

UK HOUSE BOWLS NUTRITIONAL VALUES									
Sunny Salmon (Large)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
SUSHI RICE	270	520	4	1	110	8	3	8	2
AVOCADO	68	161	16	2	1	1	2	3	0
EDAMAME	83	102	6	1	1	1	6	9	0
RED CABBAGE	30	9	0	0	2	1	1	0	0
JUICY SALMON	150	312	19	3	1	1	0	35	1
SPECIAL	20	61	6	0	2	1	0	1	1
AVOCADO CREAM	25	51	5	1	1	1	1	1	0
SESAME SEEDS	3	17	1	0	1	-	0	1	-
TOTALS	648	1.233	56	7	119	15	12	58	4
Sunny Salmon (Regular)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
SUSHI RICE	180	347	3	0	73	5	2	6	1
AVOCADO	45	107	10	1	1	1	1	2	0
EDAMAME	55	68	4	1	1	1	4	6	0
RED CABBAGE	20	6	0	0	1	1	0	0	0
JUICY SALMON	100	208	12	2	1	1	0	24	1
SPECIAL	15	46	4	0	1	1	0	1	1
AVOCADO CREAM	20	41	4	0	1	1	0	1	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	437	834	38	5	80	10	8	39	3
Sunny Salmon (Small)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
SUSHI RICE	135	260	2	0	55	4	1	4	1
AVOCADO	45	107	10	1	1	1	1	2	0
EDAMAME	55	68	4	1	1	1	4	6	0
RED CABBAGE	20	6	0	0	1	1	0	0	0
JUICY SALMON	50	104	6	1	0	0	0	12	0
SPECIAL	15	46	4	0	1	1	0	1	1
AVOCADO CREAM	20	41	4	0	1	1	0	1	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	342	643	31	4	61	8	8	26	2
Chicken (Large)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
SUSHI RICE	270	520	4	1	110	8	3	8	2
COURGETTES	23	4	0	0	1	0	0	0	-
CHERRY TOMATOES	75	14	0	0	3	2	1	1	0
RED CABBAGE	30	9	0	0	2	1	1	0	0
SPRING ONIONS	2	1	0	0	0	0	0	0	0
TERIYAKI CHICKEN	165	230	3	1	22	18	0	24	3
TERIYAKI	20	42	-	-	9	7	0	1	1
SPICY MAYO	25	150	16	1	1	1	0	1	0
ALMONDS	15	93	8	1	1	1	2	3	0
SESAME SEEDS	3	17	1	0	1	-	0	1	-
TOTALS	628	1.079	33	4	149	38	7	39	7
Chicken (Regular)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
SUSHI RICE	180	347	3	0	73	5	2	6	1
COURGETTES	15	2	0	0	1	0	0	0	-
CHERRY TOMATOES	50	9	0	0	2	1	1	0	0
RED CABBAGE	20	6	0	0	1	1	0	0	0
SPRING ONIONS	2	1	0	0	0	0	0	0	0
TERIYAKI CHICKEN	110	153	2	1	15	12	0	16	2
TERIYAKI	15	32	-	-	6	5	0	0	1
SPICY MAYO	20	120	13	1	1	1	0	1	0
ALMONDS	15	93	8	1	1	1	2	3	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	429	774	27	3	101	26	6	27	5
Chicken (Small)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt

SUSHI RICE	135	260	2	0	55	4	1	4	1
COURGETTES	15	2	0	0	1	0	0	0	-
CHERRY TOMATOES	50	9	0	0	2	1	1	0	0
RED CABBAGE	20	6	0	0	1	1	0	0	0
SPRING ONIONS	2	1	0	0	0	0	0	0	0
TERIYAKI CHICKEN	55	76	1	0	7	6	0	8	1
TERIYAKI	15	32	-	-	6	5	0	0	1
SPICY MAYO	20	120	13	1	1	1	0	1	0
ALMONDS	15	93	8	1	1	1	2	3	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	328	610	25	3	75	19	5	18	3
Spicy Tuna (Large)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
SUSHI RICE	270	520	4	1	110	8	3	8	2
PONZU	7	8	-	-	1	1	0	0	0
KIMCHI CUCUMBER	30	7	0	0	1	1	0	0	1
CARROTS	23	9	0	0	2	1	1	0	0
RED CABBAGE	30	9	0	0	2	1	1	0	0
JALAPENOS	4	1	0	0	0	0	0	0	0
SPICY TUNA	195	234	5	1	10	7	1	35	2
PONZU	7	8	-	-	1	1	0	0	0
SPICY PEANUTS	30	86	5	1	6	4	1	5	1
TOBIKO	3	2	0	0	0	0	-	0	0
FRIED ONIONS	6	35	3	1	2	1	-	0	0
SESAME SEEDS	3	17	1	0	1	-	0	1	-
TOTALS	606	937	18	5	139	25	7	51	6
Spicy Tuna (Regular)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
SUSHI RICE	180	347	3	0	73	5	2	6	1
PONZU	5	6	-	-	1	1	0	0	0
KIMCHI CUCUMBER	20	5	0	0	1	1	0	0	0
CARROTS	15	6	0	0	1	1	0	0	0
RED CABBAGE	20	6	0	0	1	1	0	0	0
JALAPENOS	4	1	0	0	0	0	0	0	0
SPICY TUNA	137	165	3	1	7	5	0	25	1
PONZU	5	6	-	-	1	1	0	0	0
SPICY PEANUTS	25	72	4	1	5	3	1	4	1
TOBIKO	3	2	0	0	0	0	-	0	0
FRIED ONIONS	6	35	3	1	2	1	-	0	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	422	662	14	4	95	18	5	36	4
Spicy Tuna (Small)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
SUSHI RICE	135	260	2	0	55	4	1	4	1
PONZU	5	6	-	-	1	1	0	0	0
KIMCHI CUCUMBER	20	5	0	0	1	1	0	0	0
CARROTS	15	6	0	0	1	1	0	0	0
RED CABBAGE	20	6	0	0	1	1	0	0	0
JALAPENOS	4	1	0	0	0	0	0	0	0
SPICY TUNA	92	111	2	0	5	3	0	17	1
PONZU	5	6	-	-	1	1	0	0	0
SPICY PEANUTS	25	72	4	1	5	3	1	4	1
TOBIKO	3	2	0	0	0	0	-	0	0
FRIED ONIONS	6	35	3	1	2	1	-	0	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	332	521	12	3	74	15	4	27	4
Vegan (Large)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
QUINOA	135	165	3	0	29	-	3	6	0
KALE	45	21	0	0	2	1	1	2	0

AVOCADO	68	162	16	2	1	1	2	3	0
CHICKPEAS	68	112	2	0	19	3	5	6	-
CARROTS	23	9	0	0	2	1	1	0	0
VEGAN NUGGETS	80	162	7	1	14	1	5	9	1
TERIYAKI	20	42	-	-	9	7	0	1	1
ALMONDS	12	75	7	1	1	0	2	3	0
SESAME SEEDS	3	17	1	0	1	-	0	1	-
TOTALS	454	765	35	4	77	15	20	30	2
Vegan (Regular)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
QUINOA	90	110	2	0	19	-	2	4	0
KALE	30	14	0	0	2	1	1	1	0
AVOCADO	45	107	10	1	1	1	1	2	0
CHICKPEAS	45	74	1	0	12	2	3	4	-
CARROTS	15	6	0	0	1	1	0	0	0
VEGAN NUGGETS	64	130	5	1	11	1	4	7	0
TERIYAKI	15	32	-	-	6	5	0	0	1
ALMONDS	12	75	7	1	1	0	2	3	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	318	559	26	3	54	11	14	22	1
Vegan (Small)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
QUINOA	90	110	2	0	19	-	2	4	0
KALE	15	7	0	0	1	0	0	1	0
AVOCADO	45	107	10	1	1	1	1	2	0
CHICKPEAS	45	74	1	0	12	2	3	4	-
CARROTS	15	6	0	0	1	1	0	0	0
VEGAN NUGGETS	32	65	3	0	6	0	2	4	0
TERIYAKI	15	32	-	-	6	5	0	0	1
ALMONDS	12	75	7	1	1	0	2	3	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	303	552	26	3	53	11	14	22	1
Heat Wave (Large)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
QUINOA	270	331	5	1	58	-	6	13	0
AVOCADO	68	162	16	2	1	1	2	3	0
KIMCHI CUCUMBER	30	7	0	0	1	1	0	0	1
RED ONIONS	22	7	0	-	2	1	0	0	0
JUICY SALMON	150	312	19	3	1	1	0	35	1
SPICY MAYO	25	150	16	1	1	1	0	1	0
CORIANDER	1	0	0	-	0	0	0	0	0
SESAME SEEDS	3	17	1	0	1	-	0	1	-
TOTALS	569	986	57	7	65	5	9	53	2
Heat Wave (Regular)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
QUINOA	180	221	4	0	38	-	4	8	0
AVOCADO	45	107	10	1	1	1	1	2	0
KIMCHI CUCUMBER	20	5	0	0	1	1	0	0	0
RED ONIONS	15	5	0	-	1	1	0	0	0
JUICY SALMON	100	208	12	2	1	1	0	24	1
SPICY MAYO	20	120	13	1	1	1	0	1	0
CORIANDER	1	0	0	-	0	0	0	0	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	383	677	40	5	43	3	6	35	1
Heat Wave (Small)		Kcal	Fat	Saturated fat	Carbohydrate	Sugar	Fiber	Protein	Salt
QUINOA	135	165	3	0	29	-	3	6	0
AVOCADO	45	107	10	1	1	1	1	2	0
KIMCHI CUCUMBER	20	5	0	0	1	1	0	0	0
RED ONIONS	15	5	0	-	1	1	0	0	0
JUICY SALMON	50	104	6	1	0	0	0	12	0

SPICY MAYO	20	120	13	1	1	1	0	1	0
CORIANDER	1	0	0	-	0	0	0	0	0
SESAME SEEDS	2	11	1	0	1	-	0	0	-
TOTALS	288	518	33	4	33	3	5	21	1