



AUXI FOODS

kitchen + coffee bar

NUTRITION FACTS SHEET

*Serving Size (g)	Calories (kCal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
-------------------	-----------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	-----------	-------------	-----------------	-----------------	---------------	------------

SMOOTHIES

CREAMSICLE	600	210	4	2.5	0	0	170	43	5	28	3	96	140	23	9
GREEN POWER	515	280	14	2	0	0	170	39	12	19	8	45	60	40	21
PROTEIN POWER	495	500	17	5	0	0	340	66	9	27	25	8	15	22	22
SUPER BERRY	606	370	15	10	0	0	90	46	7	33	13	6	130	43	6

ADD ONS

CHIA AND FLAX SEEDS	15	70	4.5	0	0	0	0	6	5	0	3	0	0	2	4
HEMP HEARTS	10	60	4.5	0.5	0	0	0	1	1	0	3	0	0	0	13
SPIRULINA	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0
VEGA PROTEIN	30	110	2	0	0	0	320	2	1	0	22	0	0	0	0

WRAPS

AVOCADO	422	650	34	6	0	0	1200	66	20	8	25	25	40	20	57
BEEF	323	960	70	14	0.5	95	1160	47	1	6	37	30	30	24	33
CHICKEN	327	660	32	10	0	100	1360	51	11	8	43	18	30	24	27

BOWLS

AUXI BOWL	595	450	15	2.5	0	0	650	70	13	14	14	240	130	11	25
BEEF AND MUSHROOM	655	860	46	7	1	95	670	71	6	11	40	16	60	8	41
CHICKEN AND RICE	650	740	34	6	0	265	1120	66	9	14	42	30	140	8	30
SPA DAY BOWL	581	430	18	3.5	0	70	850	37	12	16	36	47	420	15	40
SUPER FOOD BOWL	612	550	25	3	0	0	1550	73	17	19	15	400	420	17	44

MORNING

BREAKFAST WRAP	377	620	32	11	0	475	1680	53	12	8	32	42	20	30	34
GLUTEN FRIENDLY PORRIDGE	275	710	35	10	0	0	65	85	19	19	20	3	2	16	42

GRAB AND GO

CITRUS COCONUT & CASHEW ENERGY BALL	30	150	12	3.5	0	0	40	10	4	5	4	0	0	5	6
EAT MORE FRUIT & SEED BAR	90	390	22	9	0	0	5	48	7	34	8	0	1	3	16
GF ALMOND MATCHA COOKIE	65	310	23	6	0	40	300	22	4	13	8	7	0	6	14
MAPLE HEMP & FIG GRANOLA BAR	80	310	16	1.5	0	0	5	37	7	27	8	0	0	10	24

SALADS

ROASTED VEG & SEED	410	600	41	6	0	5	640	49	12	11	13	270	150	14	30
RAW VEGETABLE	375	340	27	3	0	0	250	20	7	9	8	92	113	10	20
POWER UP	515	730	56	11	0	280	650	20	7	9	30	142	114	19	29
CHICKPEA CAESAR	300	350	27	7	0	20	650	18	6	5	10	100	132	17	34
BEEF & GOAT CHEESE	390	600	48	9	0	5	400	32	9	16	13	50	24	8	20

ADD ONS

TEMPEH	120	200	11	2	0	0	0	8	8	0	25	0	0	8	23
CHICKEN	120	230	10	2.5	0	95	150	2	1	0	31	4	6	2	13
BEEF	120	210	9	3.5	0	95	70	0	0	0	31	0	0	0	22

SOUPS

SWEET POTATO	296	100	4.5	2.5	2	10	170	13	3	3	1	90	6	3	4
CURRIED BUTTERNUT SQUASH	306	100	6	3	0	10	210	11	2	3	1	70	25	4	4
CAULIFLOWER	296	50	3	0	0	0	230	6	1	2	1	15	20	3	2
TOMATO	296	160	9	2	0	5	740	16	2	10	5	40	70	8	10