



NUTRITIONAL INFORMATION

GF - gluten free

DF – dairy free

Chicken Soups	Energy Kcal	Fat g	of which sat g	Carb g	of which sugar	Fibre	Protein	Salt	Free from	Allergens
Andaman Island Spiced Chicken	405	27	15	17.3	5.9	3.9	21.5	0.5	GF, DF	Sulphites
Californian Chicken Succotash	418	19	8.1	35	9.6	7.5	27	3.1	GF	Milk, Celery
Jammin Jamaican Jerk Chicken	392	25.3	15.2	19.4	4.2	6.7	18.4	0.5	GF, DF	Celery
Soto Ayam - Indonesian Chicken	414	27.5	15.3	15.5	5.4	7.9	22.2	0.6	GF, DF	Sulphites
Sri Lankan Chicken & Red Lentil	448	28.3	16.2	16.4	5.8	6.5	23.7	0.5	GF, DF	
Thai Style Crushed Chilli Chicken	579	65.1	47.2	10.4	8.9	2.7	27.6	0.8	DF	Crustaceans, Soya, Fish, Gluten, Sulphites
Vietnamese Chicken & Sweet Potato	496	14.4	5	23.3	10	5.6	17.7	0.5	GF, DF	Fish

Turkey Soups

Turkey Chilli	N/A								GF, DF	Celery
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Beef Soups	Energy Kcal	Fat g	of which sat g	Carb g	of which sugar	Fibre	Protein	Salt	Free From	Allergens
Dan Dan Sezchchaun Beef Broth	261	15.5	2.9	9.2	0.5	0.5	20.9	0.4	DF	Gluten, Fish, Sulphites
Kashmiri Beef	375	21.5	7.5	21.5	3.9	2.9	22.4	0.8	GF	Milk, Mustard
Keema - Spiced Mince Beef	432	21.8	8	16.1	7.6	4.6	13.8	0.4	GF	Milk, Celery
Malay Massman Beef	546	37	17	26	6	6	29	3.6	GF, DF	Peanuts
Moghul Beef	369	22	8.8	23	5.4	4.8	21	3.1	GF	Milk, Celery
Nusa Smokehouse Chill con Carne	319	14.5	3.2	21.4	8.1	8.1	21.7	0.8	GF, DF	Celery
Jungli Beef	513	39	21	19	4.4	3.5	22	3.1	GF, DF	Shrimp (shrimp paste)





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Pork Soups	Energy Kcal	Fat g	of which sat g	Carb g	of which sugar	Fibre	Protein	Salt	Free From	Allergens
BLT - Bacon, Lentil & Tomato	425	20.1	4.5	18.4	8.2	6.5	22.7	0.7	GF, DF	Celery
Cambodian Prawn & Pork Baw Baw	275	9.8	2	21.2	4.7	5.6	21.6	0.5	DF	Celery, Fish, Peanuts, Gluten, Crustaceans
Cebu Chickpea & Chorizo	656	30.2	9.4	57.3	6.8	20.8	28.4	0.6	GF	Milk, Celery
Creamy Bacon & Celeriac	568	34.5	21.2	47.6	7.2	11.5	21.4	0.7	GF	Milk, Celery
Canton Char Siu (pork) Rice Congee	484	19	2.7	52	0.9	1.1	27	4	DF	Gluten, Sesame, Soya
Korean BBQ Pork Broth	295	12.3	2.7	8.7	0.7	2.1	23.8	0.6	DF	Gluten, Sesame, Soya Beans, Sulphites
Lap Cheung & Three Bean	336	17.9	4	28.6	6.7	11.5	15.3	0.7	DF	Gluten, Celery
Ho Ho Ham Hock	301								GF	Dairy, Celery

Lamb Soups	Energy Kcal	Fat g	of which sat g	Carb g	of which sugar	Fibre	Protein	Salt	Free From	Allergens
Lamb Shank	N/A								DF	Gluten

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Fish Soups	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Free From	Allergens
Cochin Fish	433	29.7	18.4	23.2	11.2	3.9	16.4	0.5	GF, DF	Fish, Mustard
Firecracker Shrimp Jambalaya	427	10	1.1	30.8	6.7	13	21.7	0.7	GF, DF	Crustacean, Celery
Hokkien Prawn Mee	253	28.8	19.5	25.5	13.6	5	18.9	0.6	DF	Crustaceans, Sulphite, Gluten
Keralan Style Fish	384	18.9	8.2	27.3	6.6	6.3	23.1	0.5	GF, DF	Fish, Mustard
Seductive Spanish Fish Stew	368	17.1	2.8	21.1	5.6	4.3	25.4	0.7	GF, DF	Fish, Celery
Singapore Tiger Prawn Laksa	578	44.1	26.4	25	3.1	2.1	20.1	1	GF, DF	Crustaceans
Thai Style Fish Tom Yam	306	16.9	9.5	24.5	4.2	4.1	11.8	0.8	GF, DF	Fish, Sulphite, Crustacean
Punjab Prawn & Chickpea	311	18.8	7.6	29.6	6.3	5.2	27.8	0.6	GF, DF	Crustaceans, Sulphites
Malacca Fish Chowder	476	26.6	13.8	31	9.8	5.5	20.4	3.1	GF, DF	Fish

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VEG SOUPS	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Free From	Allergens
Andalucian Gazpacho	207	9	1.3	8.6	5	2.5	2.5	0.4	VG, DF	Gluten
Aloo Sabzi - Indian Spiced Potato & Spinach	503	17.6	13.5	11.5	4.7	4.3	4.8	0.6	V, GF	Milk
Asparagus Risotto	349	22	11	26	3.4	1.7	9.8	1.7	GF	Milk, Celery
Aviyal - Sri Lankan Coconut & Cauliflower	293	24.3	9.7	10.9	6.3	5.4	5.1	0.4	VG, GF, DF	Mustard
Black Bean - Dhal Makhni	177	6.2	0.8	20	10	9.60	10	3.5	VG, GF, DF	
Bombay Potato & Pea	364	21.9	11	30.9	4.3	7.5	7.1	0.6	VG, GF, DF	Mustard, Sulphite
Calcutta Cucumber Cooler	328	16.8	4.6	7.9	4.3	1.8	3.1	0.6	V, GF	Milk, Mustard
Cauliflower Cheese	401	39.7	18.8	36.7	9.8	4.8	5.2	0.4	V, GF	Milk
Chilli Butterbean	266	13.6	4.3	20.8	6.1	10.7	9.5	0.8	V, GF	Milk, Celery
Goan Chickpea & Spinach	278	15.2	4.5	24.7	6.1	5.3	7.9	0.5	V, GF	Milk, Mustard
Javanese Jump Up Beans & Rice	398	26.9	7.9	41.2	8.5	5.3	8.7	0.6	V, GF	Sulphites, Milk, Celery
Kung Pao Chickpea	378	19.7	7.7	29.8	6.8	3.7	7.4	0.5	VG, GF, DF	Sulphite
Lahore Lentil & Chickpea	389	12.5	1.4	45.9	6.6	6.9	15.4	0.5	VG, GF, DF	Celery
Malacca Vegetable Laksa Lemak	388	21.7	10.4	41.7	3.1	2	5.4	0.5	VG, GF, DF	
Malayan Corn Chowder	396	20.3	9	32.5	5.5	4.5	6.9	0.5	VG, GF, DF	
Mulligatawny	376	11.8	3.5	25.7	6.1	5.4	21.7	0.7	VG, GF, DF	
Nusa Tomato & Basil	162	8.7	1.1	12	10.9	3.7	2.5	0.4	VG, GF, DF	Celery
Rustic Roasted Root Vegetable	476	47.9	21.6	49.5	12.6	12.5	5.8	0.6	VG, GF	Milk
Spring Risotto	349	22	11	26	3.4	1.7	9.8	1.7	GF	Milk, Celery
Sup Lobak - Carrot, Turmeric & Ginger	398	36.5	16.5	44.4	7.3	10.1	6.5	0.6	VG, GF, DF	
South Indian Tomato Rasam	422	11.7	1.4	53.9	10.9	6.7	22	0.5	VG, GF, DF	Mustard
Spicy Lentil	468	9.2	0.9	63.4	4.4	13.3	33.9	0.7	VG, GF, DF	Mustard, Sulphite
Sri Lankan Cashew nut & Green Bean	686	59.9	21.6	20	8.8	6	19.1	0.5	VG, GF, DF	Nuts
Thai Chilli Tofu Broth	285	5.6	1.2	6.5	2.3	1.4	15.5	0.6	VG, GF, DF	Sesame, Sulphite Sulphites, Soya
Thai Vegetarian Tom Yam	504	49.7	39.1	6.8	5.6	2	6.4	0.8	VG, GF, DF	
Ubi Manis - Sweet Potato & Wild Rice	439	19.3	9.1	44.1	11.3	6	5.8	0.5	VG, GF, DF	
Vegetarian Chilli	281	9.3	1.1	28.9	6.3	12.7	14	0.8	VG, GF, DF	Celery
Vegetable Dhansak	389	24.5	4.3	35.7	5.9	5.2	11.6	0.7	V, GF	Milk
Vegetable Jambalaya	273	11.1	1.2	27.7	4.8	9.8	10.7	0.5	VG, GF, DF	Celery
Minestrone	224	13.6	5.7	29.7	3.8	10.1	6.9	0.5		Gluten, Milk, Celery
Yucatan Tortilla	219	12.5	1.4	20.1	6.1	3.8	4.4	0.7	VG, DF	Gluten

	Rice Boxes	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Allergens
S		855	38	21	78	7.6	4.9	48	3.2	
L	Malay Beef Rendang	1030	53.2	22	85.4	9.7	6.2	47.5	4.5	NON
S		828	42	16.7	77.1	7.2	3.8	38	0.9	
L	Vietnamese Grilled Chicken	1040	48.8	23.3	107	10.1	5.3	42.4	1.3	Sulphite, Gluten, Fish, Soya
S		498	15.6	11	76	4.2	5.32	12.5	0.8	
L	Tofu & Shitake Mushroom	685	21.3	15.1	102	5.7	7.3	17.2	1.1	Celery
S		499	11.2	10.2	68.6	3.3	3.6	22.8	0.7	
L	Japanese Miso Cod	691	18.3	14.6	97.8	4.7	5.2	32.4	2.5	Fish, Gluten, Soya
S		683	25	16	78	6.3	4.2	35	3.4	
L	Penang Chicken Curry Capitan	963	35	23	110	8.9	5.9	48	4.8	Nuts (Candlenuts)
S		667	27	20	94	21	4.4	9.5	2.7	
L	Javanese Jackfruit Rendang	938	38	29	133	29	6.2	13	3.7	Gluten, Soy

Portion	Breakfast	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Allergens
	Bombay Eggs	349	27.8	12.2	2.4	0.9	0.7	21.9	0.9	Eggs, Milk
	Asian Spiced Toastie	337	7.9	1.6	48	5.52	4.8	17.3	2.3	Eggs, Gluten
	Asian Spiced Toastie with Sausage	527	23.6	7.6	50	6.6	5	27.7	5.7	Eggs, Gluten
	Asian Spiced Toastie with Bacon	605	26.5	8.2	52.4	5.6	5.1	38.1	6.8	Eggs, Gluten
	Kim Chi Toastie	271	8.6	1.9	32.3	3.2	2.9	16.6	1.5	Eggs, Gluten, Fish (fish sauce)
	Korean Ham & Cheese Toastie	608	33	16	45	3.8	3	30	3.9	Gluten, Dairy, Egg, Soy, Mustard
S	Krabi Coconut Porridge	272	12.6	8.2	32.6	0.7	4.1	5.8	0	Gluten
S	Bircher Muesli	492	18	6	72.9	20.4	7.44	14.4	0.1	Milk, Nuts, Gluten, Sulphite
L	Bircher Muesli	749	26.3	8.1	106.4	29.7	10.85	21	0.1	Milk, Nuts, Gluten, Sulphite

	Pots & Drinks	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Allergens
	Avococo	134	9.8	2	11.8	11	1.7	0.9	0.1	Sulphites
	Club Tropicana	113	0.4	0	26.9	26.2	5	1.5	0.1	Sulphites
	Mango Lassi	237	11.9	7.6	26.5	26.4	0.2	16.8	0.1	Milk
	Fruit Salad S	55	0.3	0	12.8	12.8	2.7	1	0	N/A
	Fruit Salad L	93	0.5	0	21.3	21.3	4.5	1.6	0	N/A
	Pineapple S	70	0.3	0	16.8	16.8	3.2	0.7	0	N/A
	Pineapple L	88	0.4	0	20.8	20.6	4	0.9	0	N/A
	Berry Pot	46	0.6	0	9.6	9.6	5.9	1.1	0	N/A
	Papaya Pot	50	0.2	0	12.2	12.2	3.2	0.7	0	N/A
	Greek Yoghurt & Fresh Berries	292	12.7	7.4	37.5	29.2	2.5	16.1	0.1	Milk, Gluten
	Greek Yoghurt & Mango Puree	273	16.9	10.5	26.5	26.5	0.2	10.8	0.1	Milk / Gluten with Granola, Nuts
	Coconut Yoghurt Chia Pot	226	21.7	19.1	4.8	2.6	0.9	2.9	0	N/A
	Balinese Black Rice Pudding	445	5.1	3.5	89.4	32.1	3.2	7	0.1	N/A
	Indian White Rice Pudding	275	6.5	2.7	48.6	26.2	0.9	5.7	0.1	Milk, Nuts

Salads (NO DRESSINGS)		Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Free From	Allergens
S		197	7.5	0.9	12	7	3.3	19	0.9		
L	Satay Chicken Salad	384	15	1.7	23	14	6.5	37	1.9	DF	Gluten, Peanuts, Soybeans, Sesame
S		391	18	3.3	27	5.4	5.5	27	1		
L	Rippin Chicken Protein Salad	824	38	3.7	44	11	12	56	2.2	DF, GF	Sulphites, Mustard, Eggs, Nuts, Sesame
S		232	7.7	1.8	22	4.4	2.6	17	1.2		
L	Thai Beef Noodle Salad	462	15	3.7	44	8.4	5.1	35	2.4	DF	Gluten, Sesame, Fish, Soya
S		359	16	2	32	1.5	6.9	17	1.1		
L	Miso Tofu & Soba Noodle Salad	700	32	3.9	62	3.1	13	34	2.2	VG, DF	Gluten, Nuts, Sesame, Soya
S		185	5.7	0.6	25	0.5	4.3	5.7	0.4		
L	Vegan Buddha Box	370	11	1.1	50	1	8.5	11	0.8	VG, DF, GF	Sulphites (dressing only)
S		177	10	1.7	9.5	4.1	3.9	12	1.3		Soya, Sesame, Fish, Sulphites,
L	Roasted Salmon Sarada	335	19	3.1	18	7.9	7.5	23	2.4	DF	Gluten (dressing only)

Wraps

	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Allergens
East Java Jack Fruit Rendang	443	26	8	44	15	5.2	7.1	1.4	Gluten
Kampong Satay Chicken	470	16	3.4	46	11	6.5	32	2.8	Gluten, Soy, Sesame, Sulphites, Peanuts
Tonga Isles Tuna	373	14	3	35	4	4.1	23	2.5	Egg, Fish, Soy, Mustard