

NUTRITION INFORMATION



Noodle Box

Calories Total Fat (g) Saturated Fat Trans Fat (g) Cholesterol (mg) Sodium (mg) Carbs (g) Fibre (g) Sugars (g) Protein (g) Vitamin A% Vitamin C% Calcium % Iron %

DISHES CONTAIN
Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood

Dan Dan (without protein)

Item	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Half Box w/ Hokkien Noodles	310	2	0.3	0	0	770	56	5	7	18	20	80	8	35								
Half Box w/ Rice	170	1.5	0	0	0	640	35	3	5	6	20	80	8	15								
Full Box w/ Hokkien Noodles	530	3.5	0.4	0	0	1300	97	8	12	30	40	160	15	60								
Full Box w/ Rice	320	2	0.3	0	0	1080	66	5	9	9	40	160	15	30								
Sumo w/ Hokkien Noodles	840	5	0.5	0	0	2060	151	12	19	46	60	240	20	90								
Sumo w/ Rice	480	3.5	0.4	0	0	1720	99	7	13	13	60	240	20	45								

Firecracker (without protein)

Half Box w/ Hokkien Noodles	380	18	4.5	0	30	1300	85	6	25	31	20	90	10	40								
Half Box w/ Rice	250	17	4.5	0	30	1130	66	4	23	20	20	90	8	20								
Full Box w/ Hokkien Noodles	650	34	9	0	65	2150	145	9	44	55	40	170	15	60								
Full Box w/ Rice	450	32	9	0	60	1880	117	6	39	36	40	160	15	35								
Sumo w/ Hokkien Noodles	990	51	13	0	95	3230	224	13	68	83	60	240	20	90								
Sumo w/ Rice	670	49	13	0	95	2750	178	8	63	54	60	240	20	50								

Hong Kong Spice (without protein)

Half Box w/ Chow Mein Noodles	270	2.5	0.4	0	20	270	48	5	10	14	20	90	8	35								
Half Box w/ Rice	190	1.5	0	0	0	240	39	3	9	6	20	90	8	20								
Full Box w/ Chow Mein Noodles	400	4	0.5	0	30	510	73	7	19	20	40	160	15	50								
Full Box w/ Rice	360	3	0.2	0	0	480	75	6	17	10	40	160	15	40								
Sumo w/ Chow Mein Noodles	550	4.5	1	0	50	200	99	10	10	31	60	240	20	80								
Sumo w/ Rice	530	4	0.3	0	0	720	112	8	26	14	60	240	20	60								

Kung Pao (without protein)

Half Box w/ Chow Mein Noodles	320	9	1.5	0	15	600	47	4	12	15	15	70	8	30								
Half Box w/ Rice	250	8	1	0	0	570	38	3	10	8	15	70	8	20								
Full Box w/ Chow Mein Noodles	570	18	2.5	0	25	1270	81	8	25	26	35	150	15	50								
Full Box w/ Rice	600	18	2.5	0	0	1400	93	8	26	19	40	160	15	45								
Sumo w/ Chow Mein Noodles	940	28	4	0	45	2000	135	13	39	42	50	220	25	80								
Sumo w/ Rice	820	25	3.5	0	0	1940	128	10	36	26	50	220	25	60								

Pad Thai (without protein)

Half Box w/ Ribbon Noodles	440	8	2	0	155	540	76	4	8	12	30	90	10	25								
Half Box w/ Rice	220	4.5	0.5	0	5	290	39	3	6	7	20	90	10	25								
Full Box w/ Ribbon Noodles	820	13	3	0	305	1080	150	8	15	21	50	180	25	50								
Full Box w/ Rice	490	12	3	0	305	580	73	5	11	20	50	170	20	50								
Sumo w/ Ribbon Noodles	1080	13	3	0	290	1470	209	10	20	24	70	250	30	60								
Sumo w/ Rice	660	13	3	0	305	860	109	8	17	24	70	260	25	70								

Singapore Cashew (without protein)

Half Box w/ Hokkien Noodles	470	12	2	0	0	1120	70	5	15	22	20	100	10	50								
Half Box w/ Rice	210	2	0.4	0	0	990	42	3	12	6	20	100	8	20								
Full Box w/ Hokkien Noodles	600	5	0.5	0	0	1880	109	8	24	30	40	180	15	60								
Full Box w/ Rice	380	3.5	0.5	0	0	1670	78	5	20	10	40	180	15	35								
Sumo w/ Hokkien Noodles	940	8	1	0	0	3000	170	12	37	47	60	270	25	100								
Sumo w/ Rice	560	5	1	0	0	2340	114	7	29	14	60	270	20	50								

Sweet Mongolian (without protein)

Half Box w/ Udon Noodles	340	2	0	0	0	390	66	4	19	15	20	80	6	35								
Half Box w/ Rice	210	1.5	0	0	0	210	46	2	17	4	20	80	6	15								
Full Box w/ Udon Noodles	580	3.5	0	0	0	660	113	7	33	25	35	150	15	60								
Full Box w/ Rice	390	2	0.3	0	0	360	87	4	29	7	35	150	15	35								
Sumo w/ Udon Noodles	900	5	0.2	0	0	990	173	10	47	40	50	230	20	90								
Sumo w/ Rice	580	3	0.4	0	0	510	127	6	41	11	50	230	20	50								

Teriyaki (without protein)

Half Box w/ Udon Noodles	340	1.5	0	0	0	460	66	5	17	17	20	90	8	35								
Half Box w/ Rice	210	1	0	0	0	280	46	3	15	6	20	90	8	20								
Full Box w/ Udon Noodles	580	2.5	0	0	0	780	112	8	30	28	40	160	15	60								
Full Box w/ Rice	390	1.5	0.2	0	0	480	86	5	26	10	40	160	15	30								
Sumo w/ Udon Noodles	890	4	0	0	0	1160	170	12	42	43	60	240	20	90								
Sumo w/ Rice	570	2	0.3	0	0	670	125	7	37	14	60	240	20	45								

Noodles

Chow Mein (150g)	263	2	0.5	0	28	32	46	2	2	14	0	0	15	4								
Hokkien (240g)	437	2	0.2	0	0	219	79	3	3	24	0	0	24	6								
Ribbon (283g)	666	0	0	0	0	33	156	10	0	13	0	0	7	20								
Udon (240g)	413	2	0	0	0	307	75	3	3	22	0	0	0	6								

Proteins (FULL BOX PORTION)

Beef (4oz)	239	13	5	0	95	60	0	0	0	30	0	0	0	2								
Chicken (4oz)	148	4	1	0.1	91	397	3.4	0	2	25	0	0	0	0								
Shrimp (4oz)	120	0	0	0	172	168	0	0	0	23	0	0	5	3								
Tofu (4oz)	110	7	1	0	0	0	2	0	0	12	0	0	2	10								

V CAN BE VEGAN

V CAN BE VEGETARIAN

GF CAN BE GLUTEN FRIENDLY



PLEASE REMEMBER TO INFORM OUR STAFF IF YOU HAVE AN ALLERGY TO SPECIFIC FOOD GROUPS.

OF INTEREST: Everything is cooked to order, so there may be some variation in the above numbers. Our foods have no trans fats (except those which occur naturally in beef and dairy). We have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat in our restaurant, and there may be cross contact with your food. We periodically update this guide, therefore some changes may not be within this guide.

