

WELL PRESENTS NO MORE FAST FOOD B.S.
CREATIVE AND HEALTHY ALTERNATIVE
- ARMADALE -
EST. 2016 EAT WELL



FISHBOWL NUTRITIONAL OVERVIEW





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NUTRITIONAL OVERVIEW
HOUSE FAVOURITES
REGULAR SIZE

BOWL (REGULAR)	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (g)
SALADS (EXCLUDING BASE)								
THE O.G. SALMON	1910	456.5	18.1	32.1	5.1	23.5	16.7	771
THE O.G. CHICKEN	1600	382.4	22.2	20.3	3	28.3	21	1030
SPRING CHICKEN	1780	425.4	25.5	30.1	3.0	10.0	8.1	490
TOFU BOYS	1410	337.0	17.4	21.0	2.5	21.8	11.9	471
COCONUT CHICKEN	2160	516.3	30.2	34.0	8.8	19.6	13.2	1030.0
MISO SOBA CHICKEN	1921	459.0	28.6	19.4	2.2	45.5	11.8	1002
MISO SOBA TOFU	1819	434.8	19.0	19.2	1.9	49.5	12.0	979
CRISPY CHICKEN	1390	332.2	22.3	18.9	3.4	16.8	9.9	325
CHILLI CHICKEN	1540	368.1	25.8	19.4	3.1	20.5	11.2	584
WARM BOWLS (EXCLUDING BASE)								
MISO SALMON	1730	413.5	26.8	26.5	4.3	26.2	23.8	1220
SPICY SALMON	2200	525.8	29.4	34.8	5.7	31.8	23.0	1310
MISO EGGPLANT CHICKEN	1380	329.8	26.2	13.9	2.6	31.5	23.8	1280
MISO EGGPLANT TOFU	1280	305.9	16.7	13.7	2.3	35.5	24.0	1260
BEEF BRISKET	2490	595.1	37.1	40.0	9.2	28.6	20.4	840
SHROOMAMI	2026	484.2	18.3	31.5	19.6	47.6	24.5	1794
5 SPICE BEEF	1840	439.8	25.8	29.6	11.7	19.1	15.0	1320



NUTRITIONAL OVERVIEW
HOUSE FAVOURITES
LARGE SIZE

BOWL (LARGE)	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
SALADS (EXCLUDING BASE)								
THE O.G. SALMON	2544.7	608.2	24.7	43.7	7.3	28.6	19.2	877
THE O.G. CHICKEN	2230	533.0	32.9	27.2	4.1	39.9	29.3	1410
SPRING CHICKEN	2130.0	509.1	35.1	34.2	3.6	11.8	9.5	686
TOFU BOYS	1700.0	406.3	22.0	24.4	2.7	27.3	15.0	656
COCONUT CHICKEN	2530.0	604.7	30.8	43.0	10.2	20.9	14.2	1170
MISO SOBA CHICKEN	2521.1	602.6	40.4	25.8	2.9	56.1	15.7	1293
MISO SOBA TOFU	2355.8	563.0	25.6	25.4	2.5	61.9	15.9	1259
CRISPY CHICKEN	1840	439.8	32.2	25.1	4.1	19.6	12.2	462
CHILLI CHICKEN	1820	435.0	35.7	21.2	3.5	23	13.2	162
WARM BOWLS (EXCLUDING BASE)								
MISO SALMON	2000.0	478.0	28.8	29.9	4.5	32.7	30.0	1440
SPICY SALMON	2460.0	588.0	32.3	37.6	6.3	38.4	26.7	1570
MISO EGGPLANT CHICKEN	1760	420.7	37.5	17.7	3.2	34.3	25.4	1440
MISO EGGPLANT TOFU	1520.0	363.3	20.9	16.7	2.7	39.2	25.4	1400
BEEF BRISKET	2740.0	654.9	40.5	44.4	10.2	31.4	22.7	998
SHROOMAMI	2220.0	605.0	19.6	34.5	20.2	51.1	27.4	1940
5 SPICE BEEF	1930	461.3	26.7	30.0	11.8	23.1	18.8	1520



NUTRITIONAL OVERVIEW
STREET FOOD BOXES
REGULAR SIZE

BOX (ONE SIZE)	KJ	CALORIES	PROTEIN(g)	FAT(g)	SAT FAT(g)	CARBOHYDRATES(g)	SURGAR(g)	SODIUM(mg)
LEMON CHICKEN BOX	1740	415	26	14 g	2.1	40	6.3	325
5 SPICE BEEF BOX	2150	557	35	26	6.3	41	9.9	703
MISO SALMON BOX	2270	540	27	25	4.5	51	16.2	789
MUSHROOM BOX	2500	568	19	28	19.6	65	17.2	1370
TOM YUM CHICKEN BOX BOX	2630	595	33	30	7.2	48	12.2	1090
EDAMAME	737	176	11.3	11.3	1.2	9.2	4.4	425



INGREDIENTS LIST
BASES AND BASE DRESSING

BASE	g	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
REGULAR-HALF BASE									
BROWN RICE	100	735.0	175.7	3.9	1.2	0.1	26.0	0.1	2.0
SUSHI RICE	100	641.6	153.3	2.8	0.3	0.1	33.8	0.1	0.4
GLASS NOODLES	100	382.9	91.5	0.2	0.0	0.0	21.9	0.8	5.5
SOBA NOODLES	100	667.9	159.6	4.5	0.9	0.5	34.2	1.4	419.4
MIXED CABBAGE	85	85.4	20.4	1.3	0.1	0.0	2.4	2.4	12.2
MIXED LEAVES	30	20.6	4.9	0.4	0.1	0.0	0.3	0.3	6.8
REGULAR-FULL BASE									
BROWN RICE	200	1470.0	351.3	7.8	2.4	0.2	52.0	0.2	4.0
SUSHI RICE	200	1283.1	306.7	5.6	0.5	0.1	67.6	0.3	0.9
GLASS NOODLES	200	765.9	183.0	0.4	0.0	0.0	43.8	1.5	11.1
SOBA NOODLES	200	1335.7	319.2	9.0	1.8	0.9	68.4	2.7	838.9
MIXED CABBAGE	120	120.6	28.8	1.7	0.2	0.0	3.3	3.3	17.3
MIXED LEAVES	50	34.4	8.2	0.7	0.1	0.0	0.6	0.6	11.4
LARGE-HALF BASE									
BROWN RICE	130	955.5	228.4	5.1	1.6	0.1	33.8	0.1	2.6
SUSHI RICE	130	834.0	199.3	3.7	0.3	0.1	43.9	0.2	0.6
GLASS NOODLES	120	459.5	109.8	0.3	0.0	0.0	26.3	0.9	6.7
SOBA NOODLES	120	801.4	191.5	5.4	1.1	0.5	41.0	1.6	503.3
MIXED CABBAGE	120	120.6	28.8	1.8	0.2	0.0	3.3	3.3	17.3
MIXED LEAVES	50	27.5	6.6	0.6	0.1	0.0	0.4	0.4	9.1

* Glass noodle weight varies depending on how cooked the noodles are (Plump = heavier with water, dryer = lighter, less water weight) and how much cabbage and carrot is mixed through.



BASE	g	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
LARGE-FULL BASE									
BROWN RICE	260	1911.0	456.7	10.1	3.1	0.3	67.6	0.3	5.2
SUSHI RICE	260	1668.1	398.7	7.3	0.7	0.2	87.9	0.3	1.1
GLASS NOODLES	250	957.4	228.8	0.5	0.0	0.0	54.7	1.9	13.9
SOBA NOODLES	250	1669.7	399.1	11.3	2.3	1.1	85.5	3.4	1048.6
MIXED CABBAGE	150	150.7	36.0	2.2	0.2	0.0	4.2	4.2	21.6
MIXED LEAVES	70	44.7	10.7	1.0	0.2	0.0	0.7	0.7	14.8
SHOYU ON BASE									
10g HOUSE SHOYU	10	52.4	12.5	0.1	0.8	0.2	3.1	2.9	242.8
10g GF SHOYU	10	33.3	8.0	0.5	0.0	0.0	3.3	2.9	269.5


**INGREDIENTS LIST
PROTEINS**

PROTEIN	g	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
REGULAR									
SALMON SASHIMI	60	503.4	120.3	11.7	8.0	2.0	0.4	0.3	19.2
POACHED CHICKEN	80	343.7	82.1	15.3	1.1	0.3	4.3	3.9	384.2
TOM YUM CHICKEN	150	1363.6	325.9	29.4	19.2	6.1	8.0	5.5	665.3
TOFU	90	248.4	59.4	8.2	1.1	0.1	4.1	0.2	9.9
LARGE									
SALMON SASHIMI	90	755.1	180.5	17.6	12.1	3.0	0.6	0.5	28.8
POACHED CHICKEN	120	515.5	123.2	23.0	1.7	0.5	6.5	5.9	576.3
TOM YUM CHICKEN	150	1363.6	325.9	29.4	19.2	6.1	8.0	5.5	665.3
TOFU	130	358.8	85.8	11.8	1.6	0.1	5.9	0.3	14.3
WARM PROTEINS									
MISO SALMON FILLET	100	1053.8	251.9	21.2	15.5	3.3	13.2	11.8	615.8
BEEF BRISKET	120	1470.0	351.3	33.7	21.4	7.4	11.9	11.2	393.0
MISO EGGPLANT	150	344.6	82.4	3.5	1.4	0.1	12.7	12.7	250.7
SHIITAKE MUSHROOM	130	1164.6	278.3	12.0	19.5	18.1	27.0	10.9	1092.6
5 SPICE BEEF	120	1280.0	305.9	20.9	21.7	10.6	5.5	3.5	610.0


**INGREDIENTS LIST
B.Y.O.B.**

INGREDIENT	PORTION	WEIGHT	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
VEGETABLES										
CABBAGE	SINGLE SERVE	45	45.2	10.8	0.7	0.1	0	1.3	1.3	6.5
	DOUBLE SERVE	90	90.4	21.6	1.3	0.1	0	2.5	2.5	13.0
CARROT	SINGLE SERVE	45	69.1	16.5	0.3	0	0	3.0	2.8	22.1
	DOUBLE SERVE	90	138.2	33.0	0.5	0	0	5.9	5.6	44.1
KALE	SINGLE SERVE	20	38.8	9.3	0.9	0	0	1.0	0.5	7.6
	DOUBLE SERVE	40	77.6	18.5	1.7	0	0	2.1	0.9	15.2
BEETS	SINGLE SERVE	45	59.3	14.2	0.6	0	0	2.3	2.3	25.2
	DOUBLE SERVE	90	118.5	28.3	1.3	0.1	0	4.6	4.6	50.4
CUCUMBER	SINGLE SERVE	60	31.4	7.5	0.4	0	0	1.1	1.1	7.2
	DOUBLE SERVE	120	62.8	15.0	0.7	0	0	2.3	2.3	14.4
RADISH	SINGLE SERVE	40	25.9	6.2	0.3	0.1	0	0.8	0.8	8.0
	DOUBLE SERVE	80	51.8	12.4	0.6	0.2	0	1.5	1.5	16.0
RED ONION	SINGLE SERVE	20	24.5	5.9	0.3	0	0	0.9	0.9	2.0
SHALLOTS	SINGLE SERVE	20	26.2	6.3	0.3	0	0	0.9	0.9	2.6
CORIANDER	SINGLE SERVE	4.0	4.6	1.1	0.1	0	0	0.1	0.1	1.1
SWEET POTATO	SINGLE SERVE	80	451	107.8	1.5	5.9	0.9	11	4.4	132
NORI	SINGLE SERVE	1.5	11.8	2.8	0.6	0.1	0	0.1	0	8.0



INGREDIENT	PORTION	WEIGHT	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
EDAMAME	SINGLE SERVE	22	113.3	27.1	2.9	1.1	0	1.4	0.3	8.8
GREEN CHILLI	SINGLE SERVE	10	18.3	4.4	0.3	0	0	0.1	0.1	0.4
SPICY BROCCOLI	SINGLE SERVE	60	213.7	51.1	3.3	3.4	0.5	0.7	0.4	144.0
CRUNCH AND TOPPINGS										
CRISPY SHALLOTS	SINGLE SERVE	11	232.1	55.5	0.6	2.9	1.3	6.9	2.5	6.6
WASABI PEAS	SINGLE SERVE	11	196.4	46.9	1.6	1.6	0.6	6.4	1.6	33.0
TAMARI ALMONDS	SINGLE SERVE	16	385.6	92.2	3.1	8.7	0.6	0.8	0.7	43.4
TOBIKO	SINGLE SERVE	4	21.3	5.1	0.6	0.1	0.0	0.4	0.4	93.6
GINGER	SINGLE SERVE	17	11.7	2.8	0.1	0.0	0.0	0.7	0.0	210.0
UMAMI CRUNCH	SINGLE SERVE	16	373	89.1	3.3	7.4	1.1	2.0	0.6	154.0
SEAWEED SALAD	SINGLE SERVE	50	243.5	58.2	0.6	2.2	0.3	9.0	7.9	362.0
AVOCADO	SINGLE SERVE	45	260.6	62.3	0.7	5.9	0.9	0.1	0.0	3.2
SIDES										
MISO SOUP (NSW)*	1 CUP	220	146.51	35.0	1.9	1.4	0.1	3.7	3.1	678.8
MISO SOUP (VIC)*	1 CUP	220	161.0	38.5	2.3	1.3	0.2	4.2	3.5	1029.2


**INGREDIENTS LIST
DRESSINGS (MIXED-IN)**

DRESSING	CALORIES	kJ	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
REGULAR PORTION (24g)								
HOUSE SHOYU	27	111	0.3	1.8	0.3	6.6	6.0	513.6
GLUTEN FREE SHOYU	17	70	1.0	0	0	7.0	6.2	566.4
ROASTED SESAME	124	521	0.9	12.3	1.1	3.2	2.8	247.2
SPICY SHOYU	27	111	0.3	1.8	0.3	6.6	6.1	516.0
MISO TAHINI	41	172	1.0	1.7	0	10.0	9.0	468.0
LEMON OLIVE OIL	130	542	0.0	14.4	2.2	0.5	0.1	219.4
ZESTY LIME	64	266	0.8	4.8	0.5	3.5	3.0	460.8
SESAMISO	78	326	1.1	6.5	0.5	6.7	6.0	386.4
WASABI MAYO	162	677	0.7	17.4	1.3	1.3	0.6	1.7
LEMON-SHOYU	61	255	0.2	6.0	1.0	4.5	4.1	416.0
LEMON-SPICY SHOYU	61	255	0.2	6.0	1.0	4.6	4.1	418.0
MILD HOT CHILLI PEPPERS	34	144	0.6	2.6	0.4	3.0	2.6	196.3
LARGE PORTION (35g)								
HOUSE SHOYU	35	148	0.4	2.4	0.4	8.7	8.1	684.6
GLUTEN FREE SHOYU	22	93	1.3	0.0	0.0	9.3	8.2	755.0
ROASTED SESAME	166	694	1.2	16.3	1.5	4.3	3.7	329.5
SPICY SHOYU	35	148	0.4	2.4	0.4	8.8	8.1	687.8
MISO TAHINI	55	229	1.9	2.3	0	13.4	12.1	623.8
LEMON OLIVE OIL	173	723	0.0	19.2	3.0	0.7	0.2	292.4



DRESSING	CALORIES	kJ	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
ZESTY LIME	85	355	1.1	6.4	0.7	4.7	4.0	614.2
SESAMISO	104	435	1.5	8.7	0.7	8.9	8.1	515.1
LEMON-SHOYU	81.3	340.0	0.3	8.0	1.3	6.0	5.5	554.7
LEMON-SPICY SHOYU	81.3	340.0	0.3	8.0	1.3	6.1	5.5	557.3
MILD HOT CHILLI PEPPERS	50	210	0.8	3.8	0.6	4.4	3.9	286.3
WASABI MAYO	216	902	0.9	23.2	1.7	1.7	0.8	2.2
WASABI MAYO DRIZZLE	101.2	423.6	0.4	10.9	0.8	0.8	0.4	1.0
	202.5	847.2	0.9	21.7	1.6	1.6	0.8	2.1


**INGREDIENTS LIST
DRESSINGS (ON SIDE)**

DRESSING	CALORIES	kJ	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
REGULAR PORTION (e.g 0.72 = 72g)								
HOUSE SHOYU	80	333	0.9	5.3	1.0	19.7	18.1	1540.8
GLUTEN FREE SHOYU	45	190	2.6	0	0	18.9	16.7	1534.0
ROASTED SESAME	311	1302	2.3	30.7	2.8	8.0	6.9	618.0
SPICY SHOYU	75	316	0.9	0	1.0	18.6	17.2	1462.0
MISO TAHINI	120	501	4.0	5.0	0	29.3	26.4	1365.0
LEMON OLIVE OIL	308	1288	0.1	34.2	5.3	1.2	0.3	521.0
ZESTY LIME	178	744	2.3	13.5	1.5	9.8	8.4	1286.4
SESAMISO	228	952	3.3	19.0	1.5	19.5	17.6	1127.0
WASABI MAYO (INC. DRIZZLE)	425	1777	1.8	45.6	3.3	3.3	1.6	4.4
LEMON-SHOYU	164.7	689.2	0.5	16.2	2.7	12.2	11.1	1124.3
LEMON-SPICY SHOYU	164.7	689.2	0.5	16.2	2.7	12.4	11.1	1129.7
MILD HOT CHILLI PEPPERS	168	702	1.1	16.4	2.5	5.6	4.9	389.4



FOOD ALLERGY MATRIX	
SOY	Present in most dressings.
SESAME	All bases contain <u>sesame seeds</u> and <u>sesame oil</u> - skip seasoning. Most dressings contain sesame oil.
GLUTEN OR WHEAT	All bowls can be made gluten/wheat-free if requested. <u>Beware of shoyu and soba noodles.</u>
FISH	Salmon sashimi, salmon fillet, and tobiko. Fish sauce is present in tom yum chicken.
EGG	Roasted sesame and wasabi mayo contain egg. Not suitable for customer allergic to eggs.
TREE NUTS	All products <u>may contain</u> traces of tamari almonds.
PEANUTS, DAIRY, LUPIN, CRUSTACEA OR MOLLUSC	Not present in any products.
GARLIC	House shoyu, spicy shoyu, gluten free shoyu, beef brisket, tom yum chicken, mushroom.
SULPHITES	Present in dressings (from vinegars, citrus juices), naturally occurs in mushroom.
HALAL-FRIENDLY	All veggies and crunch. Salmon sashimi, tofu, poached chicken, tom yum chicken. For salmon, eggplant, pumpkin <u>skip glaze.</u> Lemon olive oil, zesty lime, wasabi mayo only.



Contains, not removable.



Contains as standard, can be omitted.

'MAY CONTAIN'

Product is manufactured in a facility that processes other food products which may contain these ingredients.

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FOOD ALLERGY MATRIX													
ITEM	SOY	SESAME	GLUTEN	WHEAT	FISH	EGG	CRUSTACEA MOLLUSC	TREE NUTS	GARLIC	PEANUTS	DAIRY	LUPIN	SULPHITES
BASES													
BROWN RICE	*	*	*	*					*				
SUSHI RICE	*	*	*	*					*				
MIXED CABBAGE	*	*	*	*					*				
MIXED LEAVES	*	*	*	*					*				
GLASS NOODLES	*	*	*	*					*				
SOBA NOODLES	*	*	✓	✓					*				
PROTEINS													
SALMON					✓								
CHICKEN													
TOFU	✓												
TOM YUM CHICKEN	✓				✓				✓				
BEEF BRISKET	✓								✓				
SHIITAKE MUSHROOM	✓	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN			✓	MAY CONTAIN			
MISO SALMON	*	*			✓								
MISO EGGPLANT	*	*											



Contains, not removable.



Contains as standard, can be omitted.

'MAY CONTAIN'

Product is manufactured in a facility that processes other food products which may contain these ingredients.



ITEM	SOY	SESAME	GLUTEN	WHEAT	FISH	EGG	CRUSTACEA MOLLUSC	TREE NUTS	GARLIC	PEANUTS	DAIRY	LUPIN	SULPHITES
DRESSINGS													
ROASTED SESAME	✓	✓				✓							
ZESTY LIME	✓	✓											✓
MISO TAHINI	✓	✓											
SPICY SHOYU	✓	✓	✓	✓					✓				
MILD HOT CHILLI PEPPERS	✓								ONION				
HOUSE SHOYU	✓	✓	✓	✓					✓				
GLUTEN FREE SHOYU	✓								✓				
LEMON OLIVE OIL													✓
SESAMISO	✓	✓											
WASABI MAYO						✓							
LEMON-SHOYU	✓	✓	*	*					✓				✓
LEMON-SPICY SHOYU	✓	✓	*	*					✓				✓
CRUNCH													
CRISPY SHALLOTS													
WASABI PEAS	✓												
TAMARI ALMONDS	✓							✓		MAY CONTAIN			
PICKLED GINGER													

✓ Contains, not removable.

* Contains as standard, can be omitted.

'MAY CONTAIN' Product is manufactured in a facility that processes other food products which may contain these ingredients.



ITEM	SOY	SESAME	GLUTEN	WHEAT	FISH	EGG	CRUSTACEA MOLLUSC	TREE NUTS	GARLIC	PEANUTS	DAIRY	LUPIN	SULPHITES
UMAMI CRUNCH	✓	✓						✓		MAY CONTAIN			
TOBIKO					✓								
SEAWEED SALAD		✓											
AVOCADO													
SESAME SEEDS		✓											
JAPANESE CHILLI FLAKES		✓											

✓ Contains, not removable.

* Contains as standard, can be omitted.

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