



SUPERGREEN

Nutritional & Allergen Information

Signature Bowls

	Nutritional information					Allergens								
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	 Gluten	 Dairy	 Egg	 Fish	 Sesame	 Shellfish	 Soy	 Nuts	 Allium
Grilled Salmon Bowl	400	487	18	28	38									
Yakiniku Beef Bowl	385	599	25	33	49									
Teriyaki Chicken Bowl	455	381	29	16	30									
Lean Chicken Bowl	420	389	13	17	46									
Mala Prawn Bowl	340	322	36	9	24									
Smoked Duck Bowl	395	404	17	24	30									
Vegan Power Bowl	370	354	53	9	15									

Nutritional information includes base ingredients & excludes dressing

Build Your Own Bowl

Bases	Nutritional information					Allergens								
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	 Gluten	 Dairy	 Egg	 Fish	 Sesame	 Shellfish	 Soy	 Nuts	 Allium
Romaine Lettuce	45	8	1	0	1									
Brown Rice	130	250	53	2	5									
Fusilli Pasta	100	179	37	1	6									
Soba Noodle	100	117	23	1	5									

Nutritional information excludes base ingredients & dressing

Hot Toppings	Nutritional information					Allergens									
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	 Gluten	 Dairy	 Egg	 Fish	 Sesame	 Shellfish	 Soy	 Nuts	 Allium	
Roasted Baby Corn	60	30	3	2	0										
Roasted Sweet Potato	80	95	17	3	0										
Chickpea Relish	60	54	2	3	8										
Oven-Baked Broccoli	90	64	3	5	3										
Sesame Tofu	90	177	7	11	12										
Roasted Pumpkin	80	63	6	4	1										

Cold Toppings	Nutritional information					Allergens									
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	 Gluten	 Dairy	 Egg	 Fish	 Sesame	 Shellfish	 Soy	 Nuts	 Allium	
Achar	55	85	13	4	2										
Jalapeños	40	12	3	0	0										
Japanese Cucumber	45	10	2	0	1										
Sweet Corn	45	33	6	1	1										
Edamame	45	58	4	2	5										
Kimchi	50	13	2	0	1										
Japanese Seaweed	50	32	4	1	0										
Cherry Tomato	55	17	3	0	1										
Raisin	25	87	21	0	1										
Purple Cabbage	25	11	2	0	0										
Hard Boiled Egg	55	85	0	6	7										
Sous Vide Egg	55	85	0	6	7										

