

# Nutrition Facts

\* All Nosh products are made on equipment shared with sesame

Poke Favorites	V/VG/GF	Serving size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbohydrates	Sugar	Sodium (mg)
Small Poke Party		419	2980	30.3	22.1	7.6	94.9	5.4	307
Regular Poke Party		559	3920	41.0	27.5	10.0	128	6.6	341
Small Sashimi Louin	GF	509	2450	36.5	10.3	1.8	79	5.9	740
Regular Sashimi Louin	GF	659	3180	48.5	11.9	2.2	105	6.7	769
Small Eye of the Tiger	GF	419	2220	24.1	7.0	0.9	89.2	5.3	500
Regular Eye of the Tiger	GF	559	2910	32.4	7.7	1.0	119	6.2	671
Small Hot Chick	GF	419	2200	26.1	9.6	1.5	79.9	5.7	177
Regular Hot Chick	GF	559	2880	35.1	11.2	1.9	107	6.8	210
Small Chicken Teriyaki Tease	GF	418	2220	23.8	4.9	1.0	92	6.4	405
Regular Chicken Teriyaki Tease	GF	558	2940	32.2	6.1	1.2	122	7.4	436
Small Tempeh Terisan	V VG GF	324	1420	15.8	9.9	1.2	42.5	8.7	515
Regular Tempeh Terisan	V VG GF	464	2000	22.2	13.6	1.6	61.6	10.0	536
Small Wagyu-san	GF	476	3800	54.0	51.5	14.0	96	4.7	229
Regular Wagyu-san	GF	566	4670	73.6	65.1	18.6	114	5.0	238
Small Peek-ing duck		480.5	3250	63.5	39.9	10.2	74.9	19.6	1220
Regular Peek-ing duck		686	4643	91	57	15	107	28	1743

Proteins	V/VG/GF	Serving size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbohydrates	Sugar	Sodium (mg)
Small sous-vide chicken	GF	70	415	15	4	1	1	0.0	274
Regular sous-vide chicken	GF	100	593	20.8	5.2	1.2	1.8	0.0	391
Small sous-vide beef	GF	70	386	10.9	4.6	1.3	1.9	0.8	475
Regular sous-vide beef	GF	100	552	15.5	6.6	1.9	2.7	1.1	678
Small tofu tempeh lotus root	V VG GF	70	326	5.9	3.2	0.5	6.9	0.0	18
Regular tofu tempeh lotus root	V VG GF	100	466	8.4	4.5	0.7	9.8	0.0	25
Small prawn	GF	70	224	12.0	0.6	0.1	0.0	0.0	367
Regular prawn	GF	100	320	17.1	0.8	0.2	0.0	0.0	524
Small salmon (raw)	GF	70	564	16.9	7.5	2.0	0.0	0.0	29
Regular salmon (raw)	GF	100	805	24.1	10.7	2.8	0.0	0.0	42
Small tuna (raw)	GF	70	379	18.4	1.3	0.3	0.0	0.0	35
Regular tuna (raw)	GF	100	541	26.3	1.8	0.4	0.0	0.0	50
Small wagyu	GF	60	1572	3.12	40.38	13.5	0.0	0.0	16.2
Regular wagyu	GF	80	2096	4.2	53.8	18.0	0.0	0.0	22
Small duck		50	1020	8.0	22.2	6.8	4.1	3.2	665
Regular duck		70	1428	11.2	31.0	16.5	5.7	4.5	931

Salads	V/VG/GF	Serving size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbohydrates	Sugar	Sodium (mg)
Small Spinach	V VG GF	70	134	2.2	0.8	0.1	3.4	1.9	28
Regular Spinach	V VG GF	100	191	3.2	1.1	0.1	4.9	2.7	40
Small Broccoli Pumpkin	V VG GF	70	125	3.2	0.5	0.1	1.5	0.9	20
Regular Broccoli Pumpkin	V VG GF	100	178	4.5	0.7	0.1	2.2	1.3	29
Small Mixed Leaf	V VG GF	70	151	1.0	1.4	0.2	4.0	2.0	22
Regular Mixed Leaf	V VG GF	100	216	1.4	2.0	0.3	5.7	2.8	32
Small Kale	V VG GF	70	176	1.7	2.4	0.1	2.6	2.6	20
Regular Kale	V VG GF	100	252	2.4	3.4	0.2	3.7	3.7	29

Sauces	V/VG/GF	Serving size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbohydrates	Sugar	Sodium (mg)
Korean Honey BBQ	V VG GF	20	322	0.1	5.4	0.7	6.4	4.5	199.0
Spicy Caramel Ginger	GF	20	79	0.1	0.0	0.0	4.7	4.6	89.0
Tamarind	V VG GF	20	227	0.2	4.4	0.3	3.5	2.6	105.0
Teriyaki	V VG GF	20	159	0.4	0.0	0.0	6.9	4.2	427.0
Shoyu Sauce	V VG GF	20	254	0.6	5.0	0.8	3.3	3.2	747.0
Creamy Yuzu Vinegarette	V VG GF	20	364	0.1	8.4	1.0	2.6	2.6	28.0
Creamy Roasted Sesame		20	380	0.5	8.7	1.0	2.4	1.8	277.6
Spicy Mayo	GF	20	439	0.5	11.2	0.0	1.2	1.0	185.0

Bases	V/VG/GF	Serving size (g)	kJ	Protein	Fat, total	Saturated Fat	Carbohydrates	Sugar	Sodium (mg)
Small Jasmine Rice	V VG GF	220	1476	5.9	0.2	0.0	79.2	0.2	7
Regular Jasmine Rice	V VG GF	300	2013	8.1	0.3	0.0	108.0	0.3	3
Small Brown Rice	V VG GF	220	1405	6.4	2.2	0.4	70.0	0.7	7
Regular Brown Rice	V VG GF	300	1917	8.7	3.0	0.6	95.4	0.9	9
Small Quinoa	V VG GF	120	557	4.7	2.0	0.2	22.6	0.4	7
Regular Quinoa	V VG GF	200	928	7.8	3.4	0.4	37.6	0.6	12
Small Cauliflower Corn Rice	V VG GF	120	223.2	2.3	1.8	1.2	5.5	2.3	98
Regular Cauliflower Corn Rice	V VG GF	200	372	3.8	3.0	2.0	9.2	3.8	164
Small Coconut Turmeric Rice	V VG GF	220	1787	7.0	5.3	4.4	86.0	1.1	24
Regular Coconut Turmeric Rice	V VG GF	300	2436	9.6	7.2	6.0	117.3	1.5	33
Small soba	V VG	130	1883	19.5	2.1	0.5	88.3	2.1	21
Regular soba	V VG	200	2896	30.0	3.2	0.8	135.8	3.2	33