

X'Mas Menu 2021 Nutritional Info

Code	NAME	Energy Value (kcal)		Protein (g)		Carbohydrate (g)		Tot.Sugar (g)		Fat (g)		Sat.fats (g)		Dietary Fibre (g)		Salt (g)	
		portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g
NIBBLES																	
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 vg gf	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	0.0	1.3	1.0	2.3	1.8
287	long stem broccoli vg	100.0	100.0	4.4	4.4	7.8	7.8	6.3	6.3	5.8	5.8	0.7	0.7	3.1	3.1	0.6	0.6
SOUPS																	
180	braised beef noodle soup	283.4	88.5	13.8	4.3	43.1	13.5	3.3	1	6.1	1.9	2.9	0.9	0	0	3.1	1
76	creamy tofu & enoki noodle soup	390.2	184.1	16.6	7.8	48.4	22.8	0.7	0.3	13.8	6.5	1.8	0.9	0.9	0.4	3	1.4
RICE																	
356	chicken katsu rice bowl	534	174.5	26.3	8.6	68.8	22.5	6	2	17.6	5.8	2.3	0.8	4.8	1.6	3.3	1.1
364	crispy tofu rice bowl vg	635.7	192.6	33	10	81.3	24.6	10.5	3.2	19.6	5.9	0.8	0.2	4.4	1.3	0.33	0.1
69	honey chicken 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
242	mushroom black bean rice pot vg	445.6	131.8	16.2	4.8	65.9	19.5	10.3	3.1	13.4	4	2	0.6	4	1.2	2.9	0.8
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
XMAS SPECIALS																	
370	enoki shiitake mushroom dumpling vg gf	103.3	127.5	0.9	1.2	17.5	21.7	2.2	2.8	3.1	3.8	0.4	0.5	1	1.3	0.68	0.84
374	prawn & chinese chive dumpling gf	131.4	162.2	4.7	5.8	15.7	19.4	2	2.4	5.4	6.7	1.2	1.5	0.7	0.8	0.52	0.65
115	soft shell crab	159	176.7	15.7	17.5	4.1	4.6	0	0	8.9	9.9	1.4	1.6	0	0	0.68	0.76
666	cranberry and white chocolate parcel v	431.4	287.6	5.8	3.9	91.5	61	55.8	37.2	4.7	3.1	3	2	3.2	2.1	0.74	0.5
BAOS																	
297	soft shell crab bao	687.4	190.4	26.3	7.3	96.4	26.7	15.1	4.2	21	5.8	5	1.4	1.3	0.4	1.8	0.5
321	crispy duck bao	1066.8	217.3	63	12.8	88.6	18.1	26.6	5.4	51.4	10.5	12.7	2.6	1.5	0.3	4.4	0.9
322	crispy tofu bao v	1071.6	258.8	35.1	8.5	124.5	30.1	16.2	3.9	45.8	11.1	7.8	1.9	0.6	0.2	1.6	0.4
CRISPY																	
319	smoked chilli chicken wings	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
56	honey glazed ribs gf	845.3	281.8	41.8	13.9	57.1	19	55.7	19	50.3	16.8	12.4	4.1	1.9	0.6	6	2
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
363	crispy tofu vg	320	356	11.4	12.6	25.4	28.2	0.7	0.8	18.7	20.7	2.2	2.4	0.6	0.7	0.58	0.64
28	vegetable spring roll vg	216.7	261	3.2	3.9	23.2	27.9	0.4	0.5	12.3	14.9	1.9	2.3	3.2	3.9	1.5	1.8
26	duck spring roll	234.3	312.3	7.5	10	21	28	4.1	5.5	13.5	17.9	3.5	4.7	1	1.4	0.4	0.54
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
BUNS																	
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	122.3	112.2	2	1.8	25.2	23.1	9.4	8.6	1.6	1.5	0.3	0.3	1	0.9	0.37	0.34
DUMPLINGS																	
22	char isu pork cheung fun	145.5	166.7	3.9	4.4	19.4	22.3	4	4.5	5.7	6.6	1.6	1.8	0.6	0.7	2.1	2.4
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
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
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
105	cod 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
172	purple xiaolongbao with chicken	99.9	148	4.185	6.2	14.5125	21.5	3.645	5.4	2.7	4	0.74925	1.11	0.2025	0.3	0.54	0.8
250	HD 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
19	spicy chicken chinese veg 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
17	spicy chinese 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
146	mushroom & leek dumpling vg, gf	102.8	1269	0.7	0.9	17.3	21.4	1.4	1.7	3.4	4.2	0.5	0.6	0.5	0.6	0.32	0.4
368	griddled tofu gyoza	130.68	198	4.026	6.1	18.546	28.1	1.188	1.8	3.63	5.5	0.726	1.1			0.561	0.85
124	griddled 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	451.8	502	4.59	5.1	32.49	36.1	28.62	31.8	33.3	37	8.01	8.9	2.07	2.3	0.08	0.09
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
133	passionfruit & mango mochi vg gf	69	215	0.4	1.1	10	32	7.6	24	2.9	9.1	2.4	7.6	0	0	0.03	0.09
	vanilla mochi v gf	73	228	0.9	2.7	12	37	8.8	28	2.3	7.2	1.4	4.4	0	0	0.05	0.15
53	ice cream / 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
	yuzu sorbet	67	134	0.45	0.9	17	34	19.5	29	0.45	0.9	0.45	0.9	0	0	0.1	0.2