



## NUTRITIONAL DATA V10 Nutrition Feb 2024

Adults need around 2000 kcal per day

	Meal Components (per serving size)	Kcal	Fat	Sat Fats	Sugars	Salt
<b>B A S E S</b>	Vegetable Noodles - Small	262	5.0	0.5	4.5	2.93
	Vegetable Noodles - Medium	328	5.0	0.5	4.5	2.93
	Vegetable Noodles - Large	393	6.0	0.6	5.4	3.51
	Egg Fried Rice - Small	396	18.2	3.2	0.8	1.58
	Egg Fried Rice - Medium	495	22.8	4.0	1.0	1.98
	Egg Fried Rice - Large	594	27.3	4.8	1.2	2.37
	Skinny cauliflower Rice - Small	100	5.2	0.6	6.0	0.76
	Skinny Cauliflower Rice - Medium	125	6.5	0.8	7.5	0.95
	Skinny Cauliflower Rice - Large	150	7.8	0.9	9.0	1.14
<b>T O P P I N G S</b>	Teriyaki Beef - Small	132	2.9	0.5	15.1	1.52
	Teriyaki Beef - Medium	88	1.9	0.3	10.1	1.02
	Teriyaki Beef - Large	88	1.9	0.3	10.1	1.02
	No Beef Teriyaki - Small	102	3.2	0.5	5.5	0.60
	No Beef Teriyaki - Medium	68	2.2	0.3	3.7	0.40
	No Beef Teriyaki - Large	68	2.2	0.3	3.7	0.40
	Caramel Drizzle Chicken - Small	264	13.2	1.6	11.8	2.32
	Caramel Drizzle Chicken - Medium	176	8.8	1.0	7.8	1.54
	Caramel Drizzle Chicken - Large	176	8.8	1.0	7.8	1.54
	Chinese Chicken Curry - Small	187	10.4	4.9	3.2	1.42
	Chinese Chicken Curry - Medium	135	7.5	3.5	2.3	1.03
	Chinese Chicken Curry - Large	135	7.5	3.5	2.3	1.03
	KPop BBQ Chicken - Small	277	12.8	1.3	12.0	2.27
	KPop BBQ Chicken - Medium	208	9.6	1.0	9.0	1.70
	KPop BBQ Chicken - Large	208	9.6	1.0	9.0	1.70
	Sweet Chilli Prawns - Small	393	16.5	1.9	32.8	2.99
	Sweet Chilli Prawns - Medium	254	10.7	1.2	21.2	1.94
	Sweet Chilli Prawns - Large	254	10.7	1.2	21.2	1.94
	Salt N Pepper Chicken - Small	270	14.0	1.3	2.2	2.04
	Salt N Pepper Chicken - Medium	180	9.4	0.9	1.4	1.36
	Salt N Pepper Chicken - Large	180	9.4	0.9	1.4	1.36
	Salt N Pepper Potatoes - Small	250	13.9	2.0	2.0	1.24
	Salt N Pepper Potatoes - Medium	166	9.3	1.4	1.4	0.82
	Salt N Pepper Potatoes - Large	166	9.3	1.4	1.4	0.82
	Smoky Seoul Chicken - Small	281	19.9	4.2	2.0	1.08
	Smoky Seoul Chicken - Medium	187	13.3	2.8	1.4	0.72
	Smoky Seoul Chicken - Large	187	13.3	2.8	1.4	0.72
	Sweet & Sour Chicken - Small	275	12.0	1.3	8.6	1.63
	Sweet & Sour Chicken - Medium	206	9.0	1.0	6.5	1.22
	Sweet & Sour Chicken - Large	206	9.0	1.0	6.5	1.22
	Firecracker Chicken - Small	354	20.8	4.3	15.2	2.24
	Firecracker Chicken - Medium	266	15.6	3.2	11.4	1.68
	Firecracker Chicken - Large	266	15.6	3.2	11.4	1.68
	Thai Chicken Curry - Small	160	9.0	4.8	1.4	1.65
	Thai Chicken Curry - Medium	113	6.4	3.4	1.0	1.16
	Thai Chicken Curry - Large	113	6.4	3.4	1.0	1.16
	Chicken Katsu Curry	323	21.0	6.2	1.7	1.56
	Pumpkin Katsu Curry	220	13.3			1.10
	Chicken Balls (2 Large) & Katsu Curry Sauce	276	18.2	3.3	1.3	1.62
	Katsu Curry Sauce Portion - Small	77	6.2	1.6	0.4	0.70
Katsu Curry Sauce Portion - Large	153	12.3	3.2	0.8	1.41	

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Mini Crispy Chicken Balls (10)	206	9.3	1.0	1.2	0.96
Mini Crispy Chicken Balls Sharer	618	27.8	3.0	3.5	2.89
Fries (Applegreen only)	544	38.2	5.2	1.0	1.20
Prawn Crackers (15g Bag)	79	4.7	0.4	0.4	0.30
Vegetable Spring Rolls (2)	89	4.8	0.5	0.8	0.23
Vegetable Spring Rolls (3)	133	7.2	0.8	1.3	0.34
Vegetable Spring Rolls (5)	222	12.1	1.3	2.1	0.57
Vegetable Spring Rolls (10)	444	24.2	2.6	4.2	1.14
Vegetable Spring Rolls (15)	666	36.2	3.8	6.3	1.71
Duck Spring Rolls (3)	171	7.7	0.9	2.9	0.58
Duck Spring Rolls (5)	285	12.8	1.5	4.8	0.97
Duck Spring Rolls (10)	570	25.6	3.0	9.6	1.94
Salt N Pepper Cauliflower Bites (5) <b>NEW</b>	217	14.0	1.3	1.8	1.83
Salt N Pepper Cauliflower Bites (10) <b>NEW</b>	434	28.0	2.6	3.6	3.66
Salt N Pepper Cauliflower Bites (15) <b>NEW</b>	651	42.0	3.9	5.4	5.49
Churros Stix (2) + 30g Caramel Dip	217	7.7	1.9	13.6	0.90
Churro Stix (5) + 30g Caramel Dip	392	15.9	2.5	14.4	1.82
Churro Stix (5) + 2 x 30g Caramel Dip DELIVERY ONLY	493	18.2	4.0	27.4	2.11
Apple Spring Rolls (2) + 30g Caramel Dip <b>NEW</b>	216	6.1	2.0	17.6	0.35
Apple Spring Rolls (5) + 30g Caramel Dip <b>NEW</b>	389	11.9	2.9	24.6	0.44
Apple Spring Rolls (5) + 2 x 30g Caramel Dip DELIVERY ONLY <b>NEW</b>	490	14.2	4.4	37.6	0.73
Sweet Chilli Pot 50g DELIVERY ONLY	91	0.0	0.0	20.3	1.38
Dip Pot - Sweet Caramel Sauce 30g	101	2.3	1.5	13.0	0.29
Dip Pot - Chinese BBQ 30g	49	0.0	0.0	9.5	0.33
Dip Pot - Firepit Mayo 30g	84	5.7	0.8	5.1	0.87
Dip Pot - Light Soya Sauce 30g	13	0.0	0.0	2.4	3.60
Dip Pot - Sweet Chilli Sauce 30g	51	0.0	0.0	11.3	0.73

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Pepsi 12 floz/355ml	149	0.0	0.0	0.0	0.02
Pepsi 16 floz/473ml	199	0.0	0.0	0.0	0.02
Pepsi 22 floz/651ml	273	0.0	0.0	0.0	0.03
Pepsi Max 12 floz/355ml	1	0.0	0.0	0.0	0.07
Pepsi Max 16 floz/473ml	1	0.0	0.0	0.0	0.09
Pepsi Max 22 floz/651ml	2	0.0	0.0	0.0	1.13
Diet Pepsi 12 floz/355ml	1	0.0	0.0	0.0	0.19
Diet Pepsi 16 floz/473ml	2	0.0	0.0	0.0	0.25
Diet Pepsi 22 floz/651ml	2	0.0	0.0	0.0	0.35
Pepsi Max Cherry 12floz/355ml	2	0.0	0.0	0.0	0.43
Pepsi Max Cherry 16 floz/473ml	3	0.0	0.0	0.0	0.57
Pepsi Max Cherry 22 floz/651ml	4	0.0	0.0	0.0	0.78
Tango Orange Sugar Free 12 floz/355ml	4	0.0	0.0	0.0	0.43
Tango Orange Sugar Free 16 floz/473ml	5	0.0	0.0	0.0	0.57
Tango Orange Sugar Free 22 floz/651ml	7	0.0	0.0	0.0	0.78
7Up Free 12 floz/355ml	7	0.0	0.0	0.0	0.16
7Up Free 16 floz/473ml	9	0.0	0.0	0.0	0.21
7Up Free 22 floz/651ml	13	0.0	0.0	0.0	0.29
Robinsons Real Juice - Peach and Mango 500ml	30	0.0	0.0	5.0	0.10
Fruit Shoot (275ml bottle)	11	0.0	0.0	1.9	0.08
Liptons Ice Tea Lemon (500ml bottle)	96	2.5	0.5	22.5	0.16
Iron Bru CAN 330ml	65	0.0	0.0	0.0	0.15
Pepsi CAN 330ml	135	0.0	0.0	36.3	0.03
Diet Pepsi CAN 330ml	2	0.0	0.0	0.0	0.17
Pepsi Max CAN 330ml	1	0.0	0.0	0.0	0.00
Pepsi Max Cherry CAN 330ml	2	0.0	0.0	0.0	0.00
7Up Sugar Free CAN 330ml	19	0.0	0.0	4.6	0.00
Tango Orange CAN 330ml	63	0.0	0.0	14.0	0.20
Tango Orange Sugar Free CAN 330ml	4	0.0	0.0	0.0	0.00
CHOZEN Green Tea and Pomegranate CAN 330ml	63	0.0	0.0	14.9	0.00
CHOZEN Green Tea and Lychee CAN 330ml	63	0.0	0.0	14.9	0.00
Classic Coke 16 floz	201	0.0	0.0	0.0	

Classic Coke 20 floz	252	0.0	0.0	0.0	
Coke Zero 16 floz	2	0.0	0.0	0.0	
Coke Zero 20 floz	3	0.0	0.0	0.0	
Diet Coke 16 floz	1	0.0	0.0	0.0	
Diet Coke 20 floz	2	0.0	0.0	0.0	
Fanta regular 16 floz	91	0.0	0.0	0.0	
Fanta regular 20 floz	113	0.0	0.0	0.0	
Sprite Zero 16 floz	5	0.0	0.0	0.0	
Sprite Zero 20 floz	6	0.0	0.0	0.0	