

SPUDBAR PRESENTS

THE BURGER

Beef burger mix, tasty cheese, shredded lettuce, pickles, tomato & red onion, topped with SpudBAR's secret sauce

+ ADD PINEAPPLE OR BEETROOT 1.00



17.90

2329kJ
(Halal)

SpudBAR

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!

ALL OF OUR BOWLS ARE GLUTEN FREE & LOW SUGAR

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
BOWLS								
The Festival (GF) (LS) (HP)	463	411	5.4	9.6	5.1	.9	.8	257
Home Style Bolognese (GF) (LS) (HP)	674	359	3.6	5.5	2.9	4.5	2.2	156
Tuna & Avocado (GF) (LS) (HP)	604	278	4.5	8.1	2	2	1.2	96
Chicken, Beetroot & Avocado (GF) (LS) (HP)	629	399	5.7	7.5	2.1	2.5	1.5	196
Bacon, Mushroom & Salsa (GF) (LS) (HP)	549	317	4.8	7	3.5	1.1	.9	190
The Classic (GF) (LS) (HP)	522	322	2.8	5.9	4	2.8	1.3	70
Chilli Bean & Salsa (GF) (LS) (HP)	699	310	3	4.1	4.1	5.5	1.7	92
Moroccan Chickpea & Kale (GF) (LS) (HP) (DF) (V)	599	124	1.1	1.1	.1	3.9	1.9	115
Fresh Veggie (GF) (LS) (HP) (DF) (V)	539	130	1.2	1	.1	3.4	1.1	28
Hawaiian (GF) (LS) (HP)	714	258	2.2	3.5	2.3	4.8	3.4	78
Mexican Chicken (GF) (LS) (HP) (DF)	659	342	4.7	4.3	.4	3.9	1.1	146
Meatlovers (GF) (LS) (HP)	644	404	5.3	7.9	3.5	3	1.9	269
Tex Mex (GF) (LS) (HP)	654	349	4.1	5.1	2.8	4.7	1.3	98
Butter Chicken (GF) (LS) (HP)	338	508	4.8	9.3	4.1	4.2	3.6	133
Chicken Parma (GF) (LS) (HP)	513	385	5.1	8.8	4.6	1.2	.9	226
The Burger (GF) (LS) (HP)	320	727	8.4	14.2	5	3	2.1	400
DESSERTS								
Choc Fudge Brownie (GF)	100	1800	4.9	23.6	16.6	51.2	40.3	95
Nutella Brownie (GF)	100	1800	4.9	23.6	16.6	51.2	40.3	95

(GF) Gluten Free

(DF) Dairy Free

(LS) Low Sugar

(V) Vegan

(HP) High Protein

The average adult daily energy intake is 8700kJ

These figures are correct at time of printing and may vary from store to store.



MENU

SPECIALTY BOWLS

THE BURGER – 17.90 NEW!

Beef burger mix, tasty cheese, shredded lettuce, pickles, tomato & red onion, topped with SpudBAR's secret sauce. 2329kJ (Halal)

MEXICAN CHICKEN – 16.90

Free range chicken, mild chilli bean, wild rocket, carrot & corn topped with either whole egg mayo or sriracha mayo. 2257kJ (Halal)

TEX MEX – 16.90

Beef chilli con carne, tasty cheese, spinach, corn, cucumber and corn chips, topped with light sour cream. 2282kJ (Halal) + AVOCADO 3.00

MEATLOVERS – 16.90

Beef bolognese, bacon, shredded cabbage, mushrooms, tasty cheese, light sour cream & spring onions. 2604kJ + FREE RANGE CHICKEN 4.00

CHICKEN PARMA – 17.90

Crumbed chicken strips with napoli sauce, wild rocket, tasty cheese, bacon, garlic butter, light sour cream & spring onions. 1973kJ + AVOCADO 3.00

BUTTER CHICKEN – 16.90

Butter chicken, chilli butter, baby spinach, cucumber, tomato and carrot topped with tzatziki. 1717kJ (Halal)

TRADITIONAL BOWLS

THE FESTIVAL – 10.90

Melted butter, tasty cheese, bacon, light sour cream & spring onions. 1905kJ + PINEAPPLE 1.00

HOME STYLE BOLOGNESE – 15.90

Beef bolognese, tasty cheese, peas, carrot, corn, light sour cream & spring onions. 2422kJ (Halal) + BACON 3.00

TUNA & AVOCADO – 15.90

Our tuna mix (with corn, spring onion & whole egg mayo), shredded cabbage, carrot, tasty cheese, tzatziki & avocado. 1683kJ

CHICKEN, BEETROOT & AVOCADO – 16.90

Free range chicken, tasty cheese, wild rocket, beetroot & avocado topped with herb mayo. 2507kJ (Halal)

BACON, MUSHROOM & SALSA – 13.90

Bacon, tasty cheese, mushrooms, wild rocket, tomato salsa, light sour cream & spring onions. 1739kJ + AVOCADO 3.00

VEGIE BOWLS

THE CLASSIC – 10.90

Melted butter, tasty cheese, corn, cabbage, light sour cream & spring onions. 1683kJ + BACON 3.00

MOROCCAN CHICKPEA & KALE – 14.90

Warm moroccan chickpea & kale mix, wild rocket, brown rice & quinoa, beetroot, hummus & spring onions. 743kJ (Vegan)

FRESH VEGIE – 12.90

Baby spinach, tomato, corn, carrot, peas & hummus. 698kJ (Vegan)

CHILLI BEAN & SALSA – 15.90

Mild chilli bean, tomato salsa, corn, tasty cheese, shredded cabbage, light sour cream & spring onions, topped with corn chips. 2170kJ + AVOCADO 3.00

HAWAIIAN – 14.90

Tasty cheese, shredded cabbage, tomato, corn, beetroot, pineapple, light sour cream & spring onions. 1844kJ + AVOCADO 3.00

CREATE YOUR OWN

STEP 1

CHOOSE YOUR BASE SIZE

SNACK SIZE FROM 5.90

FULL SIZE FROM 6.90

STEP 2

CHOOSE YOUR BASE



WHITE POTATO



SWEET POTATO



BROWN RICE & QUINOA



CORN CHIPS

STEP 3

CHOOSE YOUR ADD-ONS

4.00

All Hot Toppings, Chicken Tenders, Free Range Chicken

3.00

Bacon, Avocado, Tuna

1.00

Everything else!

MAKE IT A MEAL



ADD A BROWNIE & MOUNT FRANKLIN 600ML ONLY 5.50



ADD A BROWNIE & ANY DRINK ONLY 7.50