



FISHBOWL NUTRITIONAL OVERVIEW  
AS OF JAN 2025



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**NUTRITIONAL OVERVIEW  
HOUSE FAVOURITES  
REGULAR**

<b>BOWL</b>	<b>ENERGY</b>	<b>PROTEIN</b>	<b>FAT</b>	<b>SAT FAT</b>	<b>CARBOHYDRATES</b>	<b>SUGAR</b>	<b>SODIUM</b>
<b>HOUSE FAVOURITES BOWLS (BROWN RICE &amp; CABBAGE BASE)</b>							
THE O.G. SALMON	2890 kJ (692 Cal)	23.5 g	41.1 g	6.6 g	78.8 g	23.2 g	1150 mg
THE O.G. CHICKEN	2660 kJ (635 Cal)	29.1 g	32.2 g	4.7 g	78.8 g	23.2 g	1160 mg
TOFU AVOCADO	2320 kJ (553 Cal)	23.4 g	30.2 g	4.1 g	66.1 g	14.9 g	1050 mg
MISO CHICKEN	2070 kJ (494 Cal)	27.9 g	24.4 g	3.3 g	34.3 g	11.8 g	897 mg
CHILLI CHICKEN	2220 kJ (530 Cal)	29.1 g	27.1 g	3.4 g	35.9 g	13.8 g	991 mg
LIME CHILLI CRUDO	2280 kJ (546 Cal)	19.2 g	33.1 g	6.1 g	37.9 g	12.7 g	768 mg
<b>WARM BOWLS (BROWN RICE &amp; CABBAGE BASE)</b>							
MISO SALMON	2810 kJ (670 Cal)	29.1 g	36.8 g	6.2 g	48.1 g	24.6 g	1670 mg
BRAISED BEEF	2830 kJ (677 Cal)	34.5 g	34.7 g	7.4 g	50.6 g	20.5 g	1430 mg
SPICY SALMON	2410 kJ (575 Cal)	29.6 g	23.5 g	5.5 g	51.9 g	22.3 g	2200 mg
MUSH LOVE	1530 kJ (366 Cal)	12.2 g	9.6 g	2.1 g	74.6 g	20.4 g	1120 mg
MISO EGGPLANT	1810 kJ (433 Cal)	12.8 g	14.6 g	2.9 g	81.2 g	23.8 g	1990 mg



## STREET FOOD BOXES ONE SIZE

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

## INGREDIENTS BASES (REGULAR)

BASE	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
SUSHI RICE	751 kJ (179 Cal)	3.3 g	less than 1 g	less than 1 g	39.6 g	2.6 g	1 mg
BROWN RICE	832 kJ (199 Cal)	4.9 g	1.3 g	less than 1 g	40.2 g	less than 1 g	2 mg
CABBAGE	94 kJ (22 Cal)	1.3 g	less than 1 g	less than 1 g	2.8 g	2.8 g	14 mg
MIXED LEAVES	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
GLASS NOODLES	836 kJ (200 Cal)	less than 1 g	less than 1 g	less than 1 g	172 g	less than 1 g	4 mg
BROWN RICE & CABBGE	463 kJ (111 Cal)	3.1 g	less than 1 g	less than 1 g	21.5 g	1.6 g	8 mg



## INGREDIENTS PROTEIN

PROTEIN	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
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
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
TOFU	383 kJ (92 Cal)	10.7 g	4.4 g	less than 1 g	2.2 g	less than 1 g	4 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
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
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

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 ONE SIZE

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