	SERVING SIZE (G)	CALORIES	CALORIES FROM FAT	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
SNACKS & SALADS																
Crisp Vegetable Miso Salad w/ Crab	326	430	193	21	2.5	0	70	874	40	7	8	19	72	62	19	27
Edamame with Fleur de Sel	145	90	24	2.5	0	0	0	148	8	7	1	7	9	9	4	7
Green Apple Kimchi	133	90	11	1	0	0	0	266	20	3	14	1	5	9	2	4
Lemongrass Shrimp Salad	345	460	145	16	4	0	83	1775	62	10	14	20	153	59	15	18
Traditional Kimchi	113	40	0	0.5	0	0	0	887	8	1	0	1	18	8	2	5
NOODLE BOWLS																
BBQ Tofu	596	550	140	16	3	0	185	1683	76	15	12	33	184	68	57	35
Black Pepper Caramel Chicken	553	640	199	22	6	0	255	1521	68	12	10	44	141	53	18	28
Red Chile Pork	553	600	164	18	5	0	223	1549	69	12	11	42	151	55	19	30
Slow Cooked Beef	561	710	240	27	9	0	245	1567	71	13	10	48	150	42	19	37
RICE BOWLS																
Black Pepper Caramel Chicken	516	830	250	28	7	0	257	728	111	2	8	29	108	26	8	19
Red Chile Pork	516	840	210	23	6	0	225	964	121	2	17	27	117	26	11	25
Slow Cooked Beef	516	940	291	32	10	0	247	990	122	3	15	33	118	27	11	32
BUNS & WRAPS																
Black Pepper Caramel Chicken Buns	267	690	379	42	11	0	138	1304	39	2	9	33	99	26	4	9
Black Pepper Caramel Chicken Wrap	248	440	299	33	8	0	108	556	12	2	9	22	127	29	6	12
Red Chile Pork Buns	219	550	200	22	7	0	84	1411	46	1	16	30	2	5	6	14
BBQ Tofu Buns	259	480	165	18	4	0	30	1451	50	4	14	24	217	20	46	22
DESSERT																
Cereal Milk Panna Cotta	179	390	287	32	20	0	117	125	22	1	15	4	27	6	12	5

2,000 calories a day is used for general nutrition advice but calorie needs vary