

SpudBAR

Favourites

LOW SUGAR
FRESH & HEALTHY
GLUTEN FREE
DELICIOUS



Chilli Bean & Salsa
\$14.50

Pulled Pork
\$15.50

Home Style Bolognese
\$14.50

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!
Look out for these icons when you are ordering:

All of our spuds & bowls are gluten free & low sugar



And some are...

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
Vegan Poke Bowl	455	643	3.7	8.7	1.2	14.3	4.9	226
Sriracha Chicken Poke Bowl	546	447	7.0	3.5	0.4	11.3	4.9	337
Tuna & Avocado	600	486	5.7	6.3	2.1	8.4	1.4	125
The Classic	518	475	3.9	6.1	3.7	9.6	1.3	114
Bacon, Mushroom & Salsa	545	468	4.9	6	3.2	8.7	1.1	235
Home Style Bolognese	671	438	4.4	5.1	2.7	8.9	1.9	141
The Festival	459	566	5.4	7.9	4.7	9.8	0.9	253
Chicken, Beetroot & Avocado	625	588	6.7	8.7	2.2	8.2	1.6	207
Mexican Chicken	655	433	5.6	4.5	.5	9	1.4	213
Meatlovers	641	466	5.1	5.9	3.1	8.3	1.6	212
Pulled Pork	660	330	4	2.2	1.2	9.6	2.4	148
Chicken Parma	560	565	5.8	7.3	3.9	10.6	1.2	235
Chilli Bean & Salsa	695	438	3.8	4.8	2.5	10.2	1.7	188
Moroccan Chickpea & Kale	323	323	2.4	2.1	0.2	11.3	2.2	128
Hawaiian	710	364	3.1	3.7	2.2	9.3	3.2	102
Fresh Veggie	535	304	2.5	2	.2	9.9	1.1	77
SNACK SPUDS								
Chilli Bean, Cheese & Corn Chips	265	605	6.2	6.9	3.6	13.1	0.9	218
Bolognese, Cheese & Mushroom	270	524	6.3	6.7	3.4	8.9	1.2	197
Corn, Peas, Tomato & Cucumber Yogurt	340	253	2.7	0.6	.1	9.9	2.4	61
Pulled Pork, Peas & Corn	300	305	4.2	0.8	0.1	10.8	2.4	173

The average adult daily energy intake is 8700kJ
These figures are correct at time of printing and may vary from store to store.



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Poke Bowls


Vegan Poke Bowl - 12.90 2920kJ  

Beetroot, corn, avocado, edamame, quinoa grain mix & seaweed served on sweet potato. Garnished with vegan mayo & black sesame seeds.

Sriracha Chicken - 15.50 2440kJ  

Chicken, beetroot, corn, edamame, cucumber, seaweed & quinoa grain mix served on sweet potato. Garnished with black sesame seeds & sriracha mayo.

Traditional Spuds

Tuna & Avocado - 14.90 2920kJ 

Oven baked potato, our tuna mix (with corn, spring onion & whole egg mayo), shredded cabbage, carrot, tasty cheese, cucumber yogurt & avocado.

The Festival - 10.50 2600kJ 

Oven baked potato, melted butter, tasty cheese, bacon, light sour cream & spring onions.

Bacon, Mushroom & Salsa - 13.90 2550kJ 

Oven baked potato, bacon, tasty cheese, mushrooms, wild rocket, tomato salsa, light sour cream & spring onions.

Home Style Bolognese - 14.50 2940kJ 

Oven baked potato, beef bolognese, tasty cheese, peas, carrot, corn, light sour cream & spring onions.

+ add bacon \$2.50

Specialty Spuds


Mexican Chicken - 15.50 2840kJ  

Oven baked potato, free range chicken, mild chilli bean, wild rocket, carrot & corn with whole egg mayo or sriracha mayo 🌶️.

Meatlovers - 15.50 2990kJ 

Oven baked potato, beef bolognese, bacon, shredded cabbage, mushrooms, tasty cheese, light sour cream & spring onions.

+ add free range chicken \$3.50

Chicken Parma - 15.50 3160kJ 

Oven baked potato, crumbed chicken strips, napoli sauce, fresh rocket, tasty cheese, crispy bacon, garlic butter, light sour cream & spring onions.

+ add avocado \$2.50

Pulled Pork - 15.50 2180kJ 

Oven baked potato, tender pulled pork in an American style BBQ sauce, baby spinach, shredded cabbage, corn, peas, light sour cream & spring onions.

Chicken, Beetroot & Avocado - 15.50 3670kJ 

Oven baked potato, free range chicken, tasty cheese, wild rocket, beetroot & avocado topped with herb mayo.

Veggie Spuds

The Classic - 10.50 2460kJ 


oven baked potato, melted garlic butter, tasty cheese, corn, cabbage, light sour cream & spring onions.

+ add bacon \$2.50

Moroccan Chickpea & Kale - 13.50 1920kJ



oven baked potato, warm moroccan chickpea & kale mix, wild rocket, our quinoa grains mix, beetroot, hummus & spring onions.

Chilli Bean & Salsa - 14.50 3040kJ 

oven baked potato, mild chilli bean, tomato salsa, corn, tasty cheese, shredded cabbage, light sour cream & spring onions, topped with corn chips.

+ add avocado \$2.50

Hawaiian - 13.90 2590kJ 

oven baked potato, tasty cheese, shredded cabbage, tomato, corn, beetroot, pineapple, light sour cream & spring onions.

+ add bacon \$2.50

Fresh Veggie - 11.90 1630kJ   


oven baked potato, baby spinach, tomato, corn, carrot, peas & hummus.

Snack Spuds

Chilli Bean, Cheese & Corn Chips - 8.50 1600kJ

Bolognese, Cheese & Mushroom - 8.90 1420kJ

Corn, Peas, Tomato & Cucumber Yogurt - 8.50 860kJ

Pulled Pork, Peas & Corn - 8.90 916kJ 

Create Your Own

Full Size Spud From 6.50 Snack Size Spud From 5.50 Salad From 5.50

Choose your add ons:

\$3.50 - hot meat toppings, free range chicken

\$2.50 - chilli bean, avocado, moroccan chickpea & kale mix, bacon, tuna

\$1 - everything else