

**Nutritional Information (Last Updated: Sept 2024)**

<b>Bowls</b> <i>*Information excludes base ingredients</i>	Serving Size (g)	Contains Gluten?	Calories	Carbs (g)	Fat (g)	Protein (g)
Teriyaki Chicken	355	<input checked="" type="checkbox"/>	349	18	21	23
Oven-Baked Salmon	410	<input checked="" type="checkbox"/>	612	24	40	37
Smokey-Duckey	360	<input checked="" type="checkbox"/>	421	28	26	19
Muscle	350	<input checked="" type="checkbox"/>	540	35	29	36
Veggie	360	<input checked="" type="checkbox"/>	580	46	36	19
Vegan	400	<input type="checkbox"/>	412	48	17	17
Moo	410	<input checked="" type="checkbox"/>	666	21	45	44

**Ingredients**

<b>Bases</b>	Serving Size (g)	Contains Gluten?	Calories	Carbs (g)	Fat (g)	Protein (g)
Romaine Lettuce	45	<input type="checkbox"/>	8	1	0	1
Brown Rice	130	<input type="checkbox"/>	250	53	2	5
Fusilli Pasta	100	<input checked="" type="checkbox"/>	179	37	1	6
Soba Noodle	100	<input checked="" type="checkbox"/>	117	23	1	5

<b>Cold Toppings</b>	Serving Size (g)	Contains Gluten?	Calories	Carbs (g)	Fat (g)	Protein (g)
Japanese Cucumber	45	<input type="checkbox"/>	10	2	0	1
Sweet Corn	45	<input type="checkbox"/>	33	6	1	1
Edamame	45	<input type="checkbox"/>	58	4	2	5
Kimchi	50	<input checked="" type="checkbox"/>	13	2	0	1
Japanese Seaweed	50	<input checked="" type="checkbox"/>	32	4	1	0
Black Olives	25	<input type="checkbox"/>	36	1	3	0
Silken Tofu	90	<input type="checkbox"/>	52	2	3	5
Cherry Tomato	55	<input type="checkbox"/>	17	3	0	1
Raisin	25	<input type="checkbox"/>	87	21	0	1
Crouton	25	<input checked="" type="checkbox"/>	115	15	5	3
Purple Cabbage	25	<input type="checkbox"/>	11	2	0	0
Hard-Boiled Egg	55	<input type="checkbox"/>	85	0	6	7
Sous-Vide Egg	55	<input type="checkbox"/>	85	0	6	7

<b>Hot Toppings</b>	Serving Size (g)	Contains Gluten?	Calories	Carbs (g)	Fat (g)	Protein (g)
Chickpea Relish	60	<input type="checkbox"/>	54	2	3	4
Oven-Baked Broccoli	90	<input type="checkbox"/>	64	3	5	3
Curried Cauliflower	90	<input type="checkbox"/>	74	5	5	2
Roasted Baby Potato	60	<input type="checkbox"/>	50	1	5	1
Sesame Tofu	90	<input checked="" type="checkbox"/>	177	7	11	12
Roasted Pumpkin	80	<input type="checkbox"/>	63	6	4	1

<b>Proteins</b>	Serving Size (g)	Contains Gluten?	Calories	Carbs (g)	Fat (g)	Protein (g)
Teriyaki Chicken	100	<input checked="" type="checkbox"/>	111	5	2	18
Roasted Smoked Duck	80	<input checked="" type="checkbox"/>	158	2	10	15
Rosemary Sous-Vide Chicken	80	<input type="checkbox"/>	106	3	1	22
Yakiniku Beef	80	<input checked="" type="checkbox"/>	178	0	10	22
Oven-Baked Salmon	100	<input type="checkbox"/>	210	0	13	23

<b>Dressing</b>	Serving Size (g)	Contains Gluten?	Calories	Carbs (g)	Fat (g)	Protein (g)
Japanese Roasted Sesame	40	<input checked="" type="checkbox"/>	136	2	14	0
Honey Mustard	40	<input checked="" type="checkbox"/>	100	10	7	1
Ginger Soy	40	<input checked="" type="checkbox"/>	135	6	12	0
Honey Lime	40	<input checked="" type="checkbox"/>	171	11	14	0
Spicy Mayo	40	<input checked="" type="checkbox"/>	197	6	19	0
Balsamic Vinaigrette	40	<input type="checkbox"/>	48	12	0	0
Extra Virgin Olive Oil	40	<input type="checkbox"/>	360	0	40	0