Nutritional Information - Buddah Bowls

Philadelphia CATERING CO.

ITEM #	Menu Item	Serving Size	Calories	Cals from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Choloesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vegetarian	Vegan	Gluten Free	Contains Egg	Contains Dairy	Contains Soy	Contains Tree Nuts	Contains Peanuts	Contains Fish	Conatins Shellfish	Additional info
	Indian Inspired Buddah Bowl	1 BOWL	626	202	22	7	0	3	428	92	14	17	20	X		X		X							
	Jammin' Jamaican Shrimp Buddah Bowl	1 BOWL	818	399	43	8	0	132	1382	76	10	7	22			X		X	X				X		
	Jammin' Jamaican Chicken Buddah Bowl	1 BOWL	888	439	48	9	0	120	1002	76	10	7	35			X		X	X						
	Tropical Island Buddah Bowl	1 BOWL	913	163	19	2	0	0	1871	171	14	83	18	X	X				X						
	Mediterranean Buddah Bowl	1 BOWL	793	503	55	12	0	34	1246	56	13	19	27	X		X		X							
	Rockin' Moroccan Buddah Bowl	1 BOWL	488	68	8	1	0	4	272	80	19	13	26	X		X		X							
	Tuscan Style Portabello Buddah Bowl	1 BOWL	596	122	14	1	0	0	557	110	12	15	20	X	X										
	Tuscan Style Chicken Buddah Bowl	1 BOWL	746	152	17	1	0	107	603	95	10	15	49												