



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          |                                                                                          |                                                                                         |                                                                                       |                                                                                         |                                                                                            |                                                                                               |                                                                                         |                                                                                          |       |

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                      | 12           | 4         | 0        | 0           |                                                                                          |                                                                                         |                                                                                       |                                                                                         |                                                                                            |                                                                                               |      |       |         |
| Jalapeños         | 40                      | 85           | 12.7      | 4        | 1.8         |                                                                                          |                                                                                         |                                                                                       |                                                                                         |                                                                                            |                                                                                               |     |                                                                                          |        |
| 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           |                                                                                          |                                                                                         |    |                                                                                         |                                                                                            |                                                                                               |                                                                                         |                                                                                          |                                                                                            |



