

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	476.9	193.5	23.7	9.4	5.0	2.1	56.5	23.2	7.3	2.5	3.8	1.6	12.6	5.6	2.7	1.0
67	vegan ping pong selection	445.5	181.0	21.2	8.2	3.8	1.5	59.1	24.6	7.3	2.6	5.1	2.3	6.8	3.0	3.18	1.29
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
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																	
78	vegetable wonton soup	84.9	32.9	44	1.7	0.4	0.2	9	3.5	2.4	0.9	0.6	0.2	2.3	0.9	4.4	1.7
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
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
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
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																	
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	708.3	210.8	35.4	10.5	9.5	2.8	57	17	18.4	5.5	2.2	0.7	41.1	12.2	3.2	0.9
160	sweet and sour chicken	917.6	146.8	36.3	5.8	9.8	1.6	105.7	16.9	61.5	9.8	3.7	0.6	41.6	6.7	3.1	0.5
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
32	prawn toast	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	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
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
265	chicken truffle gyoza	136	170	3.6	4.5	1.68	2.1	19.2	24	2.8	3.5	1.6	2	6	7.5	0.76	0.95
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	102	170	2.4	4	0.4	0.6	15.6	26	3.3	5.5	2	3.4	3.5	5.8	0.7	1.1
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 with strawberry puree v	82.5	311.2	5.1	19.1	2.6	10	7.6	28.6	4	15.2	0.2	0.8	1.4	5.3	0.05	0.18
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
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
	salted caramel mochi v gf	73	228	2.3	7.3	1.5	4.8	12	38	7	22	0	0	0.8	2.6	0.11	0.35
	very berry mochi vg gf	59	185	0.4	1.3	0.3	0.9	13	42	5	16	0	0	0.4	1.4	0.03	0.09
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