

	Energy (kCal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)	Iron (mg)	Vitamin C (mg)
SALAD & HEARTY BOWLS										
Nutritional information excludes dressing and proteins										
Mad Caesar	109	6	1	573	11	4	2	6	0	80
Crispy Taco Salad	263	12	4	258	29	9	4	13	2	55
The Santa Fe	198	7	4	370	28	6	5	10	0	54
Piri-Piri Bowl	450	19	2	692	65	8	12	8	3	86
Bibimbowl	266	5	1	711	48	6	10	6	2	66
Thai Curry Salad	279	9	2	409	50	7	11	12	3	32
Maple Farm Bowl	308	11	4	511	45	7	3	10	3	71
DRESSINGS										
Based on 50 g serving										
Caesar	240	26	2	200	1	0	0	1	2	2
Carrot Ginger	195	20	3	495	4	1	2	2	0	1
Maple Chipotle	240	23	2	225	8	1	6	1	0	0
Avocado Tomatillo	72	7	1	66	2	1	1	1	2	4
Gochujang Based on 15g serving	18	0	0	183	4	0	0	0	0	0
Piri-Piri	186	20	2	196	4	1	0	1	0	10
Chili Peanut	134	11	2	254	5	2	1	5	1	1
PROTEINS										
Based on 1 serving										
Lemon-Herb Chicken	230	15	3	539	13	1	0	11	1	1
Piri-Piri Chicken	220	14	3	705	14	2	1	10	1	3
Red Curry Chicken	209	13	3	493	13	1	0	11	1	1
Luisa's Chicken	242	17	3	608	15	1	0	10	1	1
Cilantro-Lime Tofu	87	5	1	27	3	0	0	9	2	0
Piri-Piri Tofu	81	5	5	109	3	1	1	6	1	7
Beef Barbacoa	165	13	5	79	2	0	0	12	1	0
Battered Haddock	192	8	1	531	16	1	0	17	2	0

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BURRITOS										
All burritos are made with whole grain tortilla and contain gluten										
The Barranquilla	1062	62	12	2410	102	11	4	33	6	25
The El Dorado	1054	60	16	2259	101	15	10	35	6	28
The Flaming Batata	978	49	7	1618	117	11	2	22	5	33
The Smoking Gun - Chicken	1068	62	13	2547	102	11	4	33	6	23
The Smoking Gun - Tofu	914	50	10	1965	90	10	4	32	6	22
The Vida Verde	1001	50	7	1603	102	10	4	29	8	28
The Daikon Dynasty - Chicken	1026	56	8	1700	106	10	12	30	7	39
The Daikon Dynasty - Tofu	871	45	6	1119	94	9	12	28	8	28
The Fish 'N' Chips	886	39	7	2097	105	5	2	33	6	22
BURRITO BOWLS										
All burritos are made with whole grain tortilla and contain gluten										
The Barranquilla	887	57	12	2002	77	13	5	26	5	54
The El Dorado	880	55	15	1851	76	16	11	28	4	57
The Flaming Batata	803	43	7	1211	93	13	3	15	4	61
The Smoking Gun - Chicken	894	57	12	2139	77	13	5	26	5	52
The Smoking Gun - Tofu	739	45	10	1558	65	12	4	25	5	50
The Vida Verde	826	51	6	1196	77	12	5	22	6	57
The Daikon Dynasty - Chicken	851	52	7	1293	81	11	13	22	6	68
The Daikon Dynasty - Tofu	696	40	5	711	69	11	12	21	4	66
The Fish 'N' Chips	712	34	6	1690	81	7	2	26	4	51
SOUPS										
Based on 12 oz serving										
Coconut Curry Chowder	238	14	9	1020	24	3	10	7	3	0
Moroccan Chicken Soup	204	3	0	986	34	10	3	10	3	0

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LIL' BOWLS										
Lil' Piri-Piri Bowl	511	30	4	1048	54	5	2	15	3	66
Lil' Taco Bowl	547	31	5	1089	54	9	1	18	3	7
Lil' Buddha Bowl	398	20	4	992	43	4	8	13	2	6
SANDWICHES										
Fajita Barbacoa	658	27	9	999	75	5	10	26	6	26
Piri-Piri Chicken	623	22	4	1373	86	6	3	22	7	28
Tofu Banh Mi	499	13	2	880	74	5	6	22	7	8
Smashed Chickpea	555	19	2	1171	87	8	3	17	11	8
SMOOTHIES										
Very Berry	360	1	0.3	25	93	10	32	4	20	60
Green Machine	200	1	0.3	50	49	6	24	5	15	110
Nutty by Nature	550	18	3.5	125	96	10	60	12	10	40
SNACKS										
Dark Chocolate Brownie	330	21	15	80	39	6	23	4	15	0
Portuguese Custard Tart	190	8	2.5	35	26	0	17	3	8	0
Apple Blossom Pastry	360	19	9	400	44	0	19	3	10	4
Classic Chocolate Chunk	380	18	14	40	58	2	30	4	2	0
Ginger Cookie	360	14	12	90	58	2	28	4	2	0
Cinnamon Toast Churro	360	14	10	150	58	2	32	4	3	0
Red Velvet	400	16	14	78	58	2	34	4	3	0
Cookies & Cream	386	16	12	100	60	2	34	4	2	0
Rosemary Focaccia	356	6	1	1470	63	3	1	11	5	0

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