

Code	NAME	Energy Value (kcal)		Protein (g)		Carbohydrate (g)		Tot.Sugar (g)		Fat (g)		Sat.fats (g)		Dietary Fibre (g)		Salt (g)	
	NIBBLES	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g	Per Dish	Per 100g
224	prawn crackers gf	122.5	266.4	0.3	0.6	21.3	46.3	5.7	12.4	4	8.7	0.3	0.6	0	0	0.49	1.05
264	edamame with celery sea salt gf, vg	179.8	119.8	17.7	11.8	13.2	8.8	3.2	2.2	7.7	5.1	0.9	0.6	7.7	5.1	1.5	1
55	organic sweet potato crisps gf, vg	248.4	552.0	2.2	4.9	26.1	58.1	1.2	2.7	14.2	31.6	1.2	2.7	3.6	8.0	0.3	0.6
62	kimchi gf	43.8	35.0	2.6	2.1	9.0	7.2	1.9	1.5	0.1	0.1	0	0	1.3	1.0	2.3	1.8
79	pickled cucumber and chilli vg, gf	15.6	15.6	1	1	1.6	1.6	1.6	1.6	0.6	0.6	trace	trace	0.6	0.6	0.2	0.2
SIDES /RICE																	
270	stir-fried cauliflower v	298.4	99.5	6.8	2.3	15.6	5.2	12	4	23.5	7.8	3.1	1	5.1	1.7	0.4	1.2
287	long steamed broccoli v	52.6	40.1	3.8	2.9	5	3.8	1.7	1.3	2	1.5	0.4	0.3	2.8	2.1	1.1	0.8
69	honeyed chilli chicken and mushroom rice pot gf	329.5	118.9	16.7	5.1	61.4	18.6	9.6	2.9	9.8	3	1.7	0.5	3.4	1	3.7	1.1
39	prawn and scallop sticky rice gf	181.8	129.9	3.8	5.4	9.1	13	1.9	2.7	4.4	6.2	0.7	1	0.4	0.5	0.79	1.13
38	vegetable sticky rice vg, gf	154.6	110.4	0.9	1.3	8.8	12.6	2.8	4	4.3	6.1	0.7	0.9	0.5	0.7	0.56	0.79
2	plain rice vg, gf	226	133	3.9	2.3	52	31	0	0	0.7	0.4	0.2	0.1	n/a	n/a	0.02	0.01
SOUPS / SALADS																	
102	hot and sour chicken soup gf	116.7	41.7	10.4	3.7	16.7	6	6.5	2.3	1.3	0.5	0.3	0.1	5.6	2	2	0.7
103	hot and sour veg soup gf vg	70.8	28.3	1.3	0.5	16.7	6.7	6.5	2.6	0.2	0.1	0	0	5.6	2.2	1.9	0.8
70	chicken ginger and miso salad gf	379.3	96	31.3	7.9	43	10.9	8.9	2.3	8.8	2.2	1.1	0.3	8.7	2.2	1	0.3
72	superfood miso and ginger salad vg, gf	209.5	86.7	12.1	3.6	43	12.8	8.9	2.7	7.5	2.2	0.8	0.2	8.7	2.6	0.94	0.28
SHARING / LARGE PLATES																	
243	chilli prawn bao	396.4	208.7	12.2	6.4	52.1	27.4	18.2	9.6	15.8	8.3	1.4	0.7	2.4	1.3	0.95	0.5
321	crispy duck bao	438.5	227.2	22.3	11.5	46	23.8	15.1	7.8	18.6	9.7	5.1	2.6	1.8	0.9	1.2	0.6
322	crispy aubergine bao vg	486	213	5.3	2.3	51	22	23	10	29	13	2.3	1	2.6	1.1	0.91	0.4
96	chicken katsu curry rice bowl	694.4	153.3	35.2	7.8	86.4	19.2	5.7	1.3	24.1	5.4	5.8	1.3	4.4	1	3.7	0.8
97	crispy prawn rice bowl	731	158.7	36.6	7.9	92.7	20.1	2.9	0.6	24.6	5.3	3.3	0.7	4.5	1	5.1	1.1
99	fuzhu and kimchi rice bowl v, gf	532.2	117	24.6	5.4	79.1	17.4	14.6	3.2	13.4	2.9	2.7	0.6	3	0.7	4.4	1
CRISPY AND BAKED																	
56	honey glazed ribs gf	814	253.6	34.5	10.7	74.7	23.3	71.3	22.2	42.4	13.2	10.1	3.1	1.8	0.6	7.6	2.4
288	honey-soy chicken skewer gf	205.2	171	17.8	14.8	8.8	7.3	7	5.8	12	10	3.8	3.2	0	0	1.08	0.9
28	chinese vegetable spring roll vg	214.1	285.5	2.4	3.3	19.8	26.4	2.2	2.9	14	18.7	2.4	3.2	1.2	1.5	1.5	2
186	potato edamame cake v	115.7	144.6	2.3	2.8	15.5	19.4	0.8	1	5.1	6.3	1.1	1.3	1.1	1.4	0.24	0.29
26	duck spring roll	111.4	129.3	6.4	8	14.9	18.6	4.7	5.8	3	3.7	0.7	0.9	1.7	2.1	0.74	0.92
32	prawn toast with sesame seeds	220.2	367	5.8	9.7	5.8	9.6	0.9	1.5	19.4	32.3	3	5	0.3	0.5	0.6	0.99
1	roast pork puff	490.7	377.5	11.1	8.6	48.3	37.2	14.9	11.5	28.3	21.8	7.1	5.5	1.6	1.2	1.6	1.2
DUMPLINGS																	
23	char sui bun	229.5	244.1	6.7	7.2	48	51.1	20.8	22.1	1.5	1.5	0.4	0.4	1.7	1.8	1.2	1.2
179	cantonese mushroom bun vg	217.1	226.1	4.2	4.4	45.4	47.2	16.6	17.3	2.4	2.5	0.5	0.5	1.5	1.6	0.71	0.74
354	shanghai chilli spinach mushroom wonton vg	291	200.7	14.3	9.8	28.1	19.4	12.2	8.4	14.1	9.7	1.6	1.1	2	1.4	1.4	1
331	shanghai chilli chicken wonton	259.5	173	15.1	10.1	24	16	8.9	5.9	11.6	7.7	1.3	0.9	1.5	1	1.3	0.9
109	shanghai xiaolongbao	172.8	198.6	10.1	11.7	20.1	23.1	1.3	1.5	5.9	6.8	1.6	1.9	1	1.2	0.86	0.99
126	turmeric chinese vegetable dumpling vg, gf	101.6	125.4	0.5	0.6	17.1	21.1	3.2	4	3.5	4.3	0.5	0.6	0.8	1	1.1	1.3
19	spicy chicken and chinese vegetable dumpling gf	110.3	136.2	3.9	4.8	19.4	24	1.6	1.9	3.9	4.8	1.5	1.9	0.1	0.1	0.99	1.22
137	chicken and cashew nut dumpling	134.2	165.6	8	9.9	20.9	25.8	2.8	3.5	2.7	3.3	1	1.2	1.1	1.3	0.78	0.96
6	prawn and chive dumpling gf	128.8	171.7	5.1	6.9	15.3	20.4	1.5	2	5.3	7	0.8	1.1	5.1	6.9	0.7	0.93
132	black prawn dumpling gf	132	147	7	6.3	18	20	1.8	2	3.15	3.5	1.35	1.5	3.15	3.5	0.95	1.05
11	pork prawn shu mai	189	225	10.8	13	12	14	2.1	2.4	10.8	13	3.3	3.8	0.3	0.3	1.26	1.5
17	spicy vegetable dumpling vg, gf	109	134.5	0.5	0.7	21	26	2	2.5	4.5	5.6	1.7	2.1	0.2	0.3	1.1	1.4
7	har gau gf	120	161	5.7	7.7	14.7	19	0.9	1.1	6	7.9	0.9	1.2	0.3	0.2	0.54	0.73
225	spinach and mushroom dumpling vg	114.4	152.5	6.1	8.1	24.1	32.1	3.2	4.3	2.3	3	0.4	0.5	1.2	1.6	1.4	1.8
299	beef kimchi gyoza	161.8	192.7	7.4	8.8	20.5	24.4	1	1.2	5.7	6.7	2.1	2.5	1.2	1.4	0.3	0.36
DESSERTS																	
46	chocolate fondant v, gf	416	416	6.7	6.7	29	29	28	28	30	30	14	14	0	0	0.07	0.07
133	coconut mochi v, gf	82.24	257	0.96	3	11.52	36	7.8	24.4	3.6	11.2	2.7	8.5	0.74	2.3	0.03	0.1
133	salted caramel mochi v, gf	73	228	0.8	2.6	12	38	9	28	2.3	7	1.4	4.3	0	0	0.09	0.29
13	ginger cake (without ice cream) v	285.8	259.8	4.4	4	43.7	39.7	24.9	22.6	10.7	9.7	6.3	5.7	1.5	1.3	1.1	1
119	chocolate jian dui (without ice cream) v	268.4	365.2	3.4	4.6	35.1	47.8	12.5	17	12.9	17.5	2.9	3.9	0.5	0.7	0.2	0.3
53	ice cream v gf / sorbet vg gf																
	vanilla	134.4	224	2.64	4.4	11.82	19.7	11.82	19.7	8.1	13.5	4.92	8.2	0.096	0.16	0.09	0.15
	chocolate	150	250	2.64	4.4	13.98	23.3	13.8	23	7.26	12.1	4.44	7.4	0.73	1.22	0.13	0.22
	praline	167.7	279.61	2.12	3.54	19.9	33.28	n/a	n/a	8.82	14.7	2.55	4.25	n/a	n/a	n/a	n/a
	cherry vg	94.8	158	0.6	1	24	40	22.2	37	0.6	1	0.6	1	n/a	n/a	0.12	0.2
	coconut ash	87	145	2.1	3.5	9.12	15.2	9.12	15.2	4.68	7.8	3.42	5.7	n/a	n/a	0.06	0.1