

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
PING PONG SELECTION SET MENUS																	
66	ping pong selection	559.9	189.8	29.8	10.1	18.2	6.2	45.9	15.6	5.9	2	3.3	1.1	11.4	3.9	2.41	0.82
67	vegan ping pong selection	372.3	164.0	16.4	7.2	3.2	1.4	54.2	23.9	5.6	2.5	3.4	1.5	6.8	3.0	2.80	1.23
KIDS MENUS																	
360	little pandas crispy chicken rice bowl	515.9	191.1	14.8	5.5	1.7	0.6	70.9	26.3	12	4.5	4	1.5	25	9.3	1.8	0.7
361	little pandas crispy tofu rice bowl vg	738	235.8	29.5	9.4	3.9	1.3	86.3	27.6	14	4.5	4	1.3	29.7	9.5	1.7	0.6
429	little pandas dim sum set menu	698.1	168.2	17.8	4.3	7.9	1.9	114.0	27.5	28.6	6.9	1.1	0.3	23.5	5.7	1.5	0.4
432	little pandas vegetarian set menu	933.1	219.6	24.1	5.7	5.5	1.3	158.2	37.2	12.9	3.0	1.2	0.3	21.5	5.1	0.8	0.2
PARCEL OF JOY SET MENUS																	
531	original	1131.97	209.6	56.275	10.4	14.985	2.8	118.38	21.9	39.645	7.3	5.345	1	41.255	7.6	4.7785	0.9
533	vegan	426.4	131.2	15.4	4.7	3.0	0.9	70.8	21.8	17.3	5.3	2.8	0.9	6.4	2.0	2.6	0.8
534	without gluten	903.3	162.2	41.2	7.4	11.5	2.1	98.9	17.8	43.4	7.8	2.8	0.5	40.8	7.3	4.4	0.8
545	with halal	909.0	151.5	39.1	6.5	18.0	3.0	72.6	12.1	25.1	4.2	15.7	2.6	57.5	9.6	5.4	0.9
FESTIVE SPECIALS																	
338	luxury mushroom dumpling vg	110.8	141.2	2.8	3.5	0.4	0.5	18.8	23.9	0.6	0.7	1.0	1.2	3.1	4.0	0.37	0.48
162	chicken truffle gyoza	136.0	170.0	3.6	4.5	1.7	2.1	19.2	24.0	2.8	3.5	1.6	2.0	6.0	7.5	0.76	0.95
155	chilli pork tenderloin	164.1	153.3	10.8	10.1	1.6	1.5	5.4	5.0	3.7	3.4	0.8	0.7	11.6	10.8	1.40	1.30
277	chocolate dorayaki v	259.5	346.0	12.5	16.7	7.7	10.3	32.9	43.9	19.6	26.1	0.9	1.2	3.2	4.3	0.32	0.43
LUNCH BENTO BOX																	
	Bento 1 (spinach dumpling + chicken katsu curry)	1279.9	171.0	41.6	6.0	6.3	0.9	168.5	23.9	14.7	1.9	13.0	2.2	68.9	7.9	9.92	1.30
	Bento 2 (seafood dumpling + chicken katsu curry)	1285.5	172.7	45.3	7.0	6.8	1.0	159.1	21.2	12.4	1.3	12.1	1.9	68.5	7.8	9.06	1.09
	Bento 3 (chicken gyoza + chicken katsu curry)	1256.7	170.9	43.1	6.6	7.7	1.4	154.0	20.6	13.0	1.6	13.2	2.3	67.1	7.7	9.12	1.14
	Bento 4 (spinach dumpling + crispy tofu)	1056.9	204.5	41.7	8.8	5.6	1.2	137.9	25.6	7.5	1.6	12.7	2.3	42.3	7.7	5.00	1.05
	Bento 5 (seafood dumpling + crispy tofu)	1062.5	206.2	45.4	9.8	6.1	1.3	128.5	23.0	5.2	0.9	11.8	2.0	41.9	7.7	4.14	0.84
	Bento 6 (chicken gyoza + crispy tofu)	1033.7	204.4	43.2	9.5	7.0	1.7	123.4	22.4	5.8	1.2	12.9	2.4	40.5	7.5	4.20	0.89
	Bento 7 (spinach dumpling + chicken skewers)	942.1	167.5	35.0	6.7	7.2	1.3	121.3	21.4	13.8	2.6	12.1	2.1	48.7	8.2	5.50	1.10
	Bento 8 (seafood dumpling + chicken skewers)	947.7	169.2	38.7	7.7	7.7	1.5	111.9	18.8	11.5	1.9	11.2	1.8	48.3	8.1	4.64	0.89
	Bento 9 (chicken gyoza + chicken skewers)	918.9	167.4	36.5	7.3	8.6	1.8	106.8	18.2	12.1	2.2	12.3	2.3	46.9	8.0	4.70	0.94
NIBBLES																	
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
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
SOUPS																	
177	tender chicken creamy noodles soup	580.2	91.8	16.3	2.6	2.4	0.4	78.1	12.4	3.4	0.5	5.4	0.8	25.9	4.1	1.8	0.3
182	tender tofu creamy noodles soup vg	434	61.7	0.8	0.1	0.2	0	73	10.4	3.9	0.6	7.1	1	30.2	4.3	4	0.6
RICE																	
356	chicken katsu curry rice	1074.9	164.4	23.7	3.6	3.5	0.5	160.9	24.6	9.2	1.4	5.7	0.9	52.5	8	5.9	0.9
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
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
BAOS																	
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	1058	192.4	42.9	7.8	16.3	3	111.6	20.3	20	3.6	2.1	0.4	54.9	10	6.8	1.2
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
CRISPY																	
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
56	honey glazed spare ribs gf	486.9	194.8	25.5	10.2	9.9	3.9	29.1	11.6	28	11.2	0.2	0.1	35.9	14.4	1.9	0.8
186	potato & edamame cake v	225.7	225.7	16.4	16.4	1.9	1.9	16	16	0.9	0.9	1.5	1.5	2.5	2.5	0.26	0.26
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	195.7	261	11.2	14.9	1.7	2.3	20.9	27.9	0.4	0.5	3	3.9	3	3.9	1.35	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
BUNS																	
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
DUMPLINGS																	
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
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
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
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
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
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
DESSERTS																	
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
134	mini cheesecake v	80	385	5.2	25.3	2.7	13.2	6.6	32	4	19.5	0.2	1	1.4	6.8	0.05	0.24
135	mini chocolate fondant v	117.6	392	7.6	25.2	1.4	4.6	9.8	32.5	7.6	25.3	1.1	3.7	2.1	6.9	0.06	0.21
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						