



NIPs for PNUT

serve size with calories, fat, carbohydrates, sugar, fibre, sodium, proteins, vitamins, minerals and KJ. Also, we would need dish – say Pad Thai or Nasi Goreng and then the protein say vegetable or chicken or beef or prawn or tofu. This is because a customer can then choose a Pad Thai with a chicken or beef etc.

ALLERGENS Present

DISH NAME	Serving Size	Energy (kJ)	Energy (Cal)	Protein (g)	Fats(g)	Carbs(g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Eggs	Sesame	Other Nuts	FISH
NOODLE DISHES																	
Pad Thai (GF)	405	3418	817	17.1	44.5	92	42	5.2	1301	no	TRUE	no	no	TRUE	no	no	TRUE
Chilli Basil Noodles	450	3974	950	29	29.4	120	26.5	8.6	1965	TRUE	no	TRUE	no	TRUE	TRUE	no	TRUE
Penang Satay Noodles	450	5058	1209	49.2	62.2	108.7	27.1	4.2	1464	no	TRUE	TRUE	no	TRUE	no	TRUE	no
Pad C U	510	3439	822	17.2	38	97.9	28	6	1931	TRUE	no	TRUE	no	TRUE	TRUE	no	TRUE
Singapore Noodles	430	3876	927	15.5	38.1	127	7.85	4.1	1438	TRUE	no	TRUE	no	TRUE	no	no	no
Cashew Nut Noodles	450	4079	975	20.9	47.4	110.4	24.9	4.2	1833	TRUE	no	TRUE	no	no	no	TRUE	TRUE
Mee Goreng	460	4041	966	26.7	44.5	111.4	34.1	4.4	1656	TRUE	no	TRUE	no	TRUE	TRUE	no	TRUE
RICE DISHES																	
Nasi Goreng	460	3235	768	18.4	37.4	83.2	17.3	4.5	1431	TRUE	no	TRUE	no	TRUE	TRUE	no	TRUE
Thai Fried Rice	425	3122	741	14.6	40.3	62.9	21	4.5	1632	TRUE	no	TRUE	no	TRUE	TRUE	no	TRUE
Satay Sauce with Jasmine Rice	450	3406	809	12.1	42.2	90.7	29.5	6.6	1215	no	TRUE	no	no	no	no	no	no
Chilli Basil with Jasmine Rice	460	3444	818	11.2	36.2	94.1	23.8	4.9	1923	TRUE	no	TRUE	no	no	TRUE	no	TRUE
Mongolian Sauce with jasmine rice	440	3051	724	10.4	33.2	89.4	25	5	810	TRUE	no	TRUE	no	no	TRUE	no	no
Teriyaki with Jasmine Rice	440	2975	706	10.8	31.1	88.4	27.6	5.8	1728	TRUE	no	no	no	no	TRUE	no	no
Oyster Sauce with Jasmine Rice	440	2917	692	9.7	33	84.4	20.6	4.5	1604	TRUE	no	TRUE	no	no	TRUE	no	TRUE
Soups																	
Laksa Soup	720	4560	1090	28.5	40.6	151.2	16.1	8.1	2459	no	no	no	no	no	no	no	TRUE
Wonton Soup	680	2519	602	26.3	15.8	83.3	21.4	2.9	2,258	TRUE	no	TRUE	TRUE	no	TRUE	no	TRUE
Add-Ons																	
MAIN MEAL/ SOUPS/ STIR FRY's																	
Mixed Vegetables	125	167	40	2.2	0.3	5.3	3.3	2.4	61	No	No	No	No	No	No	No	No
Tofu	130	950	227	23.4	12.3	6	0	1.8	384	TRUE	No	No	No	No	No	No	No
MARINATED CHICKEN	100	669	160	19.7	6.7	3.9	0.1	0	40	No	No	No	No	No	No	No	No
MARINATED BEEF	100	636	152	20.2	7.6	0.4	0	0	997	No	No	No	No	No	No	No	No
PRAWNS TAILS ON	110	339	81	19.2	0.3	0.2	0	0	466	No	No	No	No	No	No	No	TRUE
KIDS																	
Mixed Vegetables	65	83.5	20	1.1	0.15	2.65	1.65	1.2	30.5	No	No	No	No	No	No	No	No
Tofu	65	475	113.5	11.7	6.15	3	0	0.9	192	TRUE	No	No	No	No	No	No	No
MARINATED CHICKEN	50	334.5	80	9.85	3.35	1.95	0	0	20	No	No	No	No	No	No	No	No
MARINATED BEEF	50	318	76	10.1	3.8	0.2	0	0	498.5	No	No	No	No	No	No	No	No
PRAWNS TAILS ON	55	169.5	40.5	9.6	0.15	0.1	0	0	233	No	No	No	No	No	No	No	TRUE
STIR FRY's																	
Chilli Jam	365	1573	366	8.6	14.1	53.2	27.3	5.4	1848	TRUE	No	TRUE	No	no	no	no	TRUE
Oyster	355	1297	310	8.5	13.3	38.5	24.9	5.5	1906	TRUE	no	TRUE	no	no	TRUE	no	TRUE
Mongolian	355	1347	322	8.9	13.1	45.4	26.4	5.9	840	TRUE	no	TRUE	no	no	TRUE	no	no
Teriyaki	355	1569	304	9.3	11	38.4	29	6.7	1758	TRUE	no	no	no	no	TRUE	no	no
SNACKS																	
Chicken Bites	265	2158	516	39.5	13.9	54	4.9	0	1419	TRUE	no	TRUE	no	no	TRUE	no	no
Spicy Chicken Dumplings	130	753	180	10.4	5.4	20.7	6.9	1	499	TRUE	No	TRUE	No	no	TRUE	no	TRUE
Chilli Squid	115	1372	328	9.8	18.8	20.9	3.5	0	170	TRUE	no	TRUE	TRUE	TRUE	no	no	TRUE
Prawn Dumplings (3pc)	105	840	201	5.3	7.2	7.8	5.2	0.5	51	TRUE	no	TRUE	no	no	TRUE	no	TRUE
Original Roti	135	1702	407	7.2	18.8	57.5	9.1	1.6	813	no	no	TRUE	no	no	no	no	no
ROTI SANGA with Cheese	170	2338	559	15.4	31.8	57.5	9.1	1.6	1057	no	no	TRUE	TRUE	no	no	no	no
Medium Vegetable Spring Rolls	79	594	142	0.3	1.8	28	5.1	0.5	306	TRUE	no	TRUE	no	no	TRUE	no	no
Sauces																	
Sriracha Mayo	15	476	114	0	11.9	0	1.5	0	226	TRUE	no	TRUE	no	TRUE	TRUE	no	no
Satay Dipping Sauce	15	100	23.8	0.4	1.6	1.9	1.5	0.1	86.8	no	TRUE	no	no	no	no	no	no
SWEET PLUM SAUCE	15	255	61	0.2	0	15	13.1	0	120	TRUE	no	TRUE	no	no	no	no	no
Kids Menu																	
Curly Wurlly Teriyaki Noodles	235	1794	429	11.1	18.4	52.3	14.9	3.3	999	TRUE	no	TRUE	no	no	TRUE	no	no
Lucky Fried Rice	265	1702	407	7.3	17.4	52.6	11.9	3.2	952	TRUE	no	TRUE	no	TRUE	TRUE	no	TRUE
Kids Chicken Bites	290	2058	492	28.1	3.5	83.3	15.9	1.3	761	TRUE	no	TRUE	no	no	TRUE	no	no