

BASIL BOX

	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBRE (G)	SUGAR (G)	PROTEIN (G)	VITAMIN A (% DAILY VALUE) *	VITAMIN C (% DAILY VALUE) *	CALCIUM (% DAILY VALUE) *	IRON (% DAILY VALUE) *
Get started																
Spring Mix	1 serving	13	2	0.2	0	0	0	21	2.1	1.1	0.5	1.1	29%	10%	4%	10%
Chilled Rice Noodles	1 serving	220	142	15.8	2.3	0	0	147	18.2	1.2	0.1	2.7	0%	0%	1%	19%
Short Grain Brown Rice	1 serving	344	24	2.7	0.5	0	0	12	71.9	3.3	0.8	7.4	0%	0%	3%	17%
Long Grain Jasmine Rice	1 serving	488	6	0.7	0	0	0	11	107	1.4	0	9.4	0%	0%	4%	6%
Eat your veggies																
Lemongrass Corn	1 serving	69	5	0.5	0.1	0	0	85	16.6	2	2.5	2.2	1%	3%	1%	9%
Roasted Edamame	1 serving	69	33.5	2.6	0.3	0	0	87	4.6	3.5	1.1	6.9	21%	0%	0%	4%
Sautéed Peppers	1 serving	35	21	2.3	0.2	0	0	92	3.5	1.2	2	0.6	5%	72%	1%	3%
Charred Sweet Potatoes	1 serving	81	23	2.6	0.2	0	0	234	13.5	2.2	4.2	1.3	69%	14%	3%	6%
Pack your protein																
Lemongrass Chicken	1 serving	161	64	7.1	1.2	0	56	285	7.3	2	3.1	17.6	0%	1%	12%	25%
Chili Lime Shrimp	1 serving	68	6	0.7	0.2	0	124	422	1.1	0.1	0.4	13.5	5%	2%	3%	25%
Five-Spice Steak	1 serving	161	58	6.4	2.5	0	57	171	0.3	0.1	0	23.6	0%	0%	1%	30%
Coconut Curry Tofu	1 serving	127	107	11.9	3.7	0	0	171	5.2	0.3	3.6	7.2	0%	1%	8%	13%
Get saucy																
Tangy Tamarind	1 serving	61	2	0.2	0	0	0	287	13.9	1.2	6.2	0.4	0%	8%	1%	4%
Classic Peanut	1 serving	136	105	11.7	3.7	0	0	224	6	1.1	2.9	2.8	0%	1%	1%	6%
Sweet Chili Lime	1 serving	128	0	0	0	0	0	662	33.6	0	11.1	0.2	0%	6%	0%	0%
Penang Curry	1 serving	214	164	18.2	1.4	0	0	260	13.8	3.7	0.5	2.5	0%	121%	7%	202%
Top your box																
Pickled Veggies	1 serving	17	1	0.1	0	0	0	35	4	0.7	3	0.3	15%	6%	1%	2%
Crispy Shallots	1 serving	10	9	1	1	0	0	0	1	0	0	0	0%	0%	0%	0%
Roasted Sesame Seeds	1 serving	6	5	0.6	0.1	0	0	0	0.1	0.1	0	0.2	0%	0%	0%	1%
Crushed Peanuts	1 serving	6	5	0.5	0.1	0	0	0	0.2	0.1	0	0.2	0%	0%	0%	0%
Sriracha Spiced Pumpkin Seeds	1 serving	11	8	0.9	0.2	0	0	2	0.3	0	0.1	0.6	0%	0%	0%	2%
Fresh Herbs	1 serving	0	19.1	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%
Snacks																
Sweet Mango Rice Parfait	1 serving	210	28	3.1	1.9	0	0	75	44.3	0.5	28.1	0.8	0%	4%	1%	5%
Quench your thirst																
Thai Iced Tea	1 serving	310	54	6	3.8	0	19	36	64	0	54.1	1.8	6%	1%	8%	45%
Handcrafted Mango Ginger Ale	1 serving	123	0	0	0	0	0	40	30.8	0	30.1	0	0%	0%	1%	0%
Handcrafted Passion Fruit Lychee Soda	1 serving	123	0	0	0	0	0	40	29.3	0	17	0	0%	0%	1%	0%

* Daily value % is based on the average male adult recommended diet by Health Canada.

Note: Nutritional content may vary due to variations in portion size and recipes or differences in ingredient sources. This chart may be occasionally updated.