



NUTRITION INFORMATION

REVISION: 27/07/2016

SIGNATURE SALADS

SIGNATURE SALADS	SERVING SIZE (G)	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	DIETARY FIBER (G)	SODIUM (MG)
Caesar	271	404	33	13	20	3	2012
Steakhouse	319	296	31	26	8	6	1289
Chicken Rice	341	534	35	60	19	5	1754
California Girls	322	374	16	60	11	8	868
Smokin' Chick	300	374	23	27	20	4	1085
Tuna Nicoise	311	212	20	20	6	6	913
Cobb	286	364	29	10	19	3	1473
Superfood	227	516	13	53	30	7	569
Mediterranean Chickpea	298	365	16	50	14	15	567
Crack Tofu	429	487	22	66	19	10	1052
Asian Chicken	337	563	29	39	35	8	1083

SEASONAL SALADS

SEASONAL SALADS	SERVING SIZE (G)	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	DIETARY FIBER (G)	SODIUM (MG)
Salmon Chirashi	284	353	16	28	22	5	1184

MAKE-YOUR-OWN SALADS

MAKE-YOUR-OWN SALADS	SERVING SIZE (G)	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	DIETARY FIBER (G)	SODIUM (MG)
BASE							
Baby Spinach	60	14	2	2	0	1	47
Romaine Lettuce	75	13	1	2	0	2	6
Mixed Leaves	60	11	1	2	0	1	16
Mixed Lettuce	60	4	0	1	0	0	6
Fusili Pasta	200	248	10	54	1	6	6
SUPPLEMENTS							
Red Rice	58	193	5	41	1	3	13
Couscous	30	34	1	7	0	0	2
Roasted Sweet Potato	30	41	1	6	2	1	17
Sweet Corn	32	30	1	6	0	1	9
Broccoli	40	14	1	3	0	1	2
Tomato	43	8	0	2	0	0	2
Carrot	13	5	0	1	0	0	9
Japanese Cucumber	21	3	1	2	0	0	21
Red Onion	22	8	0	2	0	0	0
Bell Peppers	19	3	0	1	0	0	1
Bean Sprouts	16	3	0	1	0	0	2
Beetroot	16	5	0	1	0	0	33
Black Olives	10	18	0	1	2	0	87
Jalapeños	8	0	0	0	0	0	123
Raisins	9	27	0	7	0	0	1
Tofu	49	34	4	1	2	0	6
Hard Boiled Egg	70	75	6	1	5	0	62
Croutons	13	56	2	9	2	0	111
Enoki Mushroom	15	6	0	1	0	0	0
Roasted Baby Potatoes	33	1	7	0	1	9	33
Chickpeas	146	8	24	2	7	10	146
Crispy Noodles	24	85	3	18	0	1	1
SUPPLEMENTS (SEASONAL)							
Sushi Rice	58	15	1	2	1	1	6
Green Apple	40	21	0	6	0	1	0
Tortilla Chips	9	59	1	8	3	1	34
Roasted Tempe	25	6	0	1	0	0	3

PREMIUMS							
Soba Noodles	70	69	4	15	0	0	42
Quinoa	30	29	1	5	0	1	0
Cherry Tomato	30	7	0	1	0	0	3
Button Mushroom	23	5	1	1	0	0	1
Caramelised Onion	15	15	0	2	1	0	45
Roasted Eggplant	27	43	0	2	4	1	71
Pickled Seaweed	18	8	1	2	0	0	157
Blue Cheese	12	42	3	0	3	0	138
Cheddar Cheese	12	49	3	0	4	0	77
Parmesan Cheese	10	50	3	2	3	0	216
Feta Cheese	12	32	2	0	3	0	110
Mandarin Orange	25	13	0	3	0	1	1
Almond Flakes	8	48	2	2	4	1	0
Pumpkin Seeds	10	54	3	2	5	0	2
Roasted Pumpkin	41	10	0	1	0	0	4
PREMIUMS (SEASONAL)							
Pine Nuts	10	67	1	1	7	0	0
Beef Bacon Bits	8	20	3	1	0	0	0
Avocado	22	35	0	2	3	1	2
Kiwi	105	44	1	11	0	2	2
Pomegranate	48	40	1	9	1	2	1
PROTEINS							
Norwegian Smoked Salmon	50	59	9	0	2	0	1000
Poached Chicken	110	142	25	2	3	0	1027
Grilled Chicken	100	218	21	2	9	0	952
Kaori-Hako	50	55	5	5	2	1	247
Grilled Aussie Beef	100	122	23	2	2	0	942
Smoked Chicken	50	65	9	1	2	0	394
Curried Tuna	60	83	16	3	1	1	489
Crack Tofu	130	150	11	8	9	1	536
Roasted Portobello Mushroom	51	52	1	3	4	1	225
Honey Soy Chicken	120	294	27	15	14	0	1118
PROTEINS (SEASONAL)							
Smoked Duck	50	159	11	1	13	0	341

TOPPING							
Roasted Peanuts	9	53	2	2	4	1	1
Salsa	24	8	0	2	0	0	72
Dried Shrimp	7	16	3	0	0	0	105
Ebiko	7	10	2	0	0	0	6
Kimchi	28	13	1	2	0	1	24
Bonito Flakes	2	6	1	0	0	0	8
Roasted Seaweed	2	3	1	1	0	1	10
Mint	2	1	0	0	0	0	0
Fried Shallots	7	22	0	2	1	0	0
Tamago Furikake	2	0	0	0	0	0	2
Chia Seeds	12	58	2	5	4	4	1
DRESSINGS							
Green Goddess	40	43	1	3	3	1	456
Blue Cheese	40	49	2	1	4	0	149
Honey Mustard	40	116	1	8	9	0	240
Sesame Soy	40	147	1	7	13	0	642
Roasted Sesame	40	79	2	6	6	2	452
Creamy Wasabi	40	50	1	4	3	2	394
Kam Heong	40	226	2	4	23	1	579
Coffee Sriracha Mayo	40	43	1	3	3	1	319
Roasted Garlic	40	45	1	3	3	1	318
Olive Oil	40	328	0	0	36	0	0
Spicy Olive Oil	40	308	0	0	34	0	0
Balsamic Lemon Vinaigrette	40	184	0	4	19	0	197
Manuka Teriyaki	40	113	1	6	10	0	538
Sour Plum	40	172	0	10	15	0	110
Ranch	40	37	1	2	3	1	209
Peanut	40	164	3	12	12	0	497

SOUPS

SOUPS							
Cream of Mushroom	450	238	4	8	22	1	410
Thai Chicken Coconut	450	151	8	7	11	1	310

DRINKS

DRINKS	SERVING SIZE (G)	CALORIES	PROTEIN (G)	CARBS (G)	FAT (G)	DIETARY FIBER (G)	SODIUM (MG)
FRESCAS							
Cucumber Lime	200	34	1	9	0	1	0
Pineapple Mango	200	32	0	8	0	1	0
SMOOTHIES							
Kaffir Lemonade	200	15	0	5	0	0	0
Watermelon & Mint	200	77	2	20	0	1	4
Apple & Pear	200	282	2	70	1	4	4
Carrot & Orange	200	192	4	46	1	7	9
SMOOTHIES							
Breakfast	250	267	5	60	3	7	630
Berrynana	250	211	2	54	1	7	3
Mango Passion	250	241	2	62	1	7	5
Avococo	250	381	3	35	29	6	1221
Spinach Green	250	228	2	60	1	10	27

*These nutritional values were derived from Chai Bar's standard recipes, supplier information and nutritional databases. Figures are rounded according to industry practices. The actual nutritional value for each item may differ from the information presented here, as our dishes are made fresh by hand, and also depending on customer customisation of the menu, change of suppliers and seasonal differences in our ingredients.

We will update this chart as soon as any changes are made.

Live healthy!