

Nutritional Information

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Bases Each of these ingredients is designed to offer: balanced micronutrients, digestive and anti-inflammatory compounds, and fiber to aid glycemic control.									
	PORTION	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)	IF SCORE	GLYCEMIC IMPACT	FUNCTIONAL BENEFITS
SPICY GREENS	2.5 oz	10	2	1	0	1	+50	Low	Antioxidant • Hydration • Anti-inflammatory • Metabolism
HARMONY GREENS	2.5 oz	12	3	1	0	1.5	+60	Low	Antioxidant • Digestion • Anti-inflammatory • Detox
TOASTED ONION WHITE RICE	5 oz	180	38	4	1	1	-20	Medium	Quick energy • Digestion friendly
RICE VERMICELLI NOODLES	3 ct	125	28	5	1	0	-15	Medium	Quick energy • Digestion friendly
BROWN & RED RICE	5 oz	180	38	4	1	2	+20	Medium-Low	Sustained energy • Antioxidant • Muscle function • Anti-inflammatory
ROASTED SWEET POTATOES	2 oz	50	10	1	1	2	+80	Low	Sustained energy • Eye health • Anti-inflammatory • Immune function
ROASTED CARROTS	2 oz	25	5	1	0	1	+75	Low	Eye health • Anti-inflammatory • Antioxidant • Digestion
BOK CHOY & NAPA CABBAGE	2 oz	10	2	1	0	1	+70	Low	Bone health • Anti-inflammatory • Heart health • Detox

Proteins These proteins are centerpieces of performance-focused nourishment—ranging from lean to rich, with both animal and plant-based power options.									
	PORTION	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)	IF SCORE	GLYCEMIC IMPACT	FUNCTIONAL BENEFITS
PORK MEATBALLS	2 ct ~4.4 oz	140	1	17	11	0	+40	Low	Collagen, zinc, immune herbs
TERIYAKI CHICKEN	2.5 oz	160	2.5	20	8	0	+40	Low	Sustained energy, anti-inflammatory
ĂN CHICKEN	2.5 oz	160	1	19.2	9.2	0	+60	Low	Lean spice-infused protein
SPICY TAMARIND CHICKEN	2.5 oz	165	2	19	9	0	+55	Low	Tamarind & chili: gut, flavor
JUMBO COCONUT SHRIMP	3 ct ~2.2 oz	90	0.8	11.7	1.6	0	+70	Low	MCTs, omega-3s, spices
VEGAN MEATBALLS	2 ct ~4.4 oz	160	6	12	8	2	+80	Low	Lentil-based complete protein
CRISPY PORK BELLY	2.5 oz	380	1	11.8	34.5	0	+20	Low	Collagen, high satiety
BRAISED BRISKET	2.5 oz	210	0.5	18.2	12.1	0	+50	Low	Iron, pho-spice for recovery

Toppings									
	PORTION	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)	IF SCORE	GLYCEMIC IMPACT	FUNCTIONAL BENEFITS
GRAPE TOMATOES	1 oz	5	2	0	0	0	+60	Low	Antioxidant • Hydration • Eye health • Recovery
SPICY KING MUSHROOM	1 oz	15	1	1	1	1	+85	Low	Energy • Muscle function • Satiety • Stress adaptation
PICKLED MUSTARD GREENS	1 oz	10	2	0	0	0	+60	Low	Bone health • Detox • Gut health • Anti-inflammatory
SPICY RED CABBAGE SLAW	1 oz	10	1	1	0	1	+80	Low	Immune function • Antioxidant • Anti-inflammatory • Metabolism
CRACK ONIONS	1 oz	20	2	0	1	0	+30	Low	Gut health • Heart health • Anti-inflammatory • Circulation
PICKLED MEDLEY	1 oz	10	2	0	0	0	+60	Low	Gut health • Eye health • Digestive health • Recovery
PEPPERY CUCUMBERS	1 oz	5	1	0	0	0	+50	Low	Hydration • Temperature regulation • Circulation • Electrolytes
GREEN BEANS	1 oz	10	2	1	0	1	+70	Low	Sustained energy • Muscle function • Blood health • Bone health
JAMMY EGG	1 ct	70	1	6	5	0	+40	Low	Muscle function • Brain health • Eye health • Mood
AVOCADO (HALF)	Medium	80	1	1	7	1	+95	Low	Heart health • Muscle function • Mood • Nutrient absorption

Dressings									
	PORTION	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)	IF SCORE	GLYCEMIC IMPACT	FUNCTIONAL BENEFITS
GOLDEN LIME	1oz	70	2	0	7	0	+70	Low	Anti-inflammatory • Circulation • Digestion • Nutrient absorption
BLAZING SPICY TAMARIND	1 oz	70	2	0	7	0	+55	Low	Metabolism • Digestion • Heart health • Detox
CITRUS SESAME	1oz	70	2	0	7	0	+65	Low	Digestion • Heart health • Antioxidant • Circulation
ĂN FIRE SAUCE	1 oz	10	1	0	0.5	0	+60	Low	Antioxidant • Digestion • Metabolism • Nutrient absorption
THAI BASIL GODDESS	1oz	70	2	0	8	0	+75	Low	Circulation • Detox • Antioxidants • Nutrient absorption
SCALLION GINGER CHIMICHURRI	1 oz	35	2	0	3	0	+95	Low	Digestion • Stress relief • Anti-inflammatory • Circulation

Crunches & Broths									
	PORTION	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)	IF SCORE	GLYCEMIC IMPACT	FUNCTIONAL BENEFITS
SALTED SESAME CASHEW	8 g	35	1	1	3	1	+65	Low	Heart health • Mineral density • Sustained energy • Antioxidant
CRISPY RICE PAPER	8g	50	6	1	2	0	+15	Medium	Quick energy • Metabolism
CRISPY GARLIC SHALLOT	5g	20	2	0	1	0	+30	Low	Circulation • Heart health • Antioxidant • Digestion
CHICKEN BONE BROTH	6 oz	20	0	2	1	0	+90	Low	Joint health • Gut health • Anti-inflammatory • Hydration
VEGETABLE BROTH	6 oz	10	0	1	0	0	+80	Low	Antioxidant • Hydration • Digestion • Anti-inflammatory

What is the IF Rating™ (Inflammation Factor)?

The IF Rating™ measures how likely a food is to either increase or decrease inflammation in the body.

- Foods with a positive IF rating are considered anti-inflammatory.
- Foods with a negative IF rating may contribute to inflammation, especially when consumed regularly.

A score above +200 = strongly anti-inflammatory

A score below 0 = pro-inflammatory

What is Glycemic Load (GL)?

Glycemic Load tells us how much a bowl will raise blood sugar, considering:

- Type of carb (glycemic index)
- Amount of carb (in grams)
- How it's balanced with fat, fiber, and protein

GL under 20 = low impact on blood sugar

GL 20–40 = moderate impact on blood sugar

GL Over 40 = high impact on blood sugar



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Performance Bowls (with an Chicken)	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)
POWER BOWL	955	72	60	48	7
LOW CARB BOWL	695	20	50.4	47.4	6
GARDEN BOWL	975	82	36	52	14
IMMUNITY BOWL	910	61	53.4	50.4	7
FOCUS BOWL	845	64	53.4	41.4	8

Balance Bowls	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)
PORK BELLY	1225	60	36	88	4
BRAISED BRISKET	915	68	52.4	42.2	7
TERIYAKI CHICKEN	652	56	45.4	28.4	4.5
COCONUT SHRIMP	560	53.6	30.4	20.2	5
VERMICELLI BOWL (with an Chicken)	745	69	49.4	49.4	1

Good Jars Serving Size: 1 jar, 8 fl oz	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)
MANGO BLOOM	430	62	6	8	2
STRAWBERRY MATCHA	410	72	8	10	3

Drinks Serving Size: 1 bottle, 10 fl oz	CALORIES	CARBS (g)	PROTEIN (g)	FAT (g)	FIBER (g)
VIET COFFEE	320	29	1	12	0
CALAMANSI LIMEADE	120	30	0	0	0
MATCHA SAGO LATTE	295	50	2	10	0
STRAWBERRY HIBISCUS	220	55	0	0	0
BLUE BREEZE	195	49	0	0	0