

NUTRITION INFO

	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										
Excludes dressing and protein										
Mad Caesar	142	8	3	519	15	3	3	4	2	53
Smoky Chipotle Bowl	394	16	3	790	54	10	8	15	4	36
The Santa Fe	217	9	4	344	28	6	3	9	2	28
Piri-Piri Bowl	334	9	1	565	57	6	11	7	2	30
Bibimbowl	240	2	0	633	49	6	10	6	2	31
Thai Chili Bowl	287	10	4	313	45	7	10	10	2	51
Maple Farm Bowl	332	11	5	613	48	5	7	10	3	41
DRESSINGS										
Based on 35g serving										
Caesar	165	18	1	146	1	0	0	1	0	0
Carrot Ginger	137	13	1	319	4	1	2	1	0	1
Maple Chipotle	174	17	1	168	5	0	4	1	0	1
Avocado Tomatillo	31	4	0	47	1	0	0	0	0	0
Piri-Piri	134	14	1	177	2	1	0	0	0	0
Chili Peanut	98	8	1	275	5	1	1	3	0	7
Mad Thai Vinaigrette	42	1	0	641	4	0	8	1	0	0
Mexican Caesar	143	15	2	172	0	0	0	1	0	0
Creamy Cilantro	132	14	1	110	1	0	0	0	0	4
Mad Hot Sauce Based on 15g serving	10	1	0	52	1	0	1	0	0	0
Gochujang Based on 15g serving	18	0	0	168	4	0	2	0	0	0

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PROTEINS										
Based on 1 serving — Chicken 100g / Tofu 92g (1 green scoop) / Beef 75g										
Lemon-Herb Chicken	155	6	1	459	2	1	0	24	1	1
Piri-Piri Chicken	174	8	1	452	5	1	1	22	2	1
Luisa's Chicken	175	9	1	633	3	1	1	22	1	1
Cilantro-Lime Tofu	187	12	1	177	4	2	1	16	2	6
Piri-Piri Tofu	190	12	1	244	6	3	1	17	3	1
Beef Barbacoa	165	13	5	79	2	0	0	12	1	0
BURRITOS										
All burritos are made with white tortilla and contain gluten. Includes dressing and protein.										
The Barranquilla - Chicken	946	43	8	1947	102	12	5	44	7	28
The Barranquilla - Tofu	958	46	8	1491	104	13	5	38	8	32
The El Dorado	951	48	12	1456	102	11	5	34	6	24
The Flaming Batata - Chicken	1117	45	7	2154	136	15	14	45	8	24
The Flaming Batata - Tofu	1129	49	7	1697	138	16	14	39	8	29
The Smoking Gun - Chicken	967	44	8	2062	103	11	6	44	6	24
The Smoking Gun - Tofu	979	48	8	1606	104	13	6	38	7	29
The Vida Verde - Tofu	968	44	5	1424	112	13	5	36	8	38
The Spicy Satay - Chicken	1020	48	10	1897	110	12	9	44	7	38
The Spicy Satay - Tofu	1032	51	10	1441	112	13	9	38	7	43
BURRITO BOWLS										
Excludes dressing and protein — now includes 1 black scoop (150g) of brown rice										
The Barranquilla	442	13	4	925	70	10	4	15	3	30
The El Dorado	446	13	4	926	71	10	4	15	3	31
The Flaming Batata	603	15	3	1069	105	13	13	15	4	30
The Smoking Gun	453	14	4	978	72	10	5	15	3	30
The Vida Verde	453	12	1	858	79	10	4	13	3	36
The Spicy Satay	550	25	6	709	74	9	7	12	3	37

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HIGH PROTEIN										
Nutritional information includes dressing and protein (chicken 200g). Available with Luisa's or Lemon-Herb Chicken only — protein modifications not available. * In-store exclusive.										
HP The Smoking Gun Burrito	1142	53	10	2695	106	12	6	67	8	21
HP The Spicy Satay Chicken Burrito	1194	57	11	2530	113	13	9	66	8	35
HP Smoky Chipotle Bowl	918	50	7	2224	64	12	13	61	6	33
HP The Santa Fe	558	26	6	1310	32	7	4	58	5	23
HP Maple Farm Bowl	856	45	9	2047	58	7	11	56	5	38
HP The Smoking Gun Bowl*	945	47	8	2416	77	12	6	61	5	27
HP The Spicy Satay Chicken Bowl*	998	50	10	2251	84	12	9	61	5	40
LIL' BOWLS										
Nutritional information includes dressing and protein (chicken 75g)										
Lil' Piri-Piri Bowl	386	13	2	801	46	5	7	21	3	32
Lil' Buddha Bowl	299	9	1	837	34	3	5	21	2	7
Lil' Taco Bowl	450	19	2	992	50	8	1	25	2	8
Lil' Kid Option (no dressing)	274	8	1	741	32	3	3	21	1	4
SOUPS										
Based on 12 oz serving										
Coconut Curry Chowder	239	17	12	955	24	3	7	7	3	0
Moroccan Chicken Soup	136	3	0	136	20	3	7	10	3	0

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SANDWICHES										
All sandwiches are made with focaccia bread and contain gluten. Includes dressing and protein.										
Fajita Barbacoa	597	24	6	945	71	3	5	25	6	4
Piri-Piri Chicken	614	23	2	1096	76	7	4	28	7	14
Tofu Banh Mi	607	20	2	1001	77	7	6	30	8	20
Smashed Chickpea (no dressing)	556	19	2	1171	87	8	4	17	11	10
SMOOTHIES										
Very Berry	338	2	0	3	83	9	63	3	2	89
Green Machine	201	1	0	51	48	6	26	5	2	98
Nutty by Nature	490	17	2	260	84	11	49	10	2	20
SNACKS										
Portuguese Custard Tart	230	9	5	200	33	0	22	3	0.75	0
Cake Pops	135	6	4	48	20	1	15	2	0	0
Ginger Molasses	320	13	1	380	48	1	28	4	2	0
Sea Salt Chocolate Chip	240	10	6	200	34	1	20	3	1	0
Oatmeal Raisin	330	14	9	210	50	2	33	4	2	0
Rosemary Focaccia	350	5	1	630	64	3	1	12	5	0

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