

Food Macros

Bondi Roll Servings 1.0	Cooked Tuna & Avo Servings 1.0	Cooked Tuna Servings 1.0	Crispy Chicken & Avo Servings 1.0	Crispy Chicken Servings 1.0
Amount Per Serving	Amount Per Serving	Amount Per Serving	Amount Per Serving	Amount Per Serving
calories 146	calories 151	calories 123	calories 168	calories 203
% Daily Value *	% Daily Value *	% Daily Value *	% Daily Value *	% Daily Value *
Total Fat 5 g7 %	Total Fat 5 g7 %	Total Fat 2 g3 %	Total Fat 4 g6 %	Total Fat 8 g12 %
Saturated Fat 1 g5 %	Saturated Fat 1 g4 %	Saturated Fat 0 g1 %	Saturated Fat 1 g3 %	Saturated Fat 1 g6 %
Monounsaturated Fat 2 g	Monounsaturated Fat 0 g	Monounsaturated Fat 0 g	Monounsaturated Fat 2 g	Monounsaturated Fat 3 g
Polyunsaturated Fat 1 g	Polyunsaturated Fat 0 g	Polyunsaturated Fat 0 g	Polyunsaturated Fat 1 g	Polyunsaturated Fat 4 g
Trans Fat 0 g	Trans Fat 0 g	Trans Fat 0 g	Trans Fat 0 g	Trans Fat 0 g
Cholesterol 30 mg10 %	Cholesterol 0 mg0 %	Cholesterol 0 mg0 %	Cholesterol 23 mg8 %	Cholesterol 26 mg9 %
Sodium 49 mg2 %	Sodium 11 mg0 %	Sodium 11 mg0 %	Sodium 60 mg3 %	Sodium 111 mg5 %
Potassium 96 mg3 %	Potassium 0 mg0 %	Potassium 6 mg0 %	Potassium 115 mg3 %	Potassium 62 mg2 %
Total Carbohydrate 19 g7 %	Total Carbohydrate 19 g7 %	Total Carbohydrate 19 g7 %	Total Carbohydrate 23 g8 %	Total Carbohydrate 23 g8 %
Dietary Fiber 1 g5 %	Dietary Fiber 1 g4 %	Dietary Fiber 1 g2 %	Dietary Fiber 2 g6 %	Dietary Fiber 1 g3 %
Sugars 0 g	Sugars 0 g	Sugars 0 g	Sugars 0 g	Sugars 0 g
Protein 6 g11 %	Protein 7 g14 %	Protein 7 g13 %	Protein 8 g17 %	Protein 8 g17 %
Vitamin A5 %	Vitamin A4 %	Vitamin A4 %	Vitamin A6 %	Vitamin A5 %
Vitamin C6 %	Vitamin C4 %	Vitamin C4 %	Vitamin C6 %	Vitamin C4 %
Calcium2 %	Calcium1 %	Calcium1 %	Calcium2 %	Calcium2 %
Iron2 %	Iron1 %	Iron1 %	Iron4 %	Iron4 %

* Nutritional values are estimates based on standard ingredient databases and may vary slightly depending on preparation.

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Cucumber Smashed Avo	
Servings 1.0	
Amount Per Serving	
calories 111	
% Daily Value *	
Total Fat 2 g	3 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 9 mg	0 %
Potassium 72 mg	2 %
Total Carbohydrate 19 g	7 %
Dietary Fiber 1 g	5 %
Sugars 0 g	
Protein 3 g	5 %
Vitamin A	4 %
Vitamin C	6 %
Calcium	1 %
Iron	2 %

Salmon Smashed Avo	
Servings 1.0	
Amount Per Serving	
calories 174	
% Daily Value *	
Total Fat 6 g	10 %
Saturated Fat 1 g	6 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 14 mg	5 %
Sodium 24 mg	1 %
Potassium 188 mg	5 %
Total Carbohydrate 19 g	7 %
Dietary Fiber 2 g	7 %
Sugars 0 g	
Protein 8 g	15 %
Vitamin A	4 %
Vitamin C	9 %
Calcium	1 %
Iron	2 %

Shrimp on the Barbie	
Servings 1.0	
Amount Per Serving	
calories 158	
% Daily Value *	
Total Fat 4 g	6 %
Saturated Fat 1 g	3 %
Monounsaturated Fat 1 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 34 mg	11 %
Sodium 209 mg	9 %
Potassium 44 mg	1 %
Total Carbohydrate 23 g	8 %
Dietary Fiber 1 g	3 %
Sugars 0 g	
Protein 6 g	12 %
Vitamin A	6 %
Vitamin C	4 %
Calcium	2 %
Iron	2 %

Spicy Tuna	
Servings 1.0	
Amount Per Serving	
calories 139	
% Daily Value *	
Total Fat 3 g	5 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 28 mg	1 %
Potassium 6 mg	0 %
Total Carbohydrate 19 g	7 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 7 g	14 %
Vitamin A	4 %
Vitamin C	4 %
Calcium	1 %
Iron	1 %

Tempura Eggplant	
Servings 1.0	
Amount Per Serving	
calories 108	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 6 mg	2 %
Sodium 30 mg	1 %
Potassium 27 mg	1 %
Total Carbohydrate 21 g	7 %
Dietary Fiber 1 g	3 %
Sugars 0 g	
Protein 3 g	6 %
Vitamin A	6 %
Vitamin C	22 %
Calcium	1 %
Iron	2 %

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Teriyaki Chicken	
Servings 1.0	
Amount Per Serving	
calories 128	
% Daily Value *	
Total Fat 1 g	2 %
Saturated Fat 0 g	1 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 19 mg	6 %
Sodium 174 mg	7 %
Potassium 82 mg	2 %
Total Carbohydrate 19 g	7 %
Dietary Fiber 1 g	2 %
Sugars 0 g	
Protein 8 g	17 %
Vitamin A	4 %
Vitamin C	4 %
Calcium	1 %
Iron	2 %

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