



FISHBOWL NUTRITIONAL OVERVIEW
AS OF MARCH 26



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HOUSE FAVOURITE BOWLS

BOWL	SIZE	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
HOUSE FAVOURITES BOWLS (BROWN RICE & CABBAGE BASE)								
YUZU DAYS CHICKEN	Regular	2280 kJ (545 Cal)	28.0 g	27.6 g	3.5 g	40.1 g	18.0 g	928 mg
	Large	2660 kJ (637 Cal)	38.1 g	32.1 g	4.3 g	42.1 g	19.6 g	1030 mg
GREEN DREAM CHICKEN	Regular	2090 kJ (499 Cal)	31.7 g	22.8 g	5.2 g	36.7 g	11.6 g	1210 mg
	Large	2670 kJ (637 Cal)	42.2 g	29.7 g	7.2 g	44.8 g	13.9 g	1410 mg
SALMON O.G.	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
CHICKEN O.G.	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
ROASTED TOFU O.G.	Regular	2530 kJ (606 Cal)	20.5 g	32.9 g	4.7 g	52.2 g	22.5 g	1100 mg
	Large	3300 kJ (790 Cal)	27.4 g	46.1 g	6.1 g	60.7 g	25.2 g	1350 mg
CHILLI CHICKEN	Regular	2170 kJ (520 Cal)	29.2 g	25.5 g	3.4 g	36.5 g	13.8 g	1040 mg
	Large	2810 kJ (672 Cal)	40.0 g	33.5 g	4.4 g	44.7 g	16.2 g	1260 mg
TOFU BOYS	Regular	2690 kJ (643 Cal)	22.9 g	38.6 g	4.8 g	44.9 g	16.1 g	1060 mg
	Large	3460 kJ (827 Cal)	29.8 g	51.8 g	6.2 g	53.4 g	18.8 g	1310 mg
NORI CAESAR	Regular	2690 kJ (643 Cal)	31.6 g	31.4 g	4.8 g	53.8 g	16.4 g	1040 mg
	Large	3350 kJ (801 Cal)	42.5 g	40.2 g	5.8 g	61.8 g	18.8 g	1240 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	2840 kJ (678 Cal)	34.5 g	34.7 g	7.4 g	50.6 g	20.5 g	1430 mg
	Large	3240 kJ (775 Cal)	36.2 g	40.4 g	8.3 g	59.5 g	23.8 g	1690 mg
SPICY SALMON	Regular	2910 kJ (695 Cal)	30.0 g	39.5 g	7.0 g	48.6 g	19.2 g	1880 mg
	Large	3390 kJ (811 Cal)	32.0 g	47.7 g	7.8 g	56.7 g	21.5 g	2060 mg
MISO EGGPLANT	Regular	2050 kJ (489 Cal)	12.0 g	21.8 g	3.8 g	52.0 g	21.2 g	1730 mg
	Large	2510 kJ (600 Cal)	13.4 g	29.9 g	5.0 g	58.3 g	22.0 g	1800 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 (634 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
ROASTED TOFU BOX	2020 kJ (483 Cal)	16.8 g	23.6 g	3.2 g	45.8 g	13.1 g	887 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	50.3 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	less than 1 g	6 mg				
	Large	less than 40 kj	less than 1 g	8 mg				
GLASS NOODLES	Regular	984 kJ (235 Cal)	5.0 g	less than 1 g	less than 1 g	52.2 g	less than 1 g	6 mg
	Large	1480 kJ (353 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
ROASTED TOFU	570 kJ (136 Cal)	9.8 g	10.0 g	1.2 g	less than 1 g	less than 1 g	147 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

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	57 mg
PICKLED DAIKON	77 kJ (18 Cal)	less than 1 g	less than 1 g	less than 1 g	3.9 g	3.5 g	107 mg
WASABI MAYO DRIZZLE	203 kJ (48 Cal)	less than 1 g	5.0 g	less than 1 g	less than 1 g	less than 1 g	24 mg
YUZU MAYO DRIZZLE	225 kJ (54 Cal)	less than 1 g	5.7 g	less than 1 g	less than 1 g	less than 1 g	60 mg
JAPANESE CHILLI FLAKES	77 kJ (18 Cal)	less than 1 g	less than 1 g	less than 1 g	3.0 g	less than 1 g	1 mg



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

DRESSING	ENERGY	PROTEIN	FAT	SAT FAT	CARBOHYDRATES	SUGAR	SODIUM
TAMARI PONZU	528 kJ (126 Cal)	less than 1 g	11.0 g	1.7 g	5.6 g	5.1 g	495 mg
ROASTED SESAME	687 kJ (164 Cal)	1.3 g	16.0 g	1.5 g	4.0 g	3.1 g	341 mg
SPICY SESAME	747 kJ (179 Cal)	1.3 g	16.9 g	1.8 g	5.1 g	3.8 g	460 mg
THAI GREEN GODDESS	315 kJ (75 Cal)	less than 1 g	7.3 g	2.1 g	2.4 g	1.9 g	213 mg
RED HOT CHILLI	501 kJ (120 Cal)	less than 1 g	10.0 g	1.6 g	5.6 g	3.6 g	555 mg
LEMON OLIVE OIL	646 kJ (154 Cal)	less than 1 g	15.9 g	2.3 g	less than 1 g	less than 1 g	135 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
LIME TAHINI	558 kJ (133 Cal)	less than 1 g	11.5 g	1.8 g	6.6 g	5.2 g	271 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	230 kJ (55 Cal)	less than 1 g	less than 1 g	less than 1 g	12.4 g	12.4 g	13 mg
MANGO, PINEAPPLE & GINGER	238 kJ (57 Cal)	less than 1 g	less than 1 g	less than 1 g	13.5 g	13.5 g	8 mg