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Disclaimer

The calories and macronutrients listed in this guide are estimates based on the nutritional info available from the specified restaurant or casual dining websites. These values are provided as a general reference and may not always be completely accurate or up-to-date. As menus and nutritional information are frequently updated, it is the responsibility of the individual to verify that the information is accurate by referring to the restaurant's most current details online.

Additionally, the food items listed are based on the original menu version, including standard ingredients and portion sizes. Keep in mind that the actual serving size at the time of purchase may vary slightly, and the portion served may not be identical to the listed standard. Any substitutions, modifications, sauces, or additional toppings will alter the nutritional values, and it is up to the individual to confirm these changes with the restaurant.

Individuals should always take responsibility for checking allergen information before ordering. It is strongly advised to consult the restaurant's website for the most accurate, up-to-date information regarding allergies, nutritional content, and any other dietary needs. Please approach your coach or a healthcare professional if you are uncertain about the calorie or macronutrient content of restaurant food. For full nutritional information, please refer to the restaurant's website, as referenced at the end of this guide.

FISHBOWL

Fishbowl

House Favourite Bowls (Regular)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chilli chicken	530	29.1	27.1	3.4
Lime chilli crudo	546	19.2	33.1	6.1
Miso chicken	494	27.9	24.4	3.3
The O.G. chicken	635	29.1	32.2	4.7
The O.G. salmon	692	23.5	41.1	6.6
Tofu avocado	553	23.4	30.2	4.1

Warm Bowls (Regular)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Braised beef	677	34.5	34.7	7.4
Miso eggplant	433	12.8	14.6	2.9
Miso salmon	670	29.1	36.8	6.2
Mush love	366	12.2	9.6	2.1
Spicy salmon	575	29.6	23.5	5.5

Street Food Boxes



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Beef brisket box	545	31.7	44.7	24.9
Lemon chicken box	554	25.3	43.6	28.5
Miso salmon box	633	27.1	52.9	32.6
Mushroom box	612	18.1	62.5	27.4

*Fishbowl bowls are based on the standard menu base of brown rice and cabbage. For additional customisations or Build Your Own menu items, please refer to the Fishbowl Nutritional Information available online.



Grill'd

Beef Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Simply Grill'd	600	29.2	36.0	30.5
Crispy Bacon & Cheese	629	31.5	36.7	32.2
Big Queenslander*	703	36.9	41.1	36.4
Mustard & Pickled!	528	30.2	35.7	21.8
Summer Sunset	669	31.2	44.3	33.9
Chilli Addict	576	30.3	32.7	28.8

Chicken Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bird & Brie	533	46.8	39.4	22.5
'Simon Says'	507	44.8	37.5	18.8
HotBird	430	43.2	32.1	13.2
Caesar's Place	588	56.1	29.5	26.5
Sweet Chilli Chicken	488	43.8	43.3	14.5
Zen Hen	571	47.3	50.8	18.5

Healthy Fried Chicken Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
HFC Best Zing-Ever	590	29.6	44.8	31.8
HFC Classic	485	26.6	41.9	22.7
HFC Chipotle	478	27.2	44.2	20.7
HFC BLAT	514	28.4	44.9	23.9

*The calories and macronutrients listed are for burgers with the traditional bun. Any customisations, additions, or substitutions may alter the nutritional values. For accurate information, please refer to the nutritional information available on the Grill'd website.

Lamb Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Baa Baa	559	27.2	36.8	33.2
Zorbra The Sheep	657	30.4	37.9	42.1

Vegetarian Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Garden Goodness	492	14	55.4	22.3
Impossible Garden Goodness	550	25.8	47.2	27.1
Impossible Mustard & Pickled!	425	25	41.1	15.7
Impossible Simply Grill'd	495	24.1	41.1	24.1

Vegan Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Vegan Garden Goodness	531	13.3	58.2	25.9
Vegan Impossible Garden Goodness	614	25.2	55.2	30.8
Vegan Impossible Mustard & Pickled!	459	24.3	44.5	18.2
Vegan Impossible Simply Grill'd	502	24.1	45.8	22.8

*The calories and macronutrients listed are for burgers with the traditional bun. Any customisations, additions, or substitutions may alter the nutritional values. For accurate information, please refer to the nutritional information available on the Grill'd website.

Chips & Bites



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Famous Grill'd Chips - Regular	588	4.1	69.6	27.8
Famous Grill'd Chips - Snack	335	2.4	39.8	15.8
HFC Natural Bites (6)	261	23.9	18	10.2
HFC Natural Bites (9)	390	35.8	27	15.3
HFC Natural Bites (12)	521	47.8	36	20.4
Saltbush & Pepper Onion Rings - Regular	263	1.2	12.7	23
Saltbush & Pepper Onion Rings - Snack	160	0.7	7.7	14.1
Sweet Potato Chips - Mini	237	2.4	29.2	11.6
Sweet Potato Chips - Regular	540	5.4	66.6	26.4
Zucchini Chips - Mini	275	3.5	36.1	12.2
Zucchini Chips - Regular	605	7.7	79.5	26.9

Dips



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chipotle Mayo	213	0.5	2.2	22.6
Herbed Mayo	217	0.7	2.6	22.9
Sweet Chilli Mayo	213	0.4	5.6	21.1
Tomato Relish	36	0.2	7.3	0.3



Guzman Y Gomez



Breakfast Burrito



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Bacon	584	25.9	43.4	33.6
Mild Free Range Chicken Chorizo	574	23.2	42.9	34.0
Mild Sautéed Vegetables with Guacamole	588	19.9	44.8	35.9
Mild Pulled Shiitake Mushroom	590	22.1	44.1	35.0
Spicy Add-on	+11	+0.2	+1.4	+0.5

Breakfast Quesadilla



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Bacon	504	29.5	29.9	29.6
Mild Free Range Chicken Chorizo	487	25.0	29.1	30.2
Mild Sautéed Vegetables with Guacamole	468	19.0	32.1	29.0
Mild Pulled Shiitake Mushroom	513	23.2	31.1	32.0
Spicy Add-on	+17	+0.3	+2.2	+0.7

Burritos



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Grilled Chicken	777	47.2	87.9	26.0
Mild Ground Beef	824	37.5	91.2	34.0
Mild Pulled Pork	860	47.4	88.4	35.0
Mild Pulled Shiitake Mushroom	895	33.1	92.1	41.7
Mild Sautéed Vegetables with Guacamole	804	24.8	94.0	35.7
Mild Shredded Beef Brisket	802	49.3	87.9	27.8
Spicy Add-On	+17	+0.3	+2.2	+0.7

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to Guzman y Gomez nutritional information online.



Burrito Bowls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Grilled Chicken	663	42.7	71.0	23.0
Mild Ground Beef	710	33.0	74.3	31.0
Mild Pulled Pork	746	42.9	71.5	32.0
Mild Pulled Shiitake Mushroom	781	28.6	75.2	38.7
Mild Sautéed Vegetables with Guacamole	690	20.3	77.1	32.7
Mild Shredded Beef Brisket	688	44.8	71.0	24.8
Spicy Add-on	+17	+0.3	+2.2	+0.7

Cali Burritos



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Crispy Chicken Tenders	1010	34.1	87.6	57.2
Mild Grilled Chicken	971	46.4	74.7	52.8
Mild Ground Beef	1020	36.7	78.0	60.8
Mild Pulled Pork	1050	46.6	75.2	61.8
Mild Pulled Shiitake Mushroom	1090	32.3	78.9	68.5
Mild Sautéed Vegetables	871	22.8	80.4	49.3
Mild Shredded Beef Brisket	996	48.5	74.7	54.6
Spicy Add-On	+20	+0.4	+2.7	+0.8

Nachos



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Grilled Chicken	1110	52.1	71.9	67.2
Mild Ground Beef	1150	42.4	75.2	75.2
Mild Pulled Pork	1190	52.3	72.4	76.2
Mild Pulled Shiitake Mushroom	1220	38.0	76.1	82.9
Mild Sautéed Vegetables	1010	28.5	77.6	63.7
Mild Shredded Beef Brisket	1130	54.2	71.9	69.0
Spicy Add-on	+17	+0.3	+2.2	+0.7

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to Guzman y Gomez nutritional information online.



Soft Flour Tacos (1 Taco)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Grilled Chicken	194	15.3	14.5	8.1
Mild Ground Beef	213	11.5	15.8	11.2
Mild Pulled Pork	227	15.4	14.7	11.6
Mild Pulled Shiitake Mushroom	241	9.7	16.2	14.3
Mild Sautéed Vegetables with Guacamole	280	7.1	17.3	19.8
Mild Shredded Beef Brisket	204	16.2	14.5	8.8
Spicy Add-on	+6	+0.1	+0.7	+0.2

Hard Tacos (1 Taco)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Grilled Chicken	193	14.5	12.8	8.8
Mild Ground Beef	211	10.6	14.1	12.0
Mild Pulled Pork	226	14.6	13.0	12.4
Mild Pulled Shiitake Mushroom	235	8.7	13.8	14.9
Mild Sautéed Vegetables with Guacamole	273	6.1	14.9	20.4
Mild Shredded Beef Brisket	202	15.3	12.8	9.5
Spicy Add-on	+6	+0.1	+0.7	+0.2

Enchiladas



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Grilled Chicken	1120	56.2	108	50.2
Mild Ground Beef	1170	46.5	111	58.2
Mild Pulled Pork	1200	56.4	109	59.2
Mild Pulled Shiitake Mushroom	1240	42.1	112	65.9
Mild Sautéed Vegetables with Guacamole	1140	33.9	114	59.9
Mild Shredded Beef Brisket	1140	58.3	108	52.0
Spicy Add-on	+33	+0.7	+4.3	+1.4

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to Guzman y Gomez nutritional information online.

Salads (with Chipotle Mayo)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mild Grilled Chicken	306	27.4	4.4	19.4
Mild Ground Beef	352	17.7	7.7	27.4
Mild Pulled Pork	283	23.1	4.2	18.8
Mild Pulled Shiitake Mushroom	406	13.3	8.7	33.1
Mild Sautéed Vegetables with Guacamole	332	5.0	10.6	29.1
Mild Shredded Beef Brisket	330	29.5	4.4	21.2
Spicy Add-on	+6	+0.1	+0.7	+0.2

Fries



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chipotle Seasoning - Large	538	7.9	61.0	27.7
Chipotle Seasoning - Medium	358	5.3	40.7	18.5
Chipotle Seasoning - Family Fries	1190	17.6	136	61.6

Dipping Sauces



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Jalapeño Ketchup (37g)	38	0.1	8.9	less than 0.1
Chipotle Mayo (30g)	186	0.5	1.0	20.4
Herb Mayo (VG) (50g)	286	0.6	0.8	31.6
Sweet Chipotle BBQ Dipping Sauce (50g)	96	0.7	22.6	0.1

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to Guzman y Gomez nutritional information online.



Nando's Chicken



Burgers, Wraps & Pitas (Chicken)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Avo Goodness Wrap	568	38.4	52.4	21.5
Double Cheese & Bacon on Portuguese Roll	667	47.2	48.4	31.4
Nandoca's Choice on Garlic Bread	675	32.9	46	38.8
PERInaise Classic on Portuguese Roll	457	31.9	43.3	16.4
Supremo Wrap	648	41.9	52.5	28.9
The Halloumi Pita	599	40.1	53.9	24.7

Burgers, Wraps & Pitas (Great Pretender Protein)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Avo Goodness Wrap	708	26.2	61.5	38.1
Nandoca's Choice on Garlic Bread	855	27.6	55.3	56.6
PERInaise Classic on Portuguese Roll	638	26.6	52.6	34.2
Supremo Wrap	788	29.7	61.7	45.5
The Halloumi Pita	599	34.8	63.2	42.5

*The nutritional information provided for each food item is based on the original menu version, including the standard bread or protein. Any changes, such as swapping the bread or adding extra toppings, may alter the nutritional values. For the most accurate information, please refer to Nando's nutritional information online.



Chicken



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
1/4 PERi-PERi Chicken Mild	357	54	0	15.4
1/2 PERi-PERi Chicken Mild	715	108	1.1	30.8
4 BBQ Chicken Ribs Mild	297	29.6	4.4	18
4 PERi-PERi Grilled Tenders Mild	220	39.6	0.7	6.5
8 BBQ Chicken Ribs Mild	495	59.2	8.8	36
Whole PERi-PERi Chicken	1430	215	2.3	61.7

Salads & Bowls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Avo Parmesan Crunch	259	10.5	7.1	20.6
Avo Parmesan Crunch with Protein (Tenders)	424	40.2	7.6	25.2
Mediterranean Salad	483	8.2	12.6	43.4
Mediterranean Salad with Protein (Tenders)	648	37.9	13.1	48.2
Paella (with Chicken)	557	31	81.9	10
PERi-Harvest Bowl	385	10.3	25.8	22.6
PERi-Harvest Bowl with Protein (Tenders)	551	40	26.3	27.4

Burgers, Wraps & Pitas (Superfood Veggie Patty)



Avo Goodness Wrap	699	18.9	82.2	25.2
Nandoca's Choice on Garlic Bread	816	20.3	76	43.7
PERInaise Classic on Portuguese Roll	599	19.3	73.2	21.3
Supremo Wrap	749	22.4	82.3	32.6
The Halloumi Pita	741	27.5	83.8	29.6

*The nutritional information provided for each food item is based on the original menu version, including the standard bread or protein. Any changes, such as swapping the bread or adding extra toppings, may alter the nutritional values. For the most accurate information, please refer to Nando's nutritional information online.

Sides



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Cheesy Garlic Mini Pita	301	8.9	26.3	17.6
Coleslaw - Large	404	2.4	11.4	37.9
Coleslaw - Regular	242	1.4	5.8	22.7
Corn on the Cob Mild - Large	479	15.6	53.3	19.3
Corn on the Cob Mild - Regular	240	7.8	26.6	9.7
Garden Salad - Large	54	2.4	5.6	3
Garden Salad - Regular	40	1.3	3.4	2
Garlic Bread - Large	775	18.4	82.2	40
Garlic Bread - Regular	388	9.2	41.1	20
Grain Salad	221	7.5	19.1	6.3
Halloumi Sticks & Dip	360	17.6	14.7	25.5
Mayo Chip Dip	307	0	4	32.6
PERi-PERi Chips - Large	533	8.9	73.3	21.2
PERi-PERi Chips - Regular	326	5.4	44.7	13
PERi-PERi Sweet Potato Chips - Large	532	4.7	63.9	26.8
PERi-PERi Sweet Potato Chips - Regular	324	2.8	38.9	16.4
PERinaise Chip Dip	217	0.4	7	22.7
Pita Bread	259	9.3	50.8	1
Roasted Broccoli with PERi Crackle	288	9.5	2	26
Spicy Rice - Regular	341	7.4	72.1	1.8

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Oporto

Burgers



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bondi Burger (Double Fillet)	700	41.2	58	39.5
Bondi Burger (Single Fillet)	540	25	47.1	30.6
Chicken & Cheese Burger	460	26.3	57.2	22.9
Crispy Strip Burger	690	39.2	48	36.8
Halloumi & Chicken Burger	700	38.4	60.4	35.1
Oprego Burger (Double Fillet)	590	41.4	60.6	25.9
Oprego Burger (Single Fillet)	430	25.2	48.3	18.1
Otropo Burger (Double Fillet)	700	48.8	65.8	33
Vegan Burger	574	Not listed	Not listed	Not listed
Veggie Burger	520	11.2	59.1	25.5

Bowls



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bondi Bowl	700	45.6	46.4	41.1
Bondi Bowl (WA)	620	44.3	38.9	34.5
Chicken Salad Bowl	530	46.2	27.5	20
Halloumi and Avo Bowl	710	33.7	43.3	40.9
Halloumi and Avo Bowl (WA)	630	32.4	35.9	34.3
Pulled Chicken Bowl	570	35	52.6	22.7
Vegan Bowl	440	17	47.3	14.5

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to Oporto's nutritional information online.

Rappas



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bondi Rappa	640	40.1	52.7	36.1
Grilled Chicken Rappa	420	26.9	33.9	18.9
Halloumi & Chicken Rappa	510	37.3	54.4	32.4
Loaded Garlic Rappa	570	29.7	53.6	35.6

Snacks



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chilli Cheese Chips	1,470	22.7	163.5	76.7
Chilli Chicken Loaded Chips	731	21.8	58.6	44.4
Crispy Chicken Strips with Garlic Dip - 3 pieces	380	30.6	15	21.7
Crispy Chicken Strips with Garlic Dip - 5 pieces	540	50.7	24.3	25.9
Crispy Chicken Strips with Garlic Dip - 8 pieces	920	81.3	39.2	47.7
Crispy Wings - 3 pack	430	24.4	43	37.9
Crispy Wings - 5 pack	650	40.4	71.2	55.9
Grilled Chicken Tenders - 4 pieces	240	41.9	4.3	5.9
Jalapeno Bites Combo Cup	450	10.1	51.9	22.9
Jalapenos Bites (3)	200	6.9	18	12.8
Rappsnacker with Prego Sauce	340	17.3	44.4	10
Spicy Bolas - Large	530	35.7	30.2	2.1
Spicy Bolas - Regular	430	29.3	24.8	1.8
Spicy Bolas Combo Cup	560	21.9	53.9	15.2
Tomato Relish Chicken Loaded Chips	631	21.6	60.8	32.2

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to Oporto's nutritional information online.

Sides



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chips - Regular*	366	Not listed	Not listed	Not listed
Chips - Large*	476	Not listed	Not listed	Not listed
Chips - Family*	923	Not listed	Not listed	Not listed
Crunchy Slaw - Share	120	2.3	10.6	7.1
Crunchy Slaw - Single	70	1.3	6	4.1
Edamame & Kale - Share	270	10	22.1	14.2
Edamame & Kale - Single	160	3.6	11	10.5
Grilled Corn - Share	170	6.2	21.4	5.4
Grilled Corn - Single	90	3.1	10.7	2.7
Pita Bread & Garlic Dip	400	7.4	42.2	21.6
Spicy Rice - Share	460	8.1	81.9	9.5
Spicy Rice - Single	230	4	41	4.7

Dipping Sauces



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Extreimo Picante	120	0.2	1.7	12.5
Garlic	194	Not listed	Not listed	Not listed
Lemon & Herb	70	0.2	5.4	5.8
Mayo	146	Not listed	Not listed	Not listed
Original Chilli	140	0.5	1.1	15.5
Prego	79	Not listed	Not listed	Not listed

*The nutritional information provided for each food item is based on the original menu version. Some menu items did not have calories and macronutrients available, so they are marked as "not listed." For the most accurate information, please refer to Oporto's nutritional information online.



Roll'd

Soldiers (Rice Paper Rolls)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BQ Chicken	152	5.9	26.2	2.5
Garlic Prawn	130	4.7	25	0.9
Lemongrass Beef	173	8.5	25.3	3.9
Lime Crusted Fish & Avocado	163	7.1	25	3.6
Low Carb Lime Crusted Fish	119	5.5	15.9	3.2
Low Carb Poached Chicken Breast	97	6.3	13.6	1.5
Low Carb Tofu	132	5.9	15.9	5.2
Plant-Based Lemongrass Chilli "Chicken"	145	5.5	21.9	3.1
Poached Chicken Breast & Avocado	161	6.6	25.9	3.1
Pork & Prawn	148	6.6	25.5	2.1
Roast Duck	170	6.2	25.3	4.6
Tofu	161	4.6	25.4	4.1

Pho Bowl (Noodle Soup)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mixed Beef & Chicken	483	19.2	80.4	8.9
Mushroom & Tofu	490	13.3	76.8	14
Poached Chicken	482	19.9	82.7	7.4
Sliced Rare Beef	505	19.9	81.9	10.3
Seafood	409	10.3	76	6.6

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to the Roll'd nutritional information online.

Com (Rice Bowls)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Chicken	563	25.6	92.4	8.4
Crispy Chicken Ribs	802	38.9	104.8	23.9
Lemongrass Beef	651	39.3	99.9	9.7
Lemongrass Chilli Chicken	674	31.9	122.7	11.3
Plant-Based Lemongrass Chilli "Chicken"	646	21.3	119.3	7.2
Tofu & Vegetable Spring Rolls	727	22.5	91.9	28.3

Bun (Noodle Salads)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Chicken	488	26.4	75	8
Crispy Chicken Ribs	695	38.2	74.1	26.4
Lemongrass Beef	521	34.9	61.4	13.7
Roast Pork & Crackling	2313	26.9	88.7	9.4
Tofu & Vegetable Spring Rolls	584	10.9	82.1	22.2

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to the Roll'd nutritional information online.

Bao Steamed Buns



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Chicken Bao	217	8.2	26.5	8.3
Crispy Prawn Bao	842	6.1	24.4	8.3
Lemongrass Beef Bao	216	8.5	25.5	8.4
Roast Duck Bao	219	8.5	29.6	7.1
Roast Pork Belly Bao	255	7.4	31.4	10.6
Roast Pork Belly & Crackling	225	11.3	23.3	11.3
Tofu Bao	987	5.7	30.0	9.9

Banh Mi Baguettes



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Chicken	461	31.2	58.2	8.7
Lemongrass Beef	630	35.7	60.9	25.5
Pepper Beef Steak	552	33	73.2	11.7
Plant-Based "Chicken"	501	30.8	62.7	11.5
Roast Pork & Crackling	594	39	68.7	17.7
Tofu	525	21.8	65.3	16.1

Sides



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Crab Crackers (10 Crackers)	145	0.4	20.7	6.7
Crispy Chicken Ribs (3 Pieces)	281	29.9	1.3	17.3
Seafood Spring Rolls (3 Pieces)	224	2.6	22.5	13.6
Sweet Potato Fries (196g)	432	4.5	50.4	22.1
Vegetable Spring Rolls (3 Pieces)	267	2.5	25.1	22.1

*The nutritional information provided for each food item is based on the original menu version. Any modifications or additional toppings may alter the nutritional values. For the most accurate information, please refer to the Roll'd nutritional information online.



Soul Origin

Salads (Regular)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Beef Noodle	432	26.3	65.6	5.6
Beetroot	289	9.7	21.4	16.3
Bocconcini	320	22.6	6.9	22.1
Buffalo Schnitzel Slaw	375	10.7	18.3	28.0
Chicken Avocado	183	23.4	6.4	6.2
Chicken Caesar	311	35.4	14.0	11.9
Chicken Chorizo	237	24.7	6.7	11.8
Chicken Pesto Pasta	693	31.1	72.5	30.9
Chicken Schnitzel	409	17.6	22.2	27.8
Crumbed Chicken Pasta	948	23.7	79.5	59.0
Falafel	617	16.3	70.6	27.9
Greek	130	4.0	7.7	8.4
Grilled Chicken & Steamed Veg	136	15.0	8.2	3.6
Grilled Chicken Noodle	442	27.9	57.4	9.9
Haloumi	509	21.2	35.2	29.2
Marinated Beef	174	15.9	19.5	2.8
Pomegranate & Quinoa	602	14.8	80.5	21.6
Potato	714	17.2	55.4	45.5
Pumpkin Couscous	571	13.6	85.9	18.0
Roast Veg	313	7.9	38.7	11.7
Tonkatsu Plant Based Schnitzel	371	9.6	20.1	26.4
Tuscan Veg Pasta	751	16.6	68.2	45.7

Soul Origin salads are based on the regular size. For other size options and detailed nutritional information, please visit the Soul Origin website.

Baguettes



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BLT Schnitzel	815	27.1	86.7	38.8
Chicken Schnitzel	787	24.5	86.0	37.3
Grilled Chicken	621	28.8	74.0	21.7
Reuben	662	24.0	77.6	27.1
Roast Beef	669	27.5	74.9	27.2
Pesto Veggie	590	19.7	74.1	23.2

Paninis



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chicken Avocado	613	30.9	61.2	26.2
Chicken Schnitzel	723	20.5	73.0	37.9
Chorizo	754	30.1	62.9	41.4
Grilled Chicken	554	24.8	61.1	22.4
Plant Based Tonkatsu	669	17.7	78.4	29.5
Plant Based Avocado Schnitzel	690	17.3	70.5	35.3
Parmi Schnitty	690	26.8	75.3	30.7
Spicy Schnitty	779	24.9	83.3	37.9

Wraps



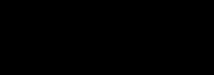
Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chicken Avocado	506	24.6	36.8	28.1
Chicken Schnitzel	576	15.2	45.9	36.2
Grilled Chicken	442	18.7	36.4	23.8
Falafel	483	15.0	61.4	18.6

The nutritional information provided for baguettes, paninis and wraps is based on the original menu version. Any modifications may alter the nutritional values. For detailed nutritional information, please visit the Soul Origin website.

SUBWAY

Subway

Subway 6-Inch Subs



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Buffalo Chicken	301	22.8	41.1	4.3
Chicken & Bacon Ranch Melt (with Mozzarella Cheese)	445	28.7	39.6	18.7
Chicken Classic	350	18.0	43.1	11.0
Chicken Schnitzel	395	25.6	45.0	11.8
Chicken Strips	286	22.5	38.2	4.1
Chicken Teriyaki	315	22.5	45.2	4.2
Italian B.M.T.® (with Salami, Pepperoni, Leg Ham)	378	19.9	39.7	14.9
Leg Ham	259	14.8	39.2	4.0
Meatball Melt (with Marinara Sauce, Mozzarella Cheese)	458	22.0	48.3	19.4
Pizza Melt (with Salami, Pepperoni, Mozzarella Cheese, Marinara Sauce)	415	19.9	41.4	18.2
Seafood Sensation (with Mayonnaise)	338	11.4	47.0	10.7
Smashed Falafel	375	15.0	55.5	8.2
Southern Style Chicken	375	15.1	52.9	10.7
Steak Melt (with Mozzarella Cheese)	364	24.1	40.4	10.4
Tuna & Mayo	325	18.6	38.9	9.9
Turkey	263	17.2	39.1	3.3
Veggie Delite® with Avo	271	9.5	41.4	7.6
Veggie Patty	404	16.0	54.4	11.7

*Subway 6-inch calories & macronutrients are based on the default menu version, which includes white bread, lettuce, spinach, tomato, cucumber, onion, and capsicum. Any modifications, additional toppings, or alternative bread options may alter the nutritional values. For further customisations, please refer to the Subway Nutritional Information available online.

Breakfast



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Bacon, Egg & Cheese	387	20.1	38.3	16.5
Egg & Cheese	329	17.1	38.1	11.5
Ham, Egg & Cheese	376	23.6	39.4	13.2
Ham, Cheese & Tomato	311	17.9	38.6	8.7

Cookies



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Chocolate Chip Cookie	223	2.3	29.4	10.7
Chocolate Chip Rainbow Cookie	214	2.2	28.8	9.9
Double Chocolate Chip Cookie	211	2.2	29.4	9.3
Raspberry Cheesecake Cookie	212	1.8	29.4	9.7
White Chip Macadamia Nut Cookie	223	2.2	28.3	11.2

*Subway 6-inch Breakfast Sub calories & macronutrients are based on the default menu version, which includes white bread, spinach, tomato, onion, capsicum and cheddar cheese. Any modifications, additional toppings, or alternative bread options may alter the nutritional values. For further customisations, please refer to the Subway Nutritional Information available online.

Sauces (per serving size)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Blue Cheese Dressing (15g)	61.3	0.3	1.4	6.2
Chipotle Southwest Sauce (21g)	93.9	0.6	1.2	9.8
Garlic Aioli (21g)	58.7	0.3	1.6	5.8
Habanero Hot Sauce (15g)	19.7	0.1	4.6	0.0
Honey Mustard (21g)	29.6	0.3	6.5	0.3
Marinara Sauce (21g)	14.3	0.3	1.8	0.5
Mayonnaise (15g)	43.9	0.1	0.6	4.6
Ranch Dressing (21g)	56.2	0.3	0.6	6.0
Smoky BBQ Sauce (21g)	30.6	0.1	7.3	0.0
Spicy Mayonnaise (15g)	72.1	0.2	1.7	7.3
Sweet Chilli Sauce (21g)	40.4	0.1	9.6	0.1
Sweet Onion Sauce (21g)	38.6	0.1	9.1	0.1
Thousand Island Dressing (21g)	71.3	0.2	5.0	5.7
Tomato Sauce (21g)	24.3	0.3	5.4	0.0

Cheese



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Mozzarella Cheese (14g)	45.8	2.9	0.6	3.6
Natural Cheddar Cheese (14.3g)	56.4	3.4	0.1	4.8
Old English Style Processed Cheese (11.3g)	38.9	2.3	0.5	3.1

*Subway 6-inch calories & macronutrients are based on the default menu version, which includes white bread, lettuce, spinach, tomato, cucumber, onion, and capsicum. Any modifications, additional toppings, or alternative bread options may alter the nutritional values. For further customisations, please refer to the Subway Nutritional Information available online.

SUSHI 寿司 **HUB** 

Sushi Hub

Maki Roll



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Avocado & Cucumber	218	3.9	43.5	2.9
California	235	5.3	45.3	3.4
Crispy Chicken Avocado	278	10.9	45.1	5.8
Crispy Chicken Cucumber	250	11.7	42	3.6
Fresh Salmon Avocado	265	9.7	38.5	7.8
Fresh Salmon Cucumber	229	9.8	33.8	5.9
Lobster Salad Avocado	229	8.7	37.5	4.7
Lobster Salad Cucumber	226	8.9	40.2	3
Prawn & Avocado	258	7.7	45	4.9
Prawn Katsu Avocado	349	7.5	57.3	9.6
Seafood Combination	239	9.2	40.8	4
Seaweed Salad Cucumber	208	3.2	45.9	0.9
Soft Shell Crab	278	5.4	46.9	7.5
Spicy Chicken Avocado	278	9.7	40.9	8.2
Spicy Chicken Cucumber	276	9	44.3	6.7
Spicy Prawn Avocado	251	10.5	41.1	4.7
Spicy Salmon Avocado	258	10.4	39.8	6.2
Spicy Salmon Cucumber	253	10.5	38.6	6.1
Spicy Tuna Avocado	234	10.1	35.8	5.3
Spicy Tuna Cucumber	209	10.4	34.8	2.8
Spicy Tuna Salad Avocado	305	8.2	39.2	12.7

All values are based on Sushi Hub's white rice. For modifications or different rice options, please refer to the Sushi Hub website for detailed nutritional information. Nutritional values may vary at different locations.

Maki Roll



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Spicy Tuna Salad Cucumber	295	8.9	36.4	12.6
Tuna Salad Avocado	304	8.3	37.5	13.3
Tuna Salad Cucumber	278	8.5	38.9	9.7
Tempura Prawn	325	5.7	50.2	11
Tempura Pumpkin & Avocado	229	5	51	8.2
Tempura Veggie Cucumber	330	4.1	52.2	11.5
Teriyaki Beef Avocado	239	10.7	42.1	2.8
Teriyaki Chicken Avocado	245	14.3	44.5	0.7
Teriyaki Chicken Cucumber	233	10.1	44.7	1.2
Teriyaki Salmon	273	10.5	46.4	4.8
Teriyaki Tofu	275	10.9	52.7	1.9
Unagi & Egg	276	10.2	46.2	5.3
Vegetarian	188	4.3	39	1.3
Plant-Based Tuna Avocado	245	5.9	50.7	1.7
Plant-Based Chicken Avocado	292	7.7	46.6	8.1

All values are based on Sushi Hub's white rice. For modifications or different rice options, please refer to the Sushi Hub website for detailed nutritional information. Nutritional values may vary at different locations.

Sushi Box



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Assorted Sushi Box	514	27.2	92.3	3.2
BBQ Unagi Box	400	17.3	49.5	14.6
Inside Out Roll Box	550	16.0	108.0	5.3
Mini Roll Box	462	17.3	81.2	7.1
Roll Box	847	27.8	164.1	7.6
Salmon & Prawn Box	298	14.0	52.4	3.2
Salmon & Tuna Box	313	15.8	51.8	4.3
Salmon Box	335	18.4	43.7	9.4
Salmon Deluxe Box	429	22.3	77.9	2.5
Seafood Deluxe Box	627	22.8	121.6	4.6
Vegetarian Box	476	11.0	105.6	0.3

Sashimi



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Assorted Sashimi	190	32.1	9.9	2.3
Deluxe Sashimi	272	46.5	17.1	1.6
Salmon Sashimi	236	23.7	10.2	11.2

All values are based on Sushi Hub's white rice. For modifications or different rice options, please refer to the Sushi Hub website for detailed nutritional information. Nutritional values may vary at different locations.

Nigiri



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
BBQ Unagi Nigiri	73	2.5	11.0	2.1
Chicken Avocado Nigiri	79	3.4	11.5	2.0
Crab Leg Nigiri	106	5.2	15.2	2.6
Fresh Salmon Sandwich	152	4.7	26.9	2.7
Fried Ebi Nigiri	118	3.5	15.2	4.8
Grilled Cheese Avocado	71	1.2	13.0	1.6
Grilled Prawn Nigiri	52	1.7	9.8	0.6
Grilled Salmon Nigiri	68	2.7	10.3	1.8
Grilled Scallop Nigiri	65	4.4	10.1	0.6
Grilled Tamagoyaki	235	6.9	19.0	14.7
Salmon Dragon	111	4.4	18.0	2.2
Spicy Crab Stick Nigiri	66	2.6	11.2	1.1
Spicy Cheese Chicken Dragon	118	4.0	16.7	3.8
Tempura Veggie Nigiri	140	1.5	20.2	5.8
Tuna Salad Sandwich	129	3.3	20.3	3.7
Unagi Dragon	81	3.7	10.2	2.7

All values are based on Sushi Hub's white rice. For modifications or different rice options, please refer to the Sushi Hub website for detailed nutritional information. Nutritional values may vary at different locations.

Zambbrero

Zambbrero

Classic Burritos (without sauce)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Barbacoa Beef	780	37.4	86.2	31.0
Cauliflower	682	21.6	85.8	27.1
Classic Beef Mince	790	32.6	83.6	35.5
Grilled Chicken	752	35.7	83.7	29.8
Lamb	773	34.8	86.0	31.5
Pork	750	32.7	85.6	29.2
Vegetarian	863	23.5	107.5	36.7

Classic Bowls (without sauce)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Barbacoa Beef	496	29.9	42.5	22.4
Cauliflower	397	14.1	42.1	18.5
Classic Beef Mince	506	25.1	39.9	26.9
Grilled Chicken	468	28.2	40.0	21.2
Lamb	489	27.3	42.3	22.9
Pork	466	25.2	41.9	20.6
Vegetarian	579	16.0	63.8	28.1

Zambrero menu items for burritos, bowls, salads and nachos are based on the classic (regular) size. For other size options or modifications, which may alter the nutritional values, please refer to the Zambrero website for detailed nutritional information.

Signature Burritos (without sauce)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Barbacoa Beef	937	44.8	88.8	43.7
Cauliflower	839	29.0	88.4	39.8
Classic Beef Mince	955	40.2	87.8	48.2
Grilled Chicken	917	43.3	87.9	42.4
Lamb	930	42.2	88.6	44.2
Pork	907	40.1	88.2	41.9
Vegetarian	1010	31.7	109	47.7

Signature Bowls (without sauce)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Barbacoa Beef	640	37.0	43.2	34.7
Cauliflower	542	21.2	42.8	30.8
Classic Beef Mince	658	32.4	42.2	39.2
Grilled Chicken	620	35.5	42.3	33.5
Lamb	634	34.4	43.0	35.2
Pork	610	32.3	42.6	32.9
Vegetarian	710	23.8	63.5	38.7

Nachos (without sauce)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Barbacoa Beef	831	39.2	52.6	51.3
Cauliflower	713	20.3	52.1	46.6
Classic Beef Mince	842	33.5	49.4	56.6
Grilled Chicken	799	37.3	49.9	49.8
Lamb	823	36.1	52.3	51.9
Pork	795	33.6	51.8	49.1
Vegetarian	809	22.4	54.0	55.6

Zambrero menu items for burritos, bowls, salads and nachos are based on the classic (regular) size. For other size options or modifications, which may alter the nutritional values, please refer to the Zambrero website for detailed nutritional information.

Quesadilla (Without Sauce)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Barbacoa Beef	566	34.6	45.3	26.8
Cauliflower	468	18.8	44.9	22.9
Classic Beef Mince	237	12.6	15.0	13.8
Grilled Chicken	538	32.9	42.8	25.5
Lamb	559	32.0	45.1	27.3
Pork	536	29.9	44.7	25.0
Vegetarian	492	20.8	47.4	23.8

Hard Taco (without sauce & per taco)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Barbacoa Beef	224	12.1	16.5	11.9
Cauliflower	185	5.8	16.3	10.3
Classic Beef Mince	219	9.6	12.6	14.2
Grilled Chicken	204	10.9	12.6	11.9
Lamb	222	11.1	16.4	12.1
Pork	212	10.2	16.3	11.2
Vegetarian	207	5.0	14.2	14.0

Soft Taco (without sauce & per taco)



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Barbacoa Beef	235	13.1	19.0	11.5
Cauliflower	195	6.8	18.8	10.0
Classic Beef Mince	238	11.2	17.9	13.3
Grilled Chicken	223	12.4	18.0	11.0
Lamb	232	12.0	18.9	11.7
Pork	223	11.2	18.7	10.8
Vegetarian	217	6.0	16.7	13.7

Sauces & Guacamole



Item	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)
Basilo	102	0.34	0.9	10.8
Chipotle	98	0.2	0.9	10.5
Garlic	89	0.24	0.9	9.3
Red Chilli	28	0.2	5.8	0.3
Secret BBQ	30.3	0.1	5.9	0.7
Trezigo	23.4	0.1	1.5	1.9
Verde	34.2	0.1	1.8	2.9
Smoky Habanero	12.6	0.2	0.9	0.5

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