

SIMPLY ASIA MENU		Nutritional value					
November 2021		Energy (kcal)	protein (g)	carbo hydrate (g)	fat (g)	fibre (g)	sodium (mg)
Starters							
101	Vegetable Spring Rolls	454.6	2.2	34.1	34.5	2.9	619.0
103	Sweet Corn Cakes	668.1	7.4	62.2	36.1	3.4	283.7
104	Chicken Satay	546.2	27.1	18.6	40.8	0.9	824.9
107	Chicken Spring Rolls	873.8	101.5	32.7	38.6	1.6	586.1
112	Prawn Spring Rolls	473.5	2.5	31.0	34.8	1.1	325.7
113	6-Piece Combo Platter	856.5	55.1	67.9	37.5	3.3	698.5
116	Minced Chicken and Prawn Steamed Dumplings	661.7	108.4	10.6	11.8	0.7	1,059.1
117	Duck Spring Rolls	477.6	3.9	28.4	38.5	1.3	461.8
119	Steamed Chicken Bun	400.6	30.5	31.4	6.7	1.4	873.6
120	Steamed Duck Bun	301.1	5.9	32.3	5.7	1.4	861.6
124	Spinach Garlic Chive Dumplings	200.4	2.8	26.3	9.6	1.8	480.1
Soups							
201T	Tom Yum Soup Tofu	207.1	8.5	15.7	12.3	2.1	900.4
201C	Tom Yum Soup Chicken	225.0	17.0	14.4	11.2	1.1	886.3
201S	Tom Yum Soup Seafood	238.2	10.9	14.4	11.1	1.1	1,031.3
201P	Tom Yum Soup Prawn	203.2	11.5	14.4	11.0	1.1	1,037.0
201V	Tom Yum Soup Vegetable	191.1	5.7	19.1	10.7	2.7	892.8
202C	Consomme Chicken	172.8	14.1	25.1	2.0	1.9	994.0
202P	Consomme Prawn	151.0	8.6	25.1	1.8	1.9	1,144.7
202T	Consomme Tofu	147.4	5.6	24.8	3.1	3.2	632.7
202V	Consomme Vegetable	131.4	2.8	28.2	1.5	3.8	625.0
Sides							
224	Steamed Rice	476.0	10.0	100.0	4.0	6.0	-
225	Egg Fried Rice	725.6	16.7	104.3	26.0	6.0	310.2
226YN	Fried Noodles Yellow Noodle	595.0	12.2	93.5	17.0	3.1	249.9
226LN	Fried Noodles Linguine	752.2	20.7	120.5	19.1	4.7	259.4
226BN	Fried Noodles Rice Noodle Big	742.8	9.3	134.9	17.0	5.8	305.3
226RN	Fried Noodles Rice Noodle Small	742.8	9.3	134.9	17.0	5.8	305.3
226MN	Fried Noodles Mung Bean	761.1	0.7	150.9	17.0	8.0	248.2
227YN	Egg Fried Noodles Yellow Noodle	673.0	18.2	94.1	22.0	3.1	311.9
227LN	Egg Fried Noodles Linguine	830.2	26.7	121.1	24.1	4.7	321.4
227BN	Egg Fried Noodles Rice Noodle Big	820.8	15.3	135.5	22.0	5.8	367.3
227RN	Egg Fried Noodles Rice Noodle Small	820.8	15.3	135.5	22.0	5.8	367.3
227MN	Egg Fried Noodles Mung Bean	839.1	6.7	151.5	22.0	8.0	310.2
228	Roti	223.1	6.1	18.0	11.0	18.2	138.0
229	Mixed Vegetables	56.7	3.0	13.2	0.1	3.2	294.1
230	Fried Garlic Rice	615.0	10.7	103.7	17.4	6.0	256.9
Thai							
261C	Chicken in Flavoured Soya Sauce	821.4	42.7	124.5	15.9	7.8	238.1
261D	Duck in Flavoured Soya Sauce	1,049.7	31.0	138.4	40.3	8.0	723.1
301S	Green Curry Seafood	1,013.2	28.3	127.7	35.5	8.5	973.8
301D	Green Curry Duck	1,274.0	34.8	141.6	62.7	8.8	1,209.7
301P	Green Curry Prawn	935.4	27.7	127.7	35.3	8.5	943.4
301B	Green Curry Beef	1,147.7	45.5	127.7	50.7	8.5	714.8
301C	Green Curry Chicken	986.7	40.5	127.7	35.7	8.5	683.8
301T	Green Curry Tofu	901.8	23.0	126.3	34.4	10.7	1,417.4
301V	Green Curry Vegetarian	869.7	17.5	133.2	31.4	11.7	1,402.1
303B	Basil and Chilli Stir-Fry Beef	974.4	42.7	117.4	37.1	8.7	213.5
303C	Basil and Chilli Stir-Fry Chicken	813.4	37.7	117.4	22.1	8.7	182.5
303D	Basil and Chilli Stir-Fry Duck	1,100.7	32.0	131.3	49.1	9.0	708.5
303P	Basil and Chilli Stir-Fry Prawn	859.0	29.8	117.4	22.1	8.7	575.1
303S	Basil and Chilli Stir-Fry Seafood	742.9	20.6	117.4	21.5	8.7	339.5
303T	Basil and Chilli Stir-Fry Tofu	770.4	21.0	117.6	24.3	10.9	601.7
303V	Basil and Chilli Stir-Fry Vegetarian	738.3	15.4	124.5	21.2	12.0	586.4
304B	Sweet and Sour Stir-Fry Beef	1,168.4	42.8	167.7	37.0	10.4	2,490.1
304C	Sweet and Sour Stir-Fry Chicken	1,007.4	37.8	167.7	22.0	10.4	2,459.1
304P	Sweet and Sour Stir-Fry Prawn	956.0	25.0	167.7	21.6	10.4	2,718.7
304S	Sweet and Sour Stir-Fry Seafood	1,033.9	25.6	167.7	21.8	10.4	2,749.1
304D	Sweet and Sour Stir-Fry Duck	1,294.7	32.1	181.7	49.0	10.6	2,985.1
304T	Sweet and Sour Stir-Fry Tofu	971.6	20.7	170.4	24.2	12.5	2,487.3
304V	Sweet and Sour Stir-Fry Vegetable	939.5	15.1	177.2	21.1	13.5	2,472.0
305B	Red Curry Beef	1,087.4	44.3	125.0	45.0	8.5	561.4
305C	Red Curry Chicken	926.4	39.3	125.0	30.0	8.5	530.4
305T	Red Curry Tofu	890.6	22.2	127.6	32.2	10.6	558.6
305V	Red Curry Vegetarian	858.5	16.6	134.4	29.2	11.6	543.3
305D	Red Curry Duck	1,213.7	33.6	138.9	57.0	8.8	1,056.4
305P	Red Curry Prawn	875.0	26.5	125.0	29.6	8.5	790.0
305S	Red Curry Seafood	952.9	27.1	125.0	29.8	8.5	820.4
309B	Roasted Chilli Paste Stir-Fry Beef	1,136.7	45.0	127.2	50.0	8.7	388.3
309C	Roasted Chilli Paste Stir-Fry Chicken	975.7	40.0	127.2	35.0	8.7	357.3
309D	Roasted Chilli Paste Stir-Fry Duck	1,263.0	34.3	141.1	62.0	9.0	883.3
309P	Roasted Chilli Paste Stir-Fry Prawn	924.3	27.2	127.2	34.6	8.7	616.9
309S	Roasted Chilli Paste Stir-Fry Seafood	1,002.2	27.8	127.2	34.8	8.7	647.3
309T	Roasted Chilli Paste Stir-Fry Tofu	906.9	20.6	128.4	35.4	10.3	770.5
309V	Roasted Chilli Paste Stir-Fry Vegetarian	904.0	17.7	134.4	34.4	12.0	792.0
311C	Honey Chicken	1,857.9	65.8	266.2	44.8	9.8	1,380.0
311D	Honey Duck	1,909.5	44.0	245.1	68.3	9.6	958.3
324B	Massaman Curry Beef	1,330.5	48.2	158.0	55.6	10.0	1,526.3
324C	Massaman Curry Chicken	1,169.5	43.2	158.0	40.6	10.0	1,495.3
324D	Massaman Curry Duck	1,456.8	37.5	171.9	67.6	10.3	2,021.3
334C	Lemon Sauce Chicken	813.1	38.1	116.5	22.0	7.4	110.8
334B	Lemon Sauce Beef	974.1	43.1	116.5	37.0	7.4	141.8
334D	Lemon Sauce Duck	1,100.4	32.4	130.4	49.0	7.6	636.8
334P	Lemon Sauce Prawn	761.7	25.3	116.5	21.6	7.4	370.4
334S	Lemon Sauce Seafood	839.6	25.9	116.5	21.8	7.4	400.8
334T	Lemon Sauce Tofu	771.0	21.4	116.9	24.2	9.5	576.9
334V	Lemon Sauce Vegetarian	738.9	15.8	123.7	21.2	10.6	561.6

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335C	Green Curry Rice Terriyaki Chicken	1,194.1	45.0	135.7	51.8	7.4	464.1
335B	Green Curry Rice Terriyaki Beef	1,355.1	50.0	135.7	66.8	7.4	495.1
335D	Green Curry Rice Terriyaki Duck	1,481.4	39.3	149.6	78.9	7.7	990.1
335P	Green Curry Rice Terriyaki Prawn	1,142.7	32.1	135.7	51.5	7.4	723.7
335S	Green Curry Rice Terriyaki Seafood	1,220.6	32.8	135.7	51.6	7.4	754.1
408V	Brinjals and Soya Stir-Fry Vegetarian	770.8	16.8	129.2	22.6	14.2	560.5
408B	Brinjals and Soya Stir-Fry Beef	844.9	39.1	121.9	23.5	11.0	106.9
408C	Brinjals and Soya Stir-Fry Chicken	844.9	39.1	121.9	23.5	11.0	106.9
408D	Brinjals and Soya Stir-Fry Duck	1,132.2	33.4	135.8	50.5	11.3	632.9
408P	Brinjals and Soya Stir-Fry Prawn	793.6	26.3	121.9	23.1	11.0	366.5
408S	Brinjals and Soya Stir-Fry Seafood	871.4	26.9	121.9	23.3	11.0	396.9
408T	Brinjals and Soya Stir-Fry Tofu	802.9	22.4	122.3	25.7	13.2	575.8
336C	Thai Yellow Chicken with Salsa	1,173.2	43.8	189.0	27.6	7.9	2,076.6
336D	Thai Yellow Duck with Salsa	1,399.9	37.6	192.5	52.9	8.1	2,009.1
336P	Thai Yellow Prawn with Salsa	1,061.2	30.4	178.6	25.5	7.8	1,742.7
337C	Radish with Thai Sauce Chicken	718.4	36.9	117.5	12.4	5.9	1,565.0
337T	Radish with Thai Sauce Tofu	622.0	19.2	109.7	12.8	7.9	999.8
337P	Radish with Thai Sauce Prawn	606.5	23.5	107.1	10.3	5.8	1,231.2
338C	Japanese Curry Chicken	1,083.0	45.3	179.4	20.5	11.1	1,272.3
338D	Japanese Curry Duck	1,309.8	39.1	182.9	45.7	11.3	1,204.8
338P	Japanese Curry Prawn	971.1	32.0	169.0	18.3	11.0	938.5
338T	Japanese Curry Tofu	986.6	27.7	171.6	20.9	13.1	707.1
339V	Stir-Fry Cashew Vegetarian	834.1	17.4	128.9	29.3	11.5	587.4
339C	Stir-Fry Cashew Chicken	909.2	39.7	121.9	30.1	8.3	183.6
339B	Stir-Fry Cashew Beef	1,070.2	44.7	121.9	45.1	8.3	214.6
339D	Stir-Fry Cashew Duck	1,196.5	34.0	135.8	57.1	8.6	709.5
339S	Stir-Fry Cashew Seafood	935.7	27.5	121.9	29.9	8.3	473.6
339P	Stir-Fry Cashew Prawn	857.9	26.9	121.9	29.7	8.3	443.2
339T	Stir-Fry Cashew Tofu	837.0	20.3	123.0	30.2	9.9	565.9
Fried Rice		-	-	-	-	-	-
314B	Thai Fried Rice Beef	1,028.8	48.1	112.6	42.0	7.9	149.5
314C	Thai Fried Rice Chicken	867.8	43.1	112.6	27.0	7.9	118.5
314D	Thai Fried Rice Duck	1,155.1	37.4	126.6	54.0	8.2	644.5
314P	Thai Fried Rice Prawn	816.4	30.3	112.6	26.6	7.9	378.1
314S	Thai Fried Rice Seafood	894.3	30.9	112.6	26.8	7.9	408.5
314T	Thai Fried Rice Tofu	829.1	26.2	114.2	29.2	10.0	377.4
314V	Thai Fried Rice Vegetarian	797.0	20.6	121.1	26.1	11.1	362.1
317B	Basil Fried Rice Beef	1,040.4	48.3	115.2	42.0	7.4	164.1
317C	Basil Fried Rice Chicken	879.4	43.3	115.2	27.0	7.4	133.1
317D	Basil Fried Rice Duck	1,166.7	37.6	129.1	54.0	7.7	659.1
317P	Basil Fried Rice Prawn	828.0	30.5	115.2	26.6	7.4	392.7
317S	Basil Fried Rice Seafood	905.8	31.1	115.2	26.8	7.4	423.1
317T	Basil Fried Rice Tofu	857.6	28.8	116.4	30.1	10.2	640.0
317V	Basil Fried Rice Vegetarian	805.6	21.0	122.5	26.2	10.6	607.4
319B	Roasted Chilli Fried Rice Cashew Beef	1,172.0	45.8	130.5	52.2	9.3	361.7
319C	Roasted Chilli Fried Rice Cashew Chicken	1,011.0	40.8	130.5	37.2	9.3	330.7
319D	Roasted Chilli Fried Rice Cashews Duck	1,298.3	35.1	144.5	64.2	9.6	856.7
319P	Roasted Chilli Fried Rice Cashews Prawn	959.7	27.9	130.5	36.9	9.3	590.3
319S	Roasted Chilli Fried Rice Cashews Seafood	1,037.5	28.6	130.5	37.0	9.3	620.7
319T	Roasted Chilli Fried Rice Cashews Tofu	974.4	24.1	131.2	39.9	11.5	865.7
319V	Roasted Chilli Fried Rice Cashews Veg	942.3	18.5	138.1	36.9	12.6	850.4
331C	Fried Rice Tom Yum Chicken	969.5	38.7	125.5	35.3	8.1	444.4
331B	Fried Rice Tom Yum Beef	1,130.5	43.7	125.5	50.3	8.1	475.4
331D	Fried Rice Tom Yum Duck	1,256.9	33.0	139.4	62.3	8.4	970.4
331P	Fried Rice Tom Yum Prawn	918.2	25.9	125.5	34.9	8.1	704.0
331S	Fried Rice Tom Yum Seafood	996.0	26.5	125.5	35.1	8.1	734.4
331T	Fried Rice Tom Yum Tofu	945.4	22.9	128.6	38.0	10.6	482.8
331V	Fried Rice Tom Yum Vegetable	901.6	16.0	135.0	34.4	11.3	457.3
Noodle		-	-	-	-	-	-
265C	Tender Chicken in Peanut Sauce	1,017.8	43.7	127.1	33.0	4.5	568.7
265D	Tender Duck in Peanut Sauce	1,305.1	38.0	141.0	60.0	4.8	1,094.7
504B	Traditional Phad Thai Beef	1,612.6	59.1	192.2	65.2	11.6	1,802.9
504C	Traditional Phad Thai Chicken	1,451.6	54.1	192.2	50.2	11.6	1,771.9
504P	Traditional Phad Thai Prawn	1,400.3	41.3	192.2	49.8	11.6	2,031.5
504T	Traditional Phad Thai Tofu	1,414.5	37.0	194.5	52.3	13.7	1,729.7
504V	Traditional Phad Thai Vegetarian	1,382.4	31.4	201.4	49.3	14.8	1,714.4
505B	Sweet Soya Noodles Beef	1,033.8	45.9	115.7	41.6	5.8	169.9
505C	Sweet Soya Noodles Chicken	1,033.8	45.9	115.7	41.6	5.8	169.9
505D	Sweet Soya Noodles Duck	1,321.1	40.2	129.6	68.6	6.1	695.9
505P	Sweet Soya Noodles Prawn	982.5	33.1	115.7	41.2	5.8	429.5
505S	Sweet Soya Noodles Seafood	1,060.3	33.7	115.7	41.4	5.8	459.9
505T	Sweet Soya Noodles Tofu	992.2	29.2	116.2	43.8	7.9	659.5
505V	Sweet Soya Noodles Vegetarian	960.1	23.6	123.1	40.7	9.0	644.2
508B	Linguine Basil Beef	1,082.5	53.4	134.4	35.4	8.3	119.0
508C	Linguine Basil Chicken	921.5	48.4	134.4	20.4	8.3	88.0
508D	Linguine Basil Duck	1,208.8	42.7	148.4	47.4	8.6	614.0
508P	Linguine Basil Prawn	870.2	35.5	134.4	20.0	8.3	347.6
508S	Linguine Basil Seafood	948.0	36.2	134.4	20.2	8.3	378.0
508T	Linguine Basil Tofu	879.9	31.6	134.9	22.6	10.4	577.6
508V	Linguine Basil Vegetarian	847.8	26.1	141.8	19.6	11.5	562.3
514B	Roasted Chilli Paste Cashew Noodles Beef	1,114.0	46.7	119.3	48.2	6.0	399.2
514C	Roasted Chilli Paste Cashew Noodles Chicken	953.0	41.7	119.3	33.2	6.0	368.2
514D	Roasted Chilli Paste Cashew Noodles Duck	1,240.3	36.0	133.3	60.2	6.3	894.1
514P	Roasted Chilli Paste Cashew Noodles Prawn	901.7	28.9	119.3	32.9	6.0	627.8
514S	Roasted Chilli Paste Cashew Noodles Seafood	979.5	29.5	119.3	33.0	6.0	658.2
514T	Roasted Chilli Paste Cashew Noodles Tofu	915.9	25.0	119.9	35.9	8.2	879.7
514V	Roasted Chilli Paste Cashew Noodles Veg	883.8	19.4	126.8	32.9	9.3	864.4
515B	Yellow Noodles in Peanut Sauce Beef	1,202.0	51.7	121.2	55.8	7.6	901.0

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515C	Yellow Noodles in Peanut Sauce Chicken	1,041.0	46.7	121.2	40.8	7.6	870.0
519B	Large Rice Noodles Beef	1,347.4	48.9	155.9	56.9	8.7	280.8
519C	Large Rice Noodles Chicken	1,186.4	43.9	155.9	41.9	8.7	249.8
519D	Large Rice Noodles Duck	1,473.7	38.2	169.8	68.9	8.9	775.8
519P	Large Rice Noodles Prawn	1,135.0	31.1	155.9	41.5	8.7	509.4
519S	Large Rice Noodles Seafood	1,212.8	31.7	155.9	41.7	8.7	539.8
519T	Large Rice Noodles Tofu	1,144.3	27.2	156.3	44.1	10.8	715.9
519V	Large Rice Noodles Vegetarian	1,112.2	21.6	163.1	41.0	11.9	700.6
523B	Red Sauce Noodles Beef	1,172.4	41.8	159.3	39.3	8.5	510.8
523C	Red Sauce Noodles Chicken	1,011.4	36.8	159.3	24.3	8.5	479.8
523D	Red Sauce Noodles Duck	1,298.7	31.1	173.2	51.3	8.8	1,005.8
523P	Red Sauce Noodles Prawn	960.0	24.0	159.3	23.9	8.5	739.4
523S	Red Sauce Noodles Seafood	1,037.8	24.6	159.3	24.1	8.5	769.8
523T	Red Sauce Noodles Tofu	975.6	19.7	161.9	26.5	10.6	508.0
523V	Red Sauce Noodles Vegetarian	943.5	14.1	168.8	23.4	11.7	492.7
542C	Thai style Noodles Chicken	890.0	45.0	116.9	26.9	6.6	114.4
542B	Thai style Noodles Beef	1,051.0	50.0	116.9	41.9	6.6	145.4
542D	Thai style Noodles Duck Breast	1,177.3	39.3	130.8	53.9	6.9	640.4
542P	Thai style Noodles Prawn	838.6	32.2	116.9	26.5	6.6	374.0
542S	Thai style Noodles Seafood	927.2	33.5	116.9	27.5	6.6	379.5
544C	Five Spice Ramen Noodle Chicken	848.9	50.6	133.5	9.6	5.8	1,463.3
544D	Five Spice Ramen Noodle Duck	1,136.2	44.9	147.4	36.6	6.1	1,989.3
544B	Five Spice Ramen Noodle Beef	1,009.9	55.6	133.5	24.6	5.8	1,494.3
545C	Thai Spice Ramen Noodle Chicken	966.4	56.9	136.6	21.1	7.9	1,161.8
545D	Thai Spice Ramen Noodle Duck	1,253.7	51.2	150.5	48.1	8.2	1,687.8
545B	Thai Spice Ramen Noodle Beef	1,127.4	61.9	136.6	36.1	7.9	1,192.8
545P	Thai Spice Ramen Noodle Prawn	915.1	44.0	136.6	20.7	7.9	1,421.4
545S	Thai Spice Ramen Noodle Seafood	992.9	44.7	136.6	20.9	7.9	1,451.8
545T	Thai Spice Ramen Noodle Tofu	912.8	38.5	136.5	23.3	10.4	577.9
544CH	Five Spice Ramen Noodle Chicken Half	463.5	28.3	67.1	7.3	2.9	762.9
544DH	Five Spice Ramen Noodle Duck Half	607.2	25.5	74.0	20.8	3.1	1,025.9
544BH	Five Spice Ramen Noodle Beef Half	544.0	30.8	67.1	14.8	2.9	778.4
545CH	Thai Spice Ramen Noodle Chicken Half	522.2	31.4	68.6	13.0	4.0	611.9
545DH	Thai Spice Ramen Noodle Duck Half	665.9	28.6	75.5	26.5	4.1	874.9
545BH	Thai Spice Ramen Noodle Beef Half	602.7	33.9	68.6	20.5	4.0	627.4
545PH	Thai Spice Ramen Noodle Prawn Half	497.6	25.3	68.6	12.9	4.0	747.4
545SH	Thai Spice Ramen Noodle Seafood Half	535.5	25.3	68.6	12.9	4.0	756.9
545TH	Thai Spice Ramen Noodle Tofu Half	495.4	22.3	68.6	14.1	5.2	319.9
546C	Wok-Fried Noodle Crumbed Chicken	1,375.5	60.0	207.4	31.6	5.9	2,206.4
546P	Wok-Fried Noodle Crumbed Prawn	1,461.6	39.7	217.0	30.4	8.3	1,635.3
547C	Yaki Noodles Chicken	913.5	42.4	141.2	19.0	7.5	476.9
547B	Yaki Noodles Beef	1,074.5	47.4	141.2	34.0	7.5	507.9
547D	Yaki Noodles Duck	1,200.8	36.7	155.1	46.0	7.8	1,002.9
547P	Yaki Noodles Prawn	862.1	29.5	141.2	18.6	7.5	736.5
547S	Yaki Noodles Seafood	939.9	30.2	141.2	18.8	7.5	766.9
547T	Yaki Noodles Tofu	877.7	25.2	143.9	21.2	9.6	505.1
547V	Yaki Noodles Vegetable	845.6	19.7	150.7	18.1	10.6	489.8
548C	Sweet and Sour Noodle Chicken	997.7	39.4	141.4	29.5	6.7	1,815.3
548B	Sweet and Sour Noodle Beef	1,158.7	44.4	141.4	44.5	6.7	1,846.3
548D	Sweet and Sour Noodle Duck	1,285.0	33.7	155.3	56.5	7.0	2,341.2
548P	Sweet and Sour Noodle Prawn	946.3	26.6	141.4	29.1	6.7	2,074.9
548S	Sweet and Sour Noodle Seafood	1,024.1	27.2	141.4	29.3	6.7	2,105.3
548T	Sweet and Sour Noodle Tofu	957.3	22.5	142.6	31.7	8.9	1,992.0
548V	Sweet and Sour Noodle Vegetarian	925.2	16.9	149.5	28.6	10.0	1,976.7
614B	Phuket Noodles Beef	1,209.4	50.5	106.8	61.6	4.6	340.4
614C	Phuket Noodles Chicken	1,048.4	45.5	106.8	46.6	4.6	309.4
614D	Phuket Noodles Duck	1,335.7	39.8	120.8	73.6	4.9	835.4
614P	Phuket Noodles Prawn	997.0	32.7	106.8	46.2	4.6	569.0
614S	Phuket Noodles Seafood	1,074.9	33.3	106.8	46.4	4.6	599.4
614T	Phuket Noodles Tofu	1,010.2	28.8	107.5	49.1	6.7	829.9
614V	Phuket Noodles Vegetarian	978.1	23.2	114.3	46.1	7.8	814.6
622B	Tom Yum Prawn Linguine Beef	1,205.1	53.4	142.2	45.2	6.9	481.2
622C	Tom Yum Prawn Linguine Chicken	1,044.1	48.4	142.2	30.2	6.9	450.2
622D	Tom Yum Prawn Linguine Duck	1,331.4	42.7	156.2	57.2	7.1	976.2
622P	Tom Yum Prawn Linguine Prawn	992.7	35.5	142.2	29.8	6.9	709.8
622S	Tom Yum Prawn Linguine Seafood	1,070.6	36.2	142.2	30.0	6.9	740.2
622T	Tom Yum Prawn Linguine Tofu	1,008.3	31.2	144.9	32.4	9.0	478.4
622V	Tom Yum Prawn Linguine Vegetarian	976.2	25.7	151.7	29.3	10.0	463.1
625B	Curry Noodles Beef	1,305.0	50.6	115.4	68.0	5.6	523.4
625C	Curry Noodles Chicken	1,144.0	45.6	115.4	53.0	5.6	492.4
625D	Curry Noodles Duck	1,431.3	39.9	129.4	80.0	5.9	1,018.4
625P	Curry Noodles Prawn	1,092.6	32.7	115.4	52.6	5.6	752.0
625S	Curry Noodles Seafood	1,170.5	33.4	115.4	52.8	5.6	782.4
625T	Curry Noodles Tofu	1,108.2	28.4	118.1	55.2	7.7	520.6
625V	Curry Noodles Vegetarian	1,076.1	22.9	124.9	52.1	8.8	505.3
549V	Thai Green Curry Pesto Noodles Vegetarian	930.0	17.7	119.8	42.3	8.8	711.0
549C	Thai Green Curry Pesto Noodles Chicken	997.9	40.4	110.3	43.2	5.7	698.1
549B	Thai Green Curry Pesto Noodles Beef	1,158.9	45.4	110.3	58.2	5.7	729.1
549D	Thai Green Curry Pesto Noodles Duck	1,285.2	34.7	124.2	70.2	6.0	1,224.1
549P	Thai Green Curry Pesto Noodles Prawn	946.5	27.6	110.3	42.8	5.7	957.7
549S	Thai Green Curry Pesto Noodles Seafood	1,024.4	28.2	110.3	43.0	5.7	988.1
549T	Thai Green Curry Pesto Noodles Tofu	962.1	23.3	112.9	45.4	7.8	726.3
550C	Yaki Udon Chicken	835.8	42.0	121.7	19.4	7.0	245.4
550B	Yaki Udon Beef	996.8	47.0	121.7	34.4	7.0	276.4
550P	Yaki Udon Prawn	784.4	29.1	121.7	19.0	7.0	505.0
550D	Yaki Udon Duck	1,123.1	36.3	135.6	46.4	7.3	771.4
550S	Yaki Udon Seafood	862.3	29.8	121.7	19.2	7.0	535.4
551V	Cashew Nut Noodles Vegetarian	781.1	19.0	118.7	25.3	8.6	563.5

SIMPLY ASIA MENU		Nutritional value					
November 2021		Energy (kcal)	protein (g)	carbo hydrate (g)	fat (g)	fibre (g)	sodium (mg)
551C	Cashew Nut Noodles Chicken	855.3	41.3	111.5	26.1	5.4	112.7
551B	Cashew Nut Noodles Beef	1,016.3	46.3	111.5	41.1	5.4	143.7
551D	Cashew Nut Noodles Duck	1,142.6	35.6	125.4	53.1	5.7	638.7
551S	Cashew Nut Noodles Seafood	881.8	29.1	111.5	25.9	5.4	402.7
551P	Cashew Nut Noodles Prawn	803.9	28.4	111.5	25.7	5.4	372.3
551T	Cashew Nut Noodles Tofu	813.2	24.5	111.9	28.3	7.6	578.8
Kids							
711	Yellow Noodles Crumbed Chicken	849.1	40.4	115.6	24.2	3.9	834.9
715C	Yellow Noodle with Chicken	556.4	33.3	63.4	18.0	2.7	97.6
715B	Yellow Noodle with Beef	717.4	38.3	63.4	33.0	2.7	128.6
716C	Yellow Noodle with Chicken Yaki Sauce	648.4	33.7	85.6	18.1	2.9	302.0
716B	Yellow Noodle with Beef Yaki Sauce	809.4	38.7	85.6	33.1	2.9	333.0
Desserts							
901	Fried Banana	676.7	8.3	80.8	46.9	4.1	95.3
902	Chocolate Spring Rolls	970.0	10.6	147.0	49.1	0.3	237.6
916	Roti with Banana and Condensed Milk	547.2	7.6	40.9	37.0	20.2	146.5
917	Roti with Condensed milk and Brown Sugar	488.1	6.8	25.6	36.8	18.2	145.7
Extras							
Bamboo Shoot	Bamboo Shoot	5.7	0.5	1.0	0.1	0.7	2.1
Bean Sprouts	Bean Sprouts	6.9	1.2	0.6	0.2	0.6	1.8
Beef	Beef (includes sauce)	267.0	30.0	-	16.0	-	64.0
Brinjal	Brinjal	7.5	0.3	1.8	0.1	0.9	0.6
Broccoli	Broccoli	10.2	0.8	2.0	0.1	0.8	9.9
Cabbage	Cabbage	8.1	0.6	1.8	-	0.9	8.4
Calamari	Calamari (includes sauce)	97.0	4.9	-	0.4	-	133.0
Carrot	Carrot	12.3	0.3	3.0	-	0.8	18.6
Cashew Nuts	Cashew Nuts	83.0	2.7	4.5	6.6	0.5	1.8
Cauliflower	Cauliflower	7.5	0.6	2.7	-	0.6	9.0
Celery	Celery	2.1	0.2	0.5	-	0.2	0.5
Chicken	Chicken (includes sauce)	106.0	25.0	-	1.0	-	33.0
Coriander	Coriander	1.2	0.1	0.2	-	0.1	2.3
Crumbed Chicken	Crumbed Chicken (includes sauce)	350.2	31.1	49.2	3.5	0.9	708.3
Cucumber	Cucumber	9.0	0.9	1.8	-	0.6	0.9
Duck Stirfry	Duck (includes sauce)	393.3	19.3	13.9	28.0	0.3	559.0
Egg	Egg	78.0	6.0	0.6	5.0	-	62.0
Extra Gravy Sauce	Gravy Sauce	156.0	1.6	10.5	11.8	0.5	82.4
Extra Roasted Chicken	Roasted Chicken	165.0	31.0	-	3.6	-	74.0
Flavoured Soya Sauce	Flavoured Soya Sauce	75.2	0.4	17.1	0.2	0.1	126.9
Green Beans	Green Beans	9.3	0.5	2.1	-	1.0	1.8
Green Curry Sauce	Green Curry Sauce	376.3	3.4	20.7	30.6	0.1	550.6
Honey Sauce	Honey Sauce	142.4	0.7	35.5	0.0	0.0	5.8
Lemongrass	Lemongrass	5.0	0.1	1.3	0.0	-	-
Mee Yok Sauce	Mee Yok Sauce	332.9	7.8	26.6	22.5	2.1	820.1
Mushrooms	Mushrooms	6.6	0.9	1.0	-	0.3	1.5
Onion	Onion	12.0	0.3	2.7	-	0.5	1.2
Peppers Green	Peppers Green	6.0	0.3	1.4	0.1	0.5	0.9
Peppers Mixed	Peppers Mixed	6.0	0.3	1.4	0.0	0.5	0.9
Peppers Red	Peppers Red	6.0	0.3	1.4	0.0	0.5	0.9
Pineapple	Pineapple	15.0	0.2	3.9	-	0.4	0.3
Plum Sauce T25	Plum Sauce T25	56.6	0.0	14.3	-	0.0	89.3
Potato	Potato	23.1	0.6	5.1	-	0.7	1.8
Prawn Each	Prawns (includes sauce)	7.8	1.7	-	0.1	-	41.8
Prawns	Prawns (includes sauce)	54.6	12.2	-	0.6	-	292.6
Red Curry Sauce	Red Curry Sauce	322.3	2.7	20.6	24.8	0.1	491.1
Satay Sauce T25	Satay Sauce T25	59.9	1.3	5.5	3.8	0.4	106.9
Scoop of Ice Cream	Scoop of Ice Cream	127.0	4.0	21.0	14.0	-	105.0
Seafood	Prawns (includes sauce)	97.2	11.6	-	0.7	-	288.8
	Calamari (includes sauce)	-	-	-	-	-	-
Spinach	Spinach	3.5	0.4	0.6	-	0.4	10.5
Spring Onion	Spring Onion	4.8	0.3	1.1	-	0.4	2.4
Stirfry Sauce	Stirfry Sauce	45.6	0.9	10.0	-	-	180.2
Sweet Chilli T25	Sweet Chilli T25	70.6	0.0	17.7	0.0	0.0	274.0
Tofu	Tofu	70.2	7.9	2.6	3.2	2.1	61.2
Tomato	Tomato	5.4	0.3	1.2	-	0.4	1.5
Vegetables	Mixed Vegetables	56.7	3.0	13.2	0.1	3.2	294.1
Veg Green Curry Sauce	Vegetarian Green Curry Sauce	-	-	-	-	-	-
Vegetarian Stirfry Sauce	Vegetarian Stirfry Sauce	37.9	1.3	7.5	0.0	0.1	547.7
Duck Breast Portion	Duck (includes sauce)	393.3	19.3	13.9	28.0	0.3	559.0
Thai Atchar	Thai Atchar	84.3	0.1	21.6	0.0	0.1	229.6
Option							
Linguine Noodles	Linguine Noodles	580.6	20.0	116.8	2.1	4.6	11.2
Massaman Roti	Massaman Roti	223.1	6.1	18.0	11.0	18.2	138.0
Rice Noodle Small	Rice Noodle Small	571.2	8.6	131.2	-	5.8	57.1
Rice Noodles Big	Rice Noodles Big	571.2	8.6	131.2	-	5.8	57.1
Yellow Noodles	Yellow Noodles	423.4	11.5	89.9	-	3.1	1.8
Mung Bean Noodle	Mung Bean Noodle	589.5	-	147.2	-	8.0	-
Egg Fried Rice	Egg Fried Rice Change	78.0	6.0	0.6	5.0	-	62.0
Egg Fried Rice 2	Egg Fried Rice No Charge	78.0	6.0	0.6	5.0	-	62.0
Fried Garlic Rice Change	Fried Garlic Rice Change	139.0	0.7	3.7	13.4	0.0	256.9

Disclaimer: The information contained in this schedule is compiled by 3rd party professionals. It must however be noted that our food is produced in limited space kitchens where all major and minor allergens are used. Whilst we are cautious in avoiding cross contamination this can occur. In the event of serious allergies please note consumption of any of our meals is at your own risk.