



NUTRITION SURVIVAL GUIDE TO
WOK & GO

CALORIES AND MACRONUTRIENTS

2021

1-200 CAL

CLASSIC BOXES

| | Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---------------------------------------|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
| Hot Box - Small | 1101.4 | 46.4 | 146.3 | 2.5 | 31.5 | 37.1 | 1.8 |
| Hot Box - Regular | 1631.25 | 71.2 | 224.7 | 3.4 | 45.8 | 50.9 | 2.7 |
| Hot Box - Large | 2018.45 | 89.3 | 273.7 | 3.9 | 58.5 | 63.8 | 3.6 |
| Combo Box - Small | 1062.68 | 3.3 | 135.6 | 2.3 | 19.4 | 36.4 | 3.3 |
| Combo Box - Regular | 1596.54 | 4.6 | 208.0 | 3.5 | 28.0 | 50.1 | 4.6 |
| Combo Box - Large | 1950.1 | 5.7 | 251.4 | 4.36 | 34.7 | 63.0 | 5.7 |
| Sweet Chilli (Not inc nuts) - Small | 1122.07 | 47.1 | 146.4 | 2.4 | 32.1 | 36.9 | 4.6 |
| Sweet Chilli (Not inc nuts) - Regular | 1663.17 | 71.5 | 226.4 | 3.7 | 46.5 | 49.6 | 6.3 |
| Sweet Chilli (Not inc nuts) - Large | 2046.83 | 90.2 | 276.9 | 4.5 | 59.7 | 62.4 | 9.3 |
| Mee Gee - Small | 1084.05 | 38.7 | 147.3 | 2.7 | 30.0 | 37.1 | 4.0 |
| Mee Gee - Regular | 1596.68 | 57.5 | 223.9 | 4.0 | 42.6 | 50.8 | 5.3 |
| Mee Gee - Large | 1960.54 | 70.8 | 275.1 | 5.1 | 55.6 | 63.8 | 7.9 |
| Nasi Seafood - Small | 1100.44 | 15.4 | 170.2 | 3.7 | 35.5 | 35.1 | 4.0 |
| Nasi Seafood - Regular | 1722.93 | 22.1 | 280.3 | 5.5 | 58.9 | 48.0 | 6.2 |
| Nasi Seafood - Large | 2153.59 | 28.1 | 355.6 | 6.6 | 78.6 | 60.1 | 9.4 |
| Nasi Box - Small | 1104.69 | 16.3 | 169.6 | 3.7 | 35.5 | 35.5 | 3.8 |
| Nasi Box - Regular | 1738.73 | 25.4 | 281.5 | 5.5 | 59.1 | 48.7 | 6.0 |
| Nasi Box - Large | 2180.94 | 33.9 | 354.5 | 6.9 | 78.7 | 61.1 | 9.1 |
| Sing-a-Box - Small | 1383.17 | 33.1 | 222.1 | 2.2 | 14.1 | 41.1 | 2.8 |
| Sing-a-Box - Regular | 1779.48 | 48.6 | 273.2 | 3.41 | 21.4 | 54.0 | 4.1 |
| Sing-a-Box - Large | 2136.89 | 59.4 | 323.0 | 4.3 | 27.8 | 70.3 | 5.3 |
| Black Bean Box - Small | 1078.25 | 42.8 | 140.8 | 4.8 | 24.3 | 38.2 | 0.2 |
| Black Bean Box - Regular | 1628 | 68.5 | 218.1 | 7.3 | 37.0 | 52.8 | 0.4 |
| Black Bean Box - Large | 2029.85 | 86.0 | 272.1 | 10.1 | 51.5 | 67.1 | 0.6 |
| Sweet & Sour - Small | 1128.65 | 39.5 | 163.0 | 2.4 | 50.9 | 35.1 | 0.2 |
| Sweet & Sour - Regular | 1675.4 | 63.3 | 245.5 | 3.8 | 70.3 | 48.4 | 0.4 |
| Sweet & Sour - Large | 2016.35 | 77.9 | 291.0 | 4.7 | 80.4 | 60.4 | 0.6 |
| Thai Green Curry - Regular | 1643.6 | 63.0 | 191.2 | 3.1 | 16.9 | 67.5 | 1.0 |
| Thai Green Curry - Large | 2091.15 | 78.8 | 231.7 | 3.9 | 21.9 | 88.8 | 1.3 |
| Pad Thai (without nuts) - Small | 1699.55 | 39.2 | 303.0 | 18.3 | 43.7 | 40.9 | 1.4 |
| Pad Thai (without nuts) - Regular | 2122.7 | 54.1 | 362.7 | 20.0 | 58.9 | 55.6 | 1.8 |
| Pad Thai (without nuts) - Large | 2292.3 | 61.5 | 371.8 | 22.8 | 66.8 | 63.4 | 1.9 |

SPECIAL BOXES

| | | | | | | | |
|----------------------------|---------|-------|-------|-----|------|------|-----|
| Hoi Sin Duck Box - Regular | 1605.42 | 60.8 | 211.5 | 3.6 | 31.6 | 55.9 | 3.3 |
| Hoi Sin Duck Box - Large | 1941.67 | 72.4 | 256.3 | 4.4 | 40.2 | 68.8 | 4.5 |
| Dojo Protein Box - Regular | 1585.34 | 83.1 | 209.6 | 4.2 | 28.1 | 52.1 | 5.2 |
| Dojo Protein Box - Large | 1951.25 | 104.3 | 253.1 | 5.1 | 34.7 | 65.1 | 6.5 |

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

| Calories (kcal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|
|-----------------|-------------|-------------------------|-------------------|------------|---------------|----------|

1-200 CAL

VEGAN BOXES

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

| | | | | | | | |
|-------------------------------|---------|------|-------|-----|------|------|------|
| Tonkatsu Box - Small | 797.4 | 24.3 | 93.0 | 2.7 | 17.6 | 34.3 | 12.7 |
| Tonkatsu Box - Regular | 1023.75 | 30.7 | 119.9 | 4.1 | 24.9 | 45.3 | 13.3 |
| Tonkatsu Box - Large | 1220 | 35.6 | 141.2 | 5.2 | 29.7 | 56.2 | 14.3 |
| Veggie Curry Box - Regular | 1190.5 | 33.6 | 106.3 | 5.2 | 12.9 | 69.0 | 0.6 |
| Veggie Curry Box - Large | 1496.45 | 41.2 | 127.7 | 6.6 | 17.4 | 90.8 | 0.7 |
| Tofu Hot Box - Small | 847.8 | 27.4 | 97.1 | 3.2 | 20.0 | 39.3 | 6.8 |
| Tofu Hot Box - Regular | 1109.9 | 34.8 | 125.1 | 4.9 | 31.1 | 51.4 | 11.5 |
| Tofu Hot Box - Large | 1355.65 | 42.3 | 151.7 | 6.2 | 40.9 | 64.4 | 15.2 |
| Teriyaki Box - Small | 770.2 | 25.5 | 84.9 | 2.1 | 9.8 | 34.1 | 8.2 |
| Teriyaki Box - Regular | 992.2 | 32.7 | 106.7 | 3.1 | 14.9 | 45.1 | 12.9 |
| Teriyaki Box - Large | 1199.85 | 39.7 | 127.6 | 3.9 | 19.5 | 56.1 | 17.7 |
| Veggie Sweet & Sour - Small | 865.8 | 21.8 | 124.2 | 2.4 | 49.3 | 34.0 | 0.5 |
| Veggie Sweet & Sour - Regular | 1153.7 | 27.0 | 158.7 | 3.7 | 67.1 | 44.9 | 0.6 |
| Veggie Sweet & Sour - Large | 1367.05 | 31.8 | 184.8 | 4.6 | 77.1 | 55.6 | 0.7 |

KIDS BOXES

| | | | | | | | |
|-----------------|--------|------|-------|-----|------|------|-----|
| Mini Combo | 954.45 | 35.6 | 121.5 | 1.7 | 14.3 | 35.4 | 2.2 |
| Sweet & Sour | 774.48 | 34.6 | 147.6 | 1.9 | 43.2 | 34.8 | 0.2 |
| Yasi Yaki (soy) | 742.35 | 23.6 | 76.0 | 2.3 | 7.1 | 37.2 | 6.5 |
| Yasi Yaki (SC) | 798.48 | 23.9 | 88.9 | 2.3 | 19.6 | 37.3 | 8.2 |
| Yasi Yaki (Hot) | 816.35 | 24.1 | 93.2 | 2.3 | 23.5 | 37.4 | 8.1 |