



Nutritional Information

Hot Food from The Bain-Marie

Product REGULAR 2 SCOOPS SAUCE	Portion Size (g)	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Salt
Sweet & Sour with White Rice	520	608.4	42.6	83.5	16.3	2.1	10.4	3.3	1.6
Thai Red Chicken with White Rice	520	585.0	27.7	84.8	13.7	6.2	13.5	9.5	4.2
Green Thai Chicken with White Rice	520	590.2	28.5	86.1	13.7	5.5	14.3	10.3	2.4
Teriyaki Chicken with White Rice	520	629.2	34.0	101.9	34.8	3.4	7.5	2.1	5.2
Red Thai Vegetable with White Rice	520	483.4	8.5	93.6	22.0	2.9	6.5	5.1	3.5
Panang with White Rice	520	670.4	30.1	98.3	11.1	2.1	16.1	12.9	2.2
Spicy Sesame with White Rice	520	598.4	27.5	101.4	27.7	2.1	7.8	1.5	4.5
Massaman Chicken Curry with Rice	520	613.6	26.2	94.6	21.8	6.2	13.3	9.8	4.4
Beef Rendang with Rice	520	616.7	25.4	85.8	7.7	3.1	18.7	10.3	2.9
Chicken Katsu Curry with Rice	620	929.5	36.8	102.9	7.4	3.2	39.6	18.8	4.5
Prawn Katsu Curry with Rice	546	785.3	13.7	99.0	8.0	3.1	35.3	11.7	4.7
Pumpkin Katsu Curry with Rice	606	942.3	12.7	123.3	16.4	2.4	41.8	13.3	4.6
White Rice	260	309.4	5.1	67.6	0.4	0.8	0.8	0.2	0.0
Sweet & Sour with Brown Rice	520	618.8	44.1	75.6	16.5	6.0	11.9	3.6	1.6
Thai Red Chicken with Brown Rice	520	595.4	29.3	76.9	13.9	10.2	15.0	9.9	4.2
Green Thai Chicken with Brown Rice	520	600.6	30.1	78.2	13.9	9.4	15.8	10.6	2.4
Teriyaki Chicken with Brown Rice	520	639.6	35.6	94.0	34.9	7.3	9.1	2.5	5.2
Red Thai Vegetable with Brown Rice	520	493.8	10.1	85.7	22.2	6.8	8.0	5.4	3.5
Panang with Brown Rice	520	680.8	31.7	90.4	11.3	6.0	17.6	13.2	2.2
Spicy Sesame with Brown Rice	520	608.8	29.1	93.5	27.9	6.0	9.3	1.8	4.5
Massaman Chicken Curry with Brown Rice	520	624.0	27.8	86.7	21.9	10.2	14.8	10.1	4.4
Beef Rendang with Brown Rice	520	627.1	27.0	77.9	7.9	7.0	20.2	10.6	2.9
Chicken Katsu Curry with Brown Rice	620	939.9	38.4	95.0	7.5	7.2	41.1	19.1	4.5
Prawn Katsu Curry with Brown Rice	546	679.4	12.2	83.4	7.7	6.7	28.8	11.4	4.3

Pumpkin Katsu Curry with Brown Rice	606	952.7	14.3	115.4	16.6	6.3	43.4	13.6	4.6
Brown Rice	260	319.8	6.7	59.7	0.6	4.7	2.3	0.5	0.0

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Sweet & Sour with Noodles	520	649.0	50.1	86.0	18.4	1.3	10.8	3.3	3.4
Thai Red Chicken with Noodles	520	625.6	35.3	87.3	15.8	5.5	13.9	9.6	6.0
Green Thai Chicken with Noodles	520	630.8	36.1	88.6	15.8	4.7	14.7	10.3	4.2
Teriyaki Chicken with Noodles	520	669.8	41.6	104.4	36.8	2.6	8.0	2.2	7.0
Red Thai Vegetable with Noodles	520	524.0	16.1	96.1	24.1	2.1	6.9	5.1	5.3
Panang with Noodles	520	711.0	37.7	100.8	13.2	1.3	16.5	12.9	4.0
Spicy Sesame with Noodles	520	639.0	35.1	103.9	29.8	1.3	8.2	1.5	6.3
Massaman Chicken Curry with Noodles	520	652.2	65.4	132.4	30.7	7.9	52.5	28.4	10.6
Beef Rendang with Noodles	520	655.3	33.0	88.3	9.8	2.3	19.1	10.3	4.7
Chicken Katsyu Curry with Noodles	620	968.1	44.4	105.4	9.4	2.5	40.0	18.8	6.3
Prawn Katsu Curry with Noodles	546	707.6	18.2	93.8	9.6	2.0	27.7	11.1	6.1
Pumpkin Katsu Curry with Noodles	606	980.9	20.3	125.8	18.5	1.6	42.3	13.3	6.4
Noodles	260	348.0	12.7	70.1	2.5		1.2	0.2	1.8

Hot Food from The Bain-Marie: Side Orders

Product	Portion Size (g)	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Salt
Chicken gyozas x3	55	117.2	5.2	11.9	1.8	1.2	5.1	1.0	0.6
Vegetable Gyozas x3	56	104.4	2.9	15.4	2.3	0.7	3.3	0.3	0.6
Vegetable Spring Rolls x2	73	203.4	2.3	18.9	3.8	1.5	13.3	1.1	0.7
Duck Spring Rolls x3	57	156.3	5.2	17.2	3.4	1.2	7.1	1.1	0.6
Ebi Prawn each	33	116.4	3.0	7.7	0.5	0.4	8.0	0.7	0.5
Pumpkin Croquettes x2	126	389.6	5.1	39.7	9.4	0.0	22.6	2.9	0.8
Popcorn Chicken portion x4	43	139.8	9.2	7.6	0.2	0.3	8.1	3.1	0.5
Chicken Katsu x2	147	376.9	29.2	19.2	0.3	0.9	20.4	8.4	0.7

Sweet Chilli Sauce	35	68.5	0.2	16.7	14.8	0.4			1.2
Gangnam Sauce	100	185.0	1.4	42.1	33.8	1.4	0.9	0.1	0.9
Curry Sauce	220	243.2	2.5	16.1	6.6	1.6	18.4	10.2	3.8

Salads

Product	Portion Size (g)	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Salt (g)
Chicken Katsu Salad	251	320.1	15.8	34.3	3.6	5.0	14.2	2.7	0.4
Chicken Teriyaki Salad	248	320.5	20.5	37.3	3.8	4.9	9.5	2.3	0.2
Avocado & Egg Salad	302	216.0	12.3	13.8	3.3	6.6	13.6	2.5	0.1
Vegetable Gyoza Salad	257	269.3	10.3	42.0	11.6	4.3	7.0	1.2	1.0
Miso, Carrot & Turmeric Dressing (Excel)	35	66.8	0.9	4.8	2.9	0.6	5.1	0.8	0.3
Lime & Coriander Dressing (Excel)	35	28.7	0.2	5.4	2.6	0.4	1.4	0.1	0.0
Teriyaki Sauce Dressing	35	50.1	0.4	12.0	10.3	0.0	0.04	0.0	0.6
Sweet Chilli Mayo	35	123.9	0.2	7.0	5.5	0.1	10.5	0.8	0.4
Lime, Soy & Sweet Chilli Dressing	35	17.0	1.3	3.3	2.0	0.1	0.03	0.0	2.1

Udon Soups

Product	Portion Size (g)	Energy (Kcal)	Protein (g)	Carbohydrate (g)	Sugars (g)	Fibre (g)	Fat (g)	Saturated Fat (g)	Salt
Roast Chicken Udon Large	834	508.5	29.7	79.1	21.8	4.1	7.8	2.1	7.2
Vegetable Gyoza Udon Large	854	503.7	16.5	104.5	25.0	4.3	2.0	0.4	9.3
Seafood Udon Large	839	451.4	26.8	81.6	22.2	3.4	1.6	0.4	7.5
Chicken Gyoza Udon Large	854	526.3	20.1	97.6	24.3	5.6	5.5	1.5	7.8
Salmon Brown Rice Soup Large	794	568.2	31.2	94.2	19.6	8.4	6.2	0.7	6.2
Chicken Brown Rice Soup Large	824	648.4	32.3	159.2	23.8	11.4	12.0	3.0	6.1

