

AT P'NUT, I FEEL GOOD SLURPALICOUSLY GOOD



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This is because our made from scratch sauces have:

- ✓ No added nasties such as MSG
- ✓ No artificial colours or flavours added
- ✓ Low sodium sauces used

● - Allergen present

NOODLE DISHES	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
PAD THAI (GF, NF+)	405	3418	817	17.1	44.5	92	42	5.2	1301	NO	●	NO	NO	●	NO	NO	●
CHILLI BASIL NOODLES	450	3974	950	29	29.4	120	26.5	8.6	1965	●	NO	●	NO	●	●	NO	●
PENANG SATAY NOODLES (GF+, VG+)	450	4958	1209	49.2	62.2	108.7	27.1	4.2	1464	NO	●	●	NO	●	NO	●	NO
PAD CU	510	3439	822	17.2	38	97.9	28	6	1931	●	NO	●	NO	●	●	NO	●
SINGAPORE NOODLES (VG+)	430	3876	927	15.5	38.1	127	7.85	4.1	1438	●	NO	●	NO	●	NO	NO	NO
CASHEW NUT NOODLES	450	4079	975	20.9	47.4	110.4	24.9	4.2	1833	●	NO	●	NO	NO	NO	●	●
MEE GORENG	460	4041	966	26.7	44.5	111.4	34.1	4.4	1656	●	NO	●	NO	●	●	NO	●

RICE DISHES	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
NASI GORENG	460	3235	768	18.4	37.4	83.2	17.3	4.5	1431	●	NO	●	NO	●	●	NO	●
THAI FRIED RICE	425	3122	741	14.6	40.3	62.9	21	4.5	1632	●	NO	●	NO	●	●	NO	●
SATAY SAUCE WITH JASMINE RICE (GF, VG)	450	3406	809	12.1	42.2	90.7	29.5	6.6	1215	NO	●	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	●	NO	●	NO	NO	●	NO	●
MONGOLIAN SAUCE WITH JASMINE RICE (VG)	440	3051	724	10.4	33.2	89.4	25	5	810	●	NO	●	NO	NO	●	NO	NO
TERIYAKI WITH JASMINE RICE (GF, VG)	440	2975	706	10.8	31.1	88.4	27.6	5.8	1728	●	NO	●	NO	NO	●	NO	NO
OYSTER SAUCE WITH JASMINE RICE	440	2917	692	9.7	33	84.4	20.6	4.5	1604	●	NO	●	NO	NO	●	NO	●

SOUPS	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
LAKSA SOUP (GF)	720	4560	1090	28.5	40.6	151.2	16.1	8.1	2459	NO	NO	NO	NO	NO	NO	NO	●
WONTON SOUP	680	2519	602	26.3	15.8	83.3	21.4	2.9	2,258	●	NO	●	●	NO	●	NO	●

REGULAR STIR FRY's (under 500 Calories)	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
CHILLI JAM	365	1573	366	8.6	14.1	53.2	27.3	5.4	1848	●	NO	●	NO	NO	NO	NO	●
OYSTER	355	1297	310	8.5	13.3	38.5	24.9	5.5	1906	●	NO	●	NO	NO	●	NO	●
MONGOLIAN (VG)	355	1347	322	8.9	13.1	45.4	26.4	5.9	840	●	NO	●	NO	NO	●	NO	NO
TERIYAKI (GF, VG)	355	1569	304	9.3	11	38.4	29	6.7	1758	●	NO	NO	NO	NO	●	NO	NO

+ ALLERGEN: such as **NF+**, **GF+**, **VG+** indicates option to remove allergen from the dish.
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KIDS MENU	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
CURLY WURLY TERIYAKI NOODLES	235	1794	429	11.1	18.4	52.3	14.9	3.3	999	●	NO	●	NO	NO	●	NO	NO
LUCKY FRIED RICE	265	1702	407	7.3	17.4	52.6	11.9	3.2	952	●	NO	●	NO	●	●	NO	●
KIDS CHICKEN BITES	290	2058	492	28.1	3.5	83.3	15.9	1.3	761	●	NO	●	NO	NO	●	NO	NO
P'Lite (under 400 Calories)	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
CHILLI JAM WITH JASMINE RICE	307.5	1644.5	349	7.6	8.39	61.15	13.75	3.6	929	●	NO	●	NO	NO	NO	NO	●
OYSTER SAUCE WITH JASMINE RICE	302.5	1506.5	321	7.55	7.99	53.8	12.55	3.65	958	●	NO	●	NO	NO	●	NO	●
MONGOLIAN WITH JASMINE RICE	302.5	1531.5	327	7.75	7.89	57.25	13.3	3.85	425	●	NO	●	NO	NO	●	NO	NO
TERIYAKI WITH JASMINE RICE	302.5	1642.5	318	7.95	6.84	53.75	14.6	4.25	884	●	NO	NO	NO	NO	●	NO	NO
INGREDIENT: MAIN MEAL/ SOUPS/ STIR FRY's	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
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	●	NO	NO	NO	NO	NO	NO	NO
CHICKEN	100	636	152	21.7	4.1	1.8	0	0	40	NO	NO	NO	NO	NO	NO	NO	NO
BEEF	100	636	146	20.2	7.6	0.4	0	0	597	NO	NO	NO	NO	NO	NO	NO	NO
PRAWN TAILSON	110	339	81	19.2	0.3	0.2	0	0	466	NO	NO	NO	NO	NO	NO	NO	●
INGREDIENT: KIDS/ P'LITE	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
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	●	NO	NO	NO	NO	NO	NO	NO
CHICKEN	50	318	76	10.85	2.05	0.9	0	0	20	NO	NO	NO	NO	NO	NO	NO	NO
BEEF	50	318	73	10.1	3.8	0.2	0	0	298.5	NO	NO	NO	NO	NO	NO	NO	NO
PRAWN TAILSON	55	169.5	40.5	9.6	0.15	0.1	0	0	233	NO	NO	NO	NO	NO	NO	NO	●
SNACKS	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
CHICKEN BITES	265	2158	516	39.5	13.9	54	4.9	0	1419	●	NO	●	NO	NO	●	NO	NO
SPICY CHICKEN DUMPLINGS (4 PCS) INCLUDES SPICY SICHUAN SOY SAUCE	130	753	180	10.4	5.4	20.7	6.9	1	499	●	NO	●	NO	NO	●	NO	●
CHILLI SQUID (4PCS)	115	1372	328	9.8	18.8	20.9	3.5	0	170	●	NO	●	NO	●	NO	NO	●
PRAWN DUMPLINGS (3PCS) INCLUDES SPICY SICHUAN SOY SAUCE	105	840	201	5.3	7.2	7.8	5.2	0.5	51	●	NO	●	NO	NO	●	NO	●
ORIGINAL ROTI (2PCS)	135	1702	407	7.2	18.8	57.5	9.1	1.6	813	NO	NO	●	NO	NO	NO	NO	NO
CHEESE ROTI SANGA	170	2338	559	15.4	31.8	57.5	9.1	1.6	1057	NO	NO	●	●	NO	NO	NO	NO
VEGETABLE SPRING ROLLS (4 PCS) (VG)	79	594	142	0.3	1.8	28	5.1	0.5	306	●	NO	●	NO	NO	●	NO	NO
SAUCES	Serving Size (g)	Energy (kJ)	Energy (Cal)	Protein (g)	Fats (g)	Carbs (g)	Sugars (g)	Fibre (g)	Sodium (mg)	Soy	Peanuts	Gluten / Wheat	Dairy	Egg	Sesame	Other Nuts	Fish
SRIRACHA MAYO	15	476	114	0	11.9	0	1.5	0	226	●	NO	●	NO	●	●	NO	NO
SATAY DIPPING SAUCE	15	100	23.8	0.4	1.6	1.9	1.5	0.1	86.8	NO	●	NO	NO	NO	NO	NO	NO
SWEET PLUM SAUCE	15	255	61	0.2	0	15	13.1	0	120	●	NO	●	NO	NO	NO	NO	NO
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