

Jan Menu 2022 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
<b>NIBBLES</b>																	
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
<b>SOUPS</b>																	
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
<b>RICE</b>																	
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
39	seafood 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
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	steamed jasmine 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
<b>PING PONG CREATIONS</b>																	
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
131	triple smoked pork belly bites	903.6	410.7	22	10	9.8	4.5	9.6	4.4	86.2	39.2	30	13.6	0.4	0.2	2.6	1.2
<b>BAOS</b>																	
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	1169.6	221.6	66.3	12.3	116	21.5	35.1	6.5	52	9.6	12.9	2.4	1.6	0.3	4.9	0.9
291	crispy tofu bao vg	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
<b>CRISPY</b>																	
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
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
<b>BUNS/PUFFS</b>																	
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
<b>DUMPLINGS</b>																	
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
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
365	petit chicken siu mai	108.16	169	7.68	12	8.32	13	1.472	2.3	4.8	7.5	0.896	1.4	0	0	0.832	1.3
366	petit prawn siu mai	96	150	7.04	11	8.96	14	2.432	3.8	3.328	5.2	0.576	0.9	0.576	0.9	0.704	1.1
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
<b>DESSERTS</b>																	
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