



FISHBOWL NUTRITIONAL OVERVIEW
AS OF MARCH 2025



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HOUSE FAVOURITE BOWLS

BOWL	SIZE	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
HOUSE FAVOURITES BOWLS (BROWN RICE & CABBAGE BASE)								
THE O.G. SALMON	Regular	2550 kJ (609 Cal)	22.9 g	33.1 g	5.8 g	51.4 g	21.7 g	975 mg
	Large	3330 kJ (795 Cal)	30.9 g	46.4 g	7.8 g	59.5 g	24.0 g	1160 mg
THE O.G. CHICKEN	Regular	2320 kJ (553 Cal)	28.5 g	24.2 g	3.9 g	51.4 g	21.7 g	989 mg
	Large	2980 kJ (711 Cal)	39.4 g	33.0 g	4.9 g	59.5 g	24.0 g	1180 mg
TOFU BOYS	Regular	2500 kJ (598 Cal)	23.8 g	33.0 g	4.4 g	46.4 g	16.1 g	915 mg
	Large	3180 kJ (760 Cal)	31.1 g	43.4 g	5.6 g	55.6 g	18.8 g	1090 mg
MISO CHICKEN	Regular	2070 kJ (494 Cal)	27.9 g	24.4 g	3.3 g	34.3 g	11.8 g	897 mg
	Large	2590 kJ (619 Cal)	38.6 g	29.6 g	4.2 g	42.5 g	14.0 g	1120 mg
CHILLI CHICKEN	Regular	2220 kJ (530 Cal)	29.1 g	27.1 g	3.4 g	35.9 g	13.8 g	991 mg
	Large	2880 kJ (688 Cal)	39.9 g	35.9 g	4.4 g	43.9 g	16.1 g	1190 mg
LIME CHILLI CRUDO	Regular	2280 kJ (546 Cal)	19.2 g	33.1 g	6.1 g	37.9 g	12.7 g	768 mg
	Large	3000 kJ (717 Cal)	26.7 g	45.2 g	8.3 g	45.2 g	14.9 g	910 mg



WARM BOWLS

BOWL	SIZE	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
WARM BOWLS (BROWN RICE & CABBAGE BASE)								
MISO SALMON	Regular	2810 kJ (670 Cal)	29.1 g	36.8 g	6.2 g	48.1 g	24.6 g	1670 mg
	Large	3220 kJ (770 Cal)	30.8 g	42.5 g	7.0 g	57.3 g	28.6 g	1930 mg
BRAISED BEEF	Regular	2830 kJ (677 Cal)	34.5 g	34.7 g	7.4 g	50.6 g	20.5 g	1430 mg
	Large	3240 kJ (774 Cal)	36.2 g	40.4 g	8.3 g	59.5 g	23.8 g	1690 mg
SPICY SALMON	Regular	2410 kJ (575 Cal)	29.6 g	23.5 g	5.5 g	51.9 g	22.3 g	2200 mg
	Large	2640 kJ (632 Cal)	31.4 g	23.7 g	5.5 g	61.6 g	26.2 g	2540 mg
MUSH LOVE	Regular	2530 kJ (606 Cal)	21.7 g	22.0 g	7.1 g	65.3 g	42.8 g	1030 mg
	Large	2860 kJ (682 Cal)	23.2 g	25.6 g	7.6 g	73.0 g	45.0 g	1210 mg
MISO EGGPLANT	Regular	1810 kJ (433 Cal)	12.8 g	14.6 g	2.9 g	55.8 g	23.8 g	1990 mg
	Large	2160 kJ (516 Cal)	14.5 g	19.1 g	3.6 g	64.0 g	26.1 g	2190 mg

STREET FOOD BOXES

BOXES	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
LEMON CHICKEN BOX	2320 kJ (554 Cal)	25.3 g	28.5 g	3.8 g	43.6 g	11.1 g	910 mg
MISO SALMON BOX	2650 kJ (633 Cal)	27.1 g	32.6 g	5.5 g	52.9 g	18.7 g	1480 mg
BEEF BRISKET BOX	2280 kJ (545 Cal)	31.7 g	24.9 g	5.6 g	44.7 g	12.3 g	1140 mg
MUSHROOM BOX	2560 kJ (612 Cal)	18.1 g	27.4 g	7.1 g	62.5 g	36.9 g	787 mg



BASES

BASE	SIZE	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
SUSHI RICE	Regular	751 kJ (179 Cal)	3.3 g	less than 1 g	less than 1 g	39.6 g	2.6 g	1 mg
	Large	938 kJ (224 Cal)	4.2 g	less than 1 g	less than 1 g	49.5 g	3.3 g	1 mg
BROWN RICE	Regular	832 kJ (199 Cal)	4.9 g	1.3 g	less than 1 g	40.2 g	less than 1 g	2 mg
	Large	1040 kJ (249 Cal)	6.1 g	1.7 g	less than 1 g	50.2 g	less than 1 g	3 mg
CABBAGE	Regular	94 kJ (22 Cal)	1.3 g	less than 1 g	less than 1 g	2.8 g	2.8 g	14 mg
	Large	122 kJ (29 Cal)	1.7 g	less than 1 g	less than 1 g	3.6 g	3.6 g	18 mg
MIXED LEAVES	Regular	less than 40 kJ (~10 Cal)	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g	6 mg
	Large	less than 40 kJ (~10 Cal)	less than 1 g	less than 1 g	less than 1 g	less than 1 g	less than 1 g	8 mg
GLASS NOODLES	Regular	836 kJ (200 Cal)	less than 1 g	less than 1 g	less than 1 g	172 g	less than 1 g	4 mg
	Large	1460 kJ (349 Cal)	7.5 g	less than 1 g	less than 1 g	78.3 g	less than 1 g	9 mg
BROWN RICE & CABBGE	Regular	463 kJ (111 Cal)	3.1 g	less than 1 g	less than 1 g	21.5 g	1.6 g	8 mg
	Large	581 kJ (139 Cal)	3.9 g	less than 1 g	less than 1 g	26.9 g	2.0 g	11 mg



INGREDIENTS PROTEIN

PROTEIN	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
SALMON SASHIMI	585 kJ (140 Cal)	12.2 g	10.2 g	2.3 g	less than 1 g	less than 1 g	19 mg
POACHED CHICKEN	351 kJ (84 Cal)	17.8 g	1.3 g	less than 1 g	less than 1 g	less than 1 g	33 mg
TOFU	383 kJ (92 Cal)	10.7 g	4.4 g	less than 1 g	2.2 g	less than 1 g	4 mg
MISO GLAZED SALMON FILLET	1110 kJ (266 Cal)	19.7 g	16.0 g	3.6 g	9.6 g	7.8 g	695 mg
BEEF BRISKET	744 kJ (178 Cal)	24.3 g	8.3 g	3.7 g	1.4 g	1.4 g	350 mg
MISO GLAZED EGGPLANT	375 kJ (90 Cal)	3.0 g	1.2 g	less than 1 g	13.4 g	11.6 g	674 mg
SHIITAKE MUSHROOM	1030 kJ (245 Cal)	10.7 g	10.8 g	5.2 g	19.2 g	26.0 g	0 mg

INGREDIENTS ADD ON EXTRAS

ADD ON EXTRAS	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
AVOCADO	290 kJ (69 Cal)	less than 1 g	6.6 g	less than 1 g	less than 1 g	less than 1 g	4 mg
CHILLI JAM	189 kJ (45 Cal)	less than 1 g	2.8 g	less than 1 g	3.9 g	3.8 g	88 mg
SEAWEED SALAD	244 kJ (58 Cal)	less than 1 g	2.2 g	less than 1 g	9.0 g	7.9 g	56 mg
MISO EGGPLANT	375 kJ (90 Cal)	3.0 g	1.2 g	less than 1 g	13.4 g	11.6 g	674 mg
WASABI MAYO DRIZZLE	304 kJ (73 Cal)	less than 1 g	7.5 g	less than 1 g	1.2 g	1.1 g	37 mg
JAPANESE CHILLI FLAKES	155 kJ (37 Cal)	1.3 g	1.7 g	less than 1 g	6.0 g	1.6 g	2 mg



**INGREDIENTS
DRESSINGS (REGULAR BOWLS, BOXES, AND ON THE SIDE)**

DRESSING	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
ROASTED SESAME	687 kJ (164 Cal)	1.3 g	16.0 g	1.5 g	4.0 g	3.1 g	341 mg
LEMON OLIVE OIL	645 kJ (154 Cal)	less than 1 g	15.9 g	2.3 g	less than 1 g	less than 1 g	135 mg
MISO VINAIGRETTE	411 kJ (98 Cal)	less than 1 g	8.7 g	1.3 g	4.2 g	3.0 g	396 mg
TAMARI PONZU	528 kJ (126 Cal)	less than 1 g	11.0 g	1.7 g	5.6 g	5.1 g	495 mg
SPICY SESAME	687 kJ (164 Cal)	1.1 g	16.1 g	1.5 g	3.8 g	3.2 g	350 mg
LIME CHILLI VINAIGRETTE	544 kJ (130 Cal)	less than 1 g	13.5 g	2.0 g	1.7 g	1.6 g	251 mg
HOUSE SHOYU	188 kJ (45 Cal)	less than 1 g	less than 1 g	less than 1 g	7.3 g	6.3 g	659 mg
WASABI MAYO	608 kJ (145 Cal)	less than 1 g	14.9 g	1.2 g	2.4 g	2.2 g	73 mg

HOUSE SODAS (LOW CAL, MADE FROM SCRATCH)

SODA	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
BEETROOT & YUZU	237 kJ (57 Cal)	less than 1 g	less than 1 g	less than 1 g	14.8 g	14.8 g	24 mg
CUCUMBER & THAI BASIL	233 kJ (56 Cal)	less than 1 g	less than 1 g	less than 1 g	12.6 g	12.6 g	13 mg
MANGO, PINEAPPLE & GINGER	231 kJ (55 Cal)	less than 1 g	less than 1 g	less than 1 g	13.1 g	13.0 g	8 mg