

# Ingredients List - October 2023

This information is based upon the accuracy of the product information given by the food manufacturers. BOWL'D has made every effort to ensure the accuracy of the information at the time of writing; however it is possible that ingredient changes and/or substitutions may occur before this list is updated.

ITEM	INGREDIENTS
<b>PROTEIN</b>	
<b>Chicken</b>	Chicken (98%), Mineral Salts (451, 450, 452), Salt, Sugar, Modified Starch (1412), Thickener (407), Yeast Extract, Spice Extracts.
<b>Egg (Whole Fresh)</b>	Whole Egg (free-range). <a href="#">Contains: Egg.</a>
<b>Falafel</b>	Chickpeas (70%), Broad Beans, Tapioca Flour, Canola Oil, Salt, Cumin, Ground Coriander, Baking Powder, Garlic, Chilli.
<b>Prawns</b>	Prawns (99.5%), Salt (0.5%)
<b>Grilled Steak</b>	Beef (min.80%), Water, Salt, Dextrose (Maize), Mineral Salt (450), Soy Protein, Sugar, Thickener (407a, 415), Yeast and Yeast Extracts, Hydrolysed Vegetable Protein (Maize), Spice Extracts, Thickener (1442), Colour (150d) (Sulphites), Fibres, Dehydrated Vegetable, Natural Flavour
<b>FILLINGS</b>	
<b>Brown Rice</b>	Brown Rice
<b>Broccoli</b>	Broccoli (fresh).
<b>Capsicum</b>	Capsicum (fresh).
<b>Carrot</b>	Carrot (grated).
<b>Cauliflower</b>	Cauliflower (fresh).
<b>Cheddar cheese</b>	Pasteurised Milk, Salt, Anti Caking Agent (Starch, 460), Cultures, Rennet. <a href="#">Contains: Dairy.</a>
<b>Cheese - Feta</b>	Milk, Salt, Enzyme (non animal rennet), Cultures. <a href="#">Contains: Dairy.</a>
<b>Cheese - Halloumi</b>	Pasteurized Cow, Sheep and Goat's milk, Salt, Non Animal Rennet, Mint. <a href="#">Contains: Dairy.</a>
<b>Corn</b>	Supersweet corn (63%), Water, Salt, Food Acid, (Citric Acid).
<b>Cucumber</b>	Cucumber (fresh).
<b>Edamame Beans</b>	Soyabeans <a href="#">(contains soy).</a>
<b>Kimchi</b>	Chinese cabbage, cabbage, Pak Choy, onion, Himalayan salt, spring onion, chilli powder, garlic, ginger, fish sauce, Body Ecology culture starter, chicory extract. <a href="#">Contains: Fish.</a>
<b>Mung Beans</b>	Sprouts (fresh).

<b>Pickled Beets</b>	Beetroot, Red Wine Vinegar (Preservative 220), Cane Sugar, Salt.
<b>Pickled Ginger</b>	Ginger 62%, water, salt, acidity regulators (E260, E330), preservative (E202), sweeteners (E951, E950, E955, Colour[E163]).
<b>Pickled Onion</b>	Apple Cider Vinegar, Sugar, Red Onion fresh (sliced).
<b>Cabbage Mix</b>	Red Cabbage (50%), Green Cabbage (50%)(raw sliced)
<b>Red Onion</b>	Red Onion (raw, sliced).
<b>Spinach</b>	Spinach (fresh).

## SIDES

<b>Sesame Grilled Broccoli (DF, V, GF)</b>	Broccoli, sesame dressing, Japanese kewpie mayo & sesame seeds. Contains: Egg, Soy, Sesame.
--	--

## GARNISHES

<b>Cranberries</b>	Cranberries, Sugar, Sunflower Oil.
<b>Seed Mix</b>	Sunflower Kernels, Pumpkin Seed Kernels, Linseeds.
<b>Sesame Mix</b>	Black Sesame Seeds, White Sesame Seeds. Contains: Sesame.

## SEASONINGS

<b>Chipotle</b>	Salt, Spices, Sugar, Chipotle Dry Powder (Minimum 7%) [Gum Arabic (414), Chipotle Pepper Extract, Maltodextrin, Silica (551)], Vegetable Powder, Spice Extract (160c).
<b>Sumac</b>	Crushed Sumac Berries.

## SAUCES & DRESSINGS

<b>Cucumber Yoghurt</b>	Water, Vegetable Oil, Whole Milk Powder, Acidity Regulator (260, 270, 330), Thickener (1442, 1450, 415), Garlic, Sugar, Salt, Lemon Juice Concentrate, Natural Cucumber Flavour (0.5%), Herbs, Preservative (202), Spices, Antioxidant (385). Contains: Milk and milk products.
<b>Habanero</b>	Water, Tomato Paste, Sugar, Capsicum, Onion, Apple Sauce, Apple Cider Vinegar, Soy Sauce, Spices, Thickener (1442, 415), Habanero Puree (2%) (Red Habanero Chilli (98%), Acidity Regulator (260)), Vegetable Oil, Salt, Natural Flavour, Preservative (202), Acidity Regulator (330), Antioxidant (300). Contains: Soybean and soybean products.
<b>Hummus</b>	Chickpeas, Tahini, Garlic Powder, Salt, Citric Acid, Potassium Sorbate. Contains: Sesame.
<b>Kewpie Mayo</b>	Soybean oil, Egg yolk (9.5%), Distilled vinegar, Salt, Rice vinegar, Water, Flavour enhancer (E621), Flavouring, Preservative (E385). Contains: Egg, Soy.
<b>Korean BBQ</b>	Water, Sesame Oil (18%), Soy Sauce (18%) (Water, Soy Bean Extract, Wheat Flour, Salt, Sugar), Sugar, Vinegar, Gochujang Paste (6%) (Corn Syrup, Red Pepper Powder, Wheat Flour, Water, Salt, Onion, Garlic, Fermented Spirit, Rice, Fermented Soybean, Barley), Ginger, Tomato Paste, Thickener (Modified Starch, Xanthan Gum), Garlic, Golden Syrup, Tamarind Pulp, Roast Red Pepper, Salt, Onion, Spices. Contains: Gluten Soy, Sesame.

---

<b>Teriyaki Glaze</b>	Water, Brown Sugar, Soy Sauce [Vegetable Protein Extract (Soy/Maize), Molasses, Burnt Sugar, Acid Regulator (270), Flavours], Sugar, Rice Vinegar [Alcohol, Rice, Salt], Sesame Oil, Crushed Ginger, Crushed Garlic, Acidity Regulator (260, 330), Thickener (1442, 415), Salt, Apple Sauce, Molasses, Yeast Extract, Colour(150d), Spices, Preservative (202, 211). <b>Contains: Sesame seed and sesame seed products + Soybean and soybean products.</b>
<b>Sesame Soy</b>	Water, Soy Sauce (Water, Soy Bean, Salt), Rice Vinegar, Cold Pressed Rapeseed Oil, Sesame Oil (3.5%), Salt, Ginger, Date Syrup, Yeast Extract, Thickener (xanthan gum), Vinegar powder. <b>Contains: Sesame and soybean + soybean products.</b>
<b>Garlic Aioli</b>	Vegetable Oil, Water, Acidity Regulator (260, 330), Sugar, Egg Yolk, Garlic (1.9%), Thickener (1442, 415, 412), Salt, Spices, Mustard Seeds, Preservative (202), Antioxidant (385). <b>Contains: Egg and egg products.</b>
<b>Sour Cream</b>	Reduced Fat Cream (69%), (Cream, Skimmed Milk Powder, Water), Water, Thickener (1422), Gelatin, Food Acid (270), Salt, Culture. <b>Contains: Dairy.</b>
<b>Mayo</b>	Vegetable Oil, Water, Acidity Regulator (260), Sugar, Egg Yolk, Salt, Spices, Thickener (415, 412), Preservative (202), Antioxidant (385). <b>Contains: Egg and egg products.</b>

---

# Allergens List - October 2023

This information is based upon the accuracy of the product information given by the food manufacturers. BOWL'D has made every effort to ensure the accuracy of the information at the time of writing; however it is possible that ingredient changes and/or substitutions may occur before this list is updated.

**INDEX**    ✓ = Contains    \* = May Contain Traces

The term vegetarian is used to describe a person who includes eggs and milk in their diet for the classification in this listing

May contain trace of gluten may be present as this item is prepared in a kitchen that handles gluten.

MENU ITEM	GLUTEN	DAIRY	SOY	EGG	NUTS (Peanuts, Treenuts)	SESAME	FISH	VEGET- ARIAN	VEGAN
<b>Mexican Fiesta Chicken Bowl</b> Chipotle grilled chicken, brown rice, kidney, black & edamame beans, corn, peppers, lettuce, carrot, cheese, sour cream, habanero sauce, jalapenos (hot chilli sauce optional).		✓	✓						
<b>Vege Mexican Fiesta Bowl</b> Chipotle grilled kumara, black bean pattie, brown rice, kidney, black & edamame beans, corn, peppers, lettuce, carrot, cheese, sour cream, habanero sauce, jalapenos.		✓	✓					✓	
<b>Donburi Prawn Bowl</b> Teriyaki glazed prawn and broccoli, brown rice, cabbage mix, edamame, beansprouts, pickled ginger, sesame seeds, kewpie mayo.	*	✓	✓	✓		✓	✓		
<b>Donburi Chicken Bowl</b> Teriyaki glazed chicken and broccoli brown rice, cabbage mix, edamame, beansprouts, pickled ginger, sesame seeds, kewpie mayo.	*	✓	✓	✓		✓			
<b>Donburi Vegan Bowl</b> Teriyaki glazed broccoli, brown rice, cabbage mix, edamame, beansprouts, pickled ginger, sesame seeds, vegan mayo.	*		✓		✓ P&T	✓		✓	✓
<b>Donburi Chicken Kids Bowl</b> Teriyaki glazed chicken and broccoli, brown rice, cabbage mix, edamame, sesame seeds, kewpie mayo.	*	✓	✓	✓	✓ P&T				
<b>Korean BBQ Kids Bowl</b> Chicken or Steak, grilled broccoli, grilled egg, brown rice, cabbage mix, cucumber, Korean bbq, kewpie mayo, sesame seeds.	✓	✓	✓	✓		✓	✓		

	GLUTEN	DAIRY	SOY	EGG	NUTS (Peanuts, Treenuts)	SESAME	FISH	VEGET- ARIAN	VEGAN
MENU ITEM									

**Buddha Prawn Bowl**

Grilled prawn and broccoli, brown rice, lettuce, cabbage mix, beetroot, pickled onion, avocado, sesame soy vegan mayonnaise, seeds, cranberries.

\*

✓

✓

**Buddha Vege Bowl**

Falafel, grilled broccoli, red rice, lettuce, cabbage mix, beetroot, pickled onion, avocado, sesame soy vegan mayonnaise, seeds, cranberries.

\*

✓

✓

✓

✓

**Korean BBQ Steak Bowl**

Grilled steak and broccoli, brown rice, fried egg, cabbage mix, pickled onions, cucumber, kimchi, korean bbq sauce, sesame seeds, kewpie mayo.

✓

✓

✓

✓

✓

✓

**Middle Eastern Kebab Bowl**

Grilled chicken and cauliflower, falafel, brown rice, baby spinach, cabbage mix, pickled onions, hummus, cucumber yoghurt, feta, cranberries, sumac.

✓

✓

**Middle Eastern Kebab Vegetarian Bowl**

Grilled cauliflower, falafel, brown rice, baby spinach, cabbage mix, pickled onion, hummus, cucumber yoghurt, feta, sumac.

✓

✓

✓

**Vege Meze Bowl - Vegetarian**

Grilled cauliflower and haloumi, brown rice, spinach, falafel, beetroot, carrot, hummus, cucumber yoghurt, seeds, habanero, sumac.

✓

✓

✓

T

✓

✓

**Vege Meze Bowl - Vegan**

Grilled cauliflower, falafel, brown rice, spinach, carrot, hummus, vegan mayo, avocado, seeds, sumac, habanero.

✓

✓

T

✓