



NUTRITIONAL INFORMATION

GF - gluten free

DF – dairy free

PROTEIN SOUPS	p/100ml	Energy Kcal	Fat g	of which sat g	Carb g	of which sugar	Fibre	Protein	Salt	Free from	Allergens
Achari Murgh Chicken Soup		56	2.5	0.3	4.1	0.7	0.6	4.1	0.39	GF, DF	
Andaman Island Spiced Chicken		96	6.2	4.1	5.8	1.3	1	3.6	0.53	GF, DF	Sulphites
Balinese Spicy Chicken		77	4.1	1.9	6.2	1.1	0.8	3.4	0.67	GF, DF	Celery
Chiang Mai Spicy Chicken		93	4	1.7	8.2	2.2	1.8	5	0.53	GF	Milk, Celery
Chicken Ishtu		106	6.6	4.1	6.4	1.9	1.4	4.6	0.54	GF, DF	
Soto Ayam - Indonesian Chicken		94	5.6	3.2	6.2	1.4	1.3	3.9	0.68	GF, DF	Sulphites
Sri Lankan Chicken & Red Lentil		96	6.7	4.1	3.8	2	0.8	4.6	0.39	GF, DF	
Thai Style Crushed Chilli Chicken		108	8.8	6.2	3.1	1.7	0.6	3.8	0.88	DF	Crustaceans, Soya, Fish, Gluten, Sulphites
Vietnamese Chicken Soup		90	5.6	3.2	6	2.8	1.3	3.2	0.62	GF, DF	Fish (fish sauce)
Turkey Chilli		142	2.9	0.3	15	2.2	5.5	11	0.53	GF, DF	Celery
Beef Ishtu		117	7.3	4.4	6.4	1.9	1.4	5.8	0.54	GF, DF	
Burmese Beef Coconut Soup		112	9.2	6.4	2.3	1	0.5	4.6	0.56	GF, DF	
Chunky Beef Goulash		80	3.1	0.5	6.3	1.6	1	5.2	0.52	GF, DF	Sulphites (wine)
Jungli Beef		115	8.5	4.8	4.2	1.1	0.8	4.9	0.7	GF, DF	Shrimp (shrimp paste)
Kashmiri Beef		100	5.5	2.1	6.3	1.4	0.9	5.6	0.52	GF	Milk, Mustard
Keema - Spiced Mince Beef		100	5.4	2	5.9	2.9	1.5	5.8	0.8	GF	Milk, Celery
Malay Beef Massaman		125	8.1	3.9	5.9	1.4	1.3	6.4	0.79	GF, DF	Peanuts

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PROTEIN SOUPS	p/100ml	Energy Kcal	Fat g	of which sat g	Carb g	of which sugar	Fibre	Protein	Salt	Free From	Allergens
Mohali Moghul Beef		85	4.8	1.9	5	1.2	1	4.6	0.67	GF	Milk, Celery
Nusa Chunky Chilli Beef		85	3.1	0.5	6.5	1.5	3.2	6.1	0.52	GF, DF	Celery
Cebu Chickpea & Chorizo		120	8.1	2.8	6.2	1.9	1.8	4.5	0.96	GF	Milk, Celery

FISH SOUPS

Cochin Fish		101	5.9	3.6	6.8	1.7	1	4.5	0.54	GF, DF	Fish, Mustard
Keralan Style Fish		108	6.7	4.1	6.5	1.9	1.3	4.8	0.54	GF, DF	Fish, Mustard
Madura Firecracker Shrimp		89	3	0.3	8.1	1.8	3.3	5.4	0.45	GF, DF	Crustacean, Celery
Malacca Fish Chowder		101	5.9	3.2	7	2.3	1.2	4.5	0.67	GF, DF	Fish
Punjab Prawn & Chickpea		80	3.1	0.3	7	2.8	1.8	4.9	0.57	GF, DF	Crustaceans, Sulphites
Singapore Tiger Prawn Laksa		85	6.1	4.2	4.3	0.5	0.5	3	0.63	GF, DF	Crustaceans
Thai Style Fish Tom Yam		82	5.2	3.6	4.8	0.7	0.5	3.9	0.76	GF, DF	Fish, Sulphite, Crustacean

V- vegetarian
 VG- vegan
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VEG SOUPS	p/100ml	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Free From	Allergens
Andalucian Gazpacho (COLD)		52	3.5	0.5	3.7	2.2	0.9	0.8	0.57	VG, DF	Gluten, Sulphites
Aloo Sabzi - Indian Spiced Potato & Spinach		76	4.7	1.7	6.3	1.4	1.2	1.4	0.5	V, GF	Milk, Celery
Aviyal - Sri Lankan Coconut & Cauliflower		88	6.4	4	5.6	1.6	1.4	1.4	0.03	VG, GF, DF	Mustard
Black Bean - Dhal Makhni		87	2.5	0.2	8.8	1	3.9	5.4	0.51	VG, GF, DF	
Bombay Potato & Pea		101	6.5	4.1	8.2	1.6	1.5	1.7	0.5	VG, GF, DF	Mustard, Sulphite
Borneo Ubi Manis (Sweet Potato & Wild Rice)		103	5.5	3.2	11	2.6	1.2	1.3	0.38	VG, GF, DF	
Chilli Butterbean		71	4.5	1.6	4.8	1.9	1.4	1.9	0.5	V, GF	Milk, Celery
Coconut & Turmeric Tofu Broth		115	8.3	2	5	0.5	1.1	4.6	0.66	VG, GF, DF	Soy
Goan Chickpea & Spinach		106	5.6	1.8	9.5	1.1	2.3	3.2	0.49	V, GF	Milk, Mustard
Hokkaido Cream of Mixed Mushroom		60	4.5	1.7	3.5	0.6	0.6	1	0.49	V, GF	Sulphite, Milk, Celery
Kung Pao Chickpea		97	6.2	3.2	6	0.9	1.9	2.7	0.52	VG, GF, DF	Sulphite
Lahore Lentil & Chickpea		83	2.9	0.2	9	1.9	2.5	3.9	0.5	VG, GF, DF	Celery
Madras Vegetable Sambhar		91	2.5	0.3	12	1.9	1.8	4.1	0.29	VG, GF, DF	Mustard
Malacca Vegetable Laksa Lemak		86	7.4	5.3	3.8	0.7	0.5	0.8	0.45	VG, GF, DF	
Malayan Corn Chowder		91	5.8	3.3	7.9	2.2	0.9	1.4	0.35	VG, GF, DF	
Minestrone		46	2.8	0.6	3.2	0.9	0.5	1.4	0.53		Gluten, Milk (parmesan), Celery
Mulligatawny		91	6.1	3.2	5.2	2.6	1.9	2.4	0.66	VG, GF, DF	Soy
Mysore Vegetable Bean Stew		71	2.5	0.2	7.4	1.1	3.1	2.9	0.5	VG, GF, DF	Celery
South Indian Tomato Rasam		89	2.6	0.4	11	1.7	1.4	4.4	0.63	VG, GF, DF	Mustard
Spicy Cauliflower Cheese		81	5.2	3.2	5.9	1.2	0.9	2.4	0.37	V, GF	Milk
Spicy Lentil		95	2.4	0.2	12	1.6	1.4	5.2	0.67	VG, GF, DF	Mustard, Sulphite
Sri Lankan Cashew nut & Green Bean		131	11	5	4	1.5	1.3	2.9	0.51	VG, GF, DF	Nuts (cashew)
Thai Vegetarian Tom Yam		89	6.4	4.8	6.4	1.9	0.7	1.1	0.24	VG, GF, DF	Sulphites, Soya
Vegetable Dhansak		78	3.6	0.9	7.5	2.2	1.8	2.9	0.65	V, GF	Milk
Vegetable Ishtu		106	6.5	4.1	8.9	2.6	2.1	1.8	0.52	VG, GF, DF	
Vegetarian Chilli		68	2.3	0.2	7	1.3	3.5	2.9	0.64	VG, GF, DF	Celery
Yucatan Tortilla		49	2.5	0.3	4.8	1.9	0.8	1.1	0.57	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	Sulphite, Mustard
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, Mustard, 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	Sulphite, Mustard, Gluten (dressing), Soya & 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	Sulphite, Mustard, 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	Sulphite, Mustard, Nuts (Cashew nuts)
S		748	25	13	78	4.7	10	48	2.8	
L	Bangkok Vegan Chicken Curry	969	32	17	101	6.1	14	62	3.6	Sulphite, Mustard,

Portion	Breakfast	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Allergens
	Tofu Scramble	410	28	11	5.7	0	4.9	33	2.0	Soy, Sulphites
	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 (walnuts), Gluten
L	Bircher Muesli	749	26.3	8.1	106.4	29.7	10.85	21	0.1	Milk, Nuts (walnuts), Gluten

	Pots & Drinks	Energy Kcal	Fat g	of which sat g	Carb	of which sugar	Fibre	Protein	Salt	Allergens
	Mango Lassi	237	11.9	7.6	26.5	26.4	0.2	16.8	0.1	Milk
	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, Nuts (almonds)
	Greek Yoghurt & Mango Puree	273	16.9	10.5	26.5	26.5	0.2	10.8	0.1	Milk / in the Granola- Gluten, Nuts (almonds)
	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 (pistachio)

Asian Bowls (coming soon) Energy Kcal Fat g of which sat g Carb of which sugar Fibre Protein Salt Free From Allergens

Rippin Chicken Protein Bowl

Miso Tofu & Soba Noodle Bowl