				Nutritio	onal Infor	mation <i>(Las</i>	t IIndated	. Dec 202	<i>A</i>)					
Bowls	Serving	Calories	Carbs		Protein	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains
*Information excludes base ingredients	Size (g)		(g)		(g)	Gluten	Dairy	Egg	Fish	Sesame	Shellfish	Soy	Nuts/ Coconut	Allum
Teriyaki Chicken	355	349	18	21	23							\checkmark		
Oven-Baked Salmon	410	612	24	40	37			Ō		Ō	Ō		Ō	Ō
Smokey-Duckey	360	421	28	26	19						Ō			Ō
Muscle	350	540	35	29	36	\checkmark								
Veggie	360	580	46	36	19									
Vegan	400	412	48	17	17									
Моо	410	666	21	45	44	\checkmark								
						gredients								
Bases	Serving Size (g)	Calories	Carbs (g)	Fat (g)	Protein (g)	Contains Gluten	Contains Dairy	Contains Egg	Contains Fish	Contains Sesame	Contains Shellfish	Contains Soy	Contains Nuts/ Coconut	Contains Allum
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	\checkmark								
Cold Toppings	Serving Size (g)	Calories	Carbs (g)	Fat (g)	Protein (g)	Contains Gluten	Contains Dairy	Contains Egg	Contains Fish	Contains Sesame	Contains Shellfish	Contains Soy	Contains Nuts/	Contains Allum
Japanese Cucumber	45	10	2	0	1								Coconut	
Sweet Corn	45	33	6	1	1		п	Ō	Ō		Ō	Ō	Ō	Ō
Edamame	45	58	4	2	5	П	Ē	Ē	Ē	Ō	Ō	Ō	П	Ō
Kimchi	50	13	2	0	1	\checkmark	Ē		Ē			ō		
Japanese Seaweed	50	32	4	1	0	\checkmark	п	п	п	п		Ō	Ō	
Black Olives	25	36	1	3	0		П	П	П		Ö	П	П	
Silken Tofu	90	52	2	3	5		Ē	Ē	Ē					Π
Cherry Tomato	55	17	3	0	1	Ē	Ē	Ē	Ō	Ō	Ē		Ō	Ō
Raisin	25	87	21	0	1		Ō	Ō	Ō		Ō	Ō		
Crouton	25	115	15	5	3	\checkmark	Ē	Ē	Ē			Ē	Ē	Ē
Purple Cabbage	25	11	2	0	0									
Hard-Boiled Egg	55	85	0	6	7			\checkmark						
Sous-Vide Egg	55	85	0	6	7									
	Serving	Calories	Carbs	Fat (g)	Protein	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains	Contains
Hot Toppings	Size (g)		(g)		(g)	Gluten	Dairy	Egg	Fish	Sesame	Shellfish	Soy	Nuts/ Coconut	Allum
Chickpea Relish	60	54	2	3	4									
Oven-Baked Broccoli	90	64	3	5	3									
Curried Cauliflower	90	74	5	5	2		Ц	Ц						Ц
Roasted Baby Potato	60	50	1	5	1		Ц							
Sesame Tofu	90	177	7	11	12		Ц						Ц	
Roasted Pumpkin	80	63	6	4	1									
Proteins	Serving Size (g)	Calories	Carbs (g)	Fat (g)	Protein (g)	Contains Gluten	Contains Dairy	Contains Egg	Contains Fish	Contains Sesame	Contains Shellfish	Contains Soy	Contains Nuts/ Coconut	Contains Allum
Teriyaki Chicken	100	111	5	2	18	\checkmark						\checkmark		
Roasted Smoked Duck	80	158	2	10	15	\checkmark								
Rosemary Sous-Vide Chicken	80	106	3	1	22									
Yakiniku Beef	80	178	0	10	22									
Oven-Baked Salmon	100	210	0	13	23				\checkmark					
Dressing	Serving Size (g)	Calories	Carbs (g)	Fat (g)	Protein (g)	Contains Gluten	Contains Dairy	Contains Egg	Contains Fish	Contains Sesame	Contains Shellfish	Contains Soy	Contains Nuts/ Coconut	Contains Allum
Japanese Roasted Sesame	40	136	2	14	0		\checkmark			\checkmark		\checkmark		
Honey Mustard	40	100	10	7	1	\checkmark		\checkmark	Ō					Ō
Ginger Soy	40	135	6	12	0	\checkmark						\checkmark		
Honey Lime	40	171	11	14	0									Ō
Spicy Mayo	40	197	6	19	0	\checkmark		\checkmark				\checkmark		
Balsamic Vinaigrette	40	48	12	0	0									
Extra Virgin Olive Oil	40	360	0	40	0									