



# NUTRITIONAL INFO / HOT FOOD

## BREAKFAST / HOT NOURISH BOWLS

<b>BREAKFAST NUTRITIONAL INFO</b>		<b>ENERGY (KCAL)</b>	<b>FAT (G)</b>	<b>SATURATES (G)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>	<b>SALT (G)</b>
<b>CHEEKY BREAKFAST BUN</b> Toasted brioche bun, streaky bacon, poached egg, baby spinach, crispy onions & sriracha mayo	/SERVING	<b>493.9</b>	<b>29.63</b>	<b>9.86</b>	<b>31.11</b>	<b>3.72</b>	<b>24.28</b>	<b>2.02</b>
	/100 G	<b>257.4</b>	<b>15.45</b>	<b>5.14</b>	<b>16.23</b>	<b>1.94</b>	<b>12.66</b>	<b>1.05</b>
<b>VEGGIE BREAKFAST BUN</b> Toasted brioche bun, grilled halloumi, poached egg, baby spinach, crispy onions & sriracha mayo	/SERVING	<b>577.4</b>	<b>36.46</b>	<b>17.59</b>	<b>30.59</b>	<b>3.88</b>	<b>23.41</b>	<b>2.21</b>
	/100 G	<b>243.29</b>	<b>15.35</b>	<b>7.4</b>	<b>12.89</b>	<b>1.63</b>	<b>9.86</b>	<b>0.93</b>
<b>CHEEKY BEEF BUN</b> Toasted brioche bun, pulled beef, poached egg, baby spinach, caramelized onions & sriracha mayo	/SERVING	<b>612.3</b>	<b>38.84</b>	<b>13.71</b>	<b>32.92</b>	<b>4.39</b>	<b>32.68</b>	<b>1.96</b>
	/100 G	<b>289.06</b>	<b>18.34</b>	<b>6.47</b>	<b>15.55</b>	<b>2.07</b>	<b>15.46</b>	<b>0.93</b>
<b>HOT NOURISH BOWLS NUTRITIONAL INFO</b>		<b>ENERGY (KCAL)</b>	<b>FAT (G)</b>	<b>SATURATES (G)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>	<b>SALT (G)</b>
<b>SICILIAN CHICKEN MEATBALL</b> Homemade Sicilian chicken meatballs, white rice, herb pesto, house tomato sauce, sun dried tomato cream, pan fried zucchini, broccoli & onions	/SERVING	<b>705.12</b>	<b>38.79</b>	<b>10.36</b>	<b>43.52</b>	<b>4.98</b>	<b>43.91</b>	<b>2.24</b>
	/100 G	<b>141.2</b>	<b>7.38</b>	<b>1.85</b>	<b>9.42</b>	<b>2.18</b>	<b>9.86</b>	<b>0.41</b>
<b>MEDITERRANEAN CHICKEN</b> Grilled chicken breast, pepper, mushrooms, broccoli, rice, potato roasties, sun-dried tomato cream, sesame seeds & chives	/SERVING	<b>678.65</b>	<b>26.93</b>	<b>6.74</b>	<b>57.28</b>	<b>7.62</b>	<b>40.41</b>	<b>2.06</b>
	/100 G	<b>131.6</b>	<b>7.59</b>	<b>2.11</b>	<b>9.47</b>	<b>2.12</b>	<b>5.36</b>	<b>0.64</b>
<b>TERIYAKI BEEF BOWL</b> Teriyaki marinated pulled beef, avocado, poached egg, pickled onions, shredded carrots, broccoli, basmati rice, edamame beans, sriracha mayo & crushed peanuts	/SERVING	<b>817.43</b>	<b>34.98</b>	<b>10.16</b>	<b>63.01</b>	<b>6.32</b>	<b>52.66</b>	<b>2.43</b>
	/100 G	<b>141.3</b>	<b>6.32</b>	<b>1.79</b>	<b>10.52</b>	<b>4.21</b>	<b>9.84</b>	<b>0.83</b>
<b>BALANCE BOWL</b> Grilled marinated chicken breast, basmati rice, sweet potato, broccoli, Baby spinach, carrots, pickled Cabbage, poached egg with a satay & tahini sauce	/SERVING	<b>844.78</b>	<b>36.40</b>	<b>9.67</b>	<b>80.94</b>	<b>11.47</b>	<b>49.36</b>	<b>2.65</b>
	/100 G	<b>112.8</b>	<b>5.42</b>	<b>1.11</b>	<b>11.64</b>	<b>2.88</b>	<b>6.71</b>	<b>0.67</b>
<b>CRISPY TOFU BOWL</b> Crispy tofu, basmati rice, sweet potato, baby spinach, wakame salad, vegan spicy mayo, cucumber zoodles, crushed peanuts, spring onions, fresh coriander, served with curry sauce & a lime	/SERVING	<b>755.63</b>	<b>27.98</b>	<b>6.49</b>	<b>93.04</b>	<b>10.42</b>	<b>26.76</b>	<b>2.29</b>
	/100 G	<b>138.2</b>	<b>7.94</b>	<b>1.37</b>	<b>9.32</b>	<b>2.41</b>	<b>6.88</b>	<b>0.72</b>



# NUTRITIONAL INFO / HOT FOOD

## ASIAN BOWLS / BAO BUNS

### ASIAN BOWLS NUTRITIONAL INFO

		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
<b>CHICKEN COCONUT CURRY</b> <span style="color: green;">NEW</span> Mild coconut curry, tender chicken breast with zucchini, sweet potato, carrots, onions, rice, crispy carrots & pita bread	/SERVING	951.3	45	26.9	95.8	17.7	42.4	2.7
	/100 G	134.4	6.4	3.8	13.5	2.5	6.0	0.4
<b>YAKISOBA NOODLES</b> <span style="color: green;">NEW</span> Noodles, edamame beans, pak choi, peppers, egg, spring onions, with teriyaki marinade sauce, crispy onions, sesame seeds, red chilli peppers, coriander and a lime	/SERVING	648.1	13.3	4.6	116.0	29.1	15.9	8.2
	/100 G	117.2	2.4	0.8	21.0	5.3	2.9	1.5
<b>UDON KATSU NOODLES</b> Udon noodles, katsu chicken with pak choi, spring onions, peppers, red onions, carrot, satay curry & teriyaki marinade sauce, sesame seeds, fresh coriander and red chilli peppers	/SERVING	700	23.1	4.7	88.3	18.1	29.6	5.1
	/100 G	125.7	4.1	0.8	15.9	3.3	5.3	0.9
<b>PAD THAI RICE</b> Grilled marinated chicken thighs, rice, peanuts, egg, edamame, peppers, onions, garlic, ginger & amai sauce	/SERVING	869.3	34.08	7.62	93.68	20.84	48.49	2.67
	/100 G	129.55	5.08	1.14	13.96	3.11	7.23	0.40
<b>TERIYAKI NOODLES</b> Soba noodles, wok fried broccoli, peppers, onions, edamame, mushrooms & house teriyaki sauce.	/SERVING	481.00	14.01	2.15	65.44	12.06	13.03	1.85
	/100 G	142.3	5.28	1.03	20.12	4.98	4.25	0.73
<b>CHOOSE PROTEIN:</b>								
<b>BEEF 100 G</b>		250.00	15.00	6.00	0.00	0.00	26.00	0.10
<b>CHICKEN THIGH 120 G</b>		240.00	14.40	4.00	0.00	0.00	28.00	0.16
<b>XL CHICKEN BREAST 170 G</b>		215.5	6.57	1.28	1.47	0.16	37.47	0.81
<b>FALAFEL BITES X4</b>		289.30	15.40	1.60	21.60	1.10	11.20	1.04
<b>CRISPY TOFU</b>		305.50	20.80	2.30	10.50	1.20	20.40	0.78
<b>BAO BUNS (2 XL)</b> NUTRITIONAL INFO								
<b>TERIYAKI BEEF</b> Slow cooked pulled beef, carrots, coriander, peanuts, teriyaki sauce & sriracha mayo	/SERVING	565.00	25.14	6.58	52.64	11.38	33.29	2.10
	/100 G	211.6	8.42	2.61	23.87	6.74	9.74	0.89
<b>CRISPY CHICKEN</b> Crispy chicken, carrots, red cabbage, chives & chipotle mayo	/SERVING	552.69	23.22	4.99	55.03	8.66	30.79	2.10
	/100 G	218.4	9.15	2.83	22.46	4.62	10.82	0.94
<b>CRISPY TOFU</b> Crispy tofu, wakame salad, red cabbage, baby spinach & vegan spicy mayo	/SERVING	446.25	16.69	2.31	51.20	6.21	13.34	1.61
	/100 G	150.5	7.99	2.58	16.64	11.40	1.94	0.15



# NUTRITIONAL INFO / HOT FOOD

## SALADS / FLATBREAD SUPREME

SALADS		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
NUTRITIONAL INFO								
<b>PERI PERI SALAD</b> Marinated peri peri chicken breast, rice, edamame, carrots, cucumber, sweet potatoes, mixed salad, pico de galo mango salsa peri peri sauce	/SERVING	621.34	11.81	2.15	80.28	6.96	48.49	2.09
	/100 G	96.33	1.8	0.33	12.45	1.08	7.52	0.32
<b>CHOOSE PROTEIN:</b>								
<b>BEEF 100 G</b>		250.00	15.00	6.00	0.00	0.00	26.00	0.10
<b>CHICKEN THIGH 120 G</b>		240.00	14.40	4.00	0.00	0.00	28.00	0.16
<b>XL CHICKEN BREAST 170 G</b>		215.5	6.57	1.28	1.47	0.16	37.47	0.81
<b>FALAFEL BITES X4</b>		289.30	15.40	1.60	21.60	1.10	11.20	1.04
<b>CRISPY TOFU</b>		305.50	20.80	2.30	10.50	1.20	20.40	0.78
<b>SUPER BURNER SALAD</b> Avocado, feta cheese, broccoli, cucumber, edamame beans, pickled red cabbage, quinoa, salad mix, honey mustard dressing, roasted almonds & pomegranates.	/SERVING	552.40	33.21	6.82	45.78	15.90	18.53	1.33
	/100 G	110.5	6.63	1.36	7.92	2.75	3.17	0.26
<b>CHOOSE PROTEIN:</b>								
<b>BEEF 100 G</b>		250.00	15.00	6.00	0.00	0.00	26.00	0.10
<b>CHICKEN THIGH 120 G</b>		240.00	14.40	4.00	0.00	0.00	28.00	0.16
<b>XL CHICKEN BREAST 170 G</b>		215.5	6.57	1.28	1.47	0.16	37.47	0.81
<b>FALAFEL BITES X4</b>		289.30	15.40	1.60	21.60	1.10	11.20	1.04
<b>CRISPY TOFU</b>		305.50	20.80	2.30	10.50	1.20	20.40	0.78
<b>ASIAN NOODLE SALAD</b> Rice noodles, pak choi, peppers, edamame beans, carrots, spring onions, honey & soy, sweet chillie & peanut sauce, topped with fresh coriander, sesame seeds & lime.	/SERVING	598.30	21.24	3.26	76.15	13.12	12.09	2.32
	/100 G	128.5	4.56	0.7	16.92	2.92	3.26	0.39
<b>CHOOSE PROTEIN:</b>								
<b>BEEF 100 G</b>		250.00	15.00	6.00	0.00	0.00	26.00	0.10
<b>CHICKEN THIGH 120 G</b>		240.00	14.40	4.00	0.00	0.00	28.00	0.16
<b>XL CHICKEN BREAST 170 G</b>		215.5	6.57	1.28	1.47	0.16	37.47	0.81
<b>FALAFEL BITES X4</b>		289.30	15.40	1.60	21.60	1.10	11.20	1.04
<b>CRISPY TOFU</b>		305.50	20.80	2.30	10.50	1.20	20.40	0.78
FLAT BREAD SUPREME		ENERGY (KCAL)	FAT (G)	SATURATES (G)	CARBS (G)	SUGARS (G)	PROTEIN (G)	SALT (G)
NUTRITIONAL INFO								
<b>VEGAN SUPREME</b> Sweet potato falafel, zucchini, onions, mushrooms, pepper with yoghurt coriander dressings	/SERVING	560.5	15.16	2.24	85.04	12.12	16.16	2.7
	/100 G	193.3	5.23	0.77	29.32	4.18	5.57	0.9
<b>POWERED CHICKEN</b> Crispy chicken, edam, roasted peppers & onions, baby spinach, sour crème, tomato sauce, sesame seeds & chives	/SERVING	602.4	21.67	8.08	67.53	7.29	34.91	2.7
	/100 G	192.5	6.92	2.58	21.57	2.33	11.15	0.9
<b>CHIPOTLE BEEF</b> Pulled beef, apple wood cheese, caramelized onions, sour crème, baby spinach, spring onions, chipotle sauce, sesame seeds & chives	/SERVING	734.7	37.62	13.44	59.48	9.42	37.45	2.8
	/100 G	253.3	12.97	4.64	20.51	3.25	12.91	1



# NUTRITIONAL INFO / HOT FOOD

## SHARING / SUPER KIDS

### SHARING NUTRITIONAL INFO

**ENERGY (KCAL)    FAT (G)    SATURATES (G)    CARBS (G)    SUGARS (G)    PROTEIN (G)    SALT (G)**

<b>PURE PROTEIN</b> Chicken breast, feta cheese, edamame beans, broccoli, stirred eggs, roasted almonds	NEW /SERVING	<b>565.3</b>	<b>35.2</b>	<b>11.8</b>	<b>11.8</b>	<b>5.3</b>	<b>50.2</b>	<b>2.2</b>
	/100 G	<b>161.5</b>	<b>10.1</b>	<b>3.4</b>	<b>3.4</b>	<b>1.5</b>	<b>14.3</b>	<b>0.64</b>
<b>WOK FRIED GREENS</b> Pak choi, edamame beans, broccoli, zucchini, pickled onions in stir fry sauce	/SERVING	<b>107.4</b>	<b>3.79</b>	<b>0.49</b>	<b>14.02</b>	<b>7.41</b>	<b>6.68</b>	<b>1.32</b>
	/100 G	<b>52.39</b>	<b>1.85</b>	<b>0.24</b>	<b>6.84</b>	<b>3.61</b>	<b>3.26</b>	<b>0.64</b>
<b>POWER UP RICE</b> Steamed rice, edamame beans, broccoli, egg, light soy sauce	/SERVING	<b>355.40</b>	<b>13.72</b>	<b>2.51</b>	<b>36.31</b>	<b>5.71</b>	<b>20.02</b>	<b>1.39</b>
	/100 G	<b>138.6</b>	<b>4.43</b>	<b>0.78</b>	<b>20.84</b>	<b>1.94</b>	<b>4.92</b>	<b>0.62</b>
<b>FALAFEL BITES</b>	/SERVING	<b>420.80</b>	<b>22.40</b>	<b>2.33</b>	<b>31.42</b>	<b>1.60</b>	<b>16.29</b>	<b>1.51</b>
	/100 G	<b>263.00</b>	<b>14.00</b>	<b>1.45</b>	<b>19.64</b>	<b>1.00</b>	<b>10.18</b>	<b>0.95</b>
<b>TRUFFLE POTATO ROASTIES</b>	/SERVING	<b>371.00</b>	<b>22.26</b>	<b>2.67</b>	<b>38.73</b>	<b>0.68</b>	<b>4.15</b>	<b>0.59</b>
	/100 G	<b>176.2</b>	<b>9.87</b>	<b>2.11</b>	<b>17.42</b>	<b>1.24</b>	<b>2.83</b>	<b>0.78</b>
<b>FETA &amp; DILL POTATO ROASTIES</b>	/SERVING	<b>384.50</b>	<b>20.66</b>	<b>3.39</b>	<b>38.93</b>	<b>1.34</b>	<b>6.06</b>	<b>0.65</b>
	/100 G	<b>183.4</b>	<b>10.42</b>	<b>2.76</b>	<b>16.85</b>	<b>1.48</b>	<b>3.95</b>	<b>0.92</b>
<b>PEANUT SATAY ROASTIES</b>	/SERVING	<b>399</b>	<b>21.2</b>	<b>2.91</b>	<b>39.3</b>	<b>7.2</b>	<b>9.7</b>	<b>0.86</b>
	/100 G	<b>153</b>	<b>8.15</b>	<b>1.12</b>	<b>15.1</b>	<b>2.77</b>	<b>3.37</b>	<b>0.33</b>
<b>SWEET POTATO FRIES</b>	/SERVING	<b>304.70</b>	<b>10.56</b>	<b>1.35</b>	<b>47.08</b>	<b>13.42</b>	<b>2.40</b>	<b>0.62</b>
	/100 G	<b>193.2</b>	<b>6.88</b>	<b>0.88</b>	<b>29.28</b>	<b>0.34</b>	<b>1.49</b>	<b>0.39</b>
<b>SUPER KIDS NUTRITIONAL INFO</b>		<b>ENERGY (KCAL)</b>	<b>FAT (G)</b>	<b>SATURATES (G)</b>	<b>CARBS (G)</b>	<b>SUGARS (G)</b>	<b>PROTEIN (G)</b>	<b>SALT (G)</b>
<b>KIDZ CHICKEN BAO BUNS</b>	/SERVING	<b>494.00</b>	<b>17.71</b>	<b>4.06</b>	<b>49.38</b>	<b>5.06</b>	<b>28.61</b>	<b>2.29</b>
	/100 G	<b>68.94</b>	<b>2.26</b>	<b>0.31</b>	<b>8.83</b>	<b>1.87</b>	<b>1.93</b>	<b>0.22</b>
<b>KIDZ NUGGETS &amp; SWEET POTATO FRIES</b>	/SERVING	<b>625.50</b>	<b>30.00</b>	<b>5.13</b>	<b>53.10</b>	<b>7.69</b>	<b>30.49</b>	<b>2.83</b>
	/100 G	<b>211.2</b>	<b>10.48</b>	<b>2.16</b>	<b>20.53</b>	<b>5.23</b>	<b>8.76</b>	<b>0.6</b>

### BREAKFAST

- CHEEKY BREAKFAST BUN
- VEGGIE BREAKFAST BUN
- CHEEKY BEEF BUN

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### NOURISH BOWLS

- SICILIAN CHICKEN MEATBALL
- MEDITERRANEAN CHICKEN
- TERIYAKI BEEF BOWL
- BALANCE BOWL
- CRISPY TOFU BOWL

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
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### ASIAN BOWLS

- NEW** CHICKEN COCONUT CURRY
- NEW** YAKISOBA NOODLES
- UDON KATSU NOODLES
- TERIYAKI NOODLES
- PAD THAI RICE

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### BAO BUNS X2

- TERIYAKI BEEF
- CRISPY CHICKEN
- CRISPY TOFU

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### SUPER KIDZ

- KIDZ CHICKEN BAO BUNS
- KIDZ NGGETS & SWEET POTATO FRIES

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### SHARING

- NEW** PURE PROTEIN
- NEW** WOK FRIED GREENS
- POWER UP RICE
- FALAFEL BITES
- TRUFFLE POTATOES
- PEANUT SATAY POTATOES
- FETA & DILL POTATOES
- SWEET POTATO FRIES

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### SALADS

- PERI PERI SALAD
- SUPER BURNER SALAD
- ASIAN NOODLE SALAD

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### FLATBREAD SUPREME

- VEGAN SUPREME
- POWERED CHICKEN SUPREME
- CHIPOTLE BEEF SUPREME

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