Last Updated Mar 2025

SUPERGREEN

Nutritional & Allergen Information

Information excludes base ingredients

Signature Bowls

	Nutritional information					Allergens								
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	Gluten	Dairy	Egg	Fish	Sesame	Shellfish	Soy	Nuts	Allium
Teriyaki Chicken Bowl	405	349	18	21	23	✓	✓					✓		
Oven-Baked Salmon Bowl	430	612	24	40	37	✓			✓					
Smokey Duckey Bowl	410	421	28	26	19	✓								
Muscle Bowl	395	540	35	29	36	✓								✓
Veggie Bowl	375	580	46	36	19	✓				✓				
Vegan Bowl	445	412	48	17	17									✓
Moo Bowl	440	666	21	45	44	✓				✓		✓		✓

Build Your Own

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	✓								

Cold Toppings	Nutritional information					Allergens								
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	Gluten	Dairy	Egg	Fish	Sesame	Shellfish	Soy	Nuts	Allium
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	✓								
Black Olives	25	36	1	3	0									
Silken Tofu	90	52	2	3	5							✓		
Cherry Tomato	55	17	3	0	1									
Raisin	25	87	21	0	1									
Crouton	25	115	15	5	3	✓								
Purple Cabbage	25	11	2	0	0									
Hard Boiled Egg	55	85	0	6	7			✓						
Sous Vide Egg	55	85	0	6	7			✓						

Hot Toppings	Nutritional information					Allergens								
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	Gluten	Dairy	Egg	Fish	Sesame	Shellfish	Soy	Nuts	Allium
Chickpea Relish	60	54	2	3	8									✓
Oven-Baked Brocolli	90	64	3	5	3									
Curried Cauliflower	90	74	5	5	2									
Roasted Baby Potato	60	50	1	5	1									
Sesame Tofu	90	177	7	11	12	✓		✓		✓				
Roasted Pumpkin	80	63	6	4	1									

Proteins	Nutritional information					Allergens								
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	Gluten	Dairy	Egg	Fish	Sesame	Shellfish	Soy	Nuts	Allium
Teriyaki Chicken	100	111	5	2	18	✓						✓		
Roasted Smoked Duck	80	158	2	10	15	✓								
Rosemary Sous-Vide Chicken	80	106	3	1	22									✓
Yakiniku Beef	80	178	0	10	22	✓						✓		✓
Oven-Baked Salmon	100	210	0	13	23				✓					
Sichuan Mala Prawn	80	111	2	3	19	✓				✓	✓	✓		
Black Pepper Chicken	100	282	12	15	26	✓						✓		

Dressing	Nutritional information					Allergens								
	Servings (g)	Calories (g)	Carbs (g)	Fats (g)	Protein (g)	Gluten	Dairy	Egg	Fish	Sesame	Shellfish	Soy	Nuts	Allium
Japanese Roasted Sesame	40	136	2	14	0	✓	✓	✓		✓		✓		
Honey Mustard	40	100	10	7	1	✓		✓				✓		
Ginger Soy	40	135	6	12	0	✓						✓		✓
Honey Lime	40	171	11	14	0	✓								
Spicy Mayo	40	197	6	19	0	✓		✓				✓		✓
Balsamic Vinaigrette	40	204	6	20	0									
Extra Virgin Olive Oil	40	360	0	40	0									