

Nutrition Information BENTO BOWL

Last Update Nov 2024

		Nutrition per 100g						
		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Bento Bowl	Katsu Chicken Bowl Regular	1110	6.6	4.9	1.4	48.0	4.3	355
	Katsu Chicken Bowl Large	1070	7.3	4.5	1.3	45.8	4.1	314
	Katsu Chicken Bowl XL Super Bowl	1010	7.7	4.3	1.3	42.0	4.3	318
	Super Crunchy Chicken Bowl	1150	6.5	6.3	1.3	47.2	4.0	377
	Super Crunchy Chicken Bowl Large	1130	7.2	6.6	1.3	44.5	3.7	348
	Super Crunchy Chicken XL Super Bowl	1080	7.5	7.1	1.2	40.4	3.8	360
	Teriyaki Chicken Bowl Regular	1020	7.0	4.5	1.2	43.1	5.0	460
	Teriyaki Chicken Bowl Large	953	7.7	3.9	1.2	39.8	5.1	468
	Teriyaki Chicken XL Super Bowl	871	8.0	3.6	1.1	35.2	5.6	507
	Fried Chicken Bowl Regular	1040	7.5	4.6	1.3	43.5	3.8	414
	Fried Chicken Bowl Large	980	8.4	4.1	1.2	40.3	3.6	405
	Fried Chicken XL Super Bowl	904	8.9	3.9	1.2	35.8	3.7	431
	Teriyaki Salmon Bowl	1190	7.9	8.6	2.0	43.4	4.0	332
	Teriyaki Beef Bowl	1160	5.4	11.0	4.2	38.5	6.0	461
	Tempura Prawn Bowl	1180	5.8	7.8	2.3	46.6	4.0	482
	Teriyaki Tofu Bowl	1050	4.8	5.1	1.2	45.2	5.5	349
	Tempura Vege Bowl	1130	4.7	6.8	1.5	47.1	4.8	374
	Tempura Vege & Crumbed Prawns Bowl	1090	5.0	6.4	1.4	45.0	4.5	375
	Katsu Chicken Curry Rice Regular	946	5.7	3.6	1.7	42.5	2.0	307
	Katsu Chicken Curry Rice Large	946	6.5	3.7	1.6	41.3	1.9	266
Noodle	Fried Chicken Ramen	204	3.4	1.7	0.3	4.7	0.3	533
	Teriyaki Chicken Ramen	195	3.2	1.6	0.3	4.6	0.8	552
	Teriyaki Chicken Udon	174	3.0	0.8	0.2	5.5	1.9	702
	Katsu Chicken Udon	223	2.9	1.2	0.3	7.5	0.3	588
	Prawn Udon	306	2.3	3.9	1.2	7.0	<0.1	702
	Vegetable Udon	297	1.3	3.2	0.4	9.1	1.0	592
	Teriyaki Chicken Soba	182	3.2	0.8	0.2	4.1	1.9	710
	Katsu Chicken Soba	232	3.2	1.2	0.3	5.9	0.3	597
	Prawn Soba	315	2.5	4.0	1.2	5.5	<0.1	710
	Vegetable Soba	305	1.5	3.2	0.4	6.9	1.0	600

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Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
426	4729	28.1	20.9	6.0	204.5	18.3	1512
566	6056	41.3	25.5	7.4	259.2	23.2	1777
676	6828	52.1	29.1	8.8	283.9	29.1	2150
426	4899	27.7	26.8	5.5	201.1	17.0	1606
566	6396	40.8	37.4	7.4	251.9	20.9	1970
676	7301	50.7	48.0	8.1	273.1	25.7	2434
446	4549	31.2	20.1	5.4	192.2	22.3	2052
586	5585	45.1	22.9	7.0	233.2	29.9	2742
696	6062	55.7	25.1	7.7	245.0	39.0	3529
446	4638	33.5	20.5	5.8	194.0	16.9	1846
586	5743	49.2	24.0	7.0	236.2	21.1	2373
696	6292	61.9	27.1	8.4	249.2	25.8	3000
446	5307	35.2	38.4	8.9	193.6	17.8	1481
526	6102	28.4	57.9	22.1	202.5	31.6	2425
436	5145	25.3	34.0	10.0	203.2	17.4	2102
426	4473	20.4	21.7	5.1	192.6	23.4	1487
456	5153	21.4	31.0	6.8	214.8	21.9	1705
496	5406	24.8	31.7	6.9	223.2	22.3	1860
475	4494	27.1	27.1	17.1	201.9	9.5	1458
615	5818	40.0	22.8	9.8	254.0	11.7	1636
514	1049	17.5	8.7	1.5	24.2	1.5	2740
514	1002	16.4	8.2	1.5	23.6	4.1	2837
486	846	14.6	3.9	1.0	26.7	9.2	3412
456	1017	13.2	5.5	1.4	34.2	1.4	2681
466	1426	10.7	18.2	5.6	32.6	0.1	3271
486	1443	6.3	15.6	1.9	44.2	4.9	2877
486	885	15.6	3.9	1.0	19.9	9.2	3451
456	1058	14.6	5.5	1.4	26.9	1.4	2722
466	1468	11.7	18.6	5.6	25.6	0.1	3309
486	1482	7.3	15.6	1.9	33.5	4.9	2916

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Bento Box	Katsu Chicken Box (Excludes Miso Soup)	1140	7.5	7.4	2.5	43.1	3.9	292
	Salmon Sashimi Box (Excludes Miso Soup)	1110	8.2	10.0	3.0	35.0	3.7	284
	Teriyaki Chicken Box (Excludes Miso Soup)	1090	7.6	7.1	2.4	41.0	4.3	359
Other	Karaage Chicken Cup	542	15.4	3.9	1.2	8.1	0.0	396
	Chicken Box Regular	542	15.4	3.9	1.2	8.1	0.0	396
	Fried Tofu	443	3.0	6.2	0.6	8.1	7.9	44
	Tempura Prawn	1173	8.0	19.0	6.0	19.0	0.0	720
	Takoyaki	508	6.2	3.0	1.2	16.0	15.4	153
	Tempura Vege	976	2.8	13.0	1.9	26.0	4.1	230
	Katsu Chicken	808	12.6	5.1	1.6	23.2	1.4	75
	Super Crunchy	1000	12.1	12.8	1.3	18.8	0.1	193
Buffet Platter	Super Crunchy	1000	12.1	12.8	1.3	18.8	0.1	193
	Karaage Chicken	542	15.4	3.9	1.2	8.1	0.0	396
	Takoyaki	508	6.2	3.0	1.2	16.0	15.4	153
	Crumb Prawn	544	8.1	1.2	0.7	21.6	2.0	392
	Tempura Vege	976	2.8	13.0	1.9	26.0	4.1	230
	Edamame	529	11.4	4.3	0.7	7.8	0.0	150
Katsu Baby Platter	Katsu Chicken	808	12.6	5.1	1.6	23.2	1.4	75
	Karaage Chicken	542	15.4	3.9	1.2	8.1	0.0	396
	Takoyaki	508	6.2	3.0	1.2	16.0	15.4	153
	Crumb Prawn	544	8.1	1.2	0.7	21.6	2.0	392
DRINKS	Green Tea	-	-	-	-	-	-	-
	Miso Soup (Small)	50	0.7	0.4	0.0	1.5	0.0	38

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625	7125	46.9	46.3	15.6	269.4	24.4	1825
545	6050	44.7	54.5	16.4	190.8	20.2	1548
625	6813	47.5	44.4	15.0	256.3	26.9	2244
120	650	18.5	4.7	1.4	9.7	0.0	475
400	2168	61.6	15.6	4.8	32.4	0.0	1584
80	354	2.4	4.9	0.5	6.5	6.3	35
30	352	2.4	5.7	1.8	5.7	0.0	216
180	914	11.2	5.4	2.2	28.8	27.7	275
110	1074	3.1	14.3	2.1	28.6	4.5	253
80	646	10.1	4.1	1.3	18.6	1.1	60
80	800	9.7	10.2	1.0	15.0	0.1	154
80	800	9.7	10.2	1.0	15.0	0.1	154
120	650	18.5	4.7	1.4	9.7	0.0	475
90	457	5.6	2.7	1.1	14.4	13.9	138
60	326	4.9	0.7	0.4	13.0	1.2	235
220	2147	6.2	28.6	4.2	57.2	9.0	506
80	423	9.1	3.4	0.6	6.2	0.0	120
80	646	10.1	4.1	1.3	18.6	1.1	60
60	325	9.2	2.3	0.7	4.9	0.0	238
60	305	3.7	1.8	0.7	9.6	9.2	92
40	218	3.2	0.5	0.3	8.6	0.8	157
-	-	-	-	-	-	-	-
250	124	1.8	1.0	0.0	3.8	0.0	95

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CONDIMENTS	House Mayonnaise	2600	2.4	65.7	11.5	1.1	0.8	740
	Spicy Mayonnaise	2180	2.0	50.3	8.8	11.7	10.3	944
	Teriyaki Sauce	377	1.9	0.0	0.0	20.7	16.0	1030
	Soy Bean	669	12.0	7.0	1.3	15.0	11.0	0
	Red Ginger	92	0.6	0.2	-	4.4	-	2520
	Yellow Pickles	83	1.1	0.1	-	4.1	-	1940

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15	390	0.4	9.9	1.7	0.2	0.1	111
15	327	0.3	7.5	1.3	1.8	1.5	142
15	57	0.3	0.0	0.0	3.1	2.4	155
6	40	0.7	0.4	0.1	0.9	0.7	0
5	5	0.0	0.0	-	0.2	-	126
5	4	0.1	0.0	-	0.2	-	97

Additional Information:

Nutritional information is based on average values, standard product preparation, and other factors. Data is sourced from independent testing facilities and approved suppliers. Actual serving sizes and nutrient values may vary due to differences in regional and seasonal ingredients, minor variations in product preparation, and other factors.

Some menu items may not be available at all Bento Bowl locations. Certain restaurants may occasionally offer test products, limited-time items, or regional specialties not included in this information.

The product data provided reflects current formulations. Nutritional details do not apply to special or customized orders.

For specific allergen information, refer to the Allergen List.

If you have specific dietary needs, allergies, or questions about ingredients, we strongly recommend that you contact us via the 'CONTACT FORM' on our website <https://bentobowl.co.nz/contact-us>