



## NUTRITIONAL INFORMATION PER PORTION

PRODUCT NAME	kcal	carbohydrates	sugars	salt	protein	fat	saturated fat	mono-saturated fat	poly-unsaturated fat	fibre
<b>HOT BREAKFAST (AT SELECTED SITES)</b>										
Egg buttered banh mi	459	44.7	2.9	1.7	19.5	22.1	10.7	6.6	1.9	2.3
Bacon buttered banh mi	500	44.8	2.88	4.16	26.56	23.51	12	7.5	1.5	2.4
The Works banh mi	451	46.1	4.3	2.8	20.6	20.2	4.9	9.2	0	2.3
Sunny egg pot	244	23.4	7.2	1.8	17.6	10.2	2.7	3.6	2	3.5
Egg congee	194	28.2	1.2	2.4	9.1	5.3	1.4	1.8	0	0.5
Add on Chinese sausage	256	3.45	1.85	1.65	11	22	8.5	0	0	0
Add on bacon	101	0	0	1.29	7.14	9.07	2.94	3.5	1.1	0
Add on egg	66	0	0	0.2	6.3	4.5	1.3	1.7	0.7	0
Add on bread soldiers	332	43.3	1.7	1.2	6.7	13.2	8.1	3.1	0.4	2.3
Naked porridge	337	29.5	7.1	0.24	11.3	19.7	14.7	2	1	2.6
Super berry porridge	397	39.4	16.5	0.24	11.7	21.5	16.38	2.1	1	3.8
Sunshine mango porridge	408	42.2	10.6	0.24	12	21.5	16.3	2.1	1	3.6
Chocolate seduction porridge	607	66.2	39.1	0.31	15.1	31.7	21.7	5.6	1.45	6.1
<b>PASTRIES, CAKES AND COOKIES (AT SELECTED SITES)</b>										
Plain butter croissant	424	45	6.7	1.2	8	23	15	n/a	n/a	2.6
Chocolate twist	322	37.5	7.5	0.9	6.5	15.7	8.4	n/a	n/a	2.4
Pain aux raisins	338	46	19	0.78	5.8	14	9.1	n/a	n/a	2.3
White chocolate cookie	370	49	30.7	0.2	3.4	17.6	9.3	6.1	1.5	0.9
Triple chocolate cookie	387	49.6	29.3	0.2	3.8	18.9	9.9	6.6	1.7	1.2
Lemon drizzle loaf slice	279	34	18	0.4	3.3	14.5	1.6	0	0	0.5
Salted caramel brownie	421	34.3	30.8	0.7	6	30.4	15.9	n/a	n/a	2.1
<b>HOT BOXES</b>										
Mekong beef curry	579	85.3	21.1	3.1	19.5	18.7	4	5.8	3.5	2.1
Chargrilled pork	644	121.3	55.5	2.8	11.3	15	1.4	7.9	4.5	3.3
Lemongrass chicken	635	83.2	15.3	3.5	38.6	18.4	1.6	10.1	5.2	1.1
Vegetable curry	572	87.7	23.6	2.3	9.8	21.1	2	11.2	6.3	2.1
Cha Cha chicken	557	86.8	18.7	3.4	39	8.5	1.2	4	2.3	1.1
<b>PHO</b>										
Pulled beef	304	54.4	6.1	0.57	15.5	4.1	1.4	1.5	0.4	4.2
Chicken breast	324	54.7	5.9	0.24	24	2.4	0.6	0.9	0.5	4.2
Meatball	440	56.2	5.8	1	20.5	16.1	5.5	0.3	0.3	5.2
Vegan leek and tofu dumpling	334	69.8	6.7	1.3	9.3	4.4	1.1	0.3	0.3	4.2
<b>HOT BANH MI</b>										
Lemongrass chicken	587	85.5	15.1	3.9	30.8	13.2	1.4	6.8	3.2	4.2
Pork and pâté	751	73.4	11.7	3.5	32	36.6	10.5	15	5.4	3.8
Soy and ginger beef	632	83.3	13.4	5.7	29.6	19.6	5.4	5.9	1.8	4.2
Pork meatball	672	83.5	12.8	3.9	28.4	24.4	6.7	3.9	1.8	5.2
Soy and ginger veg	569	82.7	11	3.9	13.8	19.8	1.8	10.6	5.3	4.2
<b>SHREDDED VIET SALADS</b>										
Chargrilled beef	148	14.4	11.75	2.2	10.2	6	2.1	0.2	0.4	1.7
Lemongrass chicken and peanut	191	14.8	11.8	1.5	16.3	7.9	1.4	3.5	2	1.9
Chargrilled pork	232	26.6	22.7	1.1	8.3	11.3	1.6	5.3	3.1	3
<b>BUN NOODLE SALADS</b>										
Lemongrass chicken	445	64	27.9	3.5	25.2	10.6	1.5	4.8	3	3.3
Chargrilled pork	500	82.5	44.6	2.8	11.6	15.4	1.8	7.4	4.6	4.9
Soy and ginger beef	475	63.2	26.7	4.9	22.6	15.3	4.6	4.6	2.2	3.3
Soy and ginger veg	452	71.3	35.2	1.7	9.3	15.1	1.7	7.4	4.5	3.3



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<b>SNACK POTS</b>										
Chicken sticky rice	261	31.2	12.7	2	11.5	10.1	3.8	3.4	2.1	1.6
Beef sticky rice	276	30.5	12.1	1.8	13.4	9.9	4.2	3.1	1.8	1.6
Pork sticky rice	286	38.6	19.6	1.7	6.5	12.2	3.9	4.6	2.8	2.3
<b>SWEET POTS</b>										
Mango yogurt	172	12.2	6.6	0.1	5.6	11.2	6.5	3	1.1	0.9
Berry yogurt	179	11.4	6.8	0.1	6	12.2	7	3.2	1.2	1.3
Pineapple and lime fruit	38	8.8	8.8	0	0.4	0.2	0	0.1	0.1	0
Caramel and Viet coffee dessert	220	23.4	21.6	0.4	3.3	12.6	7.1	n/a	n/a	n/a
Chilli chocolate and mango	332	23.4	15.3	0	3	24.3	14.4	n/a	n/a	n/a
Green tea sponge and mousse	273	21.6	5.9	0.1	2	19.8	12.6	n/a	n/a	n/a
<b>EVENING SMALL PLATES (AT SELECTED SITES)</b>										
Vegan Hoisin dumplings	167	28.9	7.6	2.3	5.3	4.6	1.1	0.2	0.4	0.7
Sriracha wings	511	16.2	13.3	2.9	88.7	7.6	1.5	0.9	1.1	0.9
Secret sauce wings	592	37.1	36.0	4.9	89.5	6.9	1.5	0.9	1	0.1
Satay wings	674	5.2	2.8	0.8	94.8	27.6	11.4	6.1	4.9	2.1
Beef and Hoisin bao	501	69.6	21.8	2.4	13.7	18.9	3.3	7.6	3.9	3.3
Chicken satay bao	579	59.3	15.2	1.5	21.8	28.5	7.0	10.9	5.9	3.6
Pumpkin croquette bao	502	78.9	15.3	1.5	10.2	16.4	2.6	6.4	2.8	3.6
Sticky ribs	1171	29.0	27.8	4.9	99.2	25.4	25.4	31.7	12.4	0.1
<b>EVENING PLATTERS (AT SELECTED SITES)</b>										
Wings platter	2245	74.3	66.2	10.9	344.7	52.9	18.2	9.9	8.8	3.9
Bao platter	2374	311.6	78.5	8.2	68.6	95.7	19.4	37.4	18.9	15.8