

SEPT DIM SUMMER Menu 2023 Nutritional Info

Code	NAME	Energy Value (kcal)		Fat (g)		Sat.fats (g)		Carbohydrate (g)		Tot.Sugar (g)		Dietary Fibre (g)		Protein (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	4	8.7	0.3	0.6	21.3	46.3	5.7	12.4	0	0	0.3	0.6	0.49	1.05
264	edamame with celery sea salt vg gf	179.8	119.8	7.7	5.1	0.9	0.6	13.2	8.8	3.2	2.2	7.7	5.1	17.7	11.8	1.5	1
83	seaweed salad vg	102.1	71.4	4.3	3	0.1	0.1	14.3	10	2.9	2	0	0	1.3	0.9	1.3	0.9
95	ping pong padron peppers vg	380.9	245.7	32.6	21	3.3	2.1	17.8	11.5	15.5	10	2.9	1.8	2.4	1.6	1.4	0.9
287	long stem broccoli vg	100.0	100.0	5.8	5.8	0.7	0.7	7.8	7.8	6.3	6.3	3.1	3.1	4.4	4.4	0.6	0.6
<b>SOUPS</b>																	
189	ping pong chicken noodles	377.8	125.1	2	0.7	0.5	0.2	74.2	24.6	2.2	0.7	1.8	0.6	16.1	5.3	1.5	0.5
<b>RICE</b>																	
356	chicken katsu rice bowl	552.9	177.8	18.8	6	2.3	0.7	70.1	22.5	8.3	2.7	5.9	1.9	26	8.4	3.4	1.1
371	crispy tofu curry rice bowl vg	771.3	197.8	25.5	6.5	3.4	0.9	108.1	27.7	9.6	2.5	6.4	1.6	26.5	6.8	2.8	0.7
39	seafood sticky rice gf	181.8	129.9	4.4	6.2	0.7	1	9.1	13	1.9	2.7	0.4	0.5	3.8	5.4	0.79	1.13
38	vegetable sticky rice vg gf	154.6	110.4	4.3	6.1	0.7	0.9	8.8	12.6	2.8	4	0.5	0.7	0.9	1.3	0.56	0.79
69	honey chicken rice pot	329.5	118.9	9.8	3	1.7	0.5	61.4	18.6	9.6	2.9	3.4	1	16.7	5.1	3.7	1.1
166	taro & mushroom sticky rice bowl	478	234	14.1	6.9	2	1	78.1	38.3	1.5	0.7	1	0.5	12.1	5.9	2	1
2	steamed jasmine rice vg gf	226	133	0.7	0.4	0.2	0.1	52	31	0	0	n/a	n/a	3.9	2.3	0.02	0.01
<b>BAOS</b>																	
243	chilli prawn bao	1125.6	227	50.7	9.4	4.8	0.9	146.4	27.1	24.8	4.6	1.3	0.2	44.1	8.2	3.8	0.7
420	crispy chicken katsu curry bao	1014.7	184.5	36.3	6.6	6.8	1.2	123.9	22.5	20.5	3.7	2.1	0.4	47.5	8.6	7.3	1.3
321	crispy duck bao	1055.9	217.3	51.4	10.6	12.7	2.6	86.5	17.8	25.9	5.3	1.6	0.3	62.1	12.8	4.8	1
326	crispy tofu bao vg	1071.6	258.8	45.8	11.1	7.8	1.9	124.5	30.1	16.2	3.9	0.6	0.2	35.1	8.5	1.6	0.4
<b>DIM SUMMER SPECIALS</b>																	
420	crispy chicken katsu curry bao	1014.7	184.5	36.3	6.6	6.8	1.2	123.9	22.5	20.5	3.7	2.1	0.4	47.5	8.6	7.3	1.3
168	crispy lemon chicken with steamed rice	859.9	186.1	33	7.2	3.1	0.7	101.4	21.9	14.1	3	1.1	0.2	39.7	8.6	2.6	0.6
249	baby spinach salad v	171.6	140.7	13.2	10.8	1.1	0.9	10.3	8.4	8.6	7.1	0.8	0.6	2.7	2.2	0.8	0.66
377	black coconut ice-cream bao v	229.4	252.1	10.6	11.6	4.2	4.6	29.1	31.9	15.2	16.7	0.1	0.1	4.2	4.6	0.09	0.1
<b>CRISPY</b>																	
319	smoked chilli chicken wings gf	528	170	33.7	10.9	6.1	2	26.1	8.4	23.5	7.6	0.6	0.2	30.6	9.9	4.1	1.3
288	honey-soy chicken skewer gf	205.2	171	12	10	3.8	3.2	8.8	7.3	7	5.8	0	0	17.8	14.8	1.08	0.9
188	ping pong fried chicken	557.2	242.2	28.4	12.3	3	1.3	50.7	22	15.5	6.7	1.9	0.8	24.3	10.5	3.2	1.4
168	crispy lemon chicken with steamed rice	859.9	186.1	33	7.2	3.1	0.7	101.4	21.9	14.1	3	1.1	0.2	39.7	8.6	2.6	0.6
186	potato & edamame cake v	115.7	144.6	5.1	6.3	11.1	1.3	15.5	19.4	0.8	1	1.1	1.4	2.3	2.8	0.24	0.29
363	crispy tofu vg	320	356	18.7	20.7	2.2	2.4	25.4	28.2	0.7	0.8	0.6	0.7	11.4	12.6	0.58	0.64
28	vegetable spring roll vg	216.7	261	12.3	14.9	1.9	2.3	23.2	27.9	0.4	0.5	3.2	3.9	3.2	3.9	1.5	1.8
26	duck spring roll	234.3	312.3	13.5	17.9	3.5	4.7	21	28	4.1	5.5	1	1.4	7.5	10	0.4	0.54
<b>BUNS</b>																	
23	char sui bun	229.5	244.1	1.5	1.5	0.4	0.4	48	51.1	20.8	22.1	1.7	1.8	6.7	7.2	1.2	1.2
179	vegetable bun vg	122.3	112.2	1.6	1.5	0.3	0.3	25.2	23.1	9.4	8.6	1	0.9	2	1.8	0.37	0.34
<b>DUMPLINGS</b>																	
354	shanghai chilli spinach mushroom wonton vg	291	200.7	14.1	9.7	1.6	1.1	28.1	19.4	12.2	8.4	2	1.4	14.3	9.8	1.4	1
999	flaming phoenix – chicken dumpling	200	239.1	2.9	3.4	0.7	0.8	36.2	43	4	4.7	0.9	1	7.3	8.6	1	1.2
132	black prawn dumpling gf	132	147	3.15	3.5	1.35	1.5	18	20	1.8	2	3.15	3.5	7	6.3	0.95	1.05
11	pork prawn shu mai	189	225	10.8	13	3.3	3.8	12	14	2.1	2.4	0.3	0.3	10.8	13	1.26	1.5
7	har gau gf	120	161	6	7.9	0.9	1.2	14.7	19	0.9	1.1	0.3	0.2	5.7	7.7	0.54	0.73
6	prawn and chive dumpling gf	128.8	171.7	5.3	7	0.8	1.1	15.3	20.4	1.5	2	5.1	6.9	5.1	6.9	0.7	0.93
109	shanghai xiaolongbao	172.8	198.6	5.9	6.8	1.6	1.9	20.1	23.1	1.3	1.5	1	1.2	10.1	11.7	0.86	0.99
172	chicken xiaolongbao	99.9	148	2.7	4	0.75	1.11	14.5	21.5	3.6	5.4	0.2	0.3	4.2	6.2	0.54	0.8
19	spicy chicken chinese veg dumpling gf	110.3	136.2	3.9	4.8	1.5	1.9	19.4	24	1.6	1.9	0.1	0.1	3.9	4.8	0.99	1.22
17	spicy chinese vegetable dumpling vg gf	109	134.5	4.5	5.6	1.7	2.1	21	26	2	2.5	0.2	0.3	0.5	0.7	1.1	1.4
146	mushroom & leek dumpling vg gf	102.8	126.9	3.4	4.2	0.5	0.6	17.3	21.4	1.4	1.7	0.5	0.6	0.7	0.9	0.32	0.4
225	spinach and mushroom griddled dumpling vg	114.4	152.5	2.3	3	0.4	0.5	24.1	32.1	3.2	4.3	1.2	1.6	6.1	8.1	1.4	1.8
124	griddled spicy beef gyoza	198.4	206.7	8.8	9.2	1.1	1.2	21.6	22.5	3	3.1	1.2	1.3	8.6	9	0.79	0.83
<b>DESSERTS</b>																	
46	chocolate fondant (without ice cream) v gf	451.8	502	33.3	37	8.01	8.9	32.49	36.1	28.62	31.8	2.07	2.3	4.59	5.1	0.08	0.09
108	purple & gold sweet pops v	311.5	251.2	12.9	10.4	5.5	4.5	44.9	36.2	25	20.1	0.1	0.1	3.2	2.6	0.15	0.12
232	black & gold custard bun v	298.8	249	10.6	8.8	1.4	1.2	42	35	3.6	3	0	0	8.4	7	0.5	0.41
133	passionfruit & mango mochi vg gf	69	215	2.9	9.1	2.4	7.6	10	32	7.6	24	0	0	0.4	1.1	0.03	0.09
	vanilla mochi v gf	73	228	2.3	7.2	1.4	4.4	12	37	8.8	28	0	0	0.9	2.7	0.05	0.15
	coconut mochi v gf	82.24	257	82.88	259	1.6	5	82.56	258	1.28	4	0	0	0.96	3	0.04	0.11
	honey roasted pistachio ice cream mochi v gf	71	223	9.4	3	4.6	1.5	38	12.2	26	8.3	0	0	1.2	3.8	0.15	0.048
53	ice cream / sorbet v gf																
	vanilla	134.4	224	8.1	13.5	4.9	8.2	11.8	19.7	11.8	19.7	0.1	0.16	2.6	4.4	0.1	0.15
	chocolate	150	250	7.26	12.1	4.44	7.4	13.98	23.3	13.98	23.3	0.73	1.22	2.64	4.4	0.06	0.1
	lemon sorbet	52.2	87	0.12	0.2	0.12	0.2	12.6	21	10.86	18.1	0	0	0.06	0.1	0	0
	black coconut	87	145	4.68	7.8	3.42	5.7	9.12	15.2	9.12	15.2	0	0	3.5	3.5	0.06	0.1