

# NUTRITIONAL INFORMATION -BOWLS

WE'VE PARTNERED UP WITH A NUTRITIONIST TO BREAK DOWN ALL THE FACTS ON HOW OUR BOWLS CAN MAKE YOU FEEL GOOD, FROM THE INSIDE OUT!

## HOT SMOKED SALMON BOWL

Say "hello" to our hot smoked salmon bowl which is tangy, sweet and crunchy. You'll find hidden plenty of essential amino acids, omega 3, minerals, phytonutrients and fibre, for healthy nerve, gut, brain, sugar & blood pressure control.

## TUNA POKE BOWL

We've chosen a high quality grade of tuna & mixed it with a punch of flavour. This bowl is jam-packed with fibre, omega 3, iodine, iron and B vitamins. It also contains ginger which is well known for calming your gut & reducing nausea.

## KINGFISH ISLAND BOWL

Our Kingfish is a powerhouse of nutrients; packed with omega 3, vitamin E & selenium. You'll love how we've dressed it with lime, coriander, coconut and a touch of raw kraut. This bowl will protect your heart, boost your brain & immunity function & has a host of anti-inflammatory properties.

## SALMON ANCIENT GRAINS BOWL

This bowl is your 'all-rounder' for health & taste. It contains all your essential amino acids for building muscle, vitamin D for bone health, & has a great blend of fibres and a bit of probiotics to promote a healthy gut. But that's not all, you'll also get a dose of folate & healthy fats to protect your heart and contribute to your vital brain health.

## CHICKEN BOWL

This is your immune-boosting & bone-health bowl. It is high in vitamin C and folate from beetroot, tomatoes & kale, and vitamin C is essential for your bones & fighting off colds. Plus this bowl is a good source of essential minerals such as magnesium, potassium & selenium. Using only free range chicken that will melt in your mouth, you'll wonder how can we make chicken taste so good?

## TOFU BOWL

If you're not a fan of tofu, you will be after you try this! Our Tofu Bowl is brimming with flavours & nutrition. Beneficial probiotics found in miso help combat digestive issues caused by an imbalance in gut bacteria. Our spicy seed mix will give you a boost of energy & minerals. While our slaw, beets and kale are excellent sources of vitamin K (for bone health), vitamin C (immune-boosting), vitamin A (for healthy skin) & B group vitamins (for a healthy brain). Lastly, we chose low glycemic index carbs to keep your sugars in check.

## BEEF BIBIMBAP BOWL

If you're looking for a high protein, low fat and low glycemic index meal, then look no further. We're proud of our Beef Bibimbap Bowl containing 100% of your essential amino acids in beef and free range egg. Teamed with a spicy sauce, colourful raw vegetables & the health benefit of black rice, you can't go wrong with this bowl.

## MACRO BOWL

A winner bowl for vegans and vegetarians. Packed with a colourful range of nutrients & polyphenols, the macro bowl is bursting with antioxidants & phytonutrients. It's big on protein from the edamame beans & the fermented kraut gives your belly some happy probiotics, so you'll be glowing on the inside & outside.



# NUTRITIONAL INFORMATION -DRINKS

## KOMBUCHA

This fermented tea drink is high in glucaric acid, which aids liver detoxification. It is relatively low in calories & has less sugar than soft drinks. Our Dietitian doesn't recommend anyone drinks unpasteurized or raw home-brewed Kombucha due to the high risk of bad bacteria formed. Our Kombucha on tap is pasteurized so contains good bacteria for a healthier gut.

## NITRO COLD BREW

Commonly referred to as "NCB," it's a cold brew coffee charged with nitrogen to give it a rich, creamy head, similar to draft beers like Guinness. The nitrogen makes it naturally taste sweeter (so no need to add excess sugar) plus the nitrogen lowers the acidity of the coffee, making it gentler on your stomach.

## COLD PRESS JUICES

Why do we only serve cold press juices? Because unlike most other juices you can buy, our juice comes from 100% fruit and vegetables that's crushed in a hydraulic press. Because this process doesn't produce as much heat, thereby keeping more of the fresh nutrients & enzymes intact. It's an easy way to boost your fruit & veg intake.



# NUTRITIONAL INFORMATION



<b>BASES</b>	Vegan Friendly	Gluten Free	Lactose Free	Dairy Free	Soy Free	Sesame Free	Fodmap Friendly	Egg Free	MSG Free
Coconut Rice	Y	Y	Y	Y	Y	Y	N	Y	N
Black Rice	Y	Y	Y	Y	Y	Y	Y	Y	Y
Soba Noodles	Y	Y	Y	Y	Y	Y	Y	Y	Y
Broccoli Rice	Y	Y	Y	Y	Y	Y	Y	Y	Y
Curry Quinoa	Y	Y	Y	Y	Y	Y	Y	Y	Y

<b>PROTEINS</b>	Vegan Friendly	Gluten Free	Lactose Free	Dairy Free	Soy Free	Sesame Free	Fodmap Friendly	Egg Free	MSG Free
Tuna Sashimi	N	Y	Y	Y	Y	Y	Y	Y	Y
Salmon Sashimi	N	Y	Y	Y	Y	Y	Y	Y	Y
Kingfish Sashimi	N	Y	Y	Y	Y	Y	Y	Y	Y
Tamari Chicken	N	Y	Y	Y	N	N	Y	Y	Y
Rare Eye Fillet Beef	N	Y	Y	Y	Y	Y	Y	Y	Y
Hot Smoked Salmon	N	Y	Y	Y	Y	Y	Y	Y	Y
Cumin & Pepper Fried Tofu	Y	Y	Y	Y	N	Y	Y	Y	Y

<b>INGREDIENTS</b>	Vegan Friendly	Gluten Free	Lactose Free	Dairy Free	Soy Free	Sesame Free	Fodmap Friendly	Egg Free	MSG Free
Cucumber	Y	Y	Y	Y	Y	Y	Y	Y	Y
Tomato	Y	Y	Y	Y	Y	Y	Y	Y	Y
Avocado	Y	Y	Y	Y	Y	Y	N	Y	Y
Rainbow Slaw	Y	Y	Y	Y	Y	Y	N	Y	Y
Carrot	Y	Y	Y	Y	Y	Y	Y	Y	Y
Boiled Egg	N	Y	Y	Y	Y	Y	Y	N	Y
Kale	Y	Y	Y	Y	Y	Y	Y	Y	Y
Miso Sweet Potato	Y	Y	Y	Y	N	N	N	Y	Y
Beetroot	Y	Y	Y	Y	Y	Y	N	Y	Y
Zucchini Noodles	Y	Y	Y	Y	Y	Y	Y	Y	Y
Edamame	Y	Y	Y	Y	Y	Y	Y	Y	Y
Sugar Snaps	Y	Y	Y	Y	Y	Y	N	Y	Y
Coriander	Y	Y	Y	Y	Y	Y	Y	Y	Y
Mint	Y	Y	Y	Y	Y	Y	Y	Y	Y
Limes	Y	Y	Y	Y	Y	Y	Y	Y	Y
Pickled Ginger	Y	Y	Y	Y	Y	Y	Y	Y	Y
Raw Kraut	Y	Y	Y	Y	Y	Y	N	Y	Y
Radish	Y	Y	Y	Y	Y	Y	Y	Y	Y
Corn Cob	Y	Y	Y	Y	Y	Y	N	Y	Y

<b>TOPPINGS</b>	Vegan Friendly	Gluten Free	Lactose Free	Dairy Free	Soy Free	Sesame Free	Fodmap Friendly	Egg Free	MSG Free
Spicy Seed & Cranberry Crunch	Y	Y	Y	Y	Y	N	Y	Y	Y
Toasted coconut	Y	Y	Y	Y	Y	Y	Y	Y	Y
Maple & Miso Sesame Crunch	Y	Y	Y	Y	N	N	Y	Y	Y
Dried Seaweed	Y	Y	Y	Y	Y	Y	Y	Y	Y
Crispy Shallots	Y	N	Y	Y	Y	Y	N	Y	Y
Rice Seasoning	Y	Y	N	Y	Y	N	N	Y	N

<b>DRESSINGS</b>	Vegan Friendly	Gluten Free	Lactose Free	Dairy Free	Soy Free	Sesame Free	Fodmap Friendly	Egg Free	MSG Free
Papaya & Lime Vinaigrette	Y	Y	Y	Y	Y	Y	Y	Y	Y
Miso Roasted Sesame Mayo	Y	Y	Y	Y	N	N	Y	Y	Y
Ginger & Wasabi Mayo	Y	Y	Y	Y	N	Y	N	Y	Y
Kale, Avocado & Pepita dressing	Y	Y	Y	Y	Y	Y	N	Y	Y
Spicy Bibimbap dressing	Y	Y	Y	Y	Y	N	N	Y	Y

<b>CHEF CURATED BOWLS</b>	Vegan Friendly	Gluten Free	Lactose Free	Dairy Free	Soy Free	Sesame Free	Fodmap Friendly	Egg Free	MSG Free
Beef Bibimbap	N	Y	N	Y	Y	N	N	N	N
Tofu	Y	Y	Y	Y	N	N	N	Y	Y
Hot Smoked Salmon	N	Y	Y	Y	Y	Y	N	Y	Y
Chicken	N	Y	Y	Y	N	N	N	Y	Y
Salmon + Ancient Grains	N	Y	Y	Y	N	N	N	N	Y
Tuna Poke	N	Y	N	Y	N	N	N	Y	N
Kingfish Island	N	Y	Y	Y	N	Y	N	Y	Y
Macro	Y	Y	Y	Y	N	Y	N	Y	Y

Always check in-store for any updates to the fact sheet