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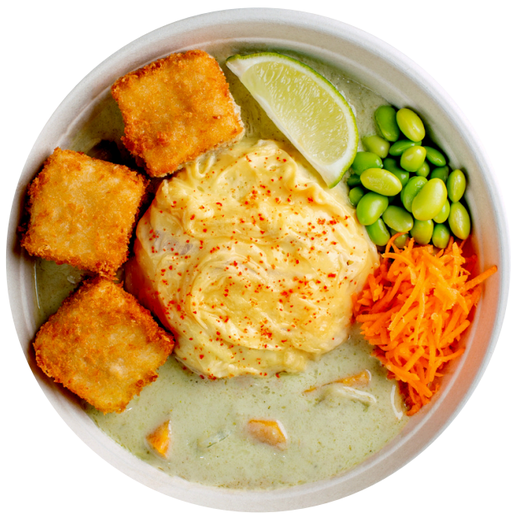
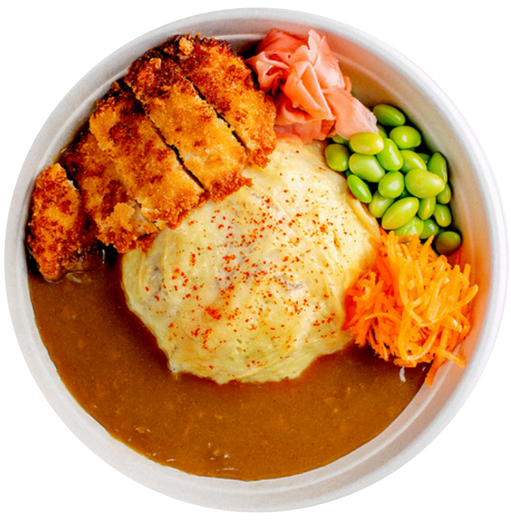
NUTRITION GUIDE

OMURICE



Green Curry Tofu
1060 kcal
61g fat
88g carbs
35g protein



Katsu Chicken Curry
964 kcal
57g fat
71g carbs
38g protein

Green Curry Chicken
978 kcal
57g fat
70g carbs
42g protein

Katsu Crispy Shrimp Curry
869 kcal
48g fat
76g carbs
31g protein

Sweet & Sour Chicken
848 kcal
44g fat
72g carbs
38g protein

Teriyaki Chicken
848 kcal
44g fat
72g carbs
38g protein

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RICE BOWLS

Green Curry Chicken
709 kcal
25g fat
90g carbs
28g protein

Katsu Chicken Curry
608 kcal
24g fat
74g carbs
24g protein

Green Curry Tofu
790 kcal
28g fat
108g carbs
21g protein

Katsu Crispy Shrimp Curry
869 kcal
48g fat
76g carbs
31g protein

Spicy Korean Chicken
495 kcal
9.4g fat
75g carbs
26g protein

Sweet & Sour Chicken
672kcal
14g fat
113g carbs
21g protein

Sweet & Sour Tofu
700 kcal
13g fat
125g carbs
18g protein

Katsu Tofu Curry
581 kcal
18g fat
84g carbs
17g protein

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NOODLE BOWLS

Miso Roasted Chicken
560 kcal
23g fat
5.7g carbs
30g protein

Korean Spicy Chicken
620 kcal
25g fat
64g carbs
32g protein

Teriyaki Tofu
690 kcal
27g fat
85g carbs
23g protein

Korean Spicy Tofu
642 kcal
27g fat
74g carbs
23g protein

Teriyaki Chicken
570 kcal
22g fat
5.6g carbs
28g protein

Crispy Chicken Noodle Salad
511 kcal
26g fat
40g carbs
26g protein

Crispy Tofu Noodle Salad
471 kcal
20g fat
49g carbs
19g protein

Miso Chicken Noodle Salad
402 kcal
17g fat
33g carbs
26g protein

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CRUNCHY WRAPS

Korean Sauce Tofu Wrap
380 kcal
13g fat
49g carbs
21g protein

Chicken Wrap
501 kcal
20g fat
62g carbs
19g protein

Prawn Wrap
318 kcal
6.5g fat
47g carbs
20g protein

Sriracha Mayo Tofu Wrap
417 kcal
20g fat
42g carbs
20g protein

Chicken Wrap
538 kcal
27g fat
55g carbs
19g protein

Prawn Wrap
355 kcal
14g fat
40g carbs
20g protein

Teriyaki Tofu Wrap
425 kcal
20g fat
44g carbs
20g protein

Chicken Wrap
547 kcal
27g fat
57g carbs
19g protein

Prawn Wrap
364 kcal
14g fat
42g carbs
20g protein

BBQ Sauce Tofu Wrap
370 kcal
13g fat
47g carbs
20g protein

Chicken Wrap
491 kcal
20g fat
60g carbs
19g protein

Prawn Wrap
308 kcal
6g fat
45g carbs
20g protein

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LOADED WAFFLE FRIES

BBQ Waffle Fries	Tartar Sauce Fries	Curry Fries
593 kcal	599 kcal	586 kcal
27g fat	30g fat	30g fat
81g carbs	76g carbs	76g carbs
6g protein	7g protein	6g protein

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BAO BUNS & SNACKS

Spicy Korean Bao
364 kcal
14g fat
41g carbs
16g protein

Crispy Shrimp Bao
348 kcal
18g fat
38g carbs
8.1g protein

Roasted Chicken Bao
356 kcal
15g fat
40g carbs
14g protein

Crispy Shrimp Tempura
869 kcal
48g fat
76g carbs
31g protein

Gyozas (Chicken & Veg)
309 kcal
17g fat
29g carbs
10g protein

Chicken Karaage
411 kcal
32g fat
22g carbs
8.6g protein

Teriyaki Octopus Balls
231 kcal
15g fat
20g carbs
4.6g protein

Miso Mushroom
81 kcal
3.5g fat
9.7g carbs
3.3g protein

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Asian Slaw

99 kcal
6.9g fat
5.0g carbs
2.7g protein

Edamame Pot

52 kcal
2.4g fat
1.6g carbs
4.8g protein

SWEET TREATS

Sweet Potato Balls

291 kcal
10g fat
48g carbs
1.7g protein

Mochi

250 kcal
1.0g fat
58g carbs
3.5g protein