

Fire & Rice – Nutrition & Macro Overview

Fire & Rice – Næringargildi og næringarefni

Estimated values per portion (±10–15%). Portions based on standard service size. Macro values exclude drinks and optional extras.
Áætluð gildi á skammt (±10–15%). Skammtastærðir byggðar á hefðbundnum skömmtum. Næringargildi innihalda ekki drykki eða aukahluti.

Dish / Réttur	kcal	Protein (g)	Carbs (g)	Fat (g)
Chicken Fire Bowl	720	46	68	26
Salmon Fire Bowl	760	44	64	32
Cauliflower Fire Bowl	520	18	70	18
Wings Fire Bowl	780	42	62	34
Grilled Wings (8)	620	38	8	44
Half Grilled Chicken	890	68	12	52
Chicken Fire Plate	820	55	72	28
Salmon Fire Plate	860	48	78	30
Cauliflower Fire Plate	610	20	82	22
Fire Rice Pudding	420	14	62	12
Grilled Pineapple	360	8	54	10