

	Meal Components/portion	kcal	Fat g	Carbohydrate g	Fibre g	Protein g	Salt g
BASES	Noodles -200g	262.0	4.00	50.00	4.40	8.80	2.34
	Noodles -250g	327.5	5.00	62.50	5.50	11.00	2.93
	Noodles -300g	393.0	6.00	75.00	6.60	13.20	3.51
	Plain Rice -200g	372.0	1.00	85.00	2.60	7.20	0.20
	Plain Rice -300g	558.0	1.50	127.50	3.90	10.80	0.30
	Plain Rice -350g	651.0	1.75	148.75	4.55	12.60	0.35
	Egg Fried Rice -200g	396.0	18.20	50.00	2.40	9.20	1.58
	Egg Fried Rice -300g	594.0	27.30	75.00	3.60	13.80	2.37
	Egg Fried Rice -350g	693.0	31.85	87.50	4.20	16.10	2.77
	Cauliflower Rice -200g	100.0	5.20	12.60	5.60	3.20	0.76
Cauliflower Rice -300g	150.0	7.80	18.90	8.40	4.80	1.14	
TOPPINGS	BBQ Chicken - Small 180g	311.4	14.40	37.98	3.24	9.36	2.56
	BBQ Chicken - Medium 120g	207.6	9.60	25.32	2.16	6.24	1.70
	BBQ Chicken - Large 120g	207.6	9.60	25.32	2.16	6.24	1.70
	Beef Teriyaki - small -140g	154.0	3.36	24.22	2.66	8.26	1.78
	Beef Teriyaki - medium -100g	110.0	2.40	17.30	1.90	5.90	1.27
	Beef Teriyaki - large 100g	110.0	2.40	17.30	1.90	5.90	1.27
	Caramel Chicken - Small 150g	330.0	16.50	34.50	3.60	12.75	2.90
	Caramel Chicken - Medium 125g	275.0	13.75	28.75	3.00	10.63	2.41
	Caramel Chicken - Large 125g	275.0	13.75	28.75	3.00	10.63	2.41
	Chinese Chicken - Small 140g	145.6	8.12	7.70	2.24	11.34	1.11
	Chinese Chicken - Medium 100g	104.0	5.80	5.50	1.60	8.10	0.79
	Chinese Chicken - Large 100g	104.0	5.80	5.50	1.60	8.10	0.79
	K POP Chicken - Small 130g	349.7	19.11	27.04	2.34	18.72	1.39
	K POP Chicken - Medium 100g	269.0	14.70	20.80	1.80	14.40	1.07
	K POP Chicken - Large 100g	269.0	14.70	20.80	1.80	14.40	1.07
	Sweet Chilli Prawns - small -140g	323.4	13.58	41.02	2.24	10.36	2.46
	Sweet Chilli Prawns - medium -100g	231.0	9.70	29.30	1.60	7.40	1.76
	Sweet Chilli Prawns - large 100g	231.0	9.70	29.30	1.60	7.40	1.76
	Bucket of prawns	970.2	40.7	123.1	6.7	31.1	7.4
	S&P Chicken - Small 130g	292.5	15.21	23.27	2.34	16.77	2.21
	S&P Chicken - Medium 100g	225.0	11.70	17.90	1.80	12.90	1.70
	S&P Chicken - Large 100g	225.0	11.70	17.90	1.80	12.90	1.70
	S&P Potatoes - Small 150g	312.0	17.40	37.50	5.55	4.20	1.55
	S&P Potatoes - Medium 100g	208.0	11.60	25.00	3.70	2.80	1.03
	S&P Potatoes - Large 100g	208.0	11.60	25.00	3.70	2.80	1.03
	S&S Chicken - Small 180g	309.6	13.50	32.76	1.98	15.30	1.84
	S&S Chicken - Medium 120g	206.4	9.00	21.84	1.32	10.20	1.22
	S&S Chicken - Large 120g	206.4	9.00	21.84	1.32	10.20	1.22
	Thai Chicken - Small 140g	131.6	7.42	6.86	2.66	10.64	1.36
	Thai Chicken - Medium 100g	94.0	5.30	4.90	1.90	7.60	0.97
	Thai Chicken - Large 100g	94.0	5.30	4.90	1.90	7.60	0.97
	Katsu Chicken & sauce 150g	322.5	21.00	19.20	2.70	15.30	1.56
Pumpkin Katsu - 60g & Sauce 75g	220.1	13.31	21.97	1.11	3.26	1.10	
SIDES & SAUCES	Wedges with sauce	411.0	25.3	44.0	6.7	5.5	2.3
	Mini Battered Ball x 10 - 90g	206.1	9.27	17.91	1.17	13.41	0.96
	Mini Battered Ball x 30 - 270g	618.3	27.81	53.73	3.51	40.23	2.89
	Prawn Cracker x 15g	79.1	4.65	9.38	0.23	0.15	0.30
	Small Vegetable Spring Roll x 3	133.2	7.2	15.5	1.0	1.9	0.3
	Small Vegetable Spring Roll x 5	222.0	12.08	25.88	1.73	3.23	0.57
	Small Vegetable Spring Roll x 15	666.0	36.20	77.63	5.18	9.68	1.71
	Duck Spring Roll x 3	171.0	7.68	20.94	1.32	5.16	0.58
	Churros x 2 + 50g Caramel/Chocolate	297.9	11.04	47.14	1.49	3.21	0.77
	Churros x 5 + 100g Caramel/Chocolate	654.0	24.80	101.90	3.60	7.50	1.84
Sweet Chilli Pot - 50g	108.5	0.00	27.00	0.00	0.15	0.40	
Curry Sauce serving 75g	99.0	7.91	6.49	1.11	1.28	0.80	
DRINKS	Pepsi Reg 12 floz/355ml	149.1	0.00	0.00	0.00	0.00	0.02
	Pepsi Reg 16 floz/473ml	198.7	0.00	0.00	0.00	0.00	0.02
	Pepsi Reg 22floz/651ml	273.4	0.00	0.00	0.00	0.00	0.03
	Pepsi Max 12 floz/355ml	1.1	0.00	0.00	0.00	0.00	0.07
	Pepsi Max 16 floz/473ml	1.4	0.00	0.00	0.00	0.00	0.09
	Pepsi Max 22floz/651ml	2.0	0.00	0.00	0.00	0.00	1.13
	Pepsi Diet 12 floz/355ml	1.4	0.00	0.00	0.00	0.00	0.19
	Pepsi Diet 16 floz/473ml	1.9	0.00	0.00	0.00	0.00	0.25
	Pepsi Diet 22floz/651ml	2.0	0.00	0.00	0.00	0.00	0.35
	Pepsi Max Cherry 12floz/355ml	2.2	0.00	0.00	0.00	0.00	0.43
	Pepsi Max Cherry 12floz/473ml	2.9	0.00	0.00	0.00	0.00	0.57
	Pepsi Max Cherry 22floz/651ml	3.9	0.00	0.00	0.00	0.00	0.78
	Tango Orange Sugar Free 12 floz/355ml	3.6	0.00	0.00	0.00	0.00	0.43
	Tango Orange Sugar Free 16 floz/473ml	4.7	0.00	0.00	0.00	0.00	0.57
	Tango Orange Sugar Free 22floz/651ml	6.5	0.00	0.00	0.00	0.00	0.78
	7Up Free 12 floz/355ml	7.1	0.00	0.00	0.00	0.00	0.16
	7Up Free 16 floz/473ml	9.5	0.00	0.00	0.00	0.00	0.21
	7Up Free 22floz/651ml	13.0	0.00	0.00	0.00	0.00	0.29
	Drench (500ml bottle)	100.0					
	Fruit shot (275ml bottle)	11.0					
	Liptons lemon tea (500ml bottle)	48.0					
	Iron Bru (330 ml can)	65.0					
	Diet Pepsi CAN 330ml	2.0					
	Pepsi Max CAN 330ml	1.0					
Pepsi Max Cherry CAN 330ml	2.0						
7Up Suagr Free CAN 330ml	7.0						
Tango Orange CAN 330ml	63.0						
Tango Orange Sugar Free CAN 330ml	4.0						