

good mood food



allergen information &
dietary guide

feel good bowls

Updated 2nd January 2022



Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Spicy Chicken Poke - Half & Half	493.0	2069.1	16.3	2.6	3.7	1.0	60.9	2.6	16.2	21.5	4.3	1548.7
Spicy Chicken Poke - Rice	655.3	2759.5	16.3	2.7	3.7	0.9	98.7	2.6	15.9	21.3	3.9	1513.7
Spicy Chicken Poke - Spinach	330.7	1378.6	16.3	2.6	3.8	1.1	23.0	2.7	16.4	21.8	4.7	1583.7
Spicy Salmon Poke - Half & Half	551.8	2322.7	24.4	3.6	6.6	2.7	59.9	2.6	15.0	18.9	4.5	1325.2
Spicy Salmon Poke - Rice	714.1	3013.1	24.4	3.6	6.6	2.6	97.8	2.6	14.7	18.7	4.1	1290.2
Spicy Salmon Poke - Spinach	389.5	1632.2	24.4	3.5	6.7	2.9	22.0	2.7	15.3	19.1	5.0	1360.2
Spicy Tuna Poke - Half & Half	501.1	2102.6	17.5	2.6	3.9	1.3	60.7	-	16.0	20.9	4.5	1445.3
Spicy Tuna Poke - Rice	663.4	2793.0	17.5	2.6	3.8	1.2	98.6	-	15.7	20.7	4.1	1410.3
Spicy Tuna Poke - Spinach	338.8	1412.1	17.5	2.6	3.9	1.4	22.8	-	16.3	21.1	5.0	1480.3
Tenderstem Broccoli Poke - Half & Half	453.5	1901.3	15.8	2.4	3.8	1.3	60.5	2.7	15.6	12.8	6.0	1294.8
Tenderstem Broccoli Poke - Rice	615.8	2591.7	15.8	2.4	3.8	1.1	98.4	2.7	15.4	12.6	5.6	1259.8
Tenderstem Broccoli Poke - Spinach	291.1	1210.9	15.8	2.4	3.8	1.4	22.6	2.7	15.9	13.0	6.4	1329.8