SIMPLY ASIA MENU		Nutritional value						Major allergens									Minor Allergens									
AUGUST 2024		Energy (kcal)	protein (g)	carbo hydrate (g)	fat (g)	fibre (g)	sodium (mg)	Gluten	Wheat	Dairy	Soya	Egg	Fish	Shellfish	Peanuts	Tree nuts	Onion	Garlic	Mushroom	Celery	Sesame Seeds	Mustard Seeds	MSG	sulphur dioxide	Tartrazine	Alcohol
Starters																										
101	Vegetable Spring Rolls	447.2	2.1	32.1	34.5	2.6	560.6	YES	YES		YES													YES		
103	Sweet Corn Cakes	666.0	7.4	61.7	36.1	3.4	275.7	YES	YES									YES						YES		
104	Chicken Satay	523.2	26.9	14.6	40.1	0.9	597.2	YES	YES	YES	YES	YES		YES	YES		YES	YES				YES				
107	Chicken Spring Rolls	861.5	101.4	30.2	38.3	1.6	566.8	YES	YES		YES			YES			YES	YES						YES		
112	Prawn Spring Rolls	406.5	1.5	23.0	34.3	0.8	319.2	YES	YES		YES			YES				YES						YES		
113	6-Piece Combo Platter	845.3	55.0	65.4	37.4	3.2	663.0	YES	YES		YES			YES			YES	YES						YES		
116	Minced Chicken and Prawn Steamed Dumplings	694.8	108.2	10.2	15.8	0.7	1,056.8	YES	YES		YES	YES	YES	YES			YES	YES	YES		YES			YES		
117	Duck Spring Rolls	472.4	3.8	27.6	38.3	1.2	446.1	YES	YES		YES			YES				YES	YES	YES				YES		
119	Steamed Chicken Bun	288.1	27.8	21.0	5.3	0.7	203.7	YES	YES		YES			YES			YES	YES			YES					
120	Steamed Duck Bun	207.7	4.4	20.9	6.4	0.7	186.8	YES	YES		YES			YES			YES	YES		YES	YES					
124	Spinach Garlic Chive Dumplings	551.8	2.2	39.3	43.3	1.8	631.8	YES	YES		YES						YES							YES		
Soups		-	-	-	-	-	-																			
201T	Tom Yum Soup Tofu	217.6	8.5	16.5	13.0	2.2	915.7	YES	YES		YES		YES	YES			YES	YES	YES							
201C	Tom Yum Soup Chicken	235.5	17.1	15.2	11.9	1.1	901.6	YES	YES		YES		YES	YES			YES	YES	YES							
201S	Tom Yum Soup Seafood	248.7	11.0	15.2	11.8	1.1	1,046.6	YES	YES		YES		YES	YES			YES	YES	YES							
201P	Tom Yum Soup Prawn	213.7	11.5	15.2	11.8	1.1	1,052.3	YES	YES		YES		YES	YES			YES	YES	YES							
201V	Tom Yum Soup Vegetable	201.5	5.7	20.0	11.5	2.7	908.0	YES	YES		YES		YES	YES			YES	YES	YES							
202C	Consomme Chicken	172.8	14.1	25.1	2.0	1.9	994.0	YES	YES		YES						YES	YES	YES	YES						
202P	Consomme Prawn	151.0	8.6	25.1	1.8	1.9	1,144.7	YES	YES		YES			YES			YES	YES	YES	YES						
202T	Consomme Tofu	147.4	5.6	24.8	3.1	3.2	632.7	YES	YES		YES						YES	YES	YES	YES						
202V	Consomme Vegetable	131.4	2.8	28.2	1.5	3.8	625.0	YES	YES		YES						YES	YES	YES	YES						
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	YES	YES		YES	YES														
Rice to Yellow Noodles	Rice to Yellow Noodles	- 52.6	1.5	- 10.1	- 4.0	- 2.9	1.8	YES	YES																	
Rice to Liguine Noodles	Rice to Liguine Noodles	104.6	10.0	16.8	- 1.9	- 1.4	11.2	YES	YES																	
Rice to Rice Noodle Small	Rice to Rice Noodle Small	95.2	- 1.4	31.2	- 4.0	- 0.2	57.1																			
Rice to Rice Noodles Big	Rice to Rice Noodles Big	95.2	- 1.4	31.2	- 4.0	- 0.2	57.1																			
Rice to Meang Bean Nooldes	Rice to Meang Bean Nooldes	113.5	- 10.0	47.2	- 4.0	2.0	-																			
Rice to Roti	Rice to Roti	- 252.9	- 3.9	- 82.0	7.0	12.2	138.0	YES	YES		YES															
226YN	Fried Noodles Yellow Noodle	595.0	12.2	93.5	17.0	3.1	249.9	YES	YES		YES															
226LN	Fried Noodles Linguine	752.2	20.7	120.5	19.1	4.7	259.4	YES	YES		YES															
226BN	Fried Noodles Rice Noodle Big	742.8	9.3	134.9	17.0	5.8	305.3	YES	YES		YES															
226RN	Fried Noodles Rice Noodle Small	742.8	9.3	134.9	17.0	5.8	305.3	YES	YES		YES															
226MN	Fried Noodles Mung Bean	761.1	0.7	150.9	17.0	8.0	248.2	YES	YES		YES															
227YN	Egg Fried Noodles Yellow Noodle	673.0	18.2	94.1	22.0	3.1	311.9	YES	YES		YES	YES														
227LN	Egg Fried Noodles Linguine	830.2	26.7	121.1	24.1	4.7	321.4	YES	YES		YES	YES														
227BN	Egg Fried Noodles Rice Noodle Big	820.8	15.3	135.5	22.0	5.8	367.3	YES	YES		YES	YES														
227RN	Egg Fried Noodles Rice Noodle Small	820.8	15.3	135.5	22.0	5.8	367.3	YES	YES		YES	YES														
227MN	Egg Fried Noodles Mung Bean	839.1	6.7	151.5	22.0	8.0	310.2	YES	YES		YES	YES														
228	Roti	223.1	6.1	18.0	11.0	18.2	138.0	YES	YES		YES															
229	Mixed Vegetables	209.7	3.0	13.2	17.1	3.2	294.1	YES	YES		YES															
230	Fried Garlic Rice	623.8	10.7	103.7	18.4	6.0	256.9	YES	YES		YES							YES	YES							
231	Kyogrob	27.1	3.1	0.5	1.4	0.0	13.8	YES	YES		YES			YES							YES					
WON2	Kyogrob	54.2	6.1	1.1	2.7	0.0	27.6	YES	YES		YES			YES							YES					
Thai		-	-	-	-	-	-																			
261C	Chicken in Flavoured Soya Sauce	996.4	43.4	166.9	16.1	8.1	15,139.3	YES	YES		YES			YES				YES		YES						
261D	Duck in Flavoured Soya Sauce	1,097.3	31.0	150.4	40.3	8.0	3,799.5	YES	YES		YES			YES				YES		YES						
301S	Green Curry Seafood	969.8	28.2	126.3	31.4	8.5	932.3	YES	YES	YES	YES		YES	YES			YES	YES								
301D	Green Curry Duck	1,257.2	34.6	147.1	58.6	8.7	1,523.2	YES	YES	YES	YES		YES	YES			YES	YES		YES						
301P	Green Curry Prawn	891.9	27.5	126.3	31.3	8.5	901.9	YES	YES	YES	YES		YES	YES			YES	YES								
301B	Green Curry Beef	1,104.3	45.4	126.3	46.6	8.5	673.3	YES	YES	YES	YES		YES	YES			YES	YES								
301C	Green Curry Chicken	943.3	40.4	126.3	31.6	8.5	642.3	YES	YES	YES	YES		YES	YES			YES	YES								
301T	Green Curry Tofu	901.8	23.0	126.3	34.4	10.7	1,417.4			YES	YES						YES	YES	YES							
301V	Green Curry Vegetarian	869.7	17.5	133.2	31.4	11.7	1,402.1			YES	YES						YES	YES	YES							
303B	Basil and Chilli Stir-Fry Beef	973.5	42.7	117.2	37.1	8.7	212.8	YES	YES		YES			YES				YES								
303C	Basil and Chilli Stir-Fry Chicken	812.5	37.7	117.2	22.1	8.7	181.8	YES	YES		YES			YES				YES								
303D	Basil and Chilli Stir-Fry Duck	1,126.5	31.9	138.0	49.1	8.9	1,062.7	YES	YES		YES			YES				YES		YES						
303P	Basil and Chilli Stir-Fry Prawn	858.2	29.7	117.2	22.1	8.7	574.4	YES	YES		YES		YES	YES				YES								
303S	Basil and Chilli Stir-Fry Seafood	742.0	20.6	117.2	21.5	8.7	338.8	YES	YES		YES			YES				YES								
303T	Basil and Chilli Stir-Fry Tofu	770.4	21.0	117.6	24.3	10.9	601.7	YES	YES		YES							YES	YES							
303V	Basil and Chilli Stir-Fry Vegetarian	738.3	15.4	124.5	21.2	12.0	586.4	YES	YES		YES							YES	YES							
304B	Sweet and Sour Stir-Fry Beef	1,157.2	42.7	164.8	37.0	10.0	2,489.9	YES	YES		YES						YES	YES						YES		
304C	Sweet and Sour Stir-Fry Chicken	996.2	37.7	164.8	22.0	10.0	2,458.9	YES	YES		YES						YES	YES						YES		
304P	Sweet and Sour Stir-Fry Prawn	944.9	24.9	164.8	21.6	10.0	2,718.5	YES	YES		YES			YES			YES	YES						YES		
304S	Sweet and Sour Stir-Fry Seafood	1,022.7	25.5	164.8	21.8	10.0	2,748.9	YES	YES		YES		YES	YES			YES	YES						YES		
304D	Sweet and Sour Stir-Fry Duck	1,310.1	31.9	185.6	49.0	10.2	3,339.8	YES	YES		YES						YES	YES		YES				YES		
304T	Sweet and Sour Stir-Fry Tofu	960.4	20.5	167.5	24.2	12.1	2,487.1	YES	YES		YES						YES	YES						YES		
304V	Sweet and Sour Stir-Fry Vegetable	928.3	15.0	174.3	21.1	13.2	2,471.8	YES	YES		YES						YES	YES						YES		
305B	Red Curry Beef	1,087.4	44.3	125.0	45.0	8.5	561.4			YES			YES	YES			YES	YES								
305C	Red Curry Chicken	926.4	39.3	125.0	30.0	8.5	530.4			YES			YES	YES			YES	YES								
305T	Red Curry Tofu	890.6	22.2	127.6	32.2	10.6	558.6			YES	YES		YES	YES			YES	YES								
305V	Red Curry Vegetarian	858.5	16.6	134.4	29.2	11.6	543.3			YES			YES	YES			YES	YES								
305D	Red Curry Duck	1,240.3	33.5	145.8	57.0	8.7	1,411.3	YES	YES	YES	YES		YES	YES			YES	YES		YES						
305P	Red Curry Prawn	875.0	26.5	125.0	29.6	8.5	790.0			YES			YES	YES			YES	YES								
305S	Red Curry Seafood	952.9	27.1	125.0	29.8	8.5	820.4			YES			YES	YES			YES	YES								
309B	Roasted Chilli Paste Stir-Fry Beef	1,211.4	45.3	130.8	56.5	8.9	479.7	YES	YES		YES		YES	YES		YES	YES	YES								
309C	Roasted Chilli Paste Stir-Fry Chicken	1,050.4	40.3	130.8	41.5	8.9	448.7	YES	YES		YES		YES	YES		YES	YES	YES								
309D	Roasted Chilli Paste Stir-Fry Duck	1,364.3	34.5	151.6	68.5	9.1	1,329.6	YES	YES		YES		YES	YES		YES	YES	YES		YES						
309P	Roasted Chilli Paste Stir-Fry Prawn	999.1	27.4	130.8	41.1	8.9	708.3	YES	YES		YES		YES	YES		YES	YES	YES								
309S	Roasted Chilli Paste Stir-Fry Seafood	1,076.9	28.1	130.8	41.3	8.9	738.7	YES	YES		YES		YES	YES		YES	YES	YES								
309T	Roasted Chilli Paste Stir-Fry Tofu	981.9	20.7	131.6	42.2	10.5	880.0	YES	YES		YES					YES	YES	YES	YES							
309V	Roasted Chilli Paste Stir-Fry Vegetarian	979.0	17.9	137.5	41.3	12.2	901.5	YES	YES		YES					YES	YES	YES	YES							
324B	Massaman Curry Beef	1,361.7	49.0	159.7	58.1	10.3	1,584.7				YES				YES		YES	YES								
324C	Massaman Curry Chicken	1,200.7	44.0	159.7	43.1	10.3	1,553.7				YES				YES		YES	YES								
324D	Massaman Curry Duck	1,514.6	38.3	180.5	70.1	10.4	2,434.6	YES	YES		YES				YES		YES	YES		YES						
408V	Brinjals and Soya Stir-Fry Vegetarian	775.4	16.8	129.2	23.1	14.2	560.5	YES	YES		YES							YES	YES							
408B	Brinjals and Soya Stir-Fry Beef	1,009.7	44.1	121.7	39.0	11.0	137.2	YES	YES		YES			YES				YES	YES							
408C	Brinjals and Soya Stir-Fry Chicken	848.7	39.1	121.7	24.0	11.0	106.2	YES	YES		YES			YES				YES	YES							
408D	Brinjals and Soya Stir-Fry Duck	1,162.6	33.3	142.5	51.0	11.2	987.1	YES	YES		YES			YES				YES	YES	YES						
408P	Brinjals and Soya Stir-Fry Prawn	797.3	26.2	121.7	23.6	11.0	365.8	YES	YES		YES			YES				YES	YES							
408S	Brinjals and Soya Stir-Fry Seafood	875.2	26.9	121.7	23.8	11.0	396.2	YES	YES		YES		YES	YES				YES	YES							
408T	Brinjals and Soya Stir-Fry Tofu	807.5	22.4	122.3	26.2	13.2	575.8	YES	YES		YES							YES	YES							
336C	Thai Yellow Chicken with Salsa	1,098.9	43.4	174.7	25.9	7.9	1,655.5	YES	YES	YES	YES	YES					YES	YES				YES		YES		
336D	Thai Yellow Duck with Salsa	1,382.6	37.3	190.3	52.0	8.0	2,239.7	YES	YES	YES	YES						YES	YES		YES		YES		YES		
336P	Thai Yellow Prawn with Salsa	1,017.3	30.3	169.5	24.6	7.8	1,618.4	YES	YES	YES	YES			YES			YES	YES				YES		YES		
339V	Stir-Fry Cashew Vegetarian	834.1	17.4	128.9	29.3	11.5	587.4	YES	YES		YES					YES	YES	YES	YES							
339C	Stir-Fry Cashew Chicken	908.4	39.7	121.7	30.1	8.3	182.9	YES	YES		YES			YES		YES	YES	YES								
339B	Stir-Fry Cashew Beef	1,069.4	44.7	121.7	45.1	8.3	213.9	YES	YES		YES			YES		YES	YES	YES								
339D	Stir-Fry Cashew Duck	1,222.3	33.9	142.5	57.1	8.4	1,063.8	YES	YES		YES			YES		YES	YES	YES		YES						
339S	Stir-Fry Cashew Seafood	934.9	27.5	121.7	29.9	8.3	472.9	YES	YES		YES		YES	YES		YES	YES	YES								
339P	Stir-Fry Cashew Prawn	857.0	26.9	121.7	29.7	8.3	442.5	YES	YES		YES			YES		YES	YES	YES								
339T	Stir-Fry Cashew Tofu	837.0	20.3	123.0	30.2	9.9	565.9	YES	YES		YES					YES	YES	YES	YES							
341C	Peanut Cream Curry Chicken	1,288.3	48.4	155.1	54.6	10.9	1,690.9	YES	YES		YES				YES		YES	YES								
341B	Peanut Cream Curry Beef	1,449.3	53.4	155.1	69.6	10.9	1,721.9	YES	YES		YES				YES		YES	YES								
341D	Peanut Cream Curry Duck	1,602.2	42.6	175.9	81.6	11.1	2,571.8	YES	YES		YES				YES		YES	YES		YES						
341P	Peanut Cream Curry Prawn	1,236.9	35.6	155.1	54.2	10.9	1,950.5	YES	YES		YES			YES	YES		YES	YES								
341S	Peanut Cream Curry Seafood	1,314.7	36.2	155.1	54.4	10.9	1,980.9	YES	YES		YES		YES	YES	YES		YES	YES								
341T	Peanut Cream Curry Tofu	1,252.5	31.3	157.8	56.8	13.0	1,719.1	YES	YES		YES				YES		YES	YES								
341V	Peanut Cream Curry Vegetables	1,220.4	25.7	164.6	53.7	14.1	1,703.8	YES	YES		YES				YES		YES	YES								
Fried Rice		-	-	-	-	-	-																			
314B	Thai Fried Rice Beef	1,028.4	48.1	112.6	42.0	7.9	149.2	YES	YES		YES	YES		YES			YES									
314C	Thai Fried Rice Chicken	867.4	43.1	112.6	27.0	7.9	118.2	YES	YES		YES	YES		YES			YES									
314D	Thai Fried Rice Duck	1,181.3	37.3	133.4	54.0	8.0	999.1	YES	YES		YES	YES		YES			YES	YES		YES						
314P	Thai Fried Rice Prawn	816.0	30.3	112.6	26.6	7.9	377.8	YES	YES		YES	YES		YES			YES									
314S	Thai Fried Rice Seafood	893.9	30.9	112.6	26.8	7.9	408.2	YES	YES		YES	YES	YES	YES			YES									
314T	Thai Fried Rice Tofu	829.1	26.2	114.2	29.2	10.0	377.4	YES	YES		YES	YES					YES									

SIMPLY ASIA MENU		Nutritional value						Major allergens									Minor Allergens									
AUGUST 2024		Energy (kcal)	protein (g)	carbo hydrate (g)	fat (g)	fibre (g)	sodium (mg)	Gluten	Wheat	Dairy	Soya	Egg	Fish	Shellfish	Peanuts	Tree nuts	Onion	Garlic	Mushroom	Celery	Sesame Seeds	Mustard Seeds	MSG	sulphur dioxide	Tartrazine	Alcohol
314V	Thai Fried Rice Vegetarian	797.0	20.6	121.1	26.1	11.1	362.1	YES	YES		YES	YES					YES									
317B	Basil Fried Rice Beef	1,039.5	48.3	115.0	42.0	7.4	163.4	YES	YES		YES	YES		YES			YES	YES								
317C	Basil Fried Rice Chicken	878.5	43.3	115.0	27.0	7.4	132.4	YES	YES		YES	YES		YES			YES	YES								
317D	Basil Fried Rice Duck	1,192.4	37.5	135.8	54.0	7.6	1,013.3	YES	YES		YES	YES		YES			YES	YES		YES						
317P	Basil Fried Rice Prawn	827.2	30.5	115.0	26.6	7.4	392.0	YES	YES		YES	YES		YES			YES	YES								
317S	Basil Fried Rice Seafood	905.0	31.1	115.0	26.8	7.4	422.4	YES	YES		YES	YES	YES	YES			YES	YES								
317T	Basil Fried Rice Tofu	837.7	26.6	115.7	29.2	9.6	622.7	YES	YES		YES	YES					YES	YES								
317V	Basil Fried Rice Vegetarian	805.6	21.0	122.5	26.2	10.6	607.4	YES	YES		YES	YES					YES	YES								
319B	Roasted Chilli Fried Rice with Ground Cashews Beef	1,215.5	45.9	131.6	56.5	9.3	371.4	YES	YES		YES		YES	YES		YES	YES	YES								
319C	Roasted Chilli Fried Rice with Ground Cashews Chicken	1,054.5	40.9	131.6	41.5	9.3	340.4	YES	YES		YES		YES	YES		YES	YES	YES								
319D	Roasted Chilli Fried Rice with Ground Cashews Duck	1,368.4	35.1	152.5	68.5	9.5	1,221.3	YES	YES		YES		YES	YES		YES	YES	YES		YES						
319P	Roasted Chilli Fried Rice with Ground Cashews Prawn	1,003.2	28.0	131.6	41.1	9.3	600.0	YES	YES		YES		YES	YES		YES	YES	YES								
319S	Roasted Chilli Fried Rice with Ground Cashews Seafood	1,081.0	28.7	131.6	41.3	9.3	630.4	YES	YES		YES		YES	YES		YES	YES	YES								
319T	Roasted Chilli Fried Rice with Ground Cashews Tofu	1,016.6	24.1	131.8	44.4	11.5	878.9	YES	YES		YES					YES	YES	YES								
319V	Roasted Chilli Fried Rice with Ground Cashews Vegetarian	984.5	18.5	138.6	41.3	12.5	863.6	YES	YES		YES					YES	YES	YES								
331C	Fried Rice Tom Yum Chicken	1,040.6	38.9	129.6	41.2	8.4	547.8	YES	YES		YES		YES	YES			YES	YES	YES							
331B	Fried Rice Tom Yum Beef	1,201.6	43.9	129.6	56.2	8.4	578.8	YES	YES		YES		YES	YES			YES	YES	YES							
331D	Fried Rice Tom Yum Duck	1,354.5	33.2	150.4	68.2	8.5	1,428.7	YES	YES		YES		YES	YES			YES	YES	YES	YES						
331P	Fried Rice Tom Yum Prawn	989.2	26.1	129.6	40.8	8.4	807.4	YES	YES		YES		YES	YES			YES	YES	YES							
331S	Fried Rice Tom Yum Seafood	1,067.0	26.7	129.6	41.0	8.4	837.8	YES	YES		YES		YES	YES			YES	YES								
331T	Fried Rice Tom Yum Tofu	1,016.5	23.1	132.6	43.9	10.8	586.2	YES	YES		YES		YES	YES			YES	YES								
331V	Fried Rice Tom Yum Vegetable	972.7	16.2	139.0	40.3	11.5	560.7	YES	YES		YES		YES	YES			YES	YES	YES							
Noodle		-	-	-	-	-	-																			
268S	Hongkong Noodle Seafood	1,125.7	33.0	121.7	46.3	7.2	1,916.8	YES	YES		YES	YES	YES	YES			YES	YES		YES	YES			YES		
268P	Hongkong Noodle Prawn	1,047.9	32.4	121.7	46.2	7.2	1,886.4	YES	YES		YES	YES	YES	YES			YES	YES		YES	YES			YES		
268D	Hongkong Noodle Duck	1,413.2	39.4	142.5	73.5	7.4	2,507.7	YES	YES		YES	YES	YES	YES			YES	YES		YES	YES			YES		
268B	Hongkong Noodle Beef	1,260.3	50.2	121.7	61.5	7.2	1,657.8	YES	YES		YES	YES	YES	YES			YES	YES		YES	YES			YES		
268C	Hongkong Noodle Chicken	1,099.3	45.2	121.7	46.5	7.2	1,626.8	YES	YES		YES	YES	YES	YES			YES	YES		YES	YES			YES		
265C	Tender Chicken in Peanut Sauce	1,004.0	44.0	121.2	33.7	4.5	539.9	YES	YES		YES			YES	YES		YES	YES						YES		
265D	Tender Duck in Peanut Sauce	1,317.9	38.2	142.0	60.7	4.7	1,420.8	YES	YES		YES			YES	YES		YES	YES		YES				YES		
504B	Traditional Phad Thai Beef	1,661.3	60.6	197.3	67.9	12.1	1,938.2	YES	YES		YES	YES			YES		YES	YES								
504C	Traditional Phad Thai Chicken	1,500.3	55.6	197.3	52.9	12.1	1,907.2	YES	YES		YES	YES			YES		YES	YES								
504P	Traditional Phad Thai Prawn	1,448.9	42.8	197.3	52.6	12.1	2,166.8	YES	YES		YES	YES		YES	YES		YES	YES								
504T	Traditional Phad Thai Tofu	1,463.1	38.5	199.6	55.1	14.3	1,865.0				YES	YES			YES		YES	YES	YES							
504V	Traditional Phad Thai Vegetarian	1,431.0	32.9	206.5	52.1	15.3	1,849.7				YES	YES			YES		YES	YES	YES							
505B	Sweet Soya Noodles Beef	1,194.0	50.9	115.5	56.6	5.8	200.3	YES	YES		YES	YES		YES				YES								
505C	Sweet Soya Noodles Chicken	1,033.0	45.9	115.5	41.6	5.8	169.3	YES	YES		YES	YES		YES				YES								
505D	Sweet Soya Noodles Duck	1,346.9	40.1	136.3	68.6	5.9	1,050.2	YES	YES		YES	YES		YES				YES		YES						
505P	Sweet Soya Noodles Prawn	981.6	33.0	115.5	41.2	5.8	428.9	YES	YES		YES	YES		YES				YES								
505S	Sweet Soya Noodles Seafood	1,059.4	33.7	115.5	41.4	5.8	459.3	YES	YES		YES	YES	YES	YES				YES								
505T	Sweet Soya Noodles Tofu	992.2	29.2	116.2	43.8	7.9	659.5	YES	YES		YES	YES						YES								
505V	Sweet Soya Noodles Vegetarian	960.1	23.6	123.0	40.7	9.0	644.2	YES	YES		YES	YES						YES								
508B	Linguine Basil Beef	1,081.7	53.4	134.2	35.4	8.3	118.3	YES	YES		YES			YES				YES								
508C	Linguine Basil Chicken	920.7	48.4	134.2	20.4	8.3	87.3	YES	YES		YES			YES				YES								
508D	Linguine Basil Duck	1,234.6	42.6	155.1	47.4	8.4	968.2	YES	YES		YES			YES				YES		YES						
508P	Linguine Basil Prawn	869.3	35.5	134.2	20.0	8.3	346.9	YES	YES		YES			YES				YES								
508S	Linguine Basil Seafood	947.2	36.2	134.2	20.2	8.3	377.3	YES	YES		YES		YES	YES				YES								
508T	Linguine Basil Tofu	879.9	31.6	134.9	22.6	10.4	577.6	YES	YES		YES							YES								
508V	Linguine Basil Vegetarian	847.8	26.1	141.8	19.6	11.5	562.3	YES	YES		YES							YES								
514B	Roasted Chilli Paste and Cashew Nut Noodles Beef	1,157.5	46.8	120.4	52.5	6.0	408.8	YES	YES		YES		YES	YES		YES	YES	YES								
514C	Roasted Chilli Paste and Cashew Nut Noodles Chicken	996.5	41.8	120.4	37.5	6.0	377.8	YES	YES		YES		YES	YES		YES	YES	YES								
514D	Roasted Chilli Paste and Cashew Nut Noodles Duck	1,310.4	36.0	141.2	64.5	6.2	1,258.7	YES	YES		YES		YES	YES		YES	YES	YES		YES						
514P	Roasted Chilli Paste and Cashew Nut Noodles Prawn	945.1	28.9	120.4	37.1	6.0	637.4	YES	YES		YES		YES	YES		YES	YES	YES								
514S	Roasted Chilli Paste and Cashew Nut Noodles Seafood	1,023.0	29.6	120.4	37.3	6.0	667.8	YES	YES		YES		YES	YES		YES	YES	YES								
514T	Roasted Chilli Paste and Cashew Nut Noodles Tofu	958.1	25.0	120.5	40.4	8.2	892.9	YES	YES		YES					YES	YES	YES	YES							
514V	Roasted Chilli Paste and Cashew Nut Noodles Vegetarian	926.0	19.4	127.3	37.3	9.3	877.6	YES	YES		YES					YES	YES	YES	YES							
515T	Yellow Noodles in Peanut Sauce Tofu	1,002.2	29.5	123.6	42.7	9.7	842.9	YES	YES	YES	YES			YES	YES		YES	YES								
515B	Yellow Noodles in Peanut Sauce Beef	1,199.0	51.7	120.9	55.6	7.6	845.7	YES	YES	YES	YES			YES	YES		YES	YES								
515C	Yellow Noodles in Peanut Sauce Chicken	1,038.0	46.7	120.9	40.6	7.6	814.7	YES	YES	YES	YES			YES	YES		YES	YES								
519B	Large Rice Noodles Beef	1,346.5	48.9	155.7	56.9	8.7	280.1	YES	YES		YES	YES		YES			YES	YES								
519C	Large Rice Noodles Chicken	1,185.5	43.9	155.7	41.9	8.7	249.1	YES	YES		YES	YES		YES			YES	YES								
519D	Large Rice Noodles Duck	1,499.4	38.1	176.5	68.9	8.8	1,130.0	YES	YES		YES	YES		YES			YES	YES		YES						
519P	Large Rice Noodles Prawn	1,134.1	31.1	155.7	41.5	8.7	508.7	YES	YES		YES	YES		YES			YES	YES								
519S	Large Rice Noodles Seafood	1,212.0	31.7	155.7	41.7	8.7	539.1	YES	YES		YES	YES	YES	YES			YES	YES								
519T	Large Rice Noodles Tofu	1,144.2	27.2	156.3	44.1	10.8	715.9	YES	YES		YES	YES					YES	YES	YES							
519V	Large Rice Noodles Vegetarian	1,112.1	21.6	163.1	41.0	11.9	700.6	YES	YES		YES	YES					YES	YES	YES							
523B	Red Sauce Noodles Beef	1,247.0	42.1	162.9	45.9	8.7	602.1	YES	YES		YES		YES	YES			YES	YES	YES							
523C	Red Sauce Noodles Chicken	1,086.0	37.1	162.9	30.9	8.7	571.1	YES	YES		YES		YES	YES			YES	YES	YES							
523D	Red Sauce Noodles Duck	1,399.9	31.3	183.7	57.9	8.9	1,452.0	YES	YES		YES		YES	YES			YES	YES	YES	YES						
523P	Red Sauce Noodles Prawn	1,034.6	24.2	162.9	30.5	8.7	830.7	YES	YES		YES		YES	YES			YES	YES	YES							
523S	Red Sauce Noodles Seafood	1,112.5	24.9	162.9	30.7	8.7	861.1	YES	YES		YES		YES	YES			YES	YES	YES							
523T	Red Sauce Noodles Tofu	1,050.2	19.9	165.5	33.1	10.8	599.3	YES	YES		YES		YES	YES			YES	YES	YES							
523V	Red Sauce Noodles Vegetarian	1,018.1	14.3	172.4	30.0	11.9	584.0	YES	YES		YES		YES	YES			YES	YES	YES							
547C	Yaki Noodles Chicken	918.3	42.4	142.4	19.0	7.5	447.0	YES	YES		YES		YES	YES			YES	YES	YES		YES	YES		YES		
547B	Yaki Noodles Beef	1,079.3	47.4	142.4	34.0	7.5	478.0	YES	YES		YES		YES	YES			YES	YES	YES		YES	YES		YES		
547D	Yaki Noodles Duck	1,232.2	36.6	163.2	46.0	7.6	1,327.9	YES	YES		YES		YES	YES			YES	YES	YES	YES	YES	YES		YES		
547P	Yaki Noodles Prawn	866.9	29.6	142.4	18.6	7.5	706.6	YES	YES		YES		YES	YES			YES	YES	YES		YES	YES		YES		
547S	Yaki Noodles Seafood	944.8	30.2	142.4	18.8	7.5	737.0	YES	YES		YES		YES	YES			YES	YES	YES		YES	YES		YES		
547T	Yaki Noodles Tofu	882.5	25.3	145.1	21.2	9.6	475.2	YES	YES		YES		YES	YES			YES	YES	YES		YES	YES		YES		
547V	Yaki Noodles Vegetable	850.4	19.7	151.9	18.1	10.6	459.9	YES	YES		YES		YES	YES			YES	YES	YES		YES	YES		YES		
548C	Sweet and Sour Noodle Chicken	989.8	39.4	139.4	29.5	6.5	1,814.8	YES	YES		YES			YES				YES	YES					YES		
548B	Sweet and Sour Noodle Beef	1,150.8	44.4	139.4	44.5	6.5	1,845.8	YES	YES		YES			YES				YES	YES					YES		
548D	Sweet and Sour Noodle Duck	1,303.7	33.6	160.2	56.5	6.7	2,695.7	YES	YES		YES			YES				YES	YES	YES				YES		
548P	Sweet and Sour Noodle Prawn	938.4	26.5	139.4	29.1	6.5	2,074.4	YES	YES		YES			YES				YES	YES					YES		
548S	Sweet and Sour Noodle Seafood	1,016.3	27.2	139.4	29.3	6.5	2,104.8	YES	YES		YES		YES	YES				YES	YES					YES		
548T	Sweet and Sour Noodle Tofu	949.9	22.4	140.7	31.7	8.7	1,991.8	YES	YES		YES							YES	YES					YES		
548V	Sweet and Sour Noodle Vegetarian	917.8	16.8	147.6	28.6	9.8	1,976.5	YES	YES		YES							YES	YES					YES		
614B	Phuket Noodles Beef	1,284.1	50.7	110.5	68.2	4.8	431.8	YES	YES		YES	YES	YES	YES				YES	YES							
614C	Phuket Noodles Chicken	1,123.1	45.7	110.5	53.2	4.8	400.8	YES	YES		YES	YES	YES	YES				YES	YES							
614D	Phuket Noodles Duck	1,437.1	40.0	131.3	80.2	4.9	1,281.7	YES	YES		YES	YES	YES	YES				YES	YES		YES					
614P	Phuket Noodles Prawn	1,071.8	32.9	110.5	52.8	4.8	660.4	YES	YES		YES	YES	YES	YES				YES	YES							
614S	Phuket Noodles Seafood	1,149.6	33.5	110.5	53.0	4.8	690.8	YES	YES		YES	YES	YES	YES				YES	YES							
614T	Phuket Noodles Tofu	1,085.2	29.0	110.6	56.0	6.9	939.3	YES	YES		YES	YES						YES	YES							
614V	Phuket Noodles Vegetarian	1,053.1	23.4	117.4	52.9	8.0	924.0	YES	YES		YES	YES						YES	YES							
622B	Tom Yum Prawn Linguine Beef	1,276.1	53.6	146.3	51.2	7.1	584.6	YES	YES		YES		YES	YES				YES	YES	YES						
622C	Tom Yum Prawn Linguine Chicken	1,115.1	48.6	146.3	36.2	7.1	553.6	YES	YES		YES		YES	YES				YES	YES	YES						
622D	Tom Yum Prawn Linguine Duck	1,429.0	42.8	167.1	63.2	7.2	1,434.5	YES	YES		YES		YES	YES				YES	YES	YES						
622P	Tom Yum Prawn Linguine Prawn	1,063.7	35.8	146.3	35.8	7.1	813.2	YES	YES		YES		YES	YES				YES	YES	YES						
622S	Tom Yum Prawn Linguine Seafood	1,141.6	36.4	146.3	36.0	7.1	843.6	YES	YES		YES		YES	YES				YES	YES	YES						
622T	Tom Yum Prawn Linguine Tofu	1,079.3	31.5	148.9	38.3	9.2	581.8	YES	YES		YES		YES	YES				YES	YES	YES						
622V	Tom Yum Prawn Linguine Vegetarian	1,047.2	25.9	155.8	35.3	10.2	566.5	YES	YES		YES		YES	YES				YES	YES	YES						
551V	Cashew Nut Noodles Vegetarian	781.1	19.0	118.7	25.3	8.6	563.5	YES	YES		YES					YES	YES	YES	YES							
551C	Cashew Nut Noodles Chicken	854.5	41.2	111.3	26.1	5.4	112.0	YES	YES		YES			YES		YES	YES	YES								
551B	Cashew Nut Noodles Beef	1,015.5	46.2	111.3	41.1	5.4	143.0	YES	YES		YES			YES		YES	YES	YES								
551D	Cashew Nut Noodles Duck	1,168.4	35.5	132.1	53.1	5.6	992.9	YES	YES		YES			YES		YES	YES	YES		YES						
551S	Cashew Nut Noodles Seafood	880.9	29.0	111.3	25.9	5.4	402.0	YES	YES		YES		YES	YES		YES	YES	YES								
551P	Cashew Nut Noodles Prawn	803.1	28.4	111.3	25.7	5.4	371.6	YES	YES		YES			YES		YES	YES	YES								
551T	Cashew Nut Noodles Tofu	813.2	24.5	111.9	28.3	7.6	578.8	YES	YES		YES					YES	YES	YES	YES							
552C	Creamy Chilli Paste Sauce Chicken	991.6	40.6	115.3	61.5	6.6	997.5	YES	YES		YES	YES	YES	YES			YES	YES								
552B	Creamy Chilli Paste Sauce Beef	1,152.6	45.6	115.3	76.5	6.6	1,028.5	YES	YES		YES	YES	YES	YES			YES	YES								
552D	Creamy Chilli Paste Sauce Duck	1,305.6	34.8	136.1	88.5	6.8	1,878.4	YES	YES		YES	YES	YES	YES			YES	YES		YES						
552P	Creamy Chilli Paste Sauce Prawn	940.3	27.8	115.3	61.1	6.6	1,257.1	YES	YES		YES	YES	YES	YES			YES	YES								
552S	Creamy Chilli Paste Sauce Seafood	1,018.1	28.4	115.3	61.3	6.6	287.5	YES	YES		YES	YES	YES	YES			YES	YES								
552T	Creamy Chilli Paste Sauce Tofu	955.3	23.6	116.2	64.3	8.8	1,258.0	YES	YES		YES	YES					YES	YES	YES							
552V	Creamy Chilli Paste Sauce Vegetarian	923.2	18.1	123.1	61.2	9.9	1,242.7	YES	YES		YES	YES					YES	YES	YES							
553C	Tonkatsu Noodle Chicken	805.2	39.4	118.5	18.2	7.3	461.8	YES	YES		YES		YES	YES			YES	YES		YES		YES		YES		
553B	Tonkatsu Noodle Beef	966.2	44.4	118.5	33.2	7.3	492.8	YES	YES		YES		YES	YES			YES	YES		YES		YES		YES		
553D	Tonkatsu Noodle Duck	1,119.1	33.6	139.3	45.2	7.5	1,342.7	YES	YES		YES		YES	YES			YES	YES		YES		YES		YES		

SIMPLY ASIA™ THAI FOOD NOODLE BAR

SIMPLY ASIA MENU		Nutritional value						Major allergens									Minor Allergens									
AUGUST 2024		Energy (kcal)	protein (g)	carbo hydrate (g)	fat (g)	fibre (g)	sodium (mg)	Gluten	Wheat	Dairy	Soya	Egg	Fish	Shellfish	Peanuts	Tree nuts	Onion	Garlic	Mushroom	Celery	Sesame Seeds	Mustard Seeds	MSG	sulphur dioxide	Tartrazine	Alcohol
553P	Tonkatsu Noodle Prawn	753.8	26.5	118.5	17.8	7.3	721.4	YES	YES		YES		YES	YES			YES	YES		YES		YES		YES		
553S	Tonkatsu Noodle Seafood	831.6	27.2	118.5	18.0	7.3	751.8	YES	YES		YES		YES	YES			YES	YES		YES		YES		YES		
557C	Noodle Tamarind Chilli Sauce Chicken	1,046.6	40.3	149.6	29.6	5.9	1,551.8	YES	YES		YES		YES	YES			YES	YES	YES	YES						
557B	Noodle Tamarind Chilli Sauce Beef	1,207.6	45.3	149.6	44.6	5.9	1,582.8	YES	YES		YES		YES	YES			YES	YES	YES	YES						
557D	Noodle Tamarind Chilli Sauce Duck	1,360.6	34.5	170.4	56.6	6.0	2,432.7	YES	YES		YES		YES	YES			YES	YES	YES	YES						
557P	Noodle Tamarind Chilli Sauce Prawn	995.3	27.4	149.6	29.2	5.9	1,811.4	YES	YES		YES		YES	YES			YES	YES	YES	YES						
557S	Noodle Tamarind Chilli Sauce Seafood	1,073.1	28.1	149.6	29.4	5.9	1,841.8	YES	YES		YES		YES	YES			YES	YES	YES	YES						
Ramen		-	-	-	-	-	-																			
545C	Thai Spice Ramen Noodle Chicken	966.5	56.9	136.4	21.1	7.7	1,182.4	YES	YES		YES	YES	YES		YES		YES	YES	YES					YES		
545D	Thai Spice Ramen Noodle Duck	1,280.4	51.1	157.2	48.1	7.8	2,063.3	YES	YES		YES	YES	YES		YES		YES	YES	YES	YES				YES		
545B	Thai Spice Ramen Noodle Beef	1,127.5	61.9	136.4	36.1	7.7	1,213.4	YES	YES		YES	YES	YES		YES		YES	YES	YES					YES		
545P	Thai Spice Ramen Noodle Prawn	915.1	44.0	136.4	20.7	7.7	1,442.0	YES	YES		YES	YES	YES	YES	YES		YES	YES	YES					YES		
545S	Thai Spice Ramen Noodle Seafood	992.9	44.7	136.4	20.9	7.7	1,472.4	YES	YES		YES	YES	YES	YES	YES		YES	YES	YES					YES		
545T	Thai Spice Ramen Noodle Tofu	912.8	38.5	136.4	23.3	10.2	598.4	YES	YES		YES	YES			YES		YES	YES	YES					YES		
545CH	Thai Spice Ramen Noodle Chicken Half	522.2	31.4	68.5	13.1	3.8	622.2	YES	YES		YES	YES	YES		YES		YES	YES	YES					YES		
545DH	Thai Spice Ramen Noodle Duck Half	679.2	28.5	78.9	26.6	3.9	1,062.6	YES	YES		YES	YES	YES		YES		YES	YES	YES	YES				YES		
545BH	Thai Spice Ramen Noodle Beef Half	602.7	33.9	68.5	20.6	3.8	637.7	YES	YES		YES	YES	YES		YES		YES	YES	YES					YES		
545PH	Thai Spice Ramen Noodle Prawn Half	497.6	25.2	68.5	12.9	3.8	757.7	YES	YES		YES	YES	YES	YES	YES		YES	YES	YES					YES		
545SH	Thai Spice Ramen Noodle Seafood Half	535.5	25.3	68.5	13.0	3.8	767.2	YES	YES		YES	YES	YES	YES	YES		YES	YES	YES					YES		
545TH	Thai Spice Ramen Noodle Tofu Half	495.4	22.2	68.5	14.1	5.1	330.2	YES	YES		YES	YES			YES		YES	YES	YES					YES		
558C	Tom Yum Ramen Chicken	959.0	48.3	115.6	31.3	5.1	1,196.5	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558B	Tom Yum Ramen Beef	1,120.0	53.3	115.6	46.3	5.1	1,227.5	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558D	Tom Yum Ramen Duck	1,272.9	42.6	136.5	58.3	5.3	2,077.4	YES	YES		YES	YES	YES	YES			YES	YES	YES	YES						
558P	Tom Yum Ramen Prawn	907.6	35.5	115.6	30.9	5.1	1,456.1	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558S	Tom Yum Ramen Seafood	985.5	36.1	115.6	31.1	5.1	1,486.5	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558T	Tom Yum Ramen Tofu	923.2	31.2	118.3	33.5	7.2	1,224.7	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558V	Tom Yum Ramen Vegetable	891.1	25.6	125.1	30.4	8.3	1,209.4	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558CH	Tom Yum Ramen Chicken Half	499.1	27.1	57.0	16.5	2.5	592.0	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558BH	Tom Yum Ramen Beef Half	579.6	29.6	57.0	24.0	2.5	607.5	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558DH	Tom Yum Ramen Duck Half	656.1	24.2	67.4	30.1	2.5	1,032.5	YES	YES		YES	YES	YES	YES			YES	YES	YES	YES						
558PH	Tom Yum Ramen Prawn Half	474.5	20.9	57.0	16.4	2.5	727.5	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558SH	Tom Yum Ramen Seafood Half	512.4	21.0	57.0	16.4	2.5	737.0	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558TH	Tom Yum Ramen Tofu Half	481.2	18.5	58.3	17.6	3.5	606.1	YES	YES		YES	YES	YES	YES			YES	YES	YES							
558VH	Tom Yum Ramen Vegetable Half	465.2	15.7	61.7	16.1	4.0	598.5	YES	YES		YES	YES	YES	YES			YES	YES	YES							
Kids		-	-	-	-	-	-																			
711	Yellow Noodles Crumbed Chicken	818.5	40.2	110.4	23.3	3.9	538.0	YES	YES	YES	YES	YES		YES	YES		YES	YES				YES		YES		
715C	Yellow Noodle with Chicken	556.0	33.2	63.3	18.0	2.7	97.3	YES	YES		YES			YES				YES								
715B	Yellow Noodle with Beef	717.0	38.2	63.3	33.0	2.7	128.3	YES	YES		YES			YES				YES								
Desserts		-	-	-	-	-	-																			
902	Chocolate Spring Rolls	1,279.6	10.2	148.5	82.7	0.3	232.3	YES	YES	YES	YES													YES		
916	Roti with Banana and Condensed Milk	547.2	7.6	40.9	37.0	20.2	146.5	YES	YES	YES	YES															
917	Roti with Condensed milk and Brown Sugar	488.1	6.8	25.6	36.8	18.2	145.7	YES	YES	YES	YES															
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																			
Brocolli	Brocolli	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						YES													
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									YES										
Cauliflower	Cauliflower	7.5	0.6	2.7	-	0.6	9.0																			
Celery	Celery	2.1	0.2	0.5	-	0.2	0.5													YES						
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)	319.9	30.9	44.0	2.6	0.8	411.6	YES	YES	YES	YES	YES										YES		YES		
Cucumber	Cucumber	9.0	0.9	1.8	-	0.6	0.9																			
Duck Stirfry	Duck (includes sauce)	419.9	19.2	20.8	28.0	0.2	913.9	YES	YES		YES							YES		YES						
Egg	Egg	78.0	6.0	0.6	5.0	-	62.0					YES														
Extra Gravy Sauce	Gravy Sauce	164.7	1.6	12.7	11.8	0.5	1,526.5	YES	YES	YES	YES						YES	YES		YES	YES					
Extra Roasted Chicken	Roasted Chicken	319.0	31.6	37.3	3.8	0.3	12,253.7	YES	YES		YES			YES				YES		YES						
Flavoured Soya Sauce	Flavoured Soya Sauce	96.4	0.4	22.3	0.2	0.2	2,848.5	YES	YES		YES			YES				YES		YES						
Green Beans	Green Beans	9.3	0.5	2.1	-	1.0	1.8																			
Green Curry Sauce	Green Curry Sauce	332.8	3.3	19.2	26.5	0.2	509.1			YES			YES	YES			YES	YES								
Lemongrass	Lemongrass	5.0	0.1	1.3	0.0	-	-																			
Mee Yok Sauce	Mee Yok Sauce	329.8	7.7	26.4	22.3	2.0	764.9	YES	YES	YES	YES			YES	YES		YES	YES								
Mushrooms	Mushrooms	6.6	0.9	1.0	-	0.3	1.5												YES							
Onion	Onion	12.0	0.3	2.7	-	0.5	1.2										YES									
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	54.3	0.0	13.8	-	0.0	85.7																	YES		
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							YES												
Prawns	Prawns (includes sauce)	54.6	12.2	-	0.6	-	292.6							YES												
Red Curry Sauce	Red Curry Sauce	322.3	2.7	20.6	24.8	0.1	491.1			YES			YES	YES			YES	YES								
Satay Sauce T25	Satay Sauce T25	59.8	1.3	5.5	3.8	0.4	106.9			YES	YES			YES	YES		YES	YES								
Scoop of Ice Cream	Scoop of Ice Cream	127.0	4.0	21.0	14.0	-	105.0			YES																
Seafood	Prawns (includes sauce)	97.2	11.6	-	0.7	-	288.8						YES	YES												
	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										YES									
Stirfry Sauce	Stirfry Sauce	44.7	0.9	9.8	-	-	179.5	YES	YES		YES			YES				YES								
Sweet Chilli T25	Sweet Chilli T25	68.5	0.0	17.2	0.0	0.0	266.0											YES						YES		
Tofu	Tofu	70.2	7.9	2.6	3.2	2.1	61.2				YES															
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	YES	YES		YES															
Vegetarian Green Curry Sauce	Vegetarian Green Curry Sauce	328.1	3.1	16.9	27.1	0.2	1,302.9			YES							YES	YES								
Vegetarian Stirfry Sauce	Vegetarian Stirfry Sauce	37.9	1.3	7.5	0.0	0.1	547.7	YES	YES		YES							YES	YES							
Duck Breast Portion	Duck (includes sauce)	419.9	19.2	20.8	28.0	0.2	913.9	YES	YES		YES							YES		YES						
Thai Atchar	Thai Atchar	62.1	0.1	15.9	0.0	0.1	168.5										YES							YES		
Option		-	-	-	-	-	-																			
Linguine Noodles	Linguine Noodles	580.6	20.0	116.8	2.1	4.6	11.2	YES	YES																	
Massaman Roti	Massaman Roti	223.1	6.1	18.0	11.0	18.2	138.0	YES	YES		YES															
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	YES	YES																	
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					YES														
Egg Fried Rice 2	Egg Fried Rice No Charge	78.0	6.0	0.6	5.0	-	62.0					YES														
Fried Garlic Rice Change	Fried Garlic Rice Change	147.8	0.7	3.7	14.4	0.0	256.9	YES	YES		YES							YES	YES							
No Veg		-	-	-	-	-	-																			
201VN	Tom Yum Soup NO VEG	12.0	1.2	2.2	-	0.7	3.0												YES							
202VN	Consomme NO VEG	9.9	0.9	2.0	-	0.9	7.1										YES		YES	YES						
261VN	Chicken in Flavoured Soya Sauce NO VEG	22.5	1.1	5.0	0.1	1.6	28.5																			
301VN	Green Curry NO VEG	25.8	2.0	6.5	0.1	2.3	27.3																			
303VN	Basil and Chilli Stir-Fry NO VEG	24.6	1.4	5.6	0.0	2.6	4.5																			
304VN	Sweet and Sour Stir-Fry NO VEG	44.6	1.8	10.3	-	2.2	5.5										YES									
305VN	Red Curry NO VEG	20.7	1.6	4.0	0.2	2.3	6.0																			
309VN	Roasted Chilli Paste Stir-Fry NO VEG	33.2	1.1	7.5	0.0	1.8	4.9										YES									
324VN	Massaman Curry NO VEG	77.6	2.0	17.2	-	2.4	6.4										YES									
339VN	Stir-Fry Cashew NO VEG	33.2	1.1	7.5	0.0	1.8	4.9										YES									
408VN	Brinjals and Soya Stir-Fry NO VEG	46.9	2.7	10.5	0.2	4.8	6.2												YES							
504VN	Traditional Phad Thai NO VEG	24.2	2.9	3.6	0.4	1.8	7.2										YES									
505VN	Sweet Soya Noodles NO VEG	29.3	2.4	7.1	0.1	2.7	37.8																			
552VN	Creamy Chilli Paste Sauce NO VEG	47.4	2.4	10.1	0.2	2.8	20.7										YES									

SIMPLY ASIA
THAI FOOD & NOODLE BAR

SIMPLY ASIA MENU		Nutritional value						Major allergens									Minor Allergens									
AUGUST 2024		Energy (kcal)	protein (g)	carbo hydrate (g)	fat (g)	fibre (g)	sodium (mg)	Gluten	Wheat	Dairy	Soya	Egg	Fish	Shellfish	Peanuts	Tree nuts	Onion	Garlic	Mushroom	Celery	Sesame Seeds	Mustard Seeds	MSG	sulphur dioxide	Tartrazine	Alcohol
508VN	Linguine Basil NO VEG	33.8	2.2	7.0	0.3	3.5	8.1																			
514VN	Roasted Chilli Paste and Cashew Nut Noodles NO VEG	33.2	1.1	7.5	0.0	1.8	4.9										YES									
515VN	Yellow Noodles in Peanut Sauce NO VEG	25.7	2.4	4.7	0.3	2.5	15.0																			
519VN	Large Rice Noodles NO VEG	33.3	3.4	5.8	0.4	2.9	26.0										YES									
523VN	Red Sauce Noodles NO VEG	28.2	1.7	6.1	-	2.2	21.9												YES							
545VN	Thai Spice Ramen Noodle NO VEG	26.2	4.2	2.8	0.7	2.2	7.6										YES									
545HVN	Thai Spice Ramen Noodle Half NO VEG																									
547VN	Yaki Noodles NO VEG	53.1	4.1	10.3	0.4	3.8	34.6										YES		YES							
548VN	Sweet and Sour Noodle NO VEG	36.9	1.8	8.1	0.0	2.2	22.2										YES		YES							
551VN	Cashew Nut Noodles NO VEG	33.2	1.1	7.5	0.0	1.8	4.9										YES									
614VN	Phuket Noodles NO VEG	12.4	1.8	1.5	0.3	1.0	4.0										YES									
622VN	Tom Yum Prawn Linguine NO VEG	29.2	1.8	6.0	-	1.5	6.0										YES		YES							
553VN	Tonkatsu Noodle NO VEG	43.2	2.0	10.0	-	3.8	48.8										YES			YES						
268VN	Hongkong Noodle NO VEG	43.2	2.0	10.0	-	3.8	48.8										YES			YES						
557VN	Noodle Tamarind Chilli Sauce NO VEG	30.0	2.8	5.7	0.2	2.1	17.6										YES		YES	YES						
558VN	Tom Yum Ramen NO VEG	19.2	1.8	3.6	-	1.1	5.6										YES		YES							
558HVN	Tom Yum Ramen Half NO VEG	9.6	0.9	1.8	-	0.6	2.8										YES		YES							
New Menu 2024		-	-	-	-	-	-																			
128	Wontons	189.7	15.4	16.4	6.8	0.1	154.6	YES	YES		YES			YES							YES			YES		
347C	Prik Khing Jasmine Rice Chicken	1,124.7	47.1	147.2	38.0	8.1	127.0	YES	YES		YES	YES	YES				YES	YES						YES		
347P	Prik Khing Jasmine Rice Prawn	1,073.4	34.2	147.2	37.6	8.1	386.6	YES	YES		YES	YES	YES	YES			YES	YES						YES		
347T	Prik Khing Jasmine Rice Tofu	1,088.9	29.9	149.9	40.2	10.2	155.2	YES	YES		YES	YES	YES				YES	YES						YES		
348C	Rice with Chicken Chilli Sauce	1,039.5	44.6	166.8	20.9	8.5	12,924.2	YES	YES		YES			YES			YES	YES		YES				YES		
348D	Rice with Duck Chilli Sauce	1,140.5	32.2	150.3	45.2	8.4	1,584.4	YES	YES		YES			YES			YES	YES		YES				YES		
565C	Linguine Tom Kha Chicken	945.8	53.4	136.5	19.5	5.8	400.9	YES	YES		YES		YES	YES			YES	YES	YES							
565P	Linguine Tom Kha Prawn	894.4	40.6	136.5	19.1	5.8	660.5	YES	YES		YES		YES	YES			YES	YES	YES							
566C	Yellow Noodle with crispy Chicken	719.2	41.8	125.4	3.9	4.0	685.6	YES	YES		YES			YES			YES	YES						YES		
566P	Yellow Noodle with crispy Prawn	667.9	29.0	125.4	3.5	4.0	945.2	YES	YES		YES			YES			YES	YES						YES		
566T	Yellow Noodle with crispy Tofu	673.2	24.9	125.4	6.1	6.4	553.7	YES	YES		YES						YES	YES	YES					YES		
567C	Crispy Yellow Noodle with Tumeric Sauce Chicken	805.7	41.3	72.1	37.6	4.6	1,016.7	YES	YES	YES	YES	YES	YES	YES			YES	YES		YES		YES				
567B	Crispy Yellow Noodle with Tumeric Sauce Beef	966.7	46.3	72.1	52.6	4.6	1,047.7	YES	YES	YES	YES	YES	YES	YES			YES	YES		YES		YES				
567P	Crispy Yellow Noodle with Tumeric Sauce Prawn	754.4	28.5	72.1	37.3	4.6	1,276.3	YES	YES	YES	YES	YES	YES	YES			YES	YES		YES		YES				
568C	Noodle Song Kruang Chicken	1,094.5	46.2	197.3	11.0	7.9	13,566.1	YES	YES		YES			YES			YES	YES		YES				YES		
568D	Noodle Song Kruang Duck	1,195.5	33.8	180.8	35.3	7.7	2,226.3	YES	YES		YES			YES			YES	YES		YES				YES		
569C	Tom Yum Glass Noodle Chicken	959.9	29.3	164.8	17.6	2.5	2,042.8	YES	YES		YES		YES	YES			YES	YES	YES							
569B	Tom Yum Glass Noodle Beef	1,120.9	34.3	164.8	32.6	2.5	2,073.8	YES	YES		YES		YES	YES			YES	YES	YES							
569P	Tom Yum Glass Noodle Prawn	908.5	16.5	164.8	17.3	2.5	2,302.4	YES	YES		YES		YES	YES			YES	YES	YES							
570C	Linguine Stirfry Chicken	976.3	47.0	149.3	20.2	6.6	906.1	YES	YES		YES			YES			YES	YES						YES		
570B	Linguine Stirfry Beef	976.3	47.0	149.3	20.2	6.6	906.1	YES	YES		YES			YES			YES	YES						YES		
570P	Linguine Stirfry Prawn	924.9	34.2	149.3	19.8	6.6	1,165.7	YES	YES		YES			YES			YES	YES						YES		
571C	Malay Noodle Chicken	1,370.2	56.4	172.5	49.6	10.3	2,083.0	YES	YES		YES	YES	YES	YES	YES		YES	YES				YES				
571B	Malay Noodle Beef	1,531.2	61.4	172.5	64.6	10.3	2,114.0	YES	YES		YES	YES	YES	YES	YES		YES	YES				YES				
572C	Tom Klong Yellow Noodle Chicken	696.9	40.7	126.6	1.2	3.9	1,048.8	YES	YES		YES		YES				YES	YES								
572B	Tom Klong Yellow Noodle Beef	857.9	45.7	126.6	16.2	3.9	1,079.8	YES	YES		YES		YES				YES	YES								
572P	Tom Klong Yellow Noodle Prawn	645.5	27.8	126.6	0.8	3.9	1,308.4	YES	YES		YES		YES	YES			YES	YES								

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.

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