



NUTRITION SURVIVAL GUIDE TO
WOK & GO

CALORIES AND MACRONUTRIENTS

2021

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- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ 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



1-200 CAL

VEGAN BOXES

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

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

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