

# TONKOTSU

## NUTRITIONAL INFORMATION

Name	Energy (kcal)/portion	Energy (kJ)/portion	Carbohydrate (g)/portion	Protein (g)/portion	Fat (g)/portion	Sugars (g)/portion	Fibre (g)/portion	Sat. Fat (g)/portion	Salt (g)/portion
ON THE SIDE									
Chicken Kara-age	561	2343	33.62	35.64	31.77	5.50	1.10	4.53	1.64
Chicken Kara-age (Small)	293.72	1226.7	17.60	18.66	16.63	2.37	0.58	2.37	1.24
Cucumber & Mustard Seed Pickles	97.4	371.73	17.57	1.56	1.18	12.51	1.35	0.1	1.83
Eat the Bits Cauliflower Wings	203.1	857.3	34.91	5.32	4.71	18.81	4.91	0.68	1.05
Eat the Bits Chilli Wings	617.5	2599.17	80.68	33.94	17.66	27.42	3.55	4.47	2.13
Edamame Beans	196	816.2	6.44	16.94	9.24	3.92	0	1.26	1.9
Homemade Kimchi	41.6	174.66	5.62	2.42	1.07	4.35	2.65	0.15	5.06
King Prawn Katsu	384.6	1615.58	42.15	19.45	15.46	6.8	1.29	1.66	3.22
Pork Gyoza x5	206.3	860.56	23.79	8.9	8.41	23.32	0.63	1.82	0.54
Prawn Gyoza x5	198.1	829.11	26.56	12.17	4.82	24.04	0.52	0.77	0.79
Shitake Gyoza x5	188.1	785.9	29.67	6.05	4.66	25.02	1.23	0.71	1
Tenderstem Broccoli	158.6	240.39	6.74	5.5	12.45	4.87	4.01	1.15	0.98
Tenderstem Broccoli - no Kewpie mayo	45.9	193.39	3.79	4.8	1.28	2.24	4.01	0.27	0.53
Extra Nori	3.7	15.53	0.02	0.6	0.04	0.01		0.02	

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MAINS (REGULAR)									
Tokyo Ramen	660.2	2743.5	57.51	46.25	26.69	8.51	5.68	8.87	8.64
Chilli Tofu Ramen	587.4	2457.87	69.29	22.65	20.37	15.98	7.21	2.72	6.43
Tonkotsu Ramen	595.8	2487.94	60.13	35.73	23.31	8.52	4.87	6.18	7.53
Geki Kara Ramen	709.6	2946.2	66.69	43	25.88	12.72	4.35	8.14	9.21
Kakugiri Ramen	572.9	2392.43	53.35	40.87	21.46	5.2	5.74	6.96	8.71
Miso Mushroom Ramen	362.3	1470.71	60.19	14.28	5.49	10.04	8.28	0.64	7.41
Chilli Chicken Ramen	629.8	2625.49	50.13	37.08	31	2.54	6.03	3.38	7.99
Chilli Prawn Ramen	585.5	2468.18	72.74	41.72	14.24	2.24	5.77	2.04	11.14
Mushroom Summer Ramen	381.9	1615.6	63.58	11.63	8.98	16.26	6.11	1.4	3.1
Chicken Teriyaki Summer Ramen	528	2228	67	32	12.46	29	4.03	2.46	4.74
Chilli Tofu Summer Ramen	616	2591	76	30	19.22	20	5.49	3.23	5.89
Prawn Katsu Curry	751.8	3157.63	87.92	23.11	34.19	13.54	6.34	8.12	4.84
Tofu Katsu Curry	823	3464	128	22	22.99	16	7.27	7.72	4.61
Chicken Katsu Curry	834.7	3502.86	86.8	34.04	38.98	13.2	5.94	10.02	4.74

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MAINS (SMALL)									
Tokyo Ramen (small)	407.4	1696	38.43	27.61	15.62	4.4	3.84	5.03	4.82
Chilli Tofu Ramen (small)	387	1662.2	45.7	17.9	13.4	10.5	4.8	1.8	4.2
Tonkotsu Ramen (small)	392	1649	43	23	13.37	5.3	3.5	3.53	4.86
Geki Kara Ramen (small)	430	1808	42	27	16.3	8.2	2.7	5.13	5.8
Kakugiri Ramen (small)	361	1508	36.53	24.66	12.73	2.89	3.88	3.98	5.4
Miso Mushroom Ramen (small)	208.4	845.94	37.12	8.76	1.76	3	3.91	0.3	3.14
Chilli Chicken Ramen (small)	367.8	1535.76	35	22.84	15	1.63	4.09	2.02	5.05
Chilli Prawn Ramen (small)	355.2	1499.67	48.33	27.21	5.91	1.58	3.98	1.32	6.98
Mushroom Summer Ramen (small)	263.6	1115.18	44.01	8.02	6.15	10.83	4.08	0.95	2.07
Chicken Summer Ramen (small)	427	1801	56	24	9.92	20	3.76	2.02	3.44
Chilli Tofu Summer Ramen	423	1778	52	20	13.76	12	3.65	2.31	3.41

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LUNCH MENU									
Pork Gyoza x3	138.7	577.48	14.34	5.38	6.65	14.05	0.43	1.33	0.32
Prawn Gyoza x3	134	559.84	16.07	7.34	4.5	14.55	0.35	0.7	0.47
Shitake Gyoza x3	127.9	533.27	17.88	3.69	4.4	15.05	0.77	0.66	0.6
Chicken Summer Ramen (small)	427	1801	56	24	9.92	20	3.76	2.02	3.44
Chilli Chicken Ramen - small	367.8	1535.76	35	22.84	15	1.63	4.09	2.02	5.05
Chilli Prawn Ramen - small	355.2	1499.67	48.33	27.21	5.91	1.58	3.98	1.32	6.98
Kakugiri Ramen - small	361.2	1508.82	36.53	24.66	12.73	2.89	3.88	3.98	5.4
Miso Mushroom Ramen (small)	208.4	845.94	37.12	8.76	1.76	3	3.91	0.3	3.14
Chilli Tofu Ramen (small)	423	1778	52	20	13.76	12	3.65	2.31	3.41
Mushroom Summer Ramen (small)	263.6	1115.18	44.01	8.02	6.15	10.83	4.08	0.95	2.07
Tokyo Ramen - small	407.4	1696.04	38.43	27.61	15.62	4.4	3.84	5.03	4.82
KIDS MENU									
Cheeky Chicken Bento	616.1	2582.78	68.49	39.37	19.31	4.43	5.58	3.55	5.74
Yummy Yasai Bento	459.2	1774.02	41.95	23.09	20.01	6.21	5.48	3.27	4.42