

# PACIFIC~POKE

## Chef Inspired Poke Bowls Nutritional Information

	calories	fat (gr)	saturated fat (gr)	trans fat (gr)	cholesterol (mg)	sodium (mg)	carbs (gr)	fibre (gr)	sugars (gr)	protein (gr)	Vit A (%DV)	Vit C (%DV)	Calc (%DV)	Iron (%DV)
<b>The MAIN</b> served on														
Sushi Rice	822.5	36.7	4.5	0.0	81.2	1666.5	85.5	7.5	19.1	35.9	3.1	19.6	6.5	21.7
Brown Rice	894.8	36.3	4.4	0.0	81.2	1676.4	99.3	8.6	21.5	38.3	3.1	19.6	8.2	13.1
Kale Salad	568.6	36.5	4.4	0.0	81.2	1632.2	28.8	6.7	11.4	32.9	30.3	100.8	17.2	10.6
Cauliflower Rice	608.0	38.8	4.7	0.0	81.2	1936.3	34.9	12.4	14.6	35.8	11.5	42.9	11.3	14.6
Quinoa Salad	810.7	44.5	5.3	0.0	81.2	2109.2	62.1	5.8	11.7	39.3	6.0	26.5	9.6	25.7
<b>The CALI</b> served on														
Sushi Rice	694.3	31.0	4.0	0.1	56.6	1407.7	80.8	6.0	15.8	22.3	2.8	10.2	5.6	18.0
Brown Rice	766.6	30.7	3.9	0.1	56.6	1417.5	94.6	7.1	18.2	24.7	2.8	10.2	7.3	9.4
Kale Salad	440.4	30.9	3.9	0.1	56.6	1373.3	24.1	5.2	8.2	19.3	30.0	91.4	16.3	6.9
Cauliflower Rice	479.8	33.1	4.2	0.1	56.6	1677.5	30.3	11.0	11.4	22.2	11.2	33.6	10.4	10.9
Quinoa Salad	682.4	38.9	4.8	0.1	56.6	1850.4	57.4	4.3	8.5	25.7	5.8	17.2	8.7	22.0
<b>The MAUI</b> served on														
Sushi Rice	534.4	12.2	1.3	0.0	24.7	576.8	82.2	4.4	20.0	20.0	6.9	26.0	4.5	23.8
Brown Rice	606.7	11.9	1.2	0.0	24.7	586.6	96.0	5.4	22.4	22.3	6.9	26.0	6.1	15.2
Kale Salad	280.5	12.1	1.2	0.0	24.7	542.4	25.5	3.5	12.3	16.9	34.1	107.2	15.2	12.8
Cauliflower Rice	319.9	14.3	1.5	0.0	24.7	846.6	31.7	9.3	15.5	19.8	15.3	49.3	9.2	16.8
Quinoa Salad	522.6	20.0	2.1	0.0	24.7	1019.5	58.9	2.6	12.6	23.4	9.8	32.9	7.5	27.8
<b>The KETO</b> served on														
Cauliflower Rice	417.2	21.2	3.1	0.0	241.8	1102.6	23.6	11.6	8.1	37.8	24.0	48.8	11.4	23.9
Kale Salad	377.9	18.9	2.8	0.0	241.8	798.4	17.5	5.9	4.9	34.9	42.8	106.7	17.3	19.9
<b>The VEGGIE</b> served on														
Sushi Rice	636.4	27.5	3.1	0.0	11.9	1356.2	82.7	7.5	21.1	12.0	2.3	18.6	12.0	29.3
Brown Rice	708.8	27.2	3.1	0.0	11.9	1366.0	96.5	8.6	23.5	14.3	2.3	18.6	13.7	20.8
Kale Salad	382.6	27.4	3.1	0.0	11.9	1321.8	26.0	6.7	13.5	8.9	29.5	99.9	22.7	18.3
Cauliflower Rice	422.0	29.7	3.4	0.0	11.9	1625.9	32.2	12.4	16.7	11.8	10.6	42.0	16.8	22.3
Quinoa Salad	624.6	35.4	4.0	0.0	11.9	1798.8	59.3	5.8	13.8	15.3	5.2	25.6	15.1	33.4

# PACIFIC~POKE

## Chef Inspired Chicken Bowls Nutritional Information

	calories	fat (gr)	saturated fat (gr)	trans fat (gr)	cholesterol (mg)	sodium (mg)	carbs (gr)	fibre (gr)	sugars (gr)	protein (gr)	Vit A (%DV)	Vit C (%DV)	Calc (%DV)	Iron (%DV)
<b>Spicy Gochu Chicken</b> served on														
Sushi Rice	541.5	7.0	1.3	0.1	80.0	1413.8	85.5	3.3	21.8	29.1	86.5	36.1	7.9	25.4
Brown Rice	613.8	6.7	1.3	0.1	80.0	1423.6	99.3	4.4	24.2	31.4	86.5	36.1	9.6	16.9
Kale Salad	287.6	6.9	1.3	0.1	80.0	1379.4	28.9	2.5	14.2	26.0	113.6	117.3	18.6	14.4
Cauliflower Rice	327.0	9.1	1.5	0.1	80.0	1683.5	35.0	8.3	17.4	28.9	94.8	59.4	12.7	18.4
Quinoa Salad	529.7	14.8	2.1	0.1	80.0	1856.4	62.2	1.6	14.5	32.4	89.4	43.1	10.9	29.5
<b>Sweet Shoyu Chicken</b> served on														
Sushi Rice	585.9	9.1	1.3	0.1	80.0	1224.5	93.0	6.2	29.6	29.2	90.9	26.4	6.1	27.6
Brown Rice	658.3	8.8	1.3	0.1	80.0	1234.4	106.9	7.3	32.0	31.5	90.9	26.4	7.8	19.0
Kale Salad	332.1	9.0	1.3	0.1	80.0	1190.1	36.4	5.4	21.9	26.1	118.1	107.6	16.8	16.5
Cauliflower Rice	371.4	11.3	1.5	0.1	80.0	1494.3	42.5	11.1	25.2	29.0	99.3	49.7	10.9	20.5
Quinoa Salad	574.1	17.0	2.1	0.1	80.0	1667.2	69.7	4.5	22.3	32.5	93.9	33.3	9.2	31.6