

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
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
SIDES / SALADS																	
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
83	spicy seaweed salad vg	69.6	47.7	2.0	1.4	9.4	6.4	3.3	2.3	2.7	1.9	0.1	0.1	0.5	0.3	0.8	0.6
85	ping pong salad vg	218	65.9	5.8	1.8	21.5	6.5	13	3.9	11	3.3	0.9	0.3	3.6	1.1	1.9	0.6
SOUPS																	
123	beef brisket noodle soup	464	75	32	5.2	52	8.5	4.9	0.8	13	2.1	1.5	0.2	1.9	0.3	1.4	0.2
122	tofu and miso noodle soup vg	667.5	99.8	34.8	5.2	95.4	14.3	4.5	0.7	13.9	2.1	0.3	0	1.1	0.2	2	0.3
RICE																	
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
SHARING																	
243	chilli prawn bao	1164.6	232	36.5	7.3	150.7	30	46.5	9.3	47.4	9.4	4	0.8	6.2	1.2	3.5	0.7
321	crispy duck bao	1320.6	228.1	67.2	11.6	139.6	24.1	44.5	7.7	55.7	9.6	15.2	2.6	5.2	0.9	4.5	0.8
322	crispy aubergine bao vg	1438.1	234.2	15.2	2.5	143.4	23.4	60.6	9.9	90.4	14.7	6.8	1.1	6.5	1.1	3.2	0.5
LARGE PLATES																	
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	bean curd 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																	
319	smoked chilli chicken wings gf	528	170	30.6	9.9	26.1	8.4	23.5	7.6	33.7	10.9	6.1	2	0.6	0.2	4.1	1.3
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	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	vegetable bun vg	224	224	3.6	3.6	47	47	17	17	3	3	0.5	0.5	1.7	1.7	0.68	0.68
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
105	cod and okra dumpling gf	124.8	148.5	6.6	7.9	17.2	20.4	1.7	2	3.3	3.9	0.3	0.4	0.3	0.3	0.5	0.6
19	spicy chicken 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
999	flaming phoenix - chicken dumpling gf	200	239.1	7.3	8.6	36.2	43	4	4.7	2.9	3.4	0.7	0.8	0.9	1	1	1.2
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
124	grddled spicy beef gyoza	198.4	206.7	8.6	9	21.6	22.5	3	3.1	8.8	9.2	1.1	1.2	1.2	1.3	0.79	0.83
DESSERTS																	
46	chocolate fondant (without ice cream) v, gf	416	416	6.7	6.7	29	29	28	28	30	30	14	14	0	0	0.07	0.07
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 sorbet 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
	green juice sorbet	64.8	108	0.6	1	16.8	28	14.4	24	0.6	1	0.6	1	n/a	n/a	0.12	0.2
	raspberry sorbet	40.2	67	0.3	0.5	8.64	14.4	8.64	14.4	0.06	0.1	0	0	n/a	n/a	0	0