

360 Gourmet

Nutritional Facts

Style	Flavor	Enjoy With	Calories (kcal)	Fat (gr)	Saturated Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gr)	Diet Fiber (gr)	Protein (gr)		
Burrito	Classic 360											
		Chicken Breast	844 kcal	33 gr	3 gr	69 gr	1972 mg	96 gr	8 gr	41 gr		
		Steak	820 kcal	33 gr	4 gr	55 mg	1978 mg	115 gr	8 gr	16 gr		
		Veggies	610 kcal	19 gr	3 gr	83 mg	1283 mg	70 gr	4 gr	39 gr		
		Prawns	810 kcal	27 gr	3 gr	109 mg	1839 mg	99 gr	9 gr	42 gr		
		Smoked Tofu	876 kcal	39 gr	4 gr	0 mg	2346 mg	109 gr	7 gr	26 gr		
	Cajun											
		Chicken Breast	879 kcal	33 gr	3 gr	69 mg	1955 mg	102 gr	10 gr	42 gr		
		Steak	855 kcal	34 g	4 gr	55 mg	1961 mg	102 gr	10 gr	35 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	802 kcal	30 gr	2 gr	108 mg	2033 mg	102 gr	10 gr	31 gr		
		Smoked Tofu	852 kcal	34 gr	3 gr	0 mg	2227 mg	111 gr	12 gr	28 gr		
	Thai											
		Chicken Breast	904 kcal	39 gr	4 gr	69 mg	2074 mg	100 gr	6 gr	40 gr		
		Steak	880 kcal	39 gr	5 gr	55 mg	2080 mg	100 gr	6 gr	33 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	827 kcal	35 gr	3 gr	108 mg	2152 mg	101 gr	6 gr	29 gr		
		Smoked Tofu	876 kcal	39 gr	4 gr	0 mg	2346 mg	109 gr	7 gr	26 gr		
	Teriyaki											
		Chicken Breast	790 kcal	21 gr	2 gr	69 mg	2217 mg	110 gr	5 gr	39 gr		
		Steak	766 kcal	22 gr	3 gr	55 mg	2223 mg	110 gr	5 gr	32 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	713 kcal	18 gr	1 gr	108 mg	2295 mg	110 gr	5 gr	28 gr		
		Smoked Tofu	763 kcal	21 gr	2 gr	0 mg	2489 mg	119 gr	7 gr	25 gr		
	Curry											
		Chicken Breast	993 kcal	45 gr	4 gr	69 mg	1578 mg	107 gr	6 gr	38 gr		
		Steak	970 kcal	46 gr	4 gr	55 mg	1585 mg	107 gr	6 gr	31 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	917 kcal	41 gr	3 gr	108 mg	1656 mg	108 gr	6 gr	27 gr		
		Smoked Tofu	966 kcal	45 gr	4 gr	0 mg	1851 mg	116 gr	8 gr	24 gr		
	Mediterranean											
		Chicken Breast	630 kcal	30 gr	1 g	69 mg	1566 mg	93 gr	7 gr	41 g		
		Steak	606 kcal	11 gr	2 gr	55 mg	1572 mg	93 gr	7 gr	34 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	802 kcal	30 gr	2 gr	108 mg	2033 mg	102 gr	10 gr	31 gr		
		Smoked Tofu	852 kcal	34 gr	3 gr	0 mg	2227 mg	111 gr	12 gr	28 gr		
	Wrap	Classic 360										
			Chicken Breast	844 kcal	33 gr	3 gr	69 gr	1972 mg	96 gr	8 gr	41 gr	
			Steak	820 kcal	33 gr	4 gr	55 mg	1978 mg	115 gr	8 gr	16 gr	
			Veggies	610 kcal	19 gr	3 gr	83 mg	1283 mg	70 gr	4 gr	39 gr	
			Prawns	810 kcal	27 gr	3 gr	109 mg	1839 mg	99 gr	9 gr	42 gr	
			Smoked Tofu	876 kcal	39 gr	4 gr	0 mg	2346 mg	109 gr	7 gr	26 gr	
		Cajun										
			Chicken Breast	879 kcal	33 gr	3 gr	69 mg	1955 mg	102 gr	10 gr	42 gr	
			Steak	855 kcal	34 g	4 gr	55 mg	1961 mg	102 gr	10 gr	35 gr	
			Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr	
			Prawns	802 kcal	30 gr	2 gr	108 mg	2033 mg	102 gr	10 gr	31 gr	
			Smoked Tofu	852 kcal	34 gr	3 gr	0 mg	2227 mg	111 gr	12 gr	28 gr	
Thai												
		Chicken Breast	904 kcal	39 gr	4 gr	69 mg	2074 mg	100 gr	6 gr	40 gr		
		Steak	880 kcal	39 gr	5 gr	55 mg	2080 mg	100 gr	6 gr	33 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	827 kcal	35 gr	3 gr	108 mg	2152 mg	101 gr	6 gr	29 gr		
		Smoked Tofu	876 kcal	39 gr	4 gr	0 mg	2346 mg	109 gr	7 gr	26 gr		
Teriyaki												
		Chicken Breast	790 kcal	21 gr	2 gr	69 mg	2217 mg	110 gr	5 gr	39 gr		
		Steak	766 kcal	22 gr	3 gr	55 mg	2223 mg	110 gr	5 gr	32 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	713 kcal	18 gr	1 gr	108 mg	2295 mg	110 gr	5 gr	28 gr		
		Smoked Tofu	763 kcal	21 gr	2 gr	0 mg	2489 mg	119 gr	7 gr	25 gr		
Curry												
		Chicken Breast	993 kcal	45 gr	4 gr	69 mg	1578 mg	107 gr	6 gr	38 gr		
		Steak	970 kcal	46 gr	4 gr	55 mg	1585 mg	107 gr	6 gr	31 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	917 kcal	41 gr	3 gr	108 mg	1656 mg	108 gr	6 gr	27 gr		
		Smoked Tofu	966 kcal	45 gr	4 gr	0 mg	1851 mg	116 gr	8 gr	24 gr		
Mediterranean												
		Chicken Breast	630 kcal	30 gr	1 g	69 mg	1566 mg	93 gr	7 gr	41 g		
		Steak	606 kcal	11 gr	2 gr	55 mg	1572 mg	93 gr	7 gr	34 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	802 kcal	30 gr	2 gr	108 mg	2033 mg	102 gr	10 gr	31 gr		
		Smoked Tofu	852 kcal	34 gr	3 gr	0 mg	2227 mg	111 gr	12 gr	28 gr		

360 Gourmet

Nutritional Facts

Style	Flavor	Enjoy With	Calories (kcal)	Fat (gr)	Saturated Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gr)	Diet Fiber (gr)	Protein (gr)		
Bowl	Classic 360											
		Chicken Breast	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg		
		Steak	395 kcal	29 gr	3 gr	55 mg	351 mg	13 gr	4 gr	21 gr		
		Veggies	555 kcal	6 gr	0 gr	0 mg	1630 mg	107 gr	11 gr	20 gr		
		Prawns	606 kcal	11 gr	2 gr	55 mg	1572 mg	93 gr	7 gr	34 gr		
		Smoked Tofu	630 kcal	30 gr	1 g	69 mg	1566 mg	93 gr	7 gr	41 g		
	Cajun											
		Chicken Breast	635 kcal	30 gr	3 gr	69 mg	1267 mg	58 gr	4 gr	31 gr		
		Steak	611 kcal	30 gr	3 gr	55 mg	1273 mg	58 gr	4 gr	24 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	558 kcal	26 gr	2 gr	108 mg	1345 mg	59 gr	4 gr	20 gr		
		Smoked Tofu	608 kcal	30 gr	3 gr	0 mg	1540 mg	67 gr	6 gr	17 gr		
	Thai											
		Chicken Breast	734 kcal	38 gr	4 gr	69 mg	1643 mg	65 gr	5 gr	33 gr		
		Steak	710 kcal	38 gr	5 gr	55 mg	1649 mg	65 gr	5 gr	27 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	657 kcal	34 gr	3 gr	108 mg	1721 mg	65 gr	5 gr	23 gr		
		Smoked Tofu	707 kcal	38 gr	4 gr	0 mg	1915 mg	74 gr	6 gr	20 gr		
	Teriyaki											
		Chicken Breast	614 kcal	20 gr	2 gr	69 gr	1776 mg	73 gr	3 gr	32 gr		
		Steak	591 kcal	21 gr	3 gr	55 mg	1782 mg	73 gr	3 gr	25 gr		
		Veggies	564 kcal	9 gr	1gr	0 mg	1841 mg	102 gr	10 gr	18 gr		
		Prawns	538 kcal	17 gr	1 gr	108 mg	1854 mg	73 gr	3 gr	21 gr		
		Smoked Tofu	587 kcal	20 gr	2 gr	0 mg	2049 mg	82 gr	5 gr	19 gr		
	Curry											
		Chicken Breast	818 kcal	44 gr	4 gr	69 mg	1137 mg	70 gr	5 gr	31 gr		
		Steak	794 kcal	45 gr	4 gr	55 mg	1144 mg	70 gr	5 gr	24 gr		
		Veggies	587 kcal	20 gr	2 gr	0 mg	2049 mg	82 gr	5 gr	19 gr		
		Prawns	741 kcal	40 gr	3 gr	108 mg	1216 mg	71 gr	5 gr	21 gr		
		Smoked Tofu	791 kcal	44 gr	4 gr	0 mg	1410 mg	80 gr	7 gr	18 gr		
	Mediterranean											
		Chicken Breast	745 kcal	31 gr	14 gr	144 mg	1215 mg	65 gr	4 gr	49 gr		
		Steak	699 kcal	32 gr	14 gr	130 mg	1218 mg	61 gr	2 gr	42 gr		
		Veggies	592 kcal	26 gr	13 gr	75 mg	1079 mg	65 gr	4 gr	24 gr		
		Prawns	882 kcal	51 gr	15 gr	183 mg	1674 mg	67 gr	4 gr	38 gr		
		Smoked Tofu	932 kcal	55 gr	15 gr	75 mg	1868 mg	76 mg	6 gr	36 gr		
	Salad	Classic 360										
			Chicken Breast	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg	
			Steak	395 kcal	29 gr	3 gr	55 mg	351 mg	13 gr	4 gr	21 gr	
			Veggies	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg	
			Prawns	384 kcal	26 gr	3 gr	108 mg	1015 mg	19 gr	5 gr	20 gr	
			Smoked Tofu	319 kcal	13 gr	1 gr	0 mg	1353 mg	37 gr	6 gr	16 gr	
		Cajun										
			Chicken Breast	367 kcal	22 gr	2 gr	69 gr	571 mg	14 gr	5 gr	28 gr	
			Steak	343 kcal	23 gr	3 gr	55 mg	577 mg	14 gr	5 gr	21 gr	
		Veggies	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg		
		Prawns	290 kcal	18 gr	1 gr	108 mg	649 mg	14 gr	5 gr	17 gr		
		Smoked Tofu	340 kcal	22 gr	2 gr	0 mg	844 mg	23 gr	7 gr	15 gr		
Thai												
		Chicken Breast	460 kcal	30 gr	3 gr	69 mg	937 mg	19 gr	5 gr	30 gr		
		Steak	437 kcal	31 gr	4 gr	55 mg	943 mg	19 gr	5 gr	24 gr		
		Veggies	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg		
		Prawns	384 kcal	26 gr	3 gr	108 mg	1015 mg	19 gr	5 gr	20 gr		
		Smoked Tofu	433 kcal	30 gr	3 gr	0 mg	1209 mg	28 gr	7 gr	17 gr		
Teriyaki												
		Chicken Breast	346 kcal	13 gr	2 gr	69 mg	1080 mg	28 gr	4 gr	29 gr		
		Steak	323 kcal	13 gr	2 gr	55 mg	1087 mg	28 gr	4 gr	23 gr		
		Veggies	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg		
		Prawns	270 kcal	9 gr	1 gr	108 mg	1159 mg	29 gr	4 gr	19 gr		
		Smoked Tofu	319 kcal	13 gr	1 gr	0 mg	1353 mg	37 gr	6 gr	16 gr		
Curry												
		Chicken Breast	550 kcal	36 gr	3 gr	69 mg	442 mg	26 gr	6 gr	28 gr		
		Steak	526 kcal	37 gr	4 gr	55 mg	448 mg	26 gr	6 gr	22 gr		
		Veggies	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg		
		Prawns	473 kcal	33 gr	2 gr	108 mg	520 mg	27 gr	6 gr	18 gr		
		Smoked Tofu	523 kcal	36 gr	3 gr	0 mg	714 mg	35 gr	8 gr	15 gr		
Mediterranean												
		Chicken Breast	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg		
		Steak	395 kcal	29 gr	3 gr	55 mg	351 mg	13 gr	4 gr	21 gr		
		Veggies	419 kcal	28 gr	3 gr	69 mg	345 mg	13 gr	4 gr	28 mg		
		Prawns	290 kcal	18 gr	1 gr	108 mg	649 mg	14 gr	5 gr	17 gr		
		Smoked Tofu	340 kcal	22 gr	2 gr	0 mg	844 mg	23 gr	7 gr	15 gr		

360 Gourmet

Nutritional Facts

Style	Flavor	Enjoy With	Calories (kcal)	Fat (gr)	Saturated Fat (gr)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (gr)	Diet Fiber (gr)	Protein (gr)	
Quesadilla	Classic 360										
		Chicken Breast	745 kcal	31 gr	14 gr	144 mg	1215 mg	65 gr	4 gr	49 gr	
		Steak	699 kcal	32 gr	14 gr	130 mg	1218 mg	61 gr	2 gr	42 gr	
		Veggies	592 kcal	26 gr	13 gr	75 mg	1079 mg	65 gr	4 gr	24 gr	
		Prawns	882 kcal	51 gr	15 gr	183 mg	1674 mg	67 gr	4 gr	38 gr	
		Smoked Tofu	932 kcal	55 gr	15 gr	75 mg	1868 mg	76 mg	6 gr	36 gr	
	Cajun										
		Chicken Breast	959 kcal	54 gr	15 gr	144 mg	1595 mg	67 gr	4 gr	49 gr	
		Steak	914 kcal	55 gr	16 gr	130 mg	1598 mg	62 gr	3 gr	42 gr	
		Veggies	592 kcal	26 gr	13 gr	75 mg	1079 mg	65 gr	4 gr	24 gr	
		Prawns	882 kcal	51 gr	15 gr	183 mg	1674 mg	67 gr	4 gr	38 gr	
		Smoked Tofu	932 kcal	55 gr	15 gr	75 mg	1868 mg	76 mg	6 gr	36 gr	
	Thai										
		Chicken Breast	1066 kcal	63 gr	17 gr	144 mg	1963 mg	75 gr	5 gr	52 gr	
		Steak	1029 kcal	63 gr	17 gr	130 mg	1967 mg	72 gr	5 gr	45 gr	
		Veggies									
		Prawns	976 kcal	59 gr	16 gr	183 mg	2039 mg	72 gr	5 gr	41 gr	
		Smoked Tofu	1025 kcal	63 gr	16 gr	75 mg	2234 mg	81 gr	6 gr	38 gr	
	Teriyaki										
		Chicken Breast	917 kcal	45 gr	15 gr	144 mg	2101 mg	77 gr	2 gr	50 gr	
		Steak	893 kcal	46 gr	15 gr	130 mg	2107 mg	77 gr	2 gr	43 gr	
		Veggies	592 kcal	26 gr	13 gr	75 mg	1079 mg	65 gr	4 gr	24 gr	
		Prawns	840 kcal	41 gr	14 gr	183 mg	2179 mg	77 gr	2 gr	40 gr	
		Smoked Tofu	890 kcal	45 gr	15 gr	75 mg	2373 mg	86 gr	4 gr	37 gr	
	Curry										
		Chicken Breast	1142 kcal	69 gr	16 gr	144 mg	1466 mg	79 gr	5 gr	49 gr	
		Steak	1018 kcal	58 gr	16 gr	130 mg	1743 mg	79 gr	6 gr	43 gr	
		Veggies	592 kcal	26 gr	13 gr	75 mg	1079 mg	65 gr	4 gr	24 gr	
		Prawns	1065 kcal	65 gr	16 gr	183 mg	1544 mg	79 gr	5 gr	39 gr	
		Smoked Tofu	1115 kcal	69 gr	16 gr	75 mg	1738 mg	88 gr	7 gr	36 gr	
	Mediterranean										
		Chicken Breast	745 kcal	31 gr	14 gr	144 mg	1215 mg	65 gr	4 gr	49 gr	
		Steak	699 kcal	32 gr	14 gr	130 mg	1218 mg	61 gr	2 gr	42 gr	
		Veggies	592 kcal	26 gr	13 gr	75 mg	1079 mg	65 gr	4 gr	24 gr	
		Prawns	882 kcal	51 gr	15 gr	183 mg	1674 mg	67 gr	4 gr	38 gr	
		Smoked Tofu	932 kcal	55 gr	15 gr	75 mg	1868 mg	76 mg	6 gr	36 gr	