

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	1787	1814	1795	1801	1771	1743	1934	1721
Protein	32.8	31.4	32.7	44.9	31.4	27.6	34.3	26.1
Fat, total	11.4	10.9	11.4	5.1	9.3	11.8	16	10
- saturated	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	7.6	12.7	7.7	5.6	6.7	8.9	5.4	7.5
Sodium	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	1429	1463	1439	1460	1422	1374	1555	1347	1628	1628
Protein	32.4	30.6	32.2	48	30.9	25.8	32.6	24	8.8	8.8
Fat, total	11.2	10.5	11.1	3.3	8.7	11.6	16.1	9.4	5.2	5.2
- saturated	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	6	12.3	6.1	3.4	4.9	7.6	3.1	5.9	3.8	3.8
Sodium	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	1195	1229	1205	1226	1188	1140	1321	1113	1394	1394
Protein	33	31.2	32.8	48.6	31.5	26.4	33.2	24.6	9.4	9.4
Fat, total	11.2	10.5	11.1	3.3	8.7	11.6	16.1	9.4	5.2	5.2
- saturated	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	9.3	15.6	9.4	6.7	8.2	10.9	6.4	9.2	7.1	7.1
Sodium	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	1310	1344	1320	1341	1303	1255	1436	1228	1509	1509
Protein	32.2	30.4	32	47.8	30.7	25.6	32.4	23.8	8.6	8.6
Fat, total	15.4	14.7	15.3	7.5	12.9	15.8	20.3	13.6	9.4	9.4
- saturated	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	8.1	14.4	8.2	5.5	7	9.7	5.2	8	5.9	5.9
Sodium	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	1180	1214	1190	1211	1173	1125	1306	1098	1379	1379
Protein	33.2	31.4	33	48.8	31.7	26.6	33.4	24.8	9.6	9.6
Fat, total	11.6	10.9	11.5	3.7	9.1	12	16.5	9.8	5.6	5.6
- saturated	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	7.7	14	7.8	5.1	6.6	9.3	4.8	7.6	5.5	5.5
Sodium	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	300	300	300	295	295	300	295	300	275	275
Energy	1972	2006	1982	2003	1965	1917	2098	1890	2171	2171
Protein	36.4	34.6	36.2	52	34.9	29.8	36.6	28	12.8	12.8
Fat, total	13.8	13.1	13.7	5.9	11.3	14.2	18.7	12	7.8	7.8
- saturated	4.1	3.9	4.1	1.7	3.3	4.6	6.6	2.1	2.5	2.5
Carbohydrate	47.9	54.5	48.4	51.3	54.4	50.6	44.8	49	95.7	95.7
- sugars	7.1	13.4	7.2	4.5	6	8.7	4.2	7	4.9	4.9
Sodium	554	662	549	177	505	705	1446	318	612	612

Cold Rolls(2pc) Nutritional Info							
	Grilled Chicken	Soy Ginger Chicken	Lemongrass Chicken	Meatball	Tofu & Mushroom	Prawn	Pork & Prawn
Serving Size	166	166	166	166	166	176	176
Energy	804	818	808	782	772	565	634
Protein	13.8	13.1	13.7	11.2	10.5	10.5	10.7
Fat, total	4.7	4.4	4.7	4.9	4	0.7	2.5
- saturated	1.4	1.3	1.4	1.6	0.6	0.2	0.9
Carbohydrate	22.7	25.4	22.9	23.8	23.2	21	21
- sugars	1.7	4.2	1.7	2.3	1.6	0.1	0.1
Sodium	225	268	223	285	130	165	102