



Pick your protein, veggies, noodles, sauce and garnish to make your own distinctive bowl

Proteins		Choose 1
Lemongrass Chicken		100 cal
Pork Meatballs	CP	160 cal
Roasted Korean Tofu	VG	70 cal

Noodles		Choose 1
Rice Stick	VG	190 cal
Cellophane	VG	130 cal

Curry Sauce		Choose 1
Coconut Red	NUTS!	110 cal
Coconut Yellow	VG NUTS!	110 cal
Coconut Green	V NUTS!	110 cal




South East Curry Bowl **\$7.29**

August 27 to September 14

Veggies Choose 4 **5 – 35cal each**

Onions	VG	5 cal
Green Peppers	VG	5 cal
Mushrooms	VG	5 cal
Carrots	VG	5 cal
Fried Shallots	VG	35 cal
Napa Cabbage	VG	7 cal

Choice of Side:

Green Papaya Salad	100 cal	VG	NUTS!	SW Swappable	\$1.89
Carrot Slaw	40 cal	VG	NUTS!	SW Swappable	\$1.89

Add SWAP Beverage + SWAP Side When Purchased as a SWAP Meal

2000 calories a day is used for a general nutrition advice but calorie needs vary. Additional nutrition information available upon request.



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Proteins Choose 1		
Beef		100 cal
Grilled Chicken		160 cal
Roasted Tofu	VG	70 cal

Noodles Choose 1		
Soba	VG	190 cal
Udon	VG	130 cal

Broth Choose 1		
Chicken		40 cal
Miso	VG	70 cal
Dashi	SHELL FISH!	20 cal

Japanese Broth Bowl \$7.29

September 17 to September 28

Veggies Choose 4 **5 – 35cal each**

Shiitake Mushrooms	VG	5 cal
Onions	VG	5 cal
Baby Bok Choy	VG	5 cal
Broccoli	VG	5 cal
Carrots	VG	5 cal
Napa Cabbage	VG	7 cal

Choice of Side:

Japanese Edamame Slaw	V	50 cal	\$1.89
Japanese Cucumber Salad	VG	25 cal	\$1.89

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