

FISHBOWL

NUTRITIONAL OVERVIEW



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HOUSE FAVOURITES

Regular-size
Large-size

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INGREDIENTS LIST

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ALLERGY MATRIX

NUTRITIONAL OVERVIEW
HOUSE FAVOURITES
REGULAR SIZE

BOWL (REGULAR)	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (g)
SALADS								
O.G.	1890	451.7	20.5	28.8	4.8	26.9	19.4	761
GHOST 2	1650	394.4	22.9	26.9	2.5	14.2	12.0	906
MR X SALMON	1680	401.5	17.2	26.0	4.9	22.6	13.1	345
MR X CHICKEN	1520	363.3	20.9	19.0	3.3	26.5	16.8	710
MR X TOFU	1430	341.8	13.7	19.1	3.1	26.2	13.0	336
TOFU BOYS	1470	351.3	18.6	21.7	2.5	22.4	12.1	479
COCONUT CHICKEN	1870	446.9	23.7	29.5	7.4	18.6	12.6	842
MISO SOBA CHICKEN	2240	535.4	28.7	19.8	2.4	64.9	17.3	1540
MISO SOBA TOFU	2140	511.5	21.6	19.8	2.1	64.6	13.6	1160
CRISPY CHICKEN	1620	387.2	23.1	22.2	3.9	24.5	16.3	798
WARM BOWLS								
MISO SALMON	1830	437.4	27.3	27.8	4.5	27.9	25.5	1220
SPICY SALMON	2200	525.8	29.4	34.8	5.7	31.8	23.0	1310
PUMP N' PROTEIN CHICKEN	1810	432.6	24.1	25.2	2.4	35.8	31.5	1660
PUMP N' PROTEIN TOFU	1700	406.3	16.8	24.9	2.2	35.1	27.4	1280
MERU MISO EGGPLANT	1330	317.9	17.4	13.5	2.5	35.3	21.9	913
BEEF BRISKET	2630	628.6	40.4	42.0	9.8	30.0	21.6	873
SHROOMAMI	2060	492.4	19.1	32.2	19.9	47.0	24.4	1810

NUTRITIONAL OVERVIEW
HOUSE FAVOURITES
LARGE SIZE

BOWL (LARGE)	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
SALADS								
O.G.	2490.0	595.1	28.2	37.8	6.6	34.6	24.4	961
GHOST 2	2090.0	499.5	32.6	32.1	3.0	19.0	16.1	1260
MR X SALMON	2350.0	561.7	24.7	36.1	7.1	31.7	17.8	466
MR X CHICKEN	2110.0	504.3	30.1	25.6	4.7	37.5	23.2	1010
MR X TOFU	1950.0	466.1	19.0	25.6	4.3	36.9	17.6	451
TOFU BOYS	1970.0	470.8	24.8	28.7	3.5	31.1	16.5	634
COCONUT CHICKEN	2840.0	678.8	31.7	47.7	11.3	27.1	17.9	1250
MISO SOBA CHICKEN	3050.0	729.0	40.9	26.4	3.2	88.3	23.8	2140
MISO SOBA TOFU	2890.0	690.7	29.7	26.4	2.8	87.7	18.2	1570
CRISPY CHICKEN	2380	568.8	35.6	31.6	5.9	37	24	1210
WARM BOWLS								
MISO SALMON	2050.0	490.0	28.8	31.4	4.8	32.3	29.6	1410
SPICY SALMON	2460.0	588.0	32.3	37.6	6.3	38.4	26.7	1570
PUMP N' PROTEIN CHICKEN	2310.0	552.1	34.1	31.9	3.3	41.7	36.2	2120
PUMP N' PROTEIN TOFU	2130.0	509.1	22.7	31.5	2.9	40.6	30.3	1540
MERU MISO EGGPLANT	1760.0	420.7	23.5	18.4	3.5	43.7	25.3	1150
BEEF BRISKET	2940.0	702.7	43.1	46.4	10.7	36.0	24.6	1030
SHROOMAMI	2330.0	605.0	21.2	35.9	20.6	53.6	27.3	1960

**INGREDIENTS LIST
BASES AND BASE DRESSING**

BASE	g	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
REGULAR-FULL BASE									
BROWN RICE	200	1470.0	351.3	7.8	2.4	0.2	52.0	0.2	4.0
SUSHI RICE	180	1107.0	264.6	4.9	0.7	0.0	58.5	0.9	5.4
GLASS NOODLES	165*	957.4	228.8	0.6	0.0	0.0	54.7	1.9	13.9
SOBA NOODLES	140	935.0	223.5	6.3	1.3	0.6	47.9	1.9	935.0
MIXED CABBAGE	85	85.4	20.4	1.3	0.1	0.0	2.4	2.4	12.2
MIXED LEAVES	32	34.4	8.2	0.7	0.1	0.0	0.6	0.6	11.4
BROWN RICE + CABBAGE	155	758.5	181.3	4.6	1.2	0.1	26.4	1.8	10.5
SUSHI RICE + CABBAGE	155	644.5	154.0	3.4	0.5	0.0	32.5	2.1	11.5
GLASS NOODLES + CABBAGE	145	385.8	92.2	1.1	0.1	0.0	20.3	2.3	13.4
BROWN RICE + MIXED LEAF	120	718.9	171.8	4.1	1.2	0.1	25.0	0.4	8.7
REGULAR-HALF BASE									
BROWN RICE	100	735.0	175.7	3.9	1.2	0.1	26.0	0.1	2.0
SUSHI RICE	90	553.5	132.3	2.4	0.4	0.0	29.3	0.5	2.7
GLASS NOODLES	85	325.5	77.8	0.2	0.0	0.0	18.6	0.6	4.7
SOBA NOODLES	70	467.5	111.7	3.2	0.6	0.3	23.9	0.9	293.6
MIXED CABBAGE	60	60.3	14.4	0.9	0.1	0.0	1.7	1.7	8.6
MIXED LEAVES	25	20.6	4.9	0.4	0.1	0.0	0.3	0.3	6.8
LARGE-FULL BASE									
BROWN RICE	270	1984.5	474.3	10.5	3.2	0.3	70.2	0.3	5.4
SUSHI RICE	270	1660.5	396.9	7.3	1.1	0.0	87.8	1.4	8.1
GLASS NOODLES	235	899.9	215.1	0.5	0.0	0.0	51.4	1.8	13.0
SOBA NOODLES	185	1235.5	295.3	8.3	1.7	0.8	63.3	2.5	776.0

* 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)
MIXED CABBAGE	155	150.7	36.0	2.2	0.2	0.0	4.2	4.2	21.6
MIXED LEAVES	45	44.7	10.7	1.0	0.2	0.0	0.7	0.7	14.8
BROWN RICE + CABBAGE	235	1087.7	260.0	6.7	1.7	0.1	37.7	2.8	16.4
SUSHI RICE + CABBAGE	235	925.7	221.3	5.1	0.7	0.0	46.5	3.3	17.7
GLASS NOODLES + CABBAGE	220	555.0	132.6	1.7	0.1	0.0	28.9	3.5	20.3
BROWN RICE + MIXED LEAF	170	1019.7	243.7	5.8	1.7	0.1	35.5	0.6	11.8
LARGE-HALF BASE									
BROWN RICE	135	992.3	237.2	5.3	1.6	0.1	35.1	0.1	2.7
SUSHI RICE	135	830.3	198.4	3.6	0.5	0.0	43.9	0.7	4.1
GLASS NOODLES	120	459.5	109.8	0.3	0.0	0.0	26.3	0.9	6.7
SOBA NOODLES	95	634.5	151.6	4.3	0.9	0.4	32.5	1.3	398.5
MIXED CABBAGE	100	95.5	22.8	1.4	0.1	0.0	2.6	2.6	13.7
MIXED LEAVES	35	27.5	6.6	0.6	0.1	0.0	0.4	0.4	9.1
BASE DRESSINGS									
7g HOUSE SHOYU	7	36.7	8.8	0.1	0.6	0.1	2.2	2.0	169.9
10g HOUSE SHOYU	10	52.4	12.5	0.1	0.8	0.2	3.1	2.9	242.8
7g GF SHOYU	7	23.3	5.6	0.3	0.0	0.0	2.3	2.1	188.7
10g GF SHOYU	10	33.3	8.0	0.5	0.0	0.0	3.3	2.9	269.5
SESAME SEED SPRINKLE	3	78.9		0.6	1.65	0.23	0.19	0.02	0.09

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		1.1	0.3	4.3	3.9	384.2
TOM YUM CHICKEN	115	1045.4	249.9	22.5	14.7	4.7	6.1	4.2	510.1
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	0.0	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
MERU MISO EGGPLANT	150	344.6	82.4	3.5	1.4	0.1	12.7	12.7	250.7
MISO PUMPKIN	120	703.9	168.2	3.6	9.4	0.5	21.6	19.5	585.1
SHIITAKE MUSHROOM	130	1164.6	278.3	12.0	19.5	18.1	27.0	10.9	1092.6

**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	1 SERVE	45	45.2	10.8	0.7	0.1	0.0	1.3	1.3	6.5
	2 SERVES	90	90.4	21.6	1.3	0.1	0.0	2.5	2.5	13.0
CARROT	1 SERVE	45	69.1	16.5	0.3	0.0	0.0	3.0	2.8	22.1
	2 SERVES	90	138.2	33.0	0.5	0.0	0.0	5.9	5.6	44.1
KALE	1 SERVE	20	38.8	9.3	0.9	0.0	0.0	1.0	0.5	7.6
	2 SERVES	40	77.6	18.5	1.7	0.0	0.0	2.1	0.9	15.2
BEETS	1 SERVE	45	59.3	14.2	0.6	0.0	0.0	2.3	2.3	25.2
	2 SERVES	90	118.5	28.3	1.3	0.1	0.0	4.6	4.6	50.4
CUCUMBER	1 SERVE	60	31.4	7.5	0.4	0.0	0.0	1.1	1.1	7.2
	2 SERVES	120	62.8	15.0	0.7	0.0	0.0	2.3	2.3	14.4
RADISH	1 SERVE	40	25.9	6.2	0.3	0.1	0.0	0.8	0.8	8.0
	2 SERVES	80	51.8	12.4	0.6	0.2	0.0	1.5	1.5	16.0
RED ONION	1/2 SERVE	20	24.5	5.9	0.3	0.0	0.0	0.9	0.9	2.0
	1 SERVE	40	49.0	11.7	0.6	0.0	0.0	1.7	1.7	4.0
SHALLOTS	1/2 SERVE	20	26.2	6.3	0.3	0.0	0.0	0.9	0.9	2.6
	1 SERVE	40	52.4	12.5	0.7	0.1	0.0	1.8	1.8	5.2
CORIANDER	1/2 SERVE	4	4.6	1.1	0.1	0.0	0.0	0.1	0.1	1.1
	1 SERVE	8	9.2	2.2	0.2	0.0	0.0	0.1	0.1	2.2
MINT	1/2 SERVE	4	9.0	2.2	0.1	0.0	0.0	0.2	0.0	1.1
	1 SERVE	8	18.1	4.3	0.2	0.1	0.0	0.4	0.0	2.2
NORI	1/2 SERVE	1.5	11.8	2.8	0.6	0.1	0.0	0.1	0.0	8.0
	1 SERVE	3	23.6	5.6	1.2	0.2	0.0	0.2	0.0	15.9

INGREDIENT	PORTION	WEIGHT	kJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
EDAMAME	1 SPOON	22	113.3	27.1	2.9	1.1	0.0	1.4	0.3	8.8
	2 SPOONS	44	226.6	54.2	5.8	2.2	0.0	2.9	0.6	17.6
GREEN CHILLI	1/2 SERVE	10	18.3	4.4	0.3	0.0	0.0	0.1	0.1	0.4
	1 SERVE	20	36.6	8.7	0.6	0.0	0.0	0.2	0.2	0.8
SPICY BROCCOLI	REGULAR	60	213.7	51.1	3.3	3.4	0.5	0.7	0.4	144.0
	LARGE	82	292.0	69.8	4.5	4.6	0.7	0.9	0.5	196.8
TOPPINGS										
CRISPY SHALLOTS	REGULAR	11	232.1	55.5	0.6	2.9	1.3	6.9	2.5	6.6
	LARGE	16	316.5	75.6	0.8	3.9	1.8	9.4	3.3	9.0
TAMARI ALMONDS	REGULAR	16	385.6	92.2	3.1	8.7	0.6	0.8	0.7	43.4
	LARGE	21	506.1	121.0	4.1	11.4	0.8	1.0	0.9	56.9
WASABI PEAS	REGULAR	11	196.4	46.9	1.6	1.6	0.6	6.4	1.6	33.0
	LARGE	16	285.6	68.3	2.3	2.3	0.9	9.3	2.3	48.0
AVOCADO	1 SCOOP	45	260.6	62.3	0.7	5.9	0.9	0.1	0.0	3.2
	2 SCOOPS	90	521.1	124.5	1.4	11.9	1.7	0.2	0.0	6.3
GINGER	1/2 SERVE	17	11.7	2.8	0.1	0.0	0.0	0.7	0.0	210.0
	1 SERVE	34	23.5	5.6	0.2	0.0	0.0	1.4	0.0	419.9
SEAWEED SALAD	1 SERVE	50	243.5	58.2	0.6	2.2	0.3	9.0	7.9	362.0
	2 SERVES	100	487.0	116.4	1.1	4.4	0.5	18.0	15.8	724.0
TOBIKO	REGULAR	4	21.3	5.1	0.6	0.1	0.0	0.4	0.4	93.6
	LARGE	6	31.9	7.6	1.0	0.2	0.0	0.6	0.6	140.4

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

DRESSING	PORTION	KJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
REGULAR PORTION (24g)									
HOUSE SHOYU	0.24	27	111	0.3	1.8	0.3	6.6	6.0	513.6
GLUTEN FREE SHOYU	0.24	17	70	1.0	0	0	7.0	6.2	566.4
ROASTED SESAME	0.24	124	521	0.9	12.3	1.1	3.2	2.8	247.2
SPICY SHOYU	0.24	27	111	0.3	1.8	0.3	6.6	6.1	516.0
MISO TAHINI	0.24	41	172	1	2	0.0	10.0	9.0	468.0
LEMON OLIVE OIL	0.24	130	542	0.0	14.4	2.2	0.5	0.1	219.4
KAFFIR LIME	0.24	64	266	0.8	4.8	0.5	3.5	3.0	460.8
SESAMISO	0.24	78	326	1.1	6.5	0.5	6.7	6.0	386.4
WASABI MAYO	0.24	162	677	0.7	17.4	1.3	1.3	0.6	1.7
15g WASABI MAYO DRIZZLE		423.6	101.2	0.4	10.9	0.8	0.8	0.4	1.0
MERU MISO	0.24	38	160	1.4	0.7	0.1	9.4	7.0	194.4
LARGE PORTION (32g)									
HOUSE SHOYU	0.32	35	148	0.4	2.4	0.4	8.7	8.1	684.6
GLUTEN FREE SHOYU	0.32	22	93	1.3	0.0	0.0	9.3	8.2	755.0
ROASTED SESAME	0.32	166	694	1.2	16.3	1.5	4.3	3.7	329.5
SPICY SHOYU	0.32	35	148	0.4	2.4	0.4	8.8	8.1	687.8
MISO TAHINI	0.32	55	229	1.9	2.3	0.0	13.4	12.1	623.8
LEMON OLIVE OIL	0.32	173	723	0.0	19.2	3.0	0.7	0.2	292.4
KAFFIR LIME	0.32	85	355	1.1	6.4	0.7	4.7	4.0	614.2
SESAMISO	0.32	104	435	1.5	8.7	0.7	8.9	8.1	515.1
WASABI MAYO	0.32	216	902	0.9	23.2	1.7	1.7	0.8	2.2
15g WASABI MAYO DRIZZLE		423.6	101.2	0.4	10.9	0.8	0.8	0.4	1.0
MERU MISO	0.32	51	213	1.9	1.0	0.1	12.5	9.3	259.1

INGREDIENTS LIST
DRESSINGS (ON SIDE)

DRESSING	KJ	CALORIES	PROTEIN (g)	FAT (g)	SAT FAT (g)	CARBOHYDRATES (g)	SUGAR (g)	SODIUM (mg)
REGULAR PORTION (60ml)								
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	0.0	1.0	18.6	17.2	1462.0
MISO TAHINI	120	501	4	0	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
KAFFIR 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
MERU MISO	110	460	4.1	2.1	0.3	27.0	20.1	558.9
LARGE PORTION (90ml)								
HOUSE SHOYU	119	499	1.4	8.0	1.5	29.5	27.2	2311.2
GLUTEN FREE SHOYU	68	283	3.9	0	0	28.1	24.9	2289.2
ROASTED SESAME	467	1953	3.4	46.0	4.1	12.0	10.4	927.0
SPICY SHOYU	113	473	1.3	0.0	1.4	27.9	25.8	2193.0
MISO TAHINI	180	752	6	0	0.0	43.9	39.6	2047.5
LEMON OLIVE OIL	459	1921	0.2	51.0	7.9	1.8	0.5	776.9
KAFFIR LIME	265	1110	3.5	20.1	2.2	14.7	12.6	1920.0
SESAMISO	341	1428	4.9	28.6	2.3	29.3	26.5	1690.5
WASABI MAYO (NC. DRIZZLE)	634	2651	2.6	68.1	5.0	5.0	2.4	6.6
MERU MISO	164	687	6.2	3.1	0.4	40.3	30.1	834.3

FOOD ALLERGY MATRIX	
SOY	Present in most dressings. The safest dressing to use is Lemon olive oil.
SESAME	All bases contain <u>sesame seeds</u> and <u>sesame oil</u> - Skip seasoning. Most dressings contain sesame oil.
GLUTEN	All bowls can be made gluten free if requested. <u>Beware of soy and soba noodles.</u>
WHEAT	All bowls can be made wheat free if requested. <u>Beware of soy and soba noodles.</u>
FISH	Salmon sashimi, tuna sashimi and tobiko. Fish oil present in Tom Yum chicken.
EGG	Roasted sesame and wasabi mayo contain egg. Not suitable for customers allergic to eggs.
CRUSTACEA OR MOLLUSC	Not present in any products.
TREE NUTS	All products <u>may contain</u> traces of tamari almonds. <u>Prevent cross-contamination.</u>
GARLIC	House shoyu, Spicy shoyu, Gluten free shoyu, beef brisket, Tom Yum chicken, shiitake mushroom.
PEANUTS, DAIRY, LUPIN OR ADDED SULPHITES	Not present in any products.
MAY CONTAIN	Product is manufactured in a facility that processes other food products which may contain these ingredients.

FOOD ALLERGY MATRIX												
ITEM	SOY	SESAME	GLUTEN	WHEAT	FISH	EGG	CRUSTACEA MOLLUSC	TREE NUTS	GARLIC	PEANUTS	DAIRY	LUPIN
DRESSINGS												
ROASTED SESAME	✓	✓				✓						
SESAMISO	✓	✓										
MISO TAHINI	✓	✓										
MERU MISO	✓											
HOUSE SHOYU	✓	✓	✓	✓					✓			
SPICY SHOYU	✓	✓	✓	✓					✓			
GF SHOYU	✓								✓			
KAFFIR LIME	✓											
WASABI MAYO						✓						
LEMON OLIVE OIL												
PROTEINS												
SALMON					✓							
CHICKEN	✓											
TOM YUM CHICKEN	✓				✓				✓			
TOFU	✓											

ITEM	SOY	SESAME	GLUTEN	WHEAT	FISH	EGG	CRUSTACEA MOLLUSC	TREE NUTS	GARLIC	PEANUTS	DAIRY	LUPIN
BEEF BRISKET	✓								✓			
SHIITAKE MUSHROOM	✓	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN			✓	MAY CONTAIN		
INGREDIENTS												
SOBA NOODLES			✓	✓								
SPICY BROCCOLI		✓										
EDAMAME	✓											
SEAWEED SALAD		✓										
TOBIKO					✓							
TAMARI ALMONDS	✓							ALMONDS		MAY CONTAIN		
CRISPY SHALLOTS												
WASABI PEAS	✓											
CHILLI FLAKES		✓										