

WELA NUTRITION GUIDE

Salads + Warm Bowls	Allergen Detail										Dietary Groups			Serving Size	Calories (kCal)	Total Protein (g)	Total Fat (g)	Total Carbs (g)
	GF	Peanuts	Dairy	Fish	Shellfish	Crustacean	Tree Nuts	Eggs	Seeds	Soy	Vegan	Vegetarian	Keto					
Green Curry Bowl	√									√	√	√		Regular	621	15	33	70
Bangkok Bowl	√	√							√	√	√	√		Regular	588	21	28	67
Shroomami	√								√	√	√	√		Regular	450	10	23	55
Chilango											√	√		Regular	529	9	24	72
Kale Caesar			√				√					√	√	Regular	480	11	40	13
Larb Bowl (Excluding choice of protein)	√			√	√									Regular	350	7	2	79
Roasted Beets & Feta	√								√	√	√	√		Regular	368	12	31	16
Beef Bulgogi	√			√		√			√	√				Regular	449	18	15	64
Lemongrass Chicken Bowl	√			√	√					√				Regular	938	70	42	71

Handheld	Allergen Detail										Dietary Groups			Serving Size	Calories (kCal)	Total Protein (g)	Total Fat (g)	Total Carbs (g)
	GF	Peanuts	Dairy	Fish	Shellfish	Crustacean	Tree Nuts	Eggs	Seeds	Soy	Vegan	Vegetarian	Keto					
Avocado Wrap											√	√		Regular	647	18	31	77
Chipotle Wrap														Regular	728	28	41	62
Falamus Wrap			√						√	√		√		Regular	565	8	49	28
Bangkok Wrap										√				Regular	663	31	23	83
Nick's Wrap														Regular	663	28	24	82
Beef Bulgogi Focaccia Sandwich									√	√				Regular	518	19	17	82
Lemongrass Chicken Focaccia Sandwich				√	√					√				Regular	692	39	29	76

Premiums	Allergen Detail										Dietary Groups			Serving Size (g)	Calories (kCal)	Total Protein (g)	Total Fat (g)	Total Carbs (g)
	GF	Peanuts	Dairy	Fish	Shellfish	Crustacean	Tree Nuts	Eggs	Seeds	Soy	Vegan	Vegetarian	Keto					
Roasted Cauliflower	√										√	√		100	121	2	10	7
Roasted Organic Turmeric Tofu	√								√	√	√	√		100	128	8	7	8
Fresh Hummus	√								√		√	√		100	276	5	25	10
Roasted Sweet Potatoes	√										√	√		60	123	2	5	18
Sliced Avocado	√										√	√	√	75	120	1	10	6
Falafel	√								√		√	√		60	249	3	11	16
Sautéed Mushroom	√								√	√	√	√		30	59	2	2	9
Roasted Chicken Breast	√												√	70	115	22	2	0
Lemongrass Chicken	√			√	√					√				1 Piece	271	29	14	6
Beef Bulgogi	√								√	√				70	165	9	9	14

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Dressings + Sauces	Allergen Detail							Dietary Groups			Serving Size (g)	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)	
	GF	Peanuts	Dairy	Fish	Tree Nuts	Eggs	Seed	Soy	Vegan	Vegetarian						Keto
Toasted Red Pepper Chipotle	√								√	√		60	150	14	7	0
Vegan Chipotle Mayo	√								√	√		75	310	32	7	0
Thai Peanut	√	√						√	√	√		60	200	14	13	7
Green Curry Sauce	√								√	√		75	160	16	5	2
Creamy Sesame	√				√		√	√	√	√		45	190	17	8	2
Olive Oil + Balsamic Vinegar	√				√				√	√		25	145	15	2	0
Truffle oil	√								√	√	√	5	45	5	0	0
Caesar Dressing			√							√	√	50	215	24	0	1
Tamarind Sauce	√			√						√		60	105	1	26	0
Balsamic Vinaigrette	√						√	√	√	√		70	290	30	2	0
Bulgogi Sauce	√						√	√	√	√		40	110	8	8	3

Bowl + Wrap Bases	Serving Size (g)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Spring Mix	30	8	0	1	1
Kale	30	8	0	2	1
Romaine Lettuce	30	6	0	1	1
Baby Spinach	30	8	0	1	1
Warm Quinoa	120	133	2	24	5
Warm Brown Rice	80	87	1	18	2
Warm White Rice	80	104	0	22	2
12" Tortilla	104	299	7	50	9
Gluten-Free Tortilla	68	190	5	33	5

Bowl + Wrap Ingredients	Serving Size (g)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Green Smith	40	21	0	6	0
Black Bean	30	27	0	5	2
Roasted Beet	100	43	1	9	2
Bell Pepper	50	16	0	3	1
Chickpea	50	44	1	7	2
Cucumber	45	4	0	1	0
Cherry Tomato	50	9	0	2	0
Corn	40	39	1	7	1
Edamame	30	33	1	3	3
Red Onion	15	6	0	1	0
Shredded Carrot	30	9	0	2	0
Shredded Red Cabbage	30	9	0	2	0
Gluten-Free Tortilla Chips	25	125	6	16	2
Roasted Peanuts	15	85	6	4	4
Kimchi	60	10	0	2	0
Roasted Cashews	30	165	12	9	5

Bowl + Wrap Ingredients	Serving Size (g)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Feta Cheese	28	75	6	2	4
Parmesan	5	23	1	0	2

Smoothie Bowls	Serving Size (oz)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Acai Bowl (exclude topping)	Regular	465	8	90	15

Smoothies + Other Beverages	Serving Size (g)	Calories (kCal)	Total Fat (g)	Total Carbs (g)	Protein (g)
Smoothies					
Forever21	Regular	295	0	63	14
Phuket Paradise	Regular	395	7	84	3
Greena Colada	Regular	360	7	76	2
Deep Cove	Regular	620	30	79	19
Cashew Maca	Regular	560	24	87	11
Creamy Cold Brew	Regular	765	31	72	45
Papa Monkey	Regular	660	32	59	45
Wake Me Up	Regular	395	6	65	30
Blueberry Avocado Shake	Regular	680	34	50	45
The Executive Drink	Regular	910	43	71	60
Mango Madness	Regular	300	2	75	3
Tutti Frutti	Regular	290	1	75	1
Berry Berry	Regular	280	1	71	2
The Classic	Regular	335	6	64	7
Vanilla Matcha	Regular	455	5	68	35
Watermelon Granita	Regular	135	0	34	3
Strawberry Shortcake	Regular	469	12	66	20
Kale Mango	Regular	367	1	94	2
Others					
House Lemonade	Small	89	0	22	0

Cold-pressed Juices	Serving Size (ml)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Ginger & Turmeric Shot	Regular	130	1	20	2
Cold Pressed Orange	Regular	155	1	73	2
Sunset Beach	Regular	200	0	45	2
ABC	Regular	375	1	89	4
Generic Green	Regular	200	1	50	4
Pear & Ginger	Regular	300	1	73	2

Smoothie Bases	Serving Size (ml)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Almond Milk Unsweetened	300	36	3	2	2
Oat Milk	300	162	1	36	2
Coconut Water	300	56	0	14	0
Cold Pressed Orange	250	115	1	25	2
Mango Juice	300	153	0	40	0

Smoothie Booster	Serving Size (g)	Calories (kCal)	Total Fat (g)	Carbs (g)	Protein (g)
Almond Butter	30	200	16	4	8
Cacao nibs	15	96	8	2	4
Hemp seeds	13	83	7	1	4
Shredded Coconut	12	51	3	6	0
Cacao powder	22.5	93	2	14	5
Dates	30	88	0	22	1
Organic Matcha Powder	8	0	0	0	0
Maca Powder	4	14	0	3	0
Collagen	9	30	0	0	8
Vanilla Whey Protein	33	128	2	2	27
Chocolate Whey Protein	33	124	2	2	26
Vanilla Plant Protein	31	110	0	7	20
Vegan Mocha Protein	31	118	2	4	22
Flavourless Whey Protein	28.75	122	2	4	23
Ginger	15	12	0	3	0
Chia Seeds	4	19	1	2	1
Organic Turmeric Powder	4	13	0	3	0
Granola	20	102	5	13	2

Note: The nutrition information listed here is based on standard recipes and is shown as standard serving portion. Nutritional information rounded to the nearest whole number.

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