



The Fattened Caf

Nutrition Information

2025-2026



	Allergens	Serving Size	Energy (kcal)	Fat (g)	Saturated (g)	Trans-Fats (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Vitamin D (mcg)
2000 calories a day is used for general nutrition advice, but calorie needs vary.																	
Beverages																	
Banana Cue Shake	Milk	20 oz	348	10	6	0	34	145	54	2	49	11	10	390	0.2	486	2.7
Blackberry Calamansi Mint	None	20 oz	156	1	0	0	0	25	37	1	36	33	0	27	0.4	67	0.0
Blueberry Calamansi Mint	None	20 oz	156	1	0	0	0	25	37	1	36	33	0	27	0.4	67	0.0
Blueberry Shake	Milk	20 oz	350	9	5	0	34	126	57	0	57	44	9	362	0.0	425	2.7
Calamansi Juice	None	20 oz	38	0	0	0	0	4	10	0	10	0	0	4	0.2	49	0.0
Calamansi Mint	None	20 oz	21	1	0	0	0	25	4	1	3	0	0	27	0.4	67	0.0
Calamansi Shake	None	20 oz	38	0	0	0	0	4	10	0	10	0	0	4	0.2	49	0.0
Caramel Latte Syrup	Milk	20 oz	327	10	6	0	34	155	49	0	47	0	10	363	0.1	490	2.7
Chocolate Caramel Shake	Milk	20 oz	324	10	6	0	34	145	50	0	47	6	10	364	0.3	457	2.7
Dark Chocolate Strawberry Shake	Milk	20 oz	355	9	5	0	34	133	58	0	57	44	10	366	0.9	526	2.7
Guava Calamansi Mint	None	20 oz	171	1	0	0	0	25	40	1	37	35	0	27	0.4	67	0.0
Lavender Mint Calamansi	None	20 oz	156	1	0	0	0	25	37	1	36	33	0	27	0.4	67	0.0
Mango Calamansi Mint	None	20 oz	95	1	0	0	0	25	38	33	3	0	0	29	0.4	99	0.0
Mango Shake	Milk	20 oz	318	9	5	0	34	134	49	0	47	22	9	377	0.3	455	2.7
Mixed Berry Shake	Milk	20 oz	350	9	5	0	34	126	57	0	57	44	9	362	0.0	425	2.7
Passionfruit Calamansi Mint	None	20 oz	171	1	0	0	0	25	40	1	37	35	0	27	0.4	67	0.0
Pineapple Calamansi Mint	None	20 oz	44	1	0	0	0	25	10	2	8	0	0	32	0.5	125	0.0
Strawberry Banana Shake	Milk	20 oz	279	9	5	0	34	126	39	0	39	22	9	362	0.0	425	2.7
Strawberry Calamansi Mint	None	20 oz	156	1	0	0	0	25	37	1	36	33	0	27	0.4	67	0.0
Strawberry Shake	Milk	20 oz	350	9	5	0	34	126	57	0	57	44	9	362	0.0	425	2.7
Ube Calamansi	None	20 oz	170	1	0	0	0	25	40	1	39	36	0	26	0.4	64	0.0
Ube Shake	Milk	20 oz	443	17	10	1	63	234	59	0	59	37	16	604	0.2	741	2.8
Watermelon Calamansi Mint	None	20 oz	171	1	0	0	0	25	40	1	37	35	0	27	0.4	67	0.0
White Chocolate Strawberry Shake	Milk	20 oz	355	9	5	0	34	126	58	0	58	45	9	362	0.0	425	2.7
Bowls																	
Chicken BBQ Bowl (L)	Soy	1 bowl	657	28	5	0	119	4825	71	2	22	18	29	68	3.8	638	0.0
Chicken BBQ Bowl (S)	Soy	1 bowl	334	10	2	0	59	2160	47	3	31	25	15	64	2.0	503	0.0
Chicken Sisig (L)	Wheat, Gluten	1 bowl	686	24	4	0	156	2727	66	3	17	14	51	69	3.2	881	0.0
Chicken Sisig (S)	Wheat, Gluten	1 bowl	388	13	3	0	104	1499	34	2	10	7	34	41	1.7	582	0.0
Jackfruit Adobo (L) CHECK	Soy	1 bowl	551	20	3	0	0	3178	84	3	32	13	6	110	2.4	281	0.0
Jackfruit Adobo (S) CHECK	Soy	1 bowl	298	10	2	0	0	1800	47	2	19	6	3	68	1.2	182	0.0
Pork Belly Tocino (L)	None	1 bowl	1062	59	18	1	134	3005	92	2	45	40	39	102	4.5	649	2.2
Pork Belly Tocino (S)	None	1 bowl	639	36	11	0	89	1684	52	2	28	24	25	63	2.6	427	1.5
Spicy Pork Longganisa (L)	None	1 bowl	776	25	5	0	103	2321	92	3	43	38	44	73	3.8	798	0.0
Spicy Pork Longganisa (S)	None	1 bowl	448	14	3	0	68	1229	52	2	27	23	29	43	2.2	527	0.0
Liz's Bakery																	
Pan De Coco	Wheat, Gluten, Egg, Milk	1 roll	152	4	2	0	10	63	26	1	11	2	3	19	1.0	51	0.0
Plain Ensaymada	Wheat, Gluten, Egg, Milk	1 roll	161	7	3	0	4	130	22	0	18	0	2	2	0.0	2	0.0
Spanish Bread	Wheat, Gluten, Egg, Milk	1 roll	157	4	1	0	8	93	27	1	11	0	3	18	1.0	29	0.0
Ube Ensaymada	Wheat, Gluten, Egg, Milk	1 roll	163	7	3	0	3	136	23	0	18	0	1	2	0.0	2	0.0
Ube Pandesal	Wheat, Gluten, Egg, Milk	1 roll	163	3	1	0	15	76	30	1	8	0	5	28	1.0	39	0.0
Ube Spanish Bread	Wheat, Gluten, Egg, Milk	1 roll	162	3	1	0	5	140	32	1	11	0	2	12	1.0	19	0.0
Ready to Go																	
Atchara	None	8 oz	171	0	0	0	0	334	41	3	37	32	2	61	1.0	311	0.0
Breakfast Tocino Sandwich	Milk, Egg	1 sandwich	500	28	11	0	245	1166	38	2	19	13	25	139	2.8	360	2.9
Inasal Chicken Salad	Egg	8 oz	540	52	7	0	172	424	2	0	1	0	40	17	1.4	571	0.1
Inasal Chicken Salad Sandwich	Egg, Soy, Gluten, Wheat, May Contain: Sesame	1 sandwich	527	24	4	0	86	679	49	3	7	4	29	160	3.8	476	0.1
Pork Longganisa Sandwich	Egg, Soy, Gluten, Wheat, May Contain: Sesame	1 sandwich	387	6	1	0	35	645	59	3	17	13	22	157	3.6	367	0.0
Ube Banana Pudding	Milk	8 oz	534	30	19	1	98	544	57	0	52	22	8	257	0.1	335	0.0
Ube Cheesecake	Milk, Dairy, Egg	4 oz - Slice	443	27	17	1	155	317	35	1	28	21	7	87	0.3	125	0.0
Ube Potato Salad	Egg, May Contain: Dairy	8 oz	590	56	10	0	201	1293	14	2	3	0	8	55	1.4	184	1.1
Salamat Cookies																	
Peach-Mango Tango	Milk, Egg, Wheat, Gluten, Soy	1 cookie	270	13	8	0	45	130	36	2	19	16	4	30	1.2	30	0.0
Space YAM!	Milk, Egg, Wheat, Gluten, Soy	1 cookie	280	12	8	0	40	180	39	1	23	23	3	30	1.2	10	0.0
WHOA Phillipine Mango	Milk, Egg, Wheat, Gluten, Soy	1 cookie	290	13	9	0	45	140	41	2	24	19	4	30	1.2	20	0.0