

Nutrition Information BENTO BOWL

Updated Oct 2020

Nutrition per 100g.

	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)	
Bento Bowl	Beef (Teriyaki Beef)	609.0	6.3	3.6	1.0	21.2	4.2	450.0
	Fried Chicken Large	710.0	8.8	5.4	1.1	20.7	2.0	358.0
	Fried Chicken Regular	704.0	7.1	5.3	1.1	22.1	2.0	369.0
	Katsu Chicken with Curry sauce Large	833.0	7.3	8.9	1.5	21.9	0.5	293.0
	Katsu Chicken with Curry sauce Regular	789.0	5.9	7.8	1.3	23.0	0.6	320.0
	Katsu Chicken with Teriyaki sauce Large	822.0	7.3	8.2	1.5	22.6	2.0	301.0
	Katsu Chicken with Teriyaki sauce Regular	778.0	5.8	7.2	1.3	23.7	2.0	328.0
	Super Crunchy Chicken Large	969.0	7.3	12.0	2.6	23.2	2.0	331.0
	Super Crunchy Chicken Regular	882.0	5.9	9.8	2.1	24.0	2.0	348.0
	Tempura Prawn	755.0	3.6	6.8	1.7	25.2	2.0	293.0
	Tempura Vege	913.0	3.3	10.3	1.6	27.3	2.5	274.0
	Tempura Vege & Crumbed Prawn	941.0	3.9	11.1	1.8	26.6	2.4	245.0
	Teriyaki Chicken Large	682.0	8.8	4.4	1.0	21.4	3.8	381.0
	Teriyaki Chicken Regular	684.0	7.1	4.6	1.0	22.6	3.3	385.0
	Teriyaki Salmon	793.0	6.4	8.2	1.6	21.8	2.0	295.0
	Teriyaki Tofu	612.0	2.6	4.6	0.7	22.6	3.7	292.0
	Bento Box	Bento A (Katsu) - excludes miso soup	736.0	6.4	7.0	1.4	21.2	2.2
Bento B (Teriyaki) - excludes miso soup		666.0	6.8	5.1	1.1	20.8	3.0	271.0
Bento C (Katsu & Sashimi) - excludes miso soup		834.0	8.8	9.0	1.9	20.1	1.9	246.0
Bento D (Teriyaki & Sashimi) - excludes miso soup		762.0	9.4	7.0	1.6	19.6	2.8	282.0
Noodles	Katsu Chicken Noodle (Soba)	729.0	8.6	6.1	1.1	21.2	0.2	522.0
	Katsu Chicken Noodle (Udon)	664.0	7.3	5.8	1.1	18.7	0.2	590.0
	Ramen Miso	504.0	7.3	2.3	0.5	18.2	2.3	345.0
	Ramen Tonkotsu (BB)	595.0	7.6	4.0	0.5	17.7	2.1	712.0
	Tempura Prawn Noodle (Soba)	676.0	5.8	5.1	1.4	23.1	0.1	512.0
	Tempura Prawn Noodle (Udon)	601.0	4.3	4.7	1.4	20.2	0.1	589.0
	Tempura Vege Noodle (Soba)	907.0	5.0	10.2	1.5	26.2	1.0	435.0
	Tempura Vege Noodle (Udon)	848.0	3.9	9.9	1.5	23.8	1.0	496.0
	Teriyaki Beef Noodle (Soba)	527.0	7.0	1.4	0.4	21.2	1.9	649.0
	Teriyaki Beef Noodle (Udon)	455.0	5.6	1.0	0.4	18.4	1.9	724.0
	Teriyaki Chicken Noodle (Soba)	590.0	9.6	2.3	0.5	20.4	1.6	616.0
Teriyaki Chicken Noodle (Udon)	518.0	8.2	1.9	0.5	17.5	1.6	691.0	
Other	Crumbed Prawn	1175.7	9.2	17.8	3.4	21.0	1.1	0.7
	Curry Pocket	1170.0	6.4	9.4	2.6	40.8	38.9	604.0
	Fried Chicken (Karaage Chicken)	865.0	23.0	9.8	2.3	6.5	0.1	399.0
	Katsu Burger	1180.0	10.8	20.3	3.8	13.1	3.0	505.0
	Miso Soup Small	62.9	0.8	0.4	0.1	1.5	0.5	338.0
	Takoyaki	624.0	3.4	7.9	2.0	15.4	14.4	186.0
	Tempura Prawn	1172.3	8.0	19.0	6.0	19.0	0.0	0.7
	Tempura Vege	1500.0	5.0	24.8	3.8	29.0	2.5	76.0

Nutritional Information - Per serve. All serving size is our standard product displayed as images.

Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)	
Bento Bowl	545.0	3320.0	34.2	19.6	5.2	116.0	22.9	2450.0
	585.0	4150.0	51.4	31.6	6.6	121.0	11.6	2100.0
	445.0	3130.0	31.7	23.6	4.7	98.2	8.8	1640.0
	635.0	5290.0	46.4	56.3	9.8	139.0	3.2	1860.0
	460.0	3630.0	27.0	36.0	6.1	106.0	2.5	1470.0
	635.0	5220.0	46.2	52.3	9.8	144.0	12.7	1910.0
	460.0	3580.0	26.8	33.1	6.1	109.0	9.3	1510.0
	655.0	6350.0	47.8	78.7	17.2	152.0	13.2	2170.0
	470.0	4140.0	27.6	46.2	9.8	113.0	9.5	1640.0
	425.0	3210.0	15.1	29.0	7.2	107.0	8.7	1240.0
	495.0	4520.0	16.3	51.0	8.1	135.0	12.5	1360.0
	555.0	5220.0	21.8	61.7	10.2	148.0	13.2	1360.0
	585.0	3990.0	51.2	25.4	6.0	125.0	22.1	2230.0
	445.0	3040.0	31.6	20.2	4.4	100.0	14.6	1720.0
	435.0	3450.0	27.7	35.5	7.2	94.7	8.8	1280.0
	440.0	2690.0	11.6	20.2	3.0	99.4	16.3	1280.0
	Bento Box	653.0	4810.0	41.8	45.5	9.0	139.0	14.2
618.0		4120.0	42.0	31.4	6.9	128.0	18.4	1680.0
589.0		4910.0	51.7	53.1	11.0	119.0	11.1	1450.0
554.0		4220.0	52.0	39.0	8.9	108.0	15.3	1560.0
Noodles	349.0	2540.0	30.0	21.3	3.7	74.1	0.7	1820.0
	349.0	2,320.0	25.6	20.1	3.7	65.1	0.7	2,060.0
	365.0	1840.0	26.6	8.3	1.8	66.3	8.4	1260.0
	365.0	2170.0	27.7	14.7	1.8	64.6	7.6	2600.0
	304.0	2,050.0	17.5	15.4	4.2	70.3	0.2	1,560.0
	304.0	1,830.0	13.1	14.2	4.2	61.3	0.2	1,790.0
	384.0	3,480.0	19.4	39.3	5.7	100.0	3.9	1,670.0
	384.0	3,260.0	15.0	38.1	5.7	91.5	3.9	1,900.0
	314.0	1,650.0	22.0	4.4	1.2	66.6	5.8	2,040.0
	314.0	1,430.0	17.6	3.2	1.2	57.6	5.8	2,280.0
	314.0	1,850.0	30.2	7.2	1.6	64.0	4.9	1,930.0
314.0	1,630.0	25.8	6.0	1.6	55.0	4.9	2,170.0	
Other	15.0	176.3	1.4	2.7	0.5	3.2	0.2	0.1
	75.0	876.0	4.8	7.1	2.0	30.6	29.2	453.0
	120.0	1040.0	27.6	11.8	2.8	7.8	0.1	479.0
	176.0	2070.0	19.1	35.7	6.7	23.1	5.3	889.0
	200 ml	126.0	1.7	0.8	0.2	3.0	1.1	675.0
	189.0	1180.0	6.4	14.9	3.8	29.1	27.2	352.0
	36.0	422.0	2.9	6.8	2.2	6.8	0.0	0.3
	150.0	2250.0	7.5	37.2	5.7	43.5	3.8	114.0