



# FreshFin

## Nutrition Information

House-Crafted Bowls	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Regular											
Cilantro Chicken	285	118	13	4	0	51	1781	16	5	4	23
Kalua Pork	383	115	16	2	0	82	1072	34	5	25	30
Power Ginger	306	126	18	2	0	3	2060	17	7	5	15
Zen Bowl	216	167	19	2	0	0	2540	22	7	7	4
Spicy Tuna	351	157	17	5	0	87	1669	21	3	10	27
Curry Coconut	379	219	25	12	0	84	1840	30	6	19	13
Sweet Avo	485	345	40	7	0	4	1067	29	10	8	12
The Classic	207	37	4	0	0	45	5072	12	3	6	27
Mango Tango	437	230	26	7	0	50	2726	29	7	14	24
Hungry Warrior	320	151	17	4	0	96	1967	23	2	6	18
Kailani	349	167	18	2	0	67	1205	27	8	11	21
Rainbow Bowl	461	247	27	4	0	93	2771	26	9	10	28
Large											
Cilantro Chicken	436	178	20	6	0	81	2698	24	7	6	36
Kalua Pork	518	136	20	3	0	117	1383	48	7	37	43
Power Ginger	451	181	26	3	0	3	3075	24	10	8	23
Zen Bowl	324	250	28	3	0	0	3810	33	10	11	7
Spicy Tuna	534	236	26	7	0	133	2506	32	5	16	43
Curry Coconut	572	329	37	18	0	134	2782	45	8	28	20
Sweet Avo	684	483	57	9	0	6	1560	44	14	13	19
The Classic	307	54	6	1	0	65	7606	20	5	10	39
Mango Tango	671	354	39	10	0	78	4093	44	10	21	38
Hungry Warrior	429	200	22	5	0	144	2819	29	4	9	27
Kailani	540	253	28	4	0	121	1878	40	12	17	36
Rainbow Bowl	621	325	36	5	0	116	4010	33	11	14	42

\*Base NOT included. See below for base facts.

\*Information based on Regular Bowl size

<b>Bases</b>	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
White Rice	220	3	0	0	0	0	15	48	0	5	3
Brown Rice	218	15	2	0	0	0	2	46	2	1	5
Quinoa	234	0	4	0	0	0	0	41	4	3	9
Mixed Greens	20	0	0	0	0	0	75	3	2	1	1
Shredded Kale	38	5	1	0	0	0	7	2	2	1	1
<b>Sauces</b>	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Classic	15	4.5	.5	0	0	0	2283	.5	0	.1	1.4
Tamari Classic	54	44	5	1	0	0	895	1	0	1	2
Garlic Ponzu	57	27	3	.5	0	0	2644	4	0	1	2
Sweet Shoyu	41	0	0	0	0	0	1388	9	0	7	1
Sesame Ginger	100	84	9	1	0	0	804	1	0	1	.5
Cilantro Lime	33	26	3	.5	0	0	211	1	.5	1	.2
Thai Chili Ginger	9	0	0	0	0	0	1190	1	0	.5	1
Sriracha Aioli	74	70	8	1	0	4	126	33	0	.5	3
Curry Aioli	131	102	11	2	0	5	1459	6	3	3	1
<b>Proteins</b>	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Ahi Tuna	77	7	1	.2	0	32	27	0	0	0	17
Salmon	147	87	10	2	0	39	42	0	0	0	15
Shrimp	38	0	0	0	0	79	222	0	0	0	10
Slow-Cooked Pork	161	40	4	1	0	76	54	0	0	0	28
Chicken	82	17	2	.3	0	51	259	.1	0	0	15
Marinated Tofu	67	0	4	.4	0	0	.01	2	2	0	7
Vegan	146	135	15	1	0	0	16	15	5	4	2
<b>Add-Ins</b>	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Edamame	62	24	3	.3	0	0	3	5	3	1	6
Carrot	14	.7	.07	.01	0	0	23	3	1	2	.3
Cucumber	4	.5	.05	.02	0	0	.7	.8	0	.5	.2
Daikon Radish	5	0	0	0	0	0	6	1	1	.7	.6
Shaved Red Onion	8	0	0	0	0	0	1	2	.5	2	.2
Mango	22	1	.1	.03	0	0	.3	6	.6	5	.3

\*Information based on Regular Bowl size

<b>Add-Ins</b>	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Pineapple	14	0	0	0	0	0	.2	4	.3	3	.3
Blanched Kale	18	2	.2	.02	0	0	3	1	1	.2	.6
Cilantro	.1	.02	.003	0	0	0	.3	.02	.02	0	.07
Toasted Coconut	105	68	8	8	0	0	45	11	2	9	2
Jalapeno	4	.5	.05	.01	0	0	.5	1	.4	.6	.1
Avocado	84	69	8	1	0	0	4	4	3	.2	1
Shiitake Mushroom	26	18	2	.3	0	0	0	2	.3	.6	.3
Sweet Potato	37	47	5	.05	0	0	4	4	1	3	1
<b>Toppings</b>	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Crispy Onion	68	48	5	1	0	4	91	5	0	0	0
Crispy Garlic	29	15	1	0	0	3	30	3	0	0	0
Seaweed Salad	60	18	2	0	0	0	468	9	3	4	1
Pickled Ginger	0	0	0	0	0	0	32	1	.1	.4	.7
Tobiko	21	8	1	0	0	50	33	.4	0	.5	3
Kimchi	20	0	0	0	0	0	290	4	1	2	1
Truffle Crab Salad	46	6	1	0	0	14	220	6	0	1	4
<b>Sides</b>	Cal.	Cal. from Fat	Total Fat (g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Truffle Crab Salad	283	72	8	1	0	74	1200	34	0	6	19
Seaweed Salad	186	55	6	0	0	0	1406	29	8	13	2
Super Food Slaw	248	118	13	2	0	0	859	16	7	6	10
Cucumber Salad	60	2	0	0	0	0	20	13	2	9	1