

# BUTTER CHICKEN BOWL

Butter chicken, chilli butter, baby spinach, cucumber, tomato and carrot topped with cucumber yoghurt.

1.529KJ - GLUTEN FREE - HIGH PROTEIN - LOW SUGAR - HALAL

CHOOSE YOUR BASE

WHITE POTATO

SWEET POTATO

BROWN RICE & QUINOA GRAIN

CORN CHIPS

NEW!



## SPUDBAR IS FOR EVERYONE

We think life would be a bit boring if everyone was the same, which is why we celebrate our little differences with a menu that is highly adaptable to your tastes and dietary needs.

We have dishes that cater for people looking for low sugar, gluten free, high protein, vegan, and dairy-free.

Talk about having you covered!

ALL OF OUR BOWLS ARE GLUTEN FREE & LOW SUGAR

## NUTRITIONAL INFO

Menu Item	Typical Serve (g)	Energy (KJ) per 100g	Protein (g) per 100g	Fat (g) per 100g	Sat Fat (g) per 100g	Carbs total (g) per 100g	Carbs sugars (g) per 100g	Sodium (mg) per 100g
<b>BOWLS</b>								
The Festival (GF) (LS) (HP)	459	566	5.4	7.9	4.7	9.8	0.9	253
Home Style Bolognese (GF) (LS) (HP)	671	438	4.4	5.1	2.7	8.9	1.9	141
Tuna & Avocado (GF) (LS) (HP)	600	486	5.7	6.3	2.1	8.4	1.4	125
Chicken, Beetroot & Avocado (GF) (LS) (HP)	625	588	6.7	8.7	2.2	8.2	1.6	207
Bacon, Mushroom & Salsa (GF) (LS) (HP)	545	468	4.9	6	3.2	8.7	1.1	235
The Classic (GF) (LS) (HP)	518	475	3.9	6.1	3.7	9.6	1.3	114
Chilli Bean & Salsa (GF) (LS) (HP)	695	438	3.8	4.8	2.5	10.2	1.7	188
Moroccan Chickpea & Kale (GF) (LS) (HP) (DF) (V)	323	323	2.4	2.1	0.2	11.3	2.2	128
Fresh Veggie (GF) (LS) (HP) (DF) (V)	535	304	2.5	2	.2	9.9	1.1	77
Hawaiian (GF) (LS) (HP)	710	364	3.1	3.7	2.2	9.3	3.2	102
Mexican Chicken (GF) (LS) (HP) (DF)	655	433	5.6	4.5	.5	9	1.4	213
Meatlovers (GF) (LS) (HP)	641	466	5.1	5.9	3.1	8.3	1.6	212
Tex Mex (GF) (LS) (HP)	645	469	5.1	5.2	2.8	10.4	1.4	105
Butter Chicken (GF) (LS) (HP)	338	508	4.8	9.3	4.1	4.2	3.6	133
Chicken Parma (GF) (LS) (HP)	560	565	5.8	7.3	3.9	10.6	1.2	235
<b>SNACK BOWLS</b>								
Chilli Bean, Cheese & Corn Chips (GF) (LS)	265	605	6.2	6.9	3.6	13.1	0.9	218
Bolognese, Cheese & Mushroom (GF) (LS)	270	524	6.3	6.7	3.4	8.9	1.2	197
Corn, Peas, Tomato & Cucumber Yogurt (GF) (LS) (DF)	340	253	2.7	0.6	.1	9.9	2.4	61
<b>DESSERTS</b>								
Choc Fudge Brownie (GF)	100	1800	4.9	23.6	16.6	51.2	40.3	95
Nutella Brownie (GF)	100	1800	4.9	23.6	16.6	51.2	40.3	95

The average adult daily energy intake is 8700kJ

These figures are correct at time of printing and may vary from store to store.

SpudBAR

## CHOOSE YOUR FAVOURITE BASE



WHITE POTATO  
872kJ



SWEET POTATO  
1079kJ



BROWN RICE & QUINOA GRAIN



CORN CHIPS  
1236kJ

## SPECIALTY BOWLS

### MEXICAN CHICKEN – 16.90

Free range chicken, mild chilli bean, wild rocket, carrot & corn topped with either whole egg mayo or sriracha mayo. 2288kJ (GF) (LS) (DF) (HP)

### TEX MEX – 16.90

Beef chilli con carne, tasty cheese, spinach, corn, cucumber and corn chips, topped with light sour cream. 2196kJ (GF) (LS) (HP) + AVOCADO \$3.00

### MEATLOVERS – 16.90

Beef bolognese, bacon, shredded cabbage, mushrooms, tasty cheese, light sour cream & spring onions. 2118kJ (GF) (LS) (HP) + FREE RANGE CHICKEN \$4.00

### CHICKEN PARMA – 16.90

Crumbed chicken strips with napoli sauce, wild rocket, tasty cheese, bacon, garlic butter, light sour cream & spring onions. 2288kJ (GF) (LS) (HP) + AVOCADO \$3.00

### BUTTER CHICKEN – 16.90 NEW!

Butter chicken, chilli butter, baby spinach, cucumber, tomato and carrot topped with cucumber yoghurt. 1717kJ (GF) (LS) (HP) (Halal)

## TRADITIONAL BOWLS

### THE FESTIVAL – 10.90

Melted butter, tasty cheese, bacon, light sour cream & spring onions. 1727kJ (GF) (LS) (HP) + PINEAPPLE \$1.00

### HOME STYLE BOLOGNESE – 15.50

Beef bolognese, tasty cheese, peas, carrot, corn, light sour cream & spring onions. 2068kJ (GF) (LS) (HP) + BACON \$3.00

### TUNA & AVOCADO – 15.50

Our tuna mix (with corn, spring onion & whole egg mayo), shredded cabbage, carrot, tasty cheese, cucumber yoghurt & avocado. 2047kJ (GF) (LS) (HP)

### CHICKEN, BEETROOT & AVOCADO – 16.90

Free range chicken, tasty cheese, wild rocket, beetroot & avocado topped with herb mayo. 2798kJ (GF) (LS) (HP)

### BACON, MUSHROOM & SALSA – 13.90

Bacon, tasty cheese, mushrooms, wild rocket, tomato salsa, light sour cream & spring onions. 1678kJ (GF) (LS) (HP) + AVOCADO \$3.00

## VEGIE BOWLS

### THE CLASSIC – 10.90

Melted garlic butter, tasty cheese, corn, cabbage, light sour cream & spring onions. 1588kJ (GF) (LS) (HP) + BACON \$3.00

### MOROCCAN CHICKPEA & KALE – 14.50

Warm moroccan chickpea & kale mix, wild rocket, our quinoa & brown rice mix, beetroot, hummus & spring onions. 1048kJ (GF) (LS) (HP) (DF) (V)

### FRESH VEGIE – 12.50

Baby spinach, tomato, corn, carrot, peas & hummus. 758kJ (GF) (LS) (HP) (DF) (V)

### CHILLI BEAN & SALSA – 15.50

Mild chilli bean, tomato salsa, corn, tasty cheese, shredded cabbage, light sour cream & spring onions, topped with corn chips. 1164kJ (GF) (LS) (HP) + AVOCADO \$3.00

### HAWAIIAN – 13.90

Tasty cheese, shredded cabbage, tomato, corn, beetroot, pineapple, light sour cream & spring onions. 1718kJ (GF) (LS) (HP) + BACON \$3.00

## SNACK BOWLS

CHILLI BEAN, CHEESE & CORN CHIPS  
– 9.50

1164kJ (GF) (LS)

BOLOGNESE, CHEESE & MUSHROOM  
– 9.50

984kJ (GF) (LS)

CORN, PEAS, TOMATO & CUCUMBER  
– 9.50

424kJ (GF) (LS) (DF)

## CREATE YOUR OWN

FULL SIZE BOWL FROM 6.90

SNACK SIZE BOWL FROM 5.90

SALAD BOWL FROM 5.90

### CHOOSE YOUR ADD ONS:

- 4.00 Hot meat toppings, free range chicken
- 3.00 Chilli bean, avocado, bacon, tuna, moroccan chickpea & kale mix
- 1.00 Everything else

## MAKE IT A MEAL

\$5

ADD A BROWNIE & 600ML MOUNT FRANKLIN WATER

\$7

ADD A BROWNIE & ANY DRINK