



# NUTRITIONAL INFORMATION

| Meat Soups                        | Energy Kcal | Fat g | of which sat g | Carb g | of which sugar | Fibre | Protein | Salt | Allergens                                  |
|-----------------------------------|-------------|-------|----------------|--------|----------------|-------|---------|------|--------------------------------------------|
| Andaman Island Spiced Chicken     | 405         | 27    | 15             | 17.3   | 5.9            | 3.9   | 21.5    | 0.5  | Sulphites                                  |
| Californian Chicken Succotash     | 418         | 19    | 8.1            | 35     | 9.6            | 7.5   | 27      | 3.1  | Milk, Celery                               |
| Jammin Jamaican Jerk Chicken      | 392         | 25.3  | 15.2           | 19.4   | 4.2            | 6.7   | 18.4    | 0.5  | Celery                                     |
| Soto Ayam - Indonesian Chicken    | 414         | 27.5  | 15.3           | 15.5   | 5.4            | 7.9   | 22.2    | 0.6  | Sulphites                                  |
| Sri Lankan Chicken & Red Lentil   | 448         | 28.3  | 16.2           | 16.4   | 5.8            | 6.5   | 23.7    | 0.5  |                                            |
| Thai Style Crushed Chilli Chicken | 579         | 65.1  | 47.2           | 10.4   | 8.9            | 2.7   | 27.6    | 0.8  | Crustaceans, Soya, Fish, Gluten, Sulphites |
| Vietnamese Chicken & Sweet Potato | 496         | 14.4  | 5              | 23.3   | 10             | 5.6   | 17.7    | 0.5  | Fish                                       |
| Dan Dan Sezchchaun Beef Broth     | 261         | 15.5  | 2.9            | 9.2    | 0.5            | 0.5   | 20.9    | 0.4  | Gluten, Fish, Sulphites                    |
| Kashmiri Beef                     | 375         | 21.5  | 7.5            | 21.5   | 3.9            | 2.9   | 22.4    | 0.8  | Milk, Mustard                              |
| Keema - Spiced Mince Beef         | 432         | 21.8  | 8              | 16.1   | 7.6            | 4.6   | 13.8    | 0.4  | Milk, Celery                               |
| Malay Massman Beef                | 546         | 37    | 17             | 26     | 6              | 6     | 29      | 3.6  | Peanuts                                    |
| Moghul Beef                       | 369         | 22    | 8.8            | 23     | 5.4            | 4.8   | 21      | 3.1  | Milk, Celery                               |
| Nusa Smokehouse Chill con Carne   | 319         | 14.5  | 3.2            | 21.4   | 8.1            | 8.1   | 21.7    | 0.8  | Celery                                     |
| BLT - Bacon, Lentil & Tomato      | 425         | 20.1  | 4.5            | 18.4   | 8.2            | 6.5   | 22.7    | 0.7  | Celery                                     |
| Cambodian Prawn & Pork Baw Baw    | 275         | 9.8   | 2              | 21.2   | 4.7            | 5.6   | 21.6    | 0.5  | Celery, Fish, Peanuts, Gluten, Crustaceans |
| Cebu Chickpea & Chorizo           | 656         | 30.2  | 9.4            | 57.3   | 6.8            | 20.8  | 28.4    | 0.6  | Milk, Celery                               |
| Creamy Bacon & Celeriac           | 568         | 34.5  | 21.2           | 47.6   | 7.2            | 11.5  | 21.4    | 0.7  | Milk, Celery                               |
| Korean BBQ Pork Broth             | 295         | 12.3  | 2.7            | 8.7    | 0.7            | 2.1   | 23.8    | 0.6  | Gluten, Sesame, Soya Beans, Sulphites      |
| Lap Cheung & Three Bean           | 336         | 17.9  | 4              | 28.6   | 6.7            | 11.5  | 15.3    | 0.7  | Gluten, Celery                             |

| <b>Fish Soups</b>                   | <b>Energy Kcal</b> | <b>Fat g</b> | <b>of which sat g</b> | <b>Carb</b> | <b>of which sugar</b> | <b>Fibre</b> | <b>Protein</b> | <b>Salt</b> | <b>Allergens</b>              |
|-------------------------------------|--------------------|--------------|-----------------------|-------------|-----------------------|--------------|----------------|-------------|-------------------------------|
| <b>Cochin Fish</b>                  | 433                | 29.7         | 18.4                  | 23.2        | 11.2                  | 3.9          | 16.4           | 0.5         | Fish, Mustard                 |
| <b>Firecracker Shrimp Jambalaya</b> | 427                | 10           | 1.1                   | 30.8        | 6.7                   | 13           | 21.7           | 0.7         | Crustacean, Celery            |
| <b>Hokkien Prawn Mee</b>            | 253                | 28.8         | 19.5                  | 25.5        | 13.6                  | 5            | 18.9           | 0.6         | Crustaceans, Sulphite, Gluten |
| <b>Keralan Style Fish</b>           | 384                | 18.9         | 8.2                   | 27.3        | 6.6                   | 6.3          | 23.1           | 0.5         | Fish, Mustard                 |
| <b>Seductive Spanish Fish Stew</b>  | 368                | 17.1         | 2.8                   | 21.1        | 5.6                   | 4.3          | 25.4           | 0.7         | Fish, Celery                  |
| <b>Singapore Tiger Prawn Laksa</b>  | 578                | 44.1         | 26.4                  | 25          | 3.1                   | 2.1          | 20.1           | 1           | Crustaceans                   |
| <b>Thai Style Fish Tom Yam</b>      | 306                | 16.9         | 9.5                   | 24.5        | 4.2                   | 4.1          | 11.8           | 0.8         | Fish, Sulphite, Crustacean    |
| <b>Punjab Prawn &amp; Chickpea</b>  | 311                | 18.8         | 7.6                   | 29.6        | 6.3                   | 5.2          | 27.8           | 0.6         | Crustaceans, Sulphites        |
| <b>Malacca Fish Chowder</b>         | 456                | 26.6         | 13.8                  | 31          | 9.8                   | 5.5          | 20.4           | 3.1         | Fish                          |

| Veg Soups                                   | Energy Kcal | Fat g | of which sat g | Carb | of which sugar | Fibre | Protein | Salt | Allergens                            |
|---------------------------------------------|-------------|-------|----------------|------|----------------|-------|---------|------|--------------------------------------|
| Andalucian Gazpacho                         | 207         | 9     | 1.3            | 8.6  | 5              | 2.5   | 2.5     | 0.4  | Gluten                               |
| Aloo Sabzi - Indian Spiced Potato & Spinach | 503         | 17.6  | 13.5           | 11.5 | 4.7            | 4.3   | 4.8     | 0.6  | Milk                                 |
| Asparagus Risotto                           | 310         | 53.8  | 24.5           | 21.5 | 5.6            | 3.1   | 7.8     | 0.7  | Milk, Celery                         |
| Aviyal - Sri Lankan Coconut & Cauliflower   | 293         | 24.3  | 9.7            | 10.9 | 6.3            | 5.4   | 5.1     | 0.4  | Mustard                              |
| Black Bean - Dhal Makhni                    | 177         | 6.2   | 0.8            | 20   | 10             | 9.60  | 10      | 3.5  |                                      |
| Bombay Potato & Pea                         | 364         | 21.9  | 11             | 30.9 | 4.3            | 7.5   | 7.1     | 0.6  | Mustard, Sulphite                    |
| Calcutta Cucumber Cooler                    | 328         | 16.8  | 4.6            | 7.9  | 4.3            | 1.8   | 3.1     | 0.6  | Milk, Mustard                        |
| Cauliflower Cheese                          | 401         | 39.7  | 18.8           | 36.7 | 9.8            | 4.8   | 5.2     | 0.4  | Milk                                 |
| Chilli Butterbean                           | 266         | 13.6  | 4.3            | 20.8 | 6.1            | 10.7  | 9.5     | 0.8  | Milk, Celery                         |
| Goan Chickpea & Spinach                     | 278         | 15.2  | 4.5            | 24.7 | 6.1            | 5.3   | 7.9     | 0.5  | Milk, Mustard                        |
| Javanese Jump Up Beans & Rice               | 398         | 26.9  | 7.9            | 41.2 | 8.5            | 5.3   | 8.7     | 0.6  | Sulphites, Milk, Celery              |
| Kung Pao Chickpea                           | 378         | 19.7  | 7.7            | 29.8 | 6.8            | 3.7   | 7.4     | 0.5  | Sulphite                             |
| Lahore Lentil & Chickpea                    | 389         | 12.5  | 1.4            | 45.9 | 6.6            | 6.9   | 15.4    | 0.5  | Celery                               |
| Malacca Vegetable Laksa Lemak               | 388         | 21.7  | 10.4           | 41.7 | 3.1            | 2     | 5.4     | 0.5  |                                      |
| Malayan Corn Chowder                        | 396         | 20.3  | 9              | 32.5 | 5.5            | 4.5   | 6.9     | 0.5  |                                      |
| Mulligatawny                                | 376         | 11.8  | 3.5            | 25.7 | 6.1            | 5.4   | 21.7    | 0.7  |                                      |
| Nusa Tomato & Basil                         | 162         | 8.7   | 1.1            | 12   | 10.9           | 3.7   | 2.5     | 0.4  | Celery                               |
| Rustic Roasted Root Vegetable               | 476         | 47.9  | 21.6           | 49.5 | 12.6           | 12.5  | 5.8     | 0.6  | Milk                                 |
| Summer Minestrone                           | 224         | 15.8  | 6.1            | 29.9 | 6.7            | 11.4  | 7.5     | 0.4  | Gluten, Milk, Celery                 |
| Sup Lobak - Carrot, Turmeric & Ginger       | 398         | 36.5  | 16.5           | 44.4 | 7.3            | 10.1  | 6.5     | 0.6  |                                      |
| South Indian Tomato Rasam                   | 422         | 11.7  | 1.4            | 53.9 | 10.9           | 6.7   | 22      | 0.5  | Mustard                              |
| Spicy Lentil                                | 468         | 9.2   | 0.9            | 63.4 | 4.4            | 13.3  | 33.9    | 0.7  | Mustard, Sulphite                    |
| Sri Lankan Cashewnut & Green Bean           | 708         | 59.9  | 21.6           | 20   | 8.8            | 6     | 19.1    | 0.5  | Nuts                                 |
| Thai Chilli Tofu Broth                      | 285         | 5.6   | 1.2            | 6.5  | 2.3            | 1.4   | 15.5    | 0.6  | Sesame, Sulphite<br>Sulphites, Soya, |
| Thai Vegetarian Tom Yam                     | 504         | 49.7  | 39.1           | 6.8  | 5.6            | 2     | 6.4     | 0.8  |                                      |
| Ubi Manis - Sweet Potato & Wild Rice        | 439         | 19.3  | 9.1            | 44.1 | 11.3           | 6     | 5.8     | 0.5  |                                      |
| Vegetarian Chilli                           | 281         | 9.3   | 1.1            | 28.9 | 6.3            | 12.7  | 14      | 0.8  | Celery                               |
| Vegetable Dhansak                           | 389         | 24.5  | 4.3            | 35.7 | 5.9            | 5.2   | 11.6    | 0.7  | Milk                                 |
| Vegetable Jambalaya                         | 273         | 11.1  | 1.2            | 27.7 | 4.8            | 9.8   | 10.7    | 0.5  | Celery                               |
| Winter Minestrone                           | 224         | 13.6  | 5.7            | 29.7 | 3.8            | 10.1  | 6.9     | 0.5  | Glute, Milk, Celery                  |
| Yucatan Tortilla                            | 219         | 12.5  | 1.4            | 20.1 | 6.1            | 3.8   | 4.4     | 0.7  | Gluten                               |

|   | <b>Rice Boxes</b>                  | <b>Energy Kcal</b> | <b>Fat g</b> | <b>of which sat g</b> | <b>Carb</b> | <b>of which sugar</b> | <b>Fibre</b> | <b>Protein</b> | <b>Salt</b> | <b>Allergens</b>             |
|---|------------------------------------|--------------------|--------------|-----------------------|-------------|-----------------------|--------------|----------------|-------------|------------------------------|
| S | <b>Malay Beef Rendang</b>          | 855                | 38           | 21                    | 78          | 7.6                   | 4.9          | 48             | 3.2         |                              |
| S | <b>Vietnamese Grilled Chicken</b>  | 828                | 42           | 16.7                  | 77.1        | 7.2                   | 3.8          | 38             | 0.9         | Sulphite, Gluten, Fish, Soya |
| S | <b>Tofu &amp; Shitake Mushroom</b> | 498                | 15.6         | 11                    | 76          | 4.2                   | 5.32         | 12.5           | 0.8         | Celery                       |
| S | <b>Japanese Miso Cod</b>           | 499                | 11.2         | 10.2                  | 68.6        | 3.3                   | 3.6          | 22.8           | 0.7         | Fish, Gluten, Soya           |
| S | <b>Veg Nasi Lemak</b>              | 417                | 15.3         | 9                     | 56.1        | 5.1                   | 4.5          | 11.4           | 1.5         | Eggs                         |
| S | <b>Meat Nasi Lemak</b>             | 518                | 21.8         | 10.9                  | 52.2        | 8.6                   | 3            | 27.5           | 3.2         | Fish                         |
| L | <b>Malay Beef Rendang</b>          | 1030               | 53.2         | 22                    | 85.4        | 9.7                   | 6.2          | 47.5           | 0.9         |                              |
| L | <b>Vietnamese Grilled Chicken</b>  | 1044               | 48.8         | 23.3                  | 107         | 10.1                  | 5.3          | 42.4           | 1.3         | Sulphite, Gluten, Fish, Soya |
| L | <b>Tofu &amp; Shitake Mushroom</b> | 685                | 21.3         | 15.1                  | 102         | 5.7                   | 7.3          | 17.2           | 1.1         | Celery                       |
| L | <b>Japanese Miso Cod</b>           | 691                | 18.3         | 14.6                  | 97.8        | 4.7                   | 5.2          | 32.4           | 2.5         | Fish, Gluten, Soya           |
| L | <b>Veg Nasi Lemak</b>              | 542                | 19.9         | 11.7                  | 72.9        | 6.6                   | 5.9          | 14.8           | 2.0         | Eggs                         |
| L | <b>Meat Nasi Lemak</b>             | 664                | 27.9         | 13.9                  | 66.8        | 11.1                  | 3.9          | 35.3           | 3.7         | Fish                         |

| Portion | <b>Breakfast</b>                         | <b>Energy Kcal</b> | <b>Fat g</b> | <b>of which sat g</b> | <b>Carb</b> | <b>of which sugar</b> | <b>Fibre</b> | <b>Protein</b> | <b>Salt</b> | <b>Allergens</b>             |
|---------|------------------------------------------|--------------------|--------------|-----------------------|-------------|-----------------------|--------------|----------------|-------------|------------------------------|
|         | <b>Bombay Eggs</b>                       | 349                | 27.8         | 12.2                  | 2.4         | 0.9                   | 0.7          | 21.9           | 0.9         | Eggs, Milk                   |
|         | <b>Asian Spiced Toastie</b>              | 337                | 7.9          | 1.6                   | 48          | 5.52                  | 4.8          | 17.3           | 2.3         | Eggs, Gluten                 |
|         | <b>Asian Spiced Toastie with Sausage</b> | 527                | 23.6         | 7.6                   | 50          | 6.6                   | 5            | 27.7           | 5.7         | Eggs, Gluten                 |
|         | <b>Asian Spiced Toastie with Bacon</b>   | 605                | 26.5         | 8.2                   | 52.4        | 5.6                   | 5.1          | 38.1           | 6.8         | Eggs, Gluten                 |
|         | <b>Kim Chi Toastie</b>                   | 271                | 8.6          | 1.9                   | 32.3        | 3.2                   | 2.9          | 16.6           | 1.5         | Eggs, Gluten, Fish           |
|         | <b>Bahn Mi Toastie</b>                   | 429                | 19.1         | 5.3                   | 16.1        | 10.1                  | 2.4          | 28.4           | 0.9         | Gluten, Fish                 |
|         | <b>Krabi Coconut Porridge</b>            | 272                | 12.6         | 8.2                   | 32.6        | 0.7                   | 4.1          | 5.8            | 0           | Gluten                       |
|         | <b>Bircher Muesli S</b>                  | 492                | 18           | 6                     | 72.9        | 20.4                  | 7.44         | 14.4           | 0.1         | Milk, Nuts, Gluten, Sulphite |
|         | <b>Bircher Muesli L</b>                  | 749                | 26.3         | 8.1                   | 106.4       | 29.7                  | 10.85        | 21             | 0.1         | Milk, Nuts, Gluten, Sulphite |

|  | <b>Pots &amp; Drinks</b>                   | <b>Energy Kcal</b> | <b>Fat g</b> | <b>of which sat g</b> | <b>Carb</b> | <b>of which sugar</b> | <b>Fibre</b> | <b>Protein</b> | <b>Salt</b> | <b>Allergens</b>                 |
|--|--------------------------------------------|--------------------|--------------|-----------------------|-------------|-----------------------|--------------|----------------|-------------|----------------------------------|
|  | <b>Avococo</b>                             | 134                | 9.8          | 2                     | 11.8        | 11                    | 1.7          | 0.9            | 0.1         | Sulphites                        |
|  | <b>Club Tropicana</b>                      | 113                | 0.4          | 0                     | 26.9        | 26.2                  | 5            | 1.5            | 0.1         | Sulphites                        |
|  | <b>Mango Lassi</b>                         | 237                | 11.9         | 7.6                   | 26.5        | 26.4                  | 0.2          | 16.8           | 0.1         | Milk                             |
|  | <b>Fruit Salad S</b>                       | 55                 | 0.3          | 0                     | 12.8        | 12.8                  | 2.7          | 1              | 0           | N/A                              |
|  | <b>Fruit Salad L</b>                       | 93                 | 0.5          | 0                     | 21.3        | 21.3                  | 4.5          | 1.6            | 0           | N/A                              |
|  | <b>Pineapple S</b>                         | 70                 | 0.3          | 0                     | 16.8        | 16.8                  | 3.2          | 0.7            | 0           | N/A                              |
|  | <b>Pineapple L</b>                         | 88                 | 0.4          | 0                     | 20.8        | 20.6                  | 4            | 0.9            | 0           | N/A                              |
|  | <b>Berry Pot</b>                           | 46                 | 0.6          | 0                     | 9.6         | 9.6                   | 5.9          | 1.1            | 0           | N/A                              |
|  | <b>Papaya Pot</b>                          | 50                 | 0.2          | 0                     | 12.2        | 12.2                  | 3.2          | 0.7            | 0           | N/A                              |
|  | <b>Greek Yoghurt &amp; Fresh Berries</b>   | 292                | 12.7         | 7.4                   | 37.5        | 29.2                  | 2.5          | 16.1           | 0.1         | Milk, Gluten                     |
|  | <b>Greek Yoghurt &amp; Blueberry Puree</b> | 294                | 17.4         | 11.6                  | 25.2        | 25.2                  | 0.3          | 9.9            | 0.1         | Milk / Gluten with Granola, Nuts |
|  | <b>Greek Yoghurt &amp; Mango Puree</b>     | 273                | 16.9         | 10.5                  | 26.5        | 26.5                  | 0.2          | 10.8           | 0.1         | Milk / Gluten with Granola, Nuts |
|  | <b>Coconut Yoghurt Chia Pot</b>            | 226                | 21.7         | 19.1                  | 4.8         | 2.6                   | 0.9          | 2.9            | 0           | N/A                              |
|  | <b>Balinese Black Rice Pudding</b>         | 445                | 5.1          | 3.5                   | 89.4        | 32.1                  | 3.2          | 7              | 0.1         | N/A                              |
|  | <b>Indian White Rice Pudding</b>           | 275                | 6.5          | 2.7                   | 48.6        | 26.2                  | 0.9          | 5.7            | 0.1         | Milk, Nuts                       |

|   | <b>Salads (WITH DRESSINGS)</b>           | Energy Kcal | Fat g | of which sat g | Carb | of which sugar | Fibre | Protein | Salt | Allergens                              |
|---|------------------------------------------|-------------|-------|----------------|------|----------------|-------|---------|------|----------------------------------------|
| S | <b>Satay Chicken Salad</b>               | 216         | 9.7   | 1.4            | 13.3 | 9.2            | 3.4   | 17.8    | 0.6  | Gluten, Peanuts, Soybeans, Sesame      |
| S | <b>Rippin Chicken Protein Salad</b>      | 449         | 28.8  | 3.9            | 28.8 | 7.1            | 5.5   | 17      | 0.4  | Sulphites, Mustard, Eggs, Nuts, Sesame |
| S | <b>Thai Beef Noodle Salad</b>            | 244         | 6.8   | 1.8            | 29.7 | 13.6           | 2.2   | 15.8    | 0.6  | Gluten, Sesame, Fish, Soya             |
| S | <b>Miso Tofu &amp; Soba Noodle Salad</b> | 369         | 22.4  | 2.3            | 28.3 | 1.5            | 6.1   | 15.7    | 0.6  | Gluten, Nuts, Sesame, Soya             |
|   | <b>Roasted Veg Salad</b>                 | 248         | 12.9  | 6.7            | 22.1 | 13.2           | 5.9   | 10.8    | 0.6  | Milk, Sesame                           |
| L | <b>Satay Chicken Salad</b>               | 420         | 18.9  | 2.8            | 25.9 | 17.9           | 6.7   | 34.7    | 0.9  | Gluten, Peanuts, Soybeans, Sesame      |
| L | <b>Rippin Chicken Protein Salad</b>      | 936         | 60    | 8.2            | 60   | 14.9           | 11.5  | 35.5    | 0.9  | Sulphites, Mustard, Eggs, Nuts, Sesame |
| L | <b>Thai Beef Noodle Salad</b>            | 488         | 13.6  | 3.6            | 59.4 | 27.2           | 4.4   | 31.6    | 1.2  | Gluten, Sesame, Fish, Soya             |
| L | <b>Miso Tofu &amp; Soba Noodle Salad</b> | 738         | 44.8  | 4.6            | 56.6 | 3              | 12.2  | 31.4    | 1.2  | Gluten, Nuts, Sesame, Soya             |
| L | <b>Roasted Veg Salad</b>                 | 96          | 25.8  | 13.4           | 44.2 | 26.4           | 11.8  | 216     | 1.2  | Milk, Sesame                           |