

# NUTRITIONAL INFORMATION

Choose your protein



Where possible we have included a wider range of protein options, in addition to chicken and beef. Prices vary from dish to dish, as indicated in the menu.

## VEGETARIAN & VEGAN

The symbol **V** is for Vegetarian and **VG** is for Vegan.

If you select the **V** or **VG** option for these dishes, we will use the vegetarian or vegan sauces to make it. Vegan (**VG**) sauces do not contain any animal by-products.



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**AUTHENTIC THAI. MADE SIMPLE.**



## NUTRITIONAL INFORMATION

	NAME	ENERGY (kCal)	PROTEIN (g)	FAT (g)	CARBOHYDRATE (g)	FIBRE (g)	SODIUM (mg)
<b>STARTERS</b>							
101	Vegetable Spring Rolls	685.7	10.0	47.5	98.1	2.0	408.7
103	Sweet Corn Cakes	608.9	2.6	34.6	73.5	2.6	120.3
104	Chicken Satay	680.8	34.5	55.5	9.9	2.9	150.7
107	Chicken Spring Rolls	706.7	12.1	44.0	70.6	0.4	331.7
112	Prawn Spring Rolls	727.7	45.1	39.0	47.6	1.4	448.7
113	6-Piece Combo Platter	829.8	10.7	43.8	115.3	2.0	477.3
116	Chicken and Prawn Steamed Dumplings	257.4	37.6	8.4	17.7	0.3	444.1
117	Duck Spring Rolls	597.7	5.1	50.0	31.6	0.4	268.7
119	Chicken Filled Bun	192.0	2.2	4.6	33.7	-	108.3
120	Duck Filled Bun	198.0	2.1	5.4	33.7	-	102.2
124	Spinach Dumplings	179.5	0.1	6.0	24.8	1.4	75.0
<b>SOUPS</b>							
201C	Tom Yum Soup Chicken	244.0	17.3	14.9	18.2	0.3	399.6
201P	Tom Yum Soup Prawn	224.4	15.9	11.2	19.5	0.3	446.2
201S	Tom Yum Soup Seafood	218.8	13.7	11.2	19.7	0.3	507.9
201T	Tom Yum Soup Tofu	180.8	4.2	11.8	21.0	0.7	367.4
201V	Tom Yum Soup Vegetable	176.2	2.7	10.4	20.5	1.8	376.7
202C	Consomme Chicken	187.5	15.8	5.7	3.4	0.6	325.2
202P	Consomme Prawn	168.0	14.4	2.0	4.7	0.6	371.8

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<b>SOUPS</b>							
202T	Consomme Tofu	124.3	2.7	2.6	6.2	1.0	609.3
202V	Consomme Vegetable	119.7	1.2	1.2	5.7	2.1	618.6
<b>SIDES</b>							
224	Steamed Rice	258.0	5.4	0.6	54.0	-	4.0
225	Egg Fried Rice	496.5	11.4	22.6	57.8	-	90.6
	Rice to Yellow Noodle	310.0	14.6	1.8	66.0	-	-2.4
	Rice to Linguine Noodle	310.0	14.6	1.8	66.0	-	-4.0
	Rice to Rice Noodle Small	110.0	9.0	1.0	-1.2	-	-2.4
	Rice to Rice Noodle Big	110.0	9.0	1.0	-1.2	-	-2.4
	Rice to Mung Bean Noodle	326.0	-5.4	-0.6	-54.0	-	-4.0
	Rice to Roti	-255.0	-5.3	-0.5	-53.5	-	-1.0
226YN	Fried Noodle Yellow Noodle	728.5	20.0	19.4	123.8	-	26.2
226LN	Fried Noodle Linguine	728.5	20.0	19.4	123.8	-	24.6
226BN	Fried Noodle Rice Noodle Big	528.5	14.4	18.6	56.6	-	26.2
226RN	Fried Noodle Rice Noodle Small	528.5	14.4	18.6	56.6	-	26.2
226MN	Fried Noodle Mung Bean	744.5	-	17.0	3.8	-	24.6
227YN	Egg Fried Noodle Yellow Noodle	806.5	26.0	24.4	123.8	-	88.2
227LN	Egg Fried Noodle Linguine	806.5	26.0	24.4	123.8	-	86.6
227BN	Egg Fried Noodle Rice Noodle Big	606.5	20.4	23.6	56.6	-	88.2
227RN	Egg Fried Noodle Rice Noodle Small	606.5	20.4	23.6	56.6	-	88.2
227MN	Egg Fried Noodle Mung Bean	822.5	6.0	22.0	3.8	-	86.6

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<b>SIDES</b>							
228	Roti	3.0	0.1	0.1	0.5	-	3.0
229	Mixed Vegetables	46.5	1.8	-	8.4	3.0	52.8
230	Fried Garlic Rice	379.4	5.4	13.1	57.8	-	53.3
<b>THAI</b>							
261C	Roasted Chicken in Flavoured Soya Sauce	559.4	6.6	9.5	72.0	1.7	102.2
261D	Roasted Duck in Flavoured Soya Sauce	526.6	6.8	8.9	65.5	1.7	86.8
301S	Green Curry Seafood	779.7	32.8	38.2	76.3	2.1	373.2
301D	Green Curry Duck	995.2	28	64.6	76.3	2.1	141.7
301P	Green Curry Prawn	774.5	33.6	38.0	75.6	2.1	229.0
301B	Green Curry Beef	908.2	35.0	51.6	73.3	2.1	154.7
301C	Green Curry Chicken	830.2	40.0	45.6	73.3	2.1	156.7
301T	Green Curry Tofu	737.8	14.0	35.5	87.9	2.9	450.2
301V	Green Curry Vegetarian	728.5	11.0	32.6	86.9	5.1	468.8
303B	Basil and Chilli Stir-Fry Beef	772.7	32.9	32.8	79.1	1.7	181.0
303C	Basil and Chilli Stir-Fry Chicken	694.7	37.9	26.8	79.1	1.7	183.0
303D	Basil and Chilli Stir-Fry Duck	859.7	25.9	45.8	82.1	1.7	168
303P	Basil and Chilli Stir-Fry Prawn	685.0	39.3	19.9	83.0	1.7	450.8
303S	Basil and Chilli Stir-Fry Seafood	598.2	22.9	18.7	80.6	1.7	204.0
303T	Basil and Chilli Stir-Fry Tofu	505.2	11.8	20.7	72.6	2.4	179.2
303V	Basil and Chilli Stir-Fry Vegetarian	495.9	8.7	17.8	71.6	4.7	197.8

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	NAME	ENERGY (kCal)	PROTEIN (g)	FAT (g)	CARBO HYDRATE (g)	FIBRE (g)	SODIUM (mg)
<b>THAI</b>							
304B	Sweet and Sour Stir-Fry Beef	812.3	32.3	32.6	87.4	1.5	2,655.9
304C	Sweet and Sour Stir-Fry Chicken	734.3	37.3	26.6	87.4	1.5	2,657.9
304P	Sweet and Sour Stir-Fry Prawn	678.5	30.9	19.0	89.7	1.5	2,730.2
304S	Sweet and Sour Stir-Fry Seafood	683.8	30.1	19.2	90.4	1.5	2,874.4
304D	Sweet and Sour Stir-Fry Duck	899.3	25.3	45.6	90.4	1.5	2,642.9
304T	Sweet and Sour Stir-Fry Tofu	607.9	11.1	20.5	93.0	2.3	2,593.5
304V	Sweet and Sour Stir-Fry Vegetable	598.6	8.1	17.6	92.1	4.5	2,612.1
305B	Red Curry Beef	868.7	43.1	39.9	76.4	1.8	540.7
305C	Red Curry Chicken	790.7	48.1	33.9	76.4	1.8	542.7
305T	Red Curry Tofu	664.3	21.9	27.8	82.0	2.5	478.3
305V	Red Curry Vegetarian	655.0	18.9	24.9	81.1	4.8	496.9
305D	Red Curry Duck	955.7	36.1	52.9	79.4	1.8	527.7
305P	Red Curry Prawn	735.0	41.7	26.3	78.8	1.8	615.0
305S	Red Curry Seafood	740.2	40.9	26.5	79.4	1.8	759.2
309B	Roasted Chilli Paste Stir-Fry Beef	888.6	35.4	45.0	85.8	2.4	191.3
309C	Roasted Chilli Paste Stir-Fry Chicken	810.6	40.4	39.0	85.8	2.4	193.3
309D	Roasted Chilli Paste Stir-Fry Duck	975.6	28.4	58.0	88.8	2.4	178.3
309P	Roasted Chilli Paste Stir-Fry Prawn	754.9	34.0	31.4	88.1	2.4	265.6
309S	Roasted Chilli Paste Stir-Fry Seafood	760.1	33.2	31.6	88.8	2.4	409.8
309T	Roasted Chilli Paste Stir-Fry Tofu	661.9	12.7	31.3	84.1	2.9	196.9
309V	Roasted Chilli Paste Stir-Fry Vegetarian	660.6	11.3	30.4	82.6	5.6	218.7
311C	Honey Chicken	1,070.3	6.4	35.0	174.0	0.6	309.7

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<b>THAI</b>							
311D	Honey Duck	1,067.4	6.1	34.9	173.9	0.6	304.2
324B	Massaman Curry Beef	597.7	35.4	15.8	73.5	4.2	87.8
324C	Massaman Curry Chicken	519.7	40.4	9.8	73.5	4.2	89.8
324D	Massaman Curry Duck	684.7	28.4	28.8	76.5	4.2	74.8
334C	Lemon Stir-Fry Chicken	687.1	37.5	26.6	78.6	0.9	158.7
334B	Lemon Stir-Fry Beef	765.1	32.5	32.6	78.6	0.9	156.7
334D	Lemon Stir-Fry Duck	852.1	25.5	45.6	81.6	0.9	143.7
334P	Lemon Stir-Fry Prawn	631.4	31.2	19.0	80.9	0.9	231.0
334S	Lemon Stir-Fry Seafood	636.6	30.3	19.2	81.6	0.9	375.2
334T	Lemon Stir-Fry Tofu	497.6	11.4	20.5	72.1	1.7	115.4
334V	Lemon Stir-Fry Vegetarian	488.3	8.3	17.6	71.1	3.9	134.0
335C	Green Curry Rice Teriyaki Chicken	1,018.9	44.1	59.1	75.3	0.8	210.5
335B	Green Curry Rice Teriyaki Beef	1,096.9	39.1	65.1	75.3	0.8	208.5
335D	Green Curry Rice Teriyaki Duck	1,183.9	32.1	78.1	78.3	0.8	195.5
335P	Green Curry Rice Teriyaki Prawn	963.2	37.8	51.5	77.6	0.8	282.8
335S	Green Curry Rice Teriyaki Seafood	968.4	36.9	51.7	78.3	0.8	427.0
408V	Brinjals Stir-Fry Vegetarian	523.0	9.0	17.7	75.1	4.1	235.5
408B	Brinjals Stir-Fry Beef	721.8	38.2	26.7	82.6	1.1	227.8
408C	Brinjals Stir-Fry Chicken	721.8	38.2	26.7	82.6	1.1	227.8
408D	Brinjals Stir-Fry Duck	886.8	26.2	45.7	85.6	1.1	212.8
408P	Brinjals Stir-Fry Prawn	666.1	31.8	19.1	84.9	1.1	300.1

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<b>THAI</b>							
408S	Brinjals Stir-Fry Seafood	671.3	31.0	19.3	85.6	1.1	444.3
408T	Brinjals Stir-Fry Tofu	532.3	12.0	20.6	76.1	1.8	216.9

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<b>FRIED RICE</b>							
314B	Thai Fried Rice Beef	808.3	38.5	37.6	69.2	1.5	169.2
314C	Thai Fried Rice Chicken	730.3	43.5	31.6	69.2	1.5	171.2
314D	Thai Fried Rice Duck	895.3	31.5	50.6	72.2	1.5	156.2
314P	Thai Fried Rice Prawn	674.6	37.2	24.0	71.5	1.5	243.5
314S	Thai Fried Rice Seafood	679.8	36.3	24.2	72.2	1.5	387.7
314T	Thai Fried Rice Tofu	572.4	17.4	25.5	68.7	2.3	107.5
314V	Thai Fried Rice Vegetarian	563.1	14.3	22.6	67.7	4.5	126.1
317B	Basil Fried Rice Beef	834.9	38.1	37.7	76.5	0.8	188.7
317C	Basil Fried Rice Chicken	756.9	43.1	31.7	76.5	0.8	190.7
317D	Basil Fried Rice Duck	921.9	31.1	50.7	79.5	0.8	175.7
317P	Basil Fried Rice Prawn	701.2	36.7	24.0	78.8	0.8	263.0
317S	Basil Fried Rice Seafood	706.4	35.9	24.3	79.5	0.8	407.2
317T	Basil Fried Rice Tofu	580.3	18.3	26.4	71.5	1.7	130.4
317V	Basil Fried Rice Vegetarian	558.1	13.9	22.7	69.0	3.8	146.3

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<b>FRIED RICE</b>							
319B	Fried Rice Roasted Chilli with Ground Cashews Beef	895.6	35.4	47.2	85.8	2.4	146.8
319C	Fried Rice Roasted Chilli with Ground Cashews Chicken	817.6	40.4	41.2	85.8	2.4	148.8
319D	Fried Rice Roasted Chilli with Ground Cashews Duck	982.6	28.4	60.2	88.8	2.4	133.8
319P	Fried Rice Roasted Chilli with Ground Cashews Prawn	761.9	34.0	33.5	88.1	2.4	221.1
319S	Fried Rice Roasted Chilli with Ground Cashews Seafood	767.1	33.2	33.8	88.8	2.4	365.3
319T	Fried Rice Roasted Chilli with Ground Cashews Tofu	700.0	14.4	35.6	85.7	3.4	101.2
319V	Fried Rice Roasted Chilli with Ground Cashews Vegetarian	690.7	11.4	32.7	84.7	5.7	119.8
331C	Fried Rice Tom Yum Chicken	785.0	38.1	39.4	80.6	0.9	148.1
331B	Fried Rice Tom Yum Beef	863.0	33.1	45.4	80.6	0.9	146.1
331D	Fried Rice Tom Yum Duck	950.0	26.1	58.4	83.6	0.9	133.1
331P	Fried Rice Tom Yum Prawn	729.3	31.8	31.8	82.9	0.9	220.4
331S	Fried Rice Tom Yum Seafood	734.5	30.9	32.0	83.6	0.9	364.6
331T	Fried Rice Tom Yum Tofu	666.2	12.8	33.8	87.1	1.8	85.3
331V	Fried Rice Tom Yum Vegetable	649.3	8.9	30.4	85.2	3.9	102.3
<b>NOODLES</b>							
265C	Tender Chicken in Peanut Sauce	1,169.6	56.5	41.6	154.0	1.9	108.2
265D	Tender Duck in Peanut Sauce	1,334.6	44.5	60.6	157.0	1.9	93.2
504B	Traditional Phad Thai Beef	1,161.5	56.1	64.4	72.6	4.2	207.4
504C	Traditional Phad Thai Chicken	1,083.5	61.1	58.4	72.6	4.2	209.4
504P	Traditional Phad Thai Prawn	1,027.7	54.7	50.7	74.9	4.2	281.7

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<b>NOODLES</b>						
504T Traditional Phad Thai Tofu	957.1	34.9	52.2	78.1	4.9	204.3
504V Traditional Phad Thai Vegetarian	947.8	31.9	49.4	77.2	7.2	222.9
505B Sweet Soya Noodles Beef	1,267.7	58.9	51.6	143.1	2.4	224.9
505C Sweet Soya Noodles Chicken	1,267.7	58.9	51.6	143.1	2.4	224.9
505D Sweet Soya Noodles Duck	1,432.7	46.9	70.6	146.1	2.4	209.9
505P Sweet Soya Noodles Prawn	1,212.0	52.6	44.0	145.5	2.4	297.2
505S Sweet Soya Noodles Seafood	1,217.2	51.7	44.2	146.1	2.4	441.4
505T Sweet Soya Noodles Tofu	1,078.2	32.8	45.5	136.6	3.2	161.8
505V Sweet Soya Noodles Vegetarian	1,068.9	29.7	42.6	135.6	5.4	180.4
508B Linguine Basil Beef	1,113.0	48.1	36.9	147.0	2.3	544.6
508C Linguine Basil Chicken	1,035.0	53.1	30.9	147.0	2.3	546.6
508D Linguine Basil Duck	1,200.0	41.1	49.9	150.0	2.3	531.6
508P Linguine Basil Prawn	979.3	46.8	23.3	149.3	2.3	618.9
508S Linguine Basil Seafood	984.5	45.9	23.5	150.0	2.3	763.1
508T Linguine Basil Tofu	845.5	27.0	24.8	140.4	3.0	483.5
508V Linguine Basil Vegetarian	836.2	23.9	21.9	139.4	5.3	502.1
514B Roasted Chilli Paste and Cashew Nut Noodles Beef	1,205.6	50.0	49.0	151.8	2.4	160.5
514C Roasted Chilli Paste and Cashew Nut Noodles Chicken	1,127.6	55.0	43.0	151.8	2.4	162.5
514D Roasted Chilli Paste and Cashew Nut Noodles Duck	1,292.6	43.0	62.0	154.8	2.4	147.5
514P Roasted Chilli Paste and Cashew Nut Noodles Prawn	1,071.9	48.6	35.3	154.1	2.4	234.8
514S Roasted Chilli Paste and Cashew Nut Noodles Seafood	1,077.1	47.8	35.6	154.8	2.4	379.0

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<b>NOODLES</b>							
514T	Roasted Chilli Paste and Cashew Nut Noodles Tofu	1,010.0	29.0	37.4	151.7	3.4	134.7
514V	Roasted Chilli Paste and Cashew Nut Noodles Vegetarian	1,000.7	26.0	34.5	150.7	5.7	153.3
515B	Yellow Noodles in Peanut Sauce Beef	1,365.3	54.7	51.0	148.7	3.4	445.2
515C	Yellow Noodles in Peanut Sauce Chicken	1,287.3	59.7	45.0	148.7	3.4	447.2
519B	Large Rice Noodles Beef	1,147.3	47.2	56.8	78.0	2.5	226.2
519C	Large Rice Noodles Chicken	1,069.3	52.2	50.8	78.0	2.5	228.2
519D	Large Rice Noodles Duck	1,234.3	40.2	69.8	81.0	2.5	213.2
519P	Large Rice Noodles Prawn	1,013.5	45.9	43.2	80.3	2.5	300.5
519S	Large Rice Noodles Seafood	1,018.8	45.0	43.4	81.0	2.5	444.7
519T	Large Rice Noodles Tofu	879.7	26.1	44.7	71.4	3.2	184.9
519V	Large Rice Noodles Vegetarian	870.4	23.0	41.8	70.5	5.5	203.5
523B	Red Sauce Noodles Beef	868.1	41.9	39.5	68.2	1.7	138.1
523C	Red Sauce Noodles Chicken	790.1	46.9	33.5	68.2	1.7	140.1
523D	Red Sauce Noodles Duck	955.1	34.9	52.5	71.2	1.7	125.1
523P	Red Sauce Noodles Prawn	734.4	40.5	25.9	70.5	1.7	212.4
523S	Red Sauce Noodles Seafood	739.6	39.7	26.1	71.2	1.7	356.6
523T	Red Sauce Noodles Tofu	663.7	20.8	27.4	73.8	2.4	75.7
523V	Red Sauce Noodles Vegetarian	654.4	17.7	24.5	72.8	4.7	94.3
542C	Thai Style Noodles Chicken	1,094.5	54.8	35.3	152.1	2.8	109.2
542B	Thai Style Noodles Beef	1,172.5	49.8	41.3	152.1	2.8	107.2

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<b>NOODLES</b>						
542D Thai Style Noodles Duck	925.5	24.0	26.6	152.1	2.8	35.8
542P Thai Style Noodles Prawn	1,038.8	48.5	27.7	154.4	2.8	181.5
542S Thai Style Noodles Seafood	1,010.8	47.6	27.9	147.1	2.8	340.7
544C Five Spice Ramen Noodle Chicken	1,308.7	82.2	18.4	141.8	2.0	861.0
544D Five Spice Ramen Noodle Duck	1,139.8	51.4	9.7	141.9	2.0	787.6
544B Five Spice Ramen Noodle Beef	1,386.7	77.2	24.4	141.8	2.0	859.0
545C Thai Spice Ramen Noodle Chicken	1,149.0	63.1	28.6	169.1	3.6	661.9
545D Thai Spice Ramen Noodle Duck	980.1	32.3	19.9	169.1	3.6	588.4
545B Thai Spice Ramen Noodle Beef	1,227.0	58.1	34.6	169.1	3.6	659.9
545P Thai Spice Ramen Noodle Prawn	1,093.3	56.7	21.0	171.4	3.6	734.2
545S Thai Spice Ramen Noodle Seafood	1,098.5	55.9	21.2	172.1	3.6	878.4
545T Thai Spice Ramen Noodle Tofu	978.2	36.9	22.5	164.3	4.4	1,049.4
544CH Five Spice Ramen Noodle Chicken Half	693.4	44.1	11.7	70.9	1.0	461.7
544DH Five Spice Ramen Noodle Duck Half	775.9	38.1	21.2	72.4	1.0	454.2
544BH Five Spice Ramen Noodle Beef Half	732.4	41.6	14.7	70.9	1.0	460.7
545CH Thai Spice Ramen Noodle Chicken Half	613.5	34.5	16.8	84.5	1.8	361.9
545DH Thai Spice Ramen Noodle Duck Half	696.0	28.5	26.3	86.0	1.8	354.4
545BH Thai Spice Ramen Noodle Beef Half	652.5	32.0	19.8	84.5	1.8	360.9
545PH Thai Spice Ramen Noodle Prawn Half	587.9	31.8	13.0	85.7	1.8	400.9
545SH Thai Spice Ramen Noodle Seafood Half	588.3	30.9	13.1	86.0	1.8	470.2

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<b>NOODLES</b>						
545TH Thai Spice Ramen Noodle Tofu Half	528.1	21.5	13.7	82.1	2.2	555.7
546C Crumbed Chicken in Tamarind Sauce	861.9	22.1	28.8	131.9	1.5	52.9
546P Crumbed Prawn in Tamarind Sauce	1,350.2	46.3	29.8	254.1	1.5	193.2
547C Yaki Noodles Chicken	980.7	53.0	28.9	137.6	3.5	166.0
547B Yaki Noodles Beef	1,058.7	48.0	34.9	137.6	3.5	164.0
547D Yaki Noodles Duck	1,145.7	41.0	47.9	140.6	3.5	151.0
547P Yaki Noodles Prawn	925.0	46.6	21.3	139.9	3.5	238.3
547S Yaki Noodles Seafood	930.2	45.8	21.5	140.6	3.5	382.5
547T Yaki Noodles Tofu	854.3	26.8	22.8	143.2	4.2	101.6
547V Yaki Noodles Vegetable	845.0	23.8	19.9	142.3	6.5	120.2
548C Bangkok Sweet Noodles Chicken	1,150.0	52.6	39.3	155.1	2.0	1,888.4
548B Bangkok Sweet Noodles Beef	1,228.0	47.6	45.3	155.1	2.0	1,886.4
548D Bangkok Sweet Noodles Duck	1,315.0	40.6	58.3	158.1	2.0	1,873.4
548P Bangkok Sweet Noodles Prawn	1,094.3	46.3	31.7	157.4	2.0	1,960.7
548S Bangkok Sweet Noodles Seafood	1,099.5	45.4	31.9	158.1	2.0	2,104.9
548T Bangkok Sweet Noodles Tofu	992.1	26.5	33.2	154.6	2.7	1,893.8
548V Bangkok Sweet Noodles Vegetarian	982.8	23.4	30.3	153.6	5.0	1,912.4
614B Phuket Noodles Beef	1,314.7	52.5	62.2	141.5	0.9	196.6
614C Phuket Noodles Chicken	1,236.7	57.5	56.2	141.5	0.9	198.6
614D Phuket Noodles Duck	1,401.7	45.5	75.2	144.5	0.9	183.6
614P Phuket Noodles Prawn	1,181.0	51.1	48.6	143.8	0.9	270.9

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<b>NOODLES</b>							
614S	Phuket Noodles Seafood	1,186.2	50.3	48.8	144.5	0.9	415.1
614T	Phuket Noodles Tofu	1,096.1	31.4	50.4	139.3	1.8	146.1
614V	Phuket Noodles Vegetarian	1,086.8	28.4	47.6	138.4	4.1	164.7
622B	Tom Yum Linguine Beef	1,134.4	47.5	42.7	146.5	1.1	139.6
622C	Tom Yum Linguine Chicken	1,056.4	52.5	36.7	146.5	1.1	141.6
622D	Tom Yum Linguine Duck	1,221.4	40.5	55.7	149.5	1.1	126.6
622P	Tom Yum Linguine Prawn	1,000.7	46.1	29.1	148.8	1.1	213.9
622S	Tom Yum Linguine Seafood	1,005.9	45.3	29.3	149.5	1.1	358.1
622T	Tom Yum Linguine Tofu	930.0	26.3	30.6	152.1	1.8	77.2
622V	Tom Yum Linguine Vegetarian	920.7	23.3	27.7	151.1	4.1	95.8
625B	Curry Noodles Beef	1,373.1	53.8	61.2	149.0	1.4	279.1
625C	Curry Noodles Chicken	1,295.1	58.8	55.2	149.0	1.4	281.1
625D	Curry Noodles Duck	1,460.1	46.8	74.2	152.0	1.4	266.1
625P	Curry Noodles Prawn	1,239.4	52.4	47.6	151.3	1.4	353.4
625S	Curry Noodles Seafood	1,244.6	51.6	47.8	152.0	1.4	497.6
625T	Curry Noodles Tofu	1,168.7	32.7	49.1	154.5	2.1	216.7
625V	Curry Noodles Vegetarian	1,159.4	29.6	46.2	153.6	4.4	235.3

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NAME	ENERGY (kCal)	PROTEIN (g)	FAT (g)	CARBOHYDRATE (g)	FIBRE (g)	SODIUM (mg)
<b>KIDS</b>						
711 Yellow Noodles Crumbed Chicken	590.0	14.3	22.2	85.2	3.0	25.2
715C Yellow Noodle with Chicken	725.8	43.7	27.5	86.0	0.5	121.1
715B Yellow Noodle with Beef	803.8	38.7	33.5	86.0	0.5	119.1
716C Yellow Noodle with Chicken Yaki Sauce	706.2	43.7	27.5	81.7	0.5	120.5
716B Yellow Noodle with Beef Yaki Sauce	784.2	38.7	33.5	81.7	0.5	118.5
<b>DESSERTS</b>						
901 Fried Banana	1,062.0	4.7	43.8	164.2	4.6	74.0
902 Chocolate Spring Rolls	660.9	9.2	29.5	62.9	-	197.2
916 Roti with Banana and Condensed Milk	322.8	1.6	26.0	23.2	2.3	16.4
917 Roti with Condensed Milk and Brown Sugar	263.8	0.9	26.0	7.9	-	15.7
<b>EXTRAS</b>						
Bamboo Shoot	20.4	0.6	1.2	1.8	0.6	209.7
Bean Sprouts	4.2	0.2	-	0.9	0.5	1.2
Beef	250.0	26.0	15.0	-	-	72.0
Brinjal	8.4	0.1	-	1.1	-	2.1
Broccoli	8.4	0.9	-	0.8	0.8	7.8
Cabbage	7.2	-	-	1.0	0.7	5.4
Calamari	46.0	7.8	0.7	1.5	-	195.5

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<b>EXTRAS</b>						
Carrot	13.5	0.3	-	2.2	0.9	10.5
Cashew Nuts	83.0	2.7	6.6	5.0	0.5	1.8
Cauliflower	7.2	0.6	-	0.7	0.7	4.5
Celery	2.4	-	-	-	0.2	12.0
Chicken	172.0	31.0	9.0	-	-	74.0
Coriander	-	-	-	-	-	2.3
Crumbed Chicken	3.0	0.2	0.2	0.1	-	3.0
Cucumber	-	-	-	-	-	0.6
Duck Stir-Fry	337.0	19.0	28.0	3.0	-	59.0
Egg	78.0	6.0	5.0	-	-	62.0
Extra Gravy Sauce	119.0	0.3	4.2	16.1	0.7	45.5
Extra Roasted Chicken	35.9	-	0.9	6.5	-	15.9
Flavoured Soya Sauce	152.0	-	-	3.6	-	52.0
Green Beans	10.5	0.6	0.1	1.8	0.6	1.8
Green Curry Sauce	376.0	2.0	36.0	16.6	-	27.6
Honey Sauce	173.3	0.1	-	41.4	0.2	271.2
Lemongrass	-	-	-	-	-	-
Mee Yok Sauce	370.5	7.2	16.5	24.3	1.5	354.0
Mushrooms	8.4	0.6	-	1.6	-	1.2

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NAME	ENERGY (kCal)	PROTEIN (g)	FAT (g)	CARBOHYDRATE (g)	FIBRE (g)	SODIUM (mg)
<b>EXTRAS</b>						
Onion	13.2	0.4	-	2.5	0.6	0.9
Peppers Green	8.4	0.3	-	1.5	0.5	2.7
Peppers Mixed	8.4	0.3	-	1.5	0.5	2.7
Peppers Red	8.4	0.3	-	1.5	0.5	2.7
Pineapple	14.7	-	-	3.4	0.4	0.6
Plum Sauce	68.0	-	-	16.3	-	174.7
Potato	26.1	1.3	-	6.0	1.3	3.9
Prawn Each	16.6	3.5	0.2	0.3	-	20.9
Prawns	116.3	24.6	1.4	2.3	-	146.3
Red Curry Sauce	308.0	9.8	21.8	16.8	-	43.2
Satay Sauce	54.1	1.4	3.5	4.1	2.5	3.7
Scoop of Ice Cream	207.0	3.5	11.0	24.0	-	80.0
Seafood (Prawns & Calamari)	110.7	22.3	1.4	2.6	-	221.8
Spinach	3.5	0.5	-	0.2	0.3	11.9
Spring Onion	4.8	0.3	-	0.7	0.4	2.4
Stir-Fry Sauce	83.6	-	-	19.8	-	114.1
Sweet Chilli	59.9	-	-	14.9	-	110.7
Tofu	45.6	4.9	2.9	5.6	0.7	9.6
Tomato	6.3	0.3	-	1.0	0.3	2.7
Mixed Vegetables	46.5	1.8	-	8.4	3.0	52.8

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<b>EXTRAS</b>						
Vegetarian Green Curry Sauce	410.0	2.2	32.0	25.6	-	346.0
Vegetarian Stir-Fry Sauce	20.5	-	-	7.7	-	194.5
Duck Breast Portion	3.1	0.2	0.3	-	-	0.5
Thai Atchar	76.9	-	-	18.1	-	0.1
<b>OPTION</b>						
Linguine Noodles	568.0	20.0	2.4	120.0	-	-
Massaman Roti	3.0	0.1	0.1	0.5	-	3.0
Rice Noodle Small	368.0	14.4	1.6	52.8	-	1.6
Rice Noodles Big	368.0	14.4	1.6	52.8	-	1.6
Yellow Noodles	568.0	20.0	2.4	120.0	-	1.6
Mung Bean Noodle	584.0	-	-	-	-	-
Egg Fried Rice	78.0	6.0	5.0	-	-	62.0
Fried Garlic Rice	121.4	-	12.5	3.8	-	49.3

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