

NUTRITIONAL INFORMATION

CALCULATIONS BASED ON POKE BOWLS WITH A SUSHI RICE BASE, INCLUSIVE OF ALL REGULAR TOPPINGS.

A P O K E T H E O R Y		Energy (kcal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Carbohydrate (g)	Total Sugar (g)	Dietary Fibre (g)	Sodium (mg)
POKE BOWLS	Original Shoyu Tuna Bowl (Light)	382	24	7	1	0	55	53	9	5	1001
	Original Shoyu Tuna Bowl (Reg)	459	31	8	2	0	63	61	11	6	1171
	Original Shoyu Salmon Bowl (Large)	532	41	11	2	0	80	61	11	6	1219
	Spicy Garlic Sesame Tuna Bowl (Light)	404	20	10	2	0	62	54	9	5	1062
	Spicy Garlic Sesame Tuna Bowl (Reg)	487	26	13	2	0	73	63	11	6	1253
	Spicy Garlic Sesame Tuna Bowl (Large)	575	34	18	3	0	95	64	12	6	1343
	Original Shoyu Salmon Bowl (Light)	381	22	8	1	0	67	53	9	5	1000
	Original Shoyu Salmon Bowl (Reg)	456	28	10	1	0	79	61	11	6	1169
	Original Shoyu Salmon Bowl (Large)	529	37	13	2	0	104	61	11	6	1217
	Spicy Mayo Salmon Bowl (Light)	404	20	10	2	0	62	54	9	5	1062
	Spicy Mayo Salmon Bowl (Reg)	487	26	13	2	0	73	63	11	6	1253
	Spicy Mayo Salmon Bowl (Large)	575	34	18	3	0	95	64	12	6	1343
	Avocado Miso Salmon Bowl (Light)	391	20	10	1	0	60	54	9	5	1133
	Avocado Miso Salmon Bowl (Reg)	470	25	12	2	0	70	62	11	6	1348
	Avocado Miso Salmon Bowl (Large)	550	33	17	3	0	90	63	12	6	1485
	Avocado Poke Bowl (Light)	248	5	19	4	0	0	13	8	6	513
	Avocado Poke Bowl (Reg)	356	7	28	6	0	0	16	10	8	635
Avocado Poke Bowl (Large)	495	9	42	9	0	0	17	11	10	679	

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SMOOTHIE BOWLS	Raspberry Tropic	278	5	11	8	0	0	44	22	7	25
	Blackberry Binge	204	4	5	1	0	0	41	22	8	21
	Maca Nutter	282	5	7	3	0	0	55	28	7	17
	Cacaoaholic	278	6	6	2	0	0	55	27	7	21
DRINKS	Homemade Lemonade	67	0.1	0	0	0	0	17.7	16.6	0.1	0
	Elderflower Fizz	130	0	0	0	0	0	33.3	31.7	0	0
	Osmanthus Oolong Tea	0	0	0	0	0	0	0	0	0	0
	Lychee Rose Tea	0	0	0	0	0	0	0	0	0	0
COLD PRESSED JUICE	Kale Living	129	3.6	1.5	0.1	0	0	27.7	16.9	7.7	42
	Sunshine Spritz	148	2.9	0.7	0	0	0	35.8	20.7	9.2	164
	Crimson Sunrise	153	4.3	0.7	0	0	0	36.5	26.3	9	157
	Tropical Squeeze	184	2.1	0.5	0	0	0	47.8	34.8	6.8	9
	Master Cleanse	141	0.2	0.1	0	0	0	38.2	37.6	0.3	2
	Green Sprouts	129	0.8	0.3	0.1	0	0	31.2	24.2	3.1	48.7
	Dragonlady	140	0.9	0.2	0	0	0	36.2	28.6	2.6	28