

Nutrition Information BENTO BOWL

Last Update July 2025

		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	702	5.8	7.5	1.3	18.9	3.5	370
	Katsu Chicken Bowl Large	769	7.6	8.4	1.5	19.1	3.1	340
	Katsu Chicken Bowl XL Super Bowl	825	8.9	9.4	1.7	19.1	3.3	350
	Super Crunchy Chicken Bowl Regular	703	5.2	7.3	0.9	20.2	3.4	385
	Super Crunchy Chicken Bowl Large	771	6.6	8.1	0.9	21.1	3.1	362
	Super Crunchy Chicken XL Super Bowl	827	7.6	8.9	1.0	21.6	3.3	378
	Teriyaki Chicken Bowl Regular	552	4.3	3.9	0.6	19.5	3.9	439
	Teriyaki Chicken Bowl Large	544	5.0	3.2	0.6	20.0	3.8	440
	Teriyaki Chicken XL Super Bowl	544	5.6	2.8	0.5	20.2	4.2	474
	Karaage Fried Chicken Bowl Regular	620	6.5	6.0	1.0	16.8	3.4	436
	Karaage Fried Chicken Bowl Large	638	8.1	6.0	1.1	16.2	3.2	436
	Karaage Fried Chicken XL Super Bowl	519	7.2	3.7	0.8	15.1	3.3	434
	Teriyaki Salmon Bowl	687	5.6	8.4	1.5	16.3	3.5	330
	Beef Bowl	689	4.9	10.1	3.3	15.0	3.6	492
	Tempura Prawn Bowl	729	3.7	9.7	2.2	17.9	2.2	425
	Teriyaki Tofu Bowl	586	2.4	8.0	0.9	14.2	4.5	228
	Tempura Vege Bowl	617	2.4	6.6	1.0	19.5	3.3	305
	Tempura Vege + Tofu Bowl	641	2.5	8.3	1.0	16.6	4.2	242
	Katsu Chicken Curry Regular	578	5.1	5.8	1.6	16.4	1.3	327
	Katsu Chicken Curry Large	670	6.8	7.3	1.8	16.8	1.2	296
	Fried Tofu Curry Regular	500	2.1	6.4	1.2	13.2	3.3	260
	Fried Tofu Curry Large	519	2.2	7.0	1.1	12.8	3.6	229
		Includes water						
Noodle	Fried Chicken Ramen	317	4.2	1.9	0.3	10.3	0.3	417
	Teriyaki Chicken Ramen	294	3.4	1.2	0.2	11.2	0.4	418
	Beef Udon	348	2.8	3.7	1.4	10.5	0.8	557
	Katsu Chicken Udon	424	4.7	3.7	0.7	12.2	0.0	447
	Prawn Udon	413	2.5	4.5	1.2	12.0	0.0	538
	Vegetable Udon	339	1.6	2.6	0.4	12.8	0.6	465
	Beef Soba	382	3.6	3.8	1.4	11.4	0.8	540
	Katsu Chicken Soba	457	5.4	3.8	0.7	13.1	0.0	430
	Prawn Soba	354	3.2	4.6	1.2	13.0	0.0	521
	Vegetable Soba	278	2.4	2.8	0.4	13.8	0.6	447

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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)
436	3061	25.3	32.7	5.7	82.4	15.3	1613
586	4506	44.5	49.2	8.8	111.9	18.2	1992
706	5825	62.8	66.4	12.0	134.8	23.3	2471
436	3065	22.7	31.8	3.9	88.1	14.8	1679
586	4518	38.7	47.5	5.3	123.6	18.2	2121
706	5839	53.7	62.8	7.1	152.5	23.3	2669
446	2462	19.2	17.4	2.7	87.0	17.4	1958
586	3188	29.3	18.8	3.5	117.2	22.3	2578
696	3786	39.0	19.5	3.5	140.6	29.2	3299
446	2765	29.0	26.8	4.5	74.9	15.2	1945
586	3739	47.5	35.2	6.4	94.9	18.8	2555
696	3612	50.1	25.8	5.6	105.1	23.0	3021
446	3064	25.0	37.5	6.7	72.7	15.6	1472
493	3397	24.2	49.8	16.3	74.0	17.7	2426
459	3346	17.0	44.5	10.1	82.2	10.1	1951
506	2962	12.1	40.4	4.5	71.8	22.7	1153
423	2610	10.2	27.9	4.2	82.5	14.0	1290
555	3558	13.9	46.1	5.6	92.1	23.3	1343
485	2803	24.7	24.7	28.1	79.5	6.3	1586
635	4255	43.2	46.4	11.4	106.7	7.6	1880
571	2855	12.0	12.0	36.5	75.4	18.8	1485
719	3732	15.8	15.8	50.3	92.0	25.9	1647
Seving size includes the soup							
672	2130	28.2	12.8	2.0	69.2	2.0	2802
672	1977	22.9	8.1	1.3	75.3	2.7	2811
637	2217	17.8	23.6	8.9	66.9	5.1	3548
657	2786	30.9	24.3	4.6	80.2	0.0	2937
657	2713	16.4	29.6	7.9	78.8	0.0	3535
627	2126	10.0	16.3	2.5	80.3	3.8	2916
637	2433	22.9	24.2	8.9	72.6	5.1	3440
657	3002	35.5	25.0	4.6	86.1	0.0	2825
657	2326	21.0	30.2	7.9	85.4	0.0	3423
627	1743	15.0	17.6	2.5	86.5	3.8	2803

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		Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
Deluxe 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	913	21.2	10.5	2.3	9.6	0.2	500
	Chicken Box Regular	913	21.2	10.5	2.3	9.6	0.2	500
	Fried Tofu	717	2.8	14.1	1.2	7.4	7.2	40
	Tempura Prawn	1280	7.6	22.6	6.1	18.2	0.0	688
	Takoyaki	508	6.2	3.0	1.2	16.0	15.4	153
	Tempura Vege	1060	2.7	15.7	2.1	25.2	4.0	223
	Katsu Chicken	1340	19.6	18.4	3.6	18.9	0.2	187
	Super Crunchy	1345	16.3	17.2	1.7	25.3	0.1	260
Buffet Platter	Super Crunchy	1345	16.3	17.2	1.7	25.3	0.1	260
	Karaage Chicken	913	21.2	10.5	2.3	9.6	0.2	500
	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	1060	2.7	15.7	2.1	25.2	4.0	223
	Edamame	529	11.4	4.3	0.7	7.8	0.0	150
Katsu Baby Platter	Katsu Chicken	1340	19.6	18.4	3.6	18.9	0.2	187
	Karaage Chicken	913	21.2	10.5	2.3	9.6	0.2	500
	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	0.5	0.1	1.2	0.6	335

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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)
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		
120	1096	25.4	12.6	2.8	11.5	0.2	600
400	3652	84.8	42.0	9.2	38.4	0.8	2000
178	1276	5.0	25.1	2.1	13.2	12.8	71
42	538	3.2	9.5	2.6	7.6	0.0	289
180	914	11.2	5.4	2.2	28.8	27.7	275
90	954	2.4	14.1	1.9	22.7	3.6	201
90	1206	17.6	16.6	3.2	17.0	0.2	168
90	1211	14.7	15.5	1.5	22.8	0.1	234
90	1211	14.7	15.5	1.5	22.8	0.1	234
120	1096	25.4	12.6	2.8	11.5	0.2	600
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
180	1908	4.9	28.3	3.8	45.4	7.2	401
80	423	9.1	3.4	0.6	6.2	0.0	120
90	1206	17.6	16.6	3.2	17.0	0.2	168
60	548	12.7	6.3	1.4	5.8	0.1	300
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
-	-	-	-	-	-	-	-
235	116	1.6	1.2	0.2	2.8	1.4	787

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CONDIMENTS

Nutrition per 100g								
	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)	
House Mayonnaise	2640	1.1	69.5	11.1	3.0	0.1	606	
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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Serving size (g)	Energy (KJ)	Protein (g)	Fat, total (g)	Fat, saturated (g)	Carbohydrates, total (g)	Carbohydrates, sugars (g)	Sodium (mg)
15	396	0.2	10.4	1.7	0.5	<0.1	91
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	<0.1	<0.1	-	0.2	-	126
5	4	0.1	<0.1	-	0.2	-	97