<p>MIXED LETTUCE, BLACK RICE, SLICED CUCUMBER, CHERRY TOMATOES, ROASTED CORN (CORN, PAPRIKA, EXTRA VIRGIN OLIVE OIL, PINK HIMALAYAN SALT), AVOCADO (AVOCADO, LEMON JUICE, PINK HIMALAYAN SALT), RED ONION, CORN CHIPS (CORN, VEGETABLE OIL, WATER, SALT).</p>	<p>306 cal/ 1278 kJ</p>	<p>7.4g</p>	<p>13.7g</p>	<p>4g</p>	<p>35g</p>	<p>3.4g</p>	<p>207mg</p>	<p>GLUTEN FREE VEGAN SOY FREE</p> <p>MAY CONTAIN TRACES OF SESAME AND PEANUTS</p>	
<p>BROWN RICE, SHREDDED CABBAGE, ROASTED CORN (CORN, PAPRIKA, EXTRA VIRGIN OLIVE OIL, PINK HIMALAYAN SALT), AVOCADO (AVOCADO, LEMON JUICE, PINK HIMALAYAN SALT), COCONUT YOGHURT, CORN CHIPS (CORN, VEGETABLE OIL, WATER, SALT), JALAPENOS.</p>	<p>358 cal/ 1497 kJ</p>	<p>6.4g</p>	<p>19.4g</p>	<p>7.5g</p>	<p>36.5g</p>	<p>3.2g</p>	<p>435mg</p>	<p>GLUTEN FREE VEGAN SOY FREE</p> <p>MAY CONTAIN TRACES OF SESAME AND PEANUTS</p>	
<p>ROCKET, BROWN RICE, ROASTED BROCCOLI (BROCCOLI, PINK HIMALAYAN SALT, PEPPER, EXTRA VIRGIN OLIVE OIL), AVOCADO (AVOCADO, LEMON JUICE, PINK HIMALAYAN SALT), YUMI'S HUMMUS (CONTAINS GARLIC, SESAME), ROASTED SWEET POTATO (SWEET POTATO, EXTRA VIRGIN OLIVE OIL, PAPRIKA, PINK HIMALAYAN SALT), PEPITA SEEDS.</p>	<p>496 cal/ 2071 kJ</p>	<p>13.1g</p>	<p>27.5g</p>	<p>4.1g</p>	<p>46g</p>	<p>11.5g</p>	<p>682mg</p>	<p>GLUTEN FREE VEGAN SOY FREE</p> <p>CONTAINS SESAME & SEEDS</p> <p>CONTAINS GARLIC</p>	



BOWL'D NUTRITIONAL INFO

BOWLS

	POKE BOWL	Cal/ kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	SPINACH, BROWN RICE, AVOCADO (AVOCADO, LEMON JUICE, PINK HIMALAYAN SALT), SPINACH, CARROT, CUCUMBER, ZUCCHINI, EDAMAME, SPRING ONION, SESAME SEEDS, CRISPY SHALLOTS, PICKLED GINGER.	331 cal/ 1395 kJ	10g	13.7g	2.6g	37.5g	5.9g	184mg	GLUTEN FREE VEGAN CONTAINS SESAME & SOY MAY CONTAIN TRACES OF PEANUTS
	TERIYAKI BOWL	Cal/ kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	BROWN RICE, SHREDDED CABBAGE, EDAMAME BEANS, SPRING ONION, CRISPY SHALLOTS, SESAME SEEDS, CASHEW TERIYAKI SAUCE (TAMARI, APPLE CIDER VEINGAR, CASHEWS, RICE MALT SYRUP, MINCED GINGER)	325 cal/ 1358 kJ	10.2g	9.8g	0.92g	35.5g	13.7g	596mg	GLUTEN FREE VEGAN CONTAINS NUTS (CASHEWS), SESAME & SOY
	SATAY BOWL	Cal/ kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	BROWN RICE, CUCUMBER, SHREDDED CARROT, ICEBERG LETTUCE, BEAN SHOOTS, CRUSHED PEANUTS, SPRING ONION, CRISPY SHALLOTS, CORIANDER, SATAY SAUCE (PEANUT BUTTER, TAMARI, APPLE CIDER VINEGAR, LIME JUICE, RICE MALT SYRUP, CHILLI, GARLIC, GINGER)	365 cal/ 1527 kJ	10g	16g	2g	45g	7g	129mg	GLUTEN FREE VEGAN SOY FREE CONTAINS GARLIC & NUTS (PEANUTS) MAY CONTAIN TRACES OF SESAME



BOWL'D NUTRITIONAL INFO

PROTEINS

ROASTED SWEET POTATO 100g	SWEET POTATO, EXTRA VIRGIN OLIVE OIL, PAPRIKA, PINK HIMALAYAN SALT	Cal/kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		157 cal/ 658 kJ	2.6g	7.5g	1.1g	17.7g	7.1g	386g	GLUTEN FREE VEGAN
SESAME ROASTED TOFU 100g	FIRM TOFU, EXTRA VIRGIN OLIVE OIL, TAMARI, SESAME SEEDS	Cal/kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		189 cal/ 790 kJ	13g	12g	2g	3g	1g	137mg	GLUTEN FREE VEGAN CONTAINS SESAME
SHREDDED CHICKEN BREAST 100g	CHICKEN BREAST, EXTRA VIRGIN OLIVE OIL, SALT	Cal/kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		210 cal/ 875 kJ	38.9g	12g	1.4g	0g	0g	122mg	GLUTEN FREE
BOWL'D SHREDDED CHICKEN 100g	CHICKEN BREAST, PAPRIKA, CUMIN, CORIANDER, EXTRA VIRGIN OLIVE OIL, SALT	Cal/kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		210 cal/ 875 kJ	38.9g	12g	1.4g	0g	0g	122mg	GLUTEN FREE
SLOW COOKED PULLED PORK 100g	PORK SHOULDER, TOMATO, PAPRIKA, GARLIC, TAMARI, APPLE CIDER VINEGAR, OLIVE OIL	Cal/kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		152 cal/ 656 kJ	23g	5.3g	1.6g	1.3g	1.5g	367mg	GLUTEN FREE CONTAINS GARLIC
COOKED SALMON 75g	SALMON, SALT	Cal/kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		175 cal/ 232 kJ	17g	9g	2g	0g	0g	122mg	GLUTEN FREE



BOWL'D NUTRITIONAL INFO

DRESSINGS - 30g SERVE

		Cal/kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
SATAY	PEANUT BUTTER, RICE MALT SYRUP, TAMARI, GINGER, GARLIC, CHILLI, APPLE CIDER VINEGAR, LIME JUICE	87 cal/ 364 kJ	3g	6g	1g	5g	3g	80g	GLUTEN FREE VEGAN CONTAINS NUTS & GARLIC
CASHEW TERIYAKI	RAW CASHEWS, TAMARI, APPLE CIDER VINEGAR, RICE MALT SYRUP, MINCED GINGER	48 cal/ 201 kJ	1g	2g	2g	6g	4g	224mg	GLUTEN FREE VEGAN CONTAINS NUTS
LEMON TAHINI	LEMON JUICE, TAHINI, TAMARI, APPLE CIDER VINEGAR, NUTRITIONAL YEAST, GARLIC	56 cal/ 234 kJ	3g	4g	1g	3g	0g	252mg	GLUTEN FREE VEGAN CONTAINS NUTS & GARLIC
LIME CORIANDER	LIME JUICE, EXTRA VIRGIN OLIVE OIL, CORIANDER, GARLIC, RICE MALT SYRUP, GROUND CORIANDER, SALT	86 cal/ 360 kJ	0g	9g	1g	2g	0g	151g	GLUTEN FREE VEGAN CONTAINS NUTS & GARLIC
LIME CORIANDER JALAPENO	LIME JUICE, EXTRA VIRGIN OLIVE OIL, CORIANDER, JALAPENOS, GARLIC, RICE MALT SYRUP, GROUND CORIANDER, SALT,	87 cal/ 364 kJ	0g	9g	1g	2g	0g	151mg	GLUTEN FREE VEGAN CONTAINS NUTS & GARLIC



BOWL'D NUTRITIONAL INFO

DRESSINGS - 30g SERVE

VEGAN CHIPOTLE MAYONNAISE	SUNFLOWER OIL, AQUAFABA (CHICKPEA WATER), GARLIC, OLIVE OIL, LEMON JUICE, APPLE CIDER VINEGAR, ORGANIC COCONUT SUGAR, SEA SALT, MUSTARD, MUSTARD POWDER, CHIPOTLE POWDER, PAPRIKA	Cal/k J	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		196 cal/ 820 kJ	0g	22g	2g	1g	1g	126g	GLUTEN FREE VEGAN CONTAINS GARLIC
VEGAN AIOLI	SUNFLOWER OIL, AQUAFABA (CHICKPEA WATER), GARLIC, OLIVE OIL, LEMON JUICE, APPLE CIDER VINEGAR, ORGANIC COCONUT SUGAR, SEA SALT, MUSTARD, MUSTARD POWDER	Cal/k J	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		179 cal/ 749 kJ	0g	19g	2g	2g	1g	54mg	GLUTEN FREE VEGAN CONTAINS GARLIC
KEWPIE MAYONNAISE	SOYBEAN OIL, EGG YOLK, DISTILLED VINEGAR, SALT, RICE VINEGAR, WATER, FLAVOUR ENHANCER, MUSTARD FLAVOURING, PRESERVATIVE	Cal/k J	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
		214 cal/ 895 kJ	2g	21g	3g	0g	0g	214mg	GLUTEN FREE CONTAINS EGG CONTAINS PRESERVATIVES



BOWL'D NUTRITIONAL INFO





SMOOTHIES

	GREEN MACHINE	Cal / kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	BANANA, MANGO, COCONUT WATER, SPINACH	210 cal / 879 kJ	2g	1g	1g	50g	37g	411mg	GLUTEN FREE VEGAN MAY CONTAIN TRACES OF PEANUTS
	TROPICAL MANGO	Cal / kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	BANANA, MANGO, PASSIONFRUIT, SHREDDED COCONUT, COCONUT WATER	352 cal / 1472 kJ	3g	9g	6g	67g	54g	457mg	GLUTEN FREE VEGAN MAY CONTAIN TRACES OF PEANUTS
	VERY BERRY	Cal / kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	BANANA, RASPBERRIES, BLUEBERRIES, BLACKBERRIES, STRAWBERRIES, ORGANIC COCONUT MILK, RAW CASHEWS, RICE MALT SYRUP	555 cal / 2322 kJ	11g	25g	9g	76g	38g	160mg	GLUTEN FREE VEGAN CONTAINS NUTS
	ESPRESSO YO' SELF	Cal / kJ	Pro	Fat (Total)	Fat (Sat)	Carb	Sugar	Sodium	Allergens
	BANANA, COLD PRESS COFFEE, RAW CASHEWS, VEGAN VANILLA PROTEIN, RICE MALT SYRUP, ORGANIC ALMOND MILK	773 cal / 3234 kJ	82g	23g	5g	66g	30g	197mg	GLUTEN FREE VEGAN CONTAINS NUTS



BOWL'D NUTRITIONAL INFO

SMOOTHIES

	<p>COCO CARMEL</p>	<p>Cal/ kJ</p>	<p>Pro</p>	<p>Fat (Total)</p>	<p>Fat (Sat)</p>	<p>Carb</p>	<p>Sugar</p>	<p>Sodium</p>	<p>Allergens</p>
	<p>BANANA, ORGANIC COCONUT MILK, VEGAN SALTED CARAMEL PROTEIN POWDER, RAW CASHEWS, SHREDDED COCONUT, RICE MALT SYRUP.</p>	<p>678 cal/ 2836 kJ</p>	<p>31g</p>	<p>30g</p>	<p>21g</p>	<p>69g</p>	<p>36g</p>	<p>444mg</p>	<p>GLUTEN FREE VEGAN CONTAINS NUTS MAY CONTAIN TRACES OF PEANUTS</p>
	<p>CHOC PROTEIN</p>	<p>Cal/ kJ</p>	<p>Pro</p>	<p>Fat (Total)</p>	<p>Fat (Sat)</p>	<p>Carb</p>	<p>Sugar</p>	<p>Sodium</p>	<p>Allergens</p>
	<p>BANANA, ORGANIC ALMOND MILK, RAW CASHEWS, VEGAN CHOCOLATE PROTEIN POWDER, RICE MALT SYRUP, CACAO POWDER.</p>	<p>780 cal/ 3263 kJ</p>	<p>30g</p>	<p>19g</p>	<p>4g</p>	<p>65g</p>	<p>28g</p>	<p>108mg</p>	<p>GLUTEN FREE VEGAN CONTAINS NUTS MAY CONTAIN TRACES OF PEANUTS</p>
	<p>DALE'S BANANA SMOOTHIE</p>	<p>Cal/ kJ</p>	<p>Pro</p>	<p>Fat (Total)</p>	<p>Fat (Sat)</p>	<p>Carb</p>	<p>Sugar</p>	<p>Sodium</p>	<p>Allergens</p>
	<p>BANANA, ORGANIC COCONUT MILK, RAW CASHEWS, PEANUT BUTTER, RICE MALT SYRUP, CINNAMON,</p>	<p>685 cal/ 2866 kJ</p>	<p>17g</p>	<p>36g</p>	<p>10g</p>	<p>81g</p>	<p>36g</p>	<p>222mg</p>	<p>GLUTEN FREE VEGAN CONTAINS PEANUTS & NUTS</p>
	<p>COOKIE CRUNCH</p>	<p>Cal/ kJ</p>	<p>Pro</p>	<p>Fat (Total)</p>	<p>Fat (Sat)</p>	<p>Carb</p>	<p>Sugar</p>	<p>Sodium</p>	<p>Allergens</p>
	<p>BANANA, ORGANIC ALMOND MILK, VEGAN CHOCOLATE PROTEIN POWDER, ALMOND BUTTER, RICE MALT SYRUP, CACAO NIBS</p>	<p>622 cal/ 2602 kJ</p>	<p>34g</p>	<p>27g</p>	<p>8g</p>	<p>58g</p>	<p>30g</p>	<p>164mg</p>	<p>GLUTEN FREE VEGAN CONTAINS NUTS</p>

