

April 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
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
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
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																	
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
RICE																	
356	chicken katsu rice bowl	552.9	177.8	26	8.4	70.1	22.5	8.3	2.7	18.8	6	2.3	0.7	5.9	1.9	3.4	1.1
371	crispy tofu curry rice bowl vg	771.3	197.8	26.5	6.8	108.1	27.7	9.6	2.5	25.5	6.5	3.4	0.9	6.4	1.6	2.8	0.7
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
BAOS																	
243	chilli prawn bao	1125.6	227	44.1	8.2	146.4	27.1	24.8	4.6	50.7	9.4	4.8	0.9	1.3	0.2	3.8	0.7
321	crispy duck bao	1055.9	217.3	62.1	12.8	86.5	17.8	25.9	5.3	51.4	10.6	12.7	2.6	1.6	0.3	4.8	1
326	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
CRISPY																	
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
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
230	ping pong fried cauliflower vg	233.2	74.5	5.7	1.8	24	7.7	18.8	6	12.8	4.1	1.3	0.4	5.3	1.7	0.82	0.26
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
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 vg	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																	
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
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
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
152	crab & champagne dumpling gf	130.6	150.2	5.9	6.8	17.1	19.6	1.2	1.4	4	4.6	1.1	1.3	0.2	0.3	0.58	0.67
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
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
218	mushroom & chestnut griddled gyoza vg	131	161.7	2.8	3.5	22.2	27.4	2.3	2.8	3.5	4.3	0.5	0.6	1.7	2.1	0.84	1.04
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
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
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