

CNY Menu 2023 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>CNY SPECIAL</b>																	
192	fanxiang sausage	300.4	240.3	15.3	12.2	18.3	14.7	14.3	11.4	18.4	14.7	5.5	4.4	0.9	0.7	1.8	1.4
265	rabbit dumpling gf	117.2	144.7	4.7	5.8	16.6	20.5	1.7	2	3.4	4.2	0.5	0.6	0.8	0.9	0.41	0.51
239	saffron & carrot dumpling vg gf	105.1	120.8	0.6	0.7	19.6	22.5	2.4	2.7	2.7	3.1	0.3	0.4	0.7	0.8	0.8	0.9
232	black & gold custard bun v	298.8	249	8.4	7	42	35	3.6	3	10.6	8.8	1.4	1.2	0	0	0.5	0.41
<b>VEGANUARY SPECIALS</b>																	
95	ping pong padron peppers vg	380.9	245.7	2.4	1.6	17.8	11.5	15.5	10	32.6	21	3.3	2.1	2.9	1.8	1.4	0.9
118	ping pong vegan fried chicken vg	502.5	263.1	22.4	11.7	36.1	18.9	17.8	9.3	30	15.7	2.7	1.4	0.6	0.3	3.9	2
269	vegan pulled pork spring roll vg	211.8	238.0	9.5	10.7	21.5	24.2	9.4	10.6	9.0	10.1	1.7	1.9	2.2	2.5	1.6	1.8
207	vegan pork griddled dumpling vg	157.7	169.5	6.9	7.4	23.7	25.5	2.5	2.7	3.9	4.2	0.5	0.6	2.8	3	0.65	0.7
<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
189	ping pong chicken noodles	377.8	125.1	16.1	5.3	74.2	24.6	2.2	0.7	2	0.7	0.5	0.2	1.8	0.6	1.5	0.5
190	ping pong vegan noodles vg	373.5	122	13.8	4.5	76.3	24.9	2.3	0.8	1.7	0.6	0.3	0.1	2.8	0.8	1.5	0.5
<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
371	Vegan katsu curry rice bowl	638	19.3	21.3	6.5	85.6	25.9	15.4	4.7	21.9	6.6	4.3	1.3	0.4	0.1	1.6	0.5
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
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	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>BAOS</b>																	
243	chilli prawn bao	1225.2	226.9	44.6	8.3	147.2	27.3	25.2	4.7	50.3	9.3	4.8	0.9	1.2	0.2	3.4	0.6
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
326	vegan golden fillet bao	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
188	ping pong fried chicken	557.2	242.2	24.3	10.5	50.7	22	15.5	6.7	28.4	12.3	3	1.3	1.9	0.8	3.2	1.4
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
<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
182	cantonese mushroom puff v	406.3	270.9	5.6	3.7	34.3	22.9	2.5	1.7	27.6	18.4	15.4	10.2	1.8	1.2	1.4	0.9
<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
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
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
172	chicken xiaolongbao	99.9	148	4.2	6.2	14.5	21.5	3.6	5.4	2.7	4	0.75	1.11	0.2	0.3	0.54	0.8
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
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
999	flaming phoenix – chicken dumpling	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
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
225	spinach and mushroom griddled 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	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
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
	coconut mochi v gf	82.24	257	0.96	3	82.56	258	1.28	4	82.88	259	1.6	5	0	0	0.04	0.11
	honey roasted pistachio ice cream mochi v gf	71	223	1.2	3.8	38	12.2	26	8.3	9.4	3	4.6	1.5	0	0	0.15	0.048
53	ice cream / sorbet vg gf																
	vanilla	134.4	224	2.6	4.4	11.8	19.7	11.8	19.7	8.1	13.5	4.9	8.2	0.1	0.16	0.1	0.15
	vegan chocolate	71.4	119	0.54	0.9	11.28	18.8	8.94	14.9	2.64	4.4	1.92	3.2	0	0	0	0
	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