

DOC NUMBER	CIS005		
VERSION	3	REVISION DATE	Dec 2025
DOC NAME	Nutrition Information Bento		

		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	725	6.6	8.2	1.3	18.0	2.2	264
	Super Crunchy Chicken Bowl Regular	726	5.7	7.8	0.8	19.6	2.2	282
	Teriyaki Chicken Bowl Regular	581	3.9	5.4	0.9	18.3	4.2	434
	Fried Chicken Bowl (Karaage Chicken) Regular	602	6.4	5.9	0.9	15.8	2.3	337
	Teriyaki Salmon Bowl	665	5.4	9.0	1.5	13.8	2.3	226
	Beef Bowl	737	3.5	11.9	3.9	13.6	1.4	332
	Tempura Prawn Bowl	719	3.6	9.5	2.0	17.8	2.2	395
	Teriyaki Tofu Bowl	637	3.1	9.4	0.6	13.7	1.9	164
	Tempura Vege Bowl	642	2.2	7.2	0.9	19.4	3.3	243
	Tempura Vege and Tofu Bowl	678	2.8	9.3	0.8	16.6	2.5	194
		Includes Soup						
Noodle	Teriyaki Chicken Ramen (Tonkatsu Pork)	291	3.2	1.7	0.5	10.2	0.9	449
	Teriyaki Chicken Ramen Spicy (Tonkatsu Pork)	337	3.1	3.0	0.7	10.0	0.9	443
	Karaage Ramen (Tonkatsu Pork)	297	3.9	1.9	0.5	9.4	0.4	420
	Karaage Ramen Spicy (Tonkatsu Pork)	343	3.9	3.2	0.7	9.3	0.4	414
	Katsu Chicken Udon	421	4.7	3.7	0.7	12.2	<0.1	397
	Katsu Chicken Soba	454	5.4	3.8	0.7	13.1	<0.1	380
	Beef Udon	348	2.1	4.0	1.6	10.0	0.4	487
	Beef Soba	382	2.8	4.1	1.6	11.0	0.4	469
	Tempura Prawn Udon	412	2.5	4.5	1.2	12.0	<0.1	488
	Tempura Prawn Soba	445	3.2	4.6	1.2	13.0	<0.1	471
	Tempura Vege Udon	338	1.6	2.6	0.4	12.8	0.6	412
	Tempura Vege Soba	373	2.4	2.8	0.4	13.7	0.6	394
Other	Katsu Chicken Curry on Rice Regular	620	5.9	6.5	1.7	16.5	1.4	281
	Tofu Curry on Rice Regular	543	2.7	7.6	1.0	12.8	1.1	212
	Karaage Fried Chicken (with sauce)	1170	18.3	19.0	3.1	8.6	0.3	500
	Karaage Fried Chicken Spicy (with sauce)	1110	18.2	53.7	6.0	12.5	10.4	780
	Pork Gyoza 6pc (with sauce)	380	3.0	5.5	1.1	7.0	0.8	691
	Vege Gyoza 6pc (with sauce)	376	1.9	5.2	0.6	8.9	0.2	805
	Takoyaki 6pc	1490	5.0	32.8	2.2	11.3	<0.1	361
	Tempura Prawn 3pc	1290	7.6	22.9	6.1	18.1	<0.1	686
	Fried Tofu 8pc	796	4.4	16.1	0.7	7.4	<0.1	37
	Sweet Potato Tempura (with sauce)	1350	1.3	22.2	2.8	28.6	4.0	115
	Vege Spring Rolls 2pc (with sauce)	1070	1.8	15.3	1.1	27.6	14.6	785
Bento Box	Katsu Chicken and Salmon Sashimi Bento (with Miso Soup)	715	5.3	10.0	2.3	14.8	1.5	362
	Katsu Chicken and Sushi Bento (with Miso Soup)	738	6.1	11.7	2.7	11.6	1.2	373
Platter	Spring Roll Box	1230	2.2	23.0	1.8	19.5	3.6	528
	Takoyaki Box	1520	4.8	34.0	2.4	10.9	<0.1	333
	Tempura Prawn Box	1270	6.7	22.7	5.5	17.8	2.0	731
	Prawn & Chicken Box	1200	12.6	18.6	3.8	17.0	1.7	557
	Karaage Fried Chicken Large	943	18.7	11.9	2.3	10.4	1.8	560
	Karaage Fried Chicken Regular	943	18.7	11.9	2.3	10.4	1.8	560
	Mixed Chicken Box Large	1150	17.3	15.3	2.5	16.4	1.6	422
	Mixed Chicken Box Regular	1150	17.3	15.3	2.5	16.4	1.6	422

Nutrition per serving 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)
468	3393	30.9	38.4	6.1	84.2	10.3	1236
468	3398	26.7	36.5	3.7	91.7	10.3	1320
448	2603	17.5	24.2	4.0	82.0	18.8	1944
448	2697	28.7	26.4	4.0	70.8	10.3	1510
459	3052	24.8	41.3	6.9	63.3	10.6	1037
443	3265	15.5	52.7	17.3	60.2	6.2	1471
474	3408	17.1	45.0	9.5	84.4	10.4	1872
554	3529	17.2	52.1	3.3	75.9	10.5	909
423	2716	9.3	30.5	3.8	82.1	14.0	1028
555	3763	15.5	51.6	4.4	92.1	13.9	1077
Serving size includes soup							
742	2160	23.8	12.6	3.7	75.7	6.7	3333
752	2536	23.3	22.6	5.3	75.2	6.8	3333
742	2205	29.0	14.1	3.7	69.8	3.0	3118
752	2581	29.3	24.1	5.3	70.0	3.0	3115
657	2766	30.9	24.3	4.6	80.2	<0.1	2608
657	2983	35.5	25.0	4.6	86.1	<0.1	2497
637	2217	13.4	25.5	10.2	63.7	2.5	3102
637	2433	17.8	17.8	26.1	70.1	2.5	2988
657	2707	16.4	16.4	29.6	78.8	<0.1	3206
657	2924	21.0	21.0	30.2	85.4	<0.1	3094
627	2119	10.0	16.3	2.5	80.3	3.8	2583
627	2339	15.0	17.6	2.5	85.9	3.8	2470
515	3195	30.3	33.4	8.8	84.8	7.0	1447
615	3339	16.6	46.7	6.2	78.7	6.8	1304
140	1638	25.6	26.6	4.3	12.0	0.4	700
140	1554	25.5	75.2	8.4	17.5	14.6	1092
172	654	5.2	9.5	1.9	12.0	1.4	1189
142	534	2.7	7.4	0.9	12.6	0.3	1143
197	2935	9.9	64.6	4.3	22.3	<0.1	711
126	1625	9.6	28.9	7.7	22.8	<0.1	864
176	1401	7.7	28.3	1.2	13.0	<0.1	65
148	1998	1.9	32.9	4.1	42.3	5.9	170
70	749	1.3	10.7	0.8	19.3	10.2	550
1003	7173	53.2	100.3	23.1	148.5	15.0	3632
923	6808	56.3	107.9	24.9	107.0	11.1	3441
Serving per platter: approximately 4							
144	1771	3.2	33.1	2.6	28.1	5.2	760
218	3317	10.5	74.2	5.2	23.8	<0.1	727
187	2369	12.5	42.3	10.3	33.2	3.7	1363
223	2676	28.1	41.5	8.5	37.9	3.8	1242
229	2159	42.8	27.3	5.3	23.8	4.1	1282
115	1080	21.4	13.6	2.6	11.9	2.1	641
249	2864	43.1	38.1	6.2	40.8	4.0	1051
125	1432	21.5	19.0	3.1	20.4	2.0	525

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CONDIMENTS	House Mayonnaise	2710	1.2	70.2	7.8	2.6	0.9	503
	Spicy Mayonnaise	2250	1.1	53.7	6.0	12.5	10.4	780
	Teriyaki Sauce	364	1.2	0.1	0.1	2<0.1	15.4	1010
	Soy Bean	669	12.0	7.0	1.3	15.0	11.0	0
	Red Ginger	83	0.6	0.2	<0.1	4.4	3.0	2470
	Yellow Pickles	359	1.1	0.1	<0.1	20.2	<0.1	1240
DRINKS	Green Tea	-	-	-	-	-	-	-
	Miso Soup (Small)	55	0.8	0.4	0.0	1.7	<0.1	368

20	542	0.2	14.0	1.6	0.5	<0.1	101
20	450	0.2	10.7	1.2	2.5	2.1	156
20	73	0.2	<0.1	<0.1	4.0	3.1	202
10	67	1.2	0.7	0.1	1.5	1.1	0
5	4	<0.1	<0.1	<0.1	0.2	0.2	124
5	18	0.1	<0.1	<0.1	1.0	<0.1	62
-	-	-	-	-	-	-	-
232	128	1.9	1.0	0.0	3.9	<0.1	853