

		NUTRITIONAL DATA V17 SEPTEMBER 2025 Adults need around 2000 kcal per day									
	Meal Components (per serving size)	Serving Portion	kJ	kcal	Fat g	Sat Fats g	Carbohydrate g	Sugars g	Fibre g	Protein g	Salt g
BASE CHOICE	Vegetable Chow Mein - Small	2.00	1115	264	6.6	1.0	42.6	3.0	2.8	7.3	2.60
	Vegetable Chow Mein - Regular	2.50	1393	330	8.2	1.2	53.3	3.8	3.4	9.1	3.24
	Vegetable Chow Mein - Large	3.00	1672	396	9.9	1.5	63.9	4.6	4.1	10.9	3.89
	Egg Fried Rice - Small	2.00	1365	326	6.6	1.2	59.7	0.7	0.1	6.6	0.71
	Egg Fried Rice - Regular	2.50	1706	408	8.2	1.6	74.7	0.9	0.1	8.3	0.89
	Egg Fried Rice - Large	3.00	2048	489	9.9	1.9	89.6	1.1	0.1	9.9	1.07
	Cauli Rice - Small	2.00	196	46	0.2	0.1	6.8	4.0	3.0	2.8	1.70
	Cauli Rice - Regular	2.50	245	58	0.3	0.1	8.5	5.0	3.8	3.5	2.13
	Cauli Rice - Large	3.00	294	69	0.3	0.2	10.2	6.0	4.5	4.2	2.55
FLAVOUR BOOSTS	Savoury One	0.08	36	9	0.1	0.0	1.4	1.0	0.0	0.4	1.86
	Sweet One	0.08	88	21	0.0	0.0	5.1	4.4	0.0	0.1	0.55
	Spicy One	0.08	88	21	0.2	0.0	4.6	4.1	0.2	0.1	0.37
TOPPING CHOICES	Coconut Crave Chicken - Small NEW	1.70	663	160	10.0	5.5	5.4	0.0	2.0	12.9	1.50
	Coconut Crave Chicken - Regular NEW	1.20	468	113	7.1	3.9	3.8	0.0	1.4	9.1	1.06
	Coconut Crave Chicken - Large NEW	1.20	468	113	7.1	3.9	3.8	0.0	1.4	9.1	1.06
	Coconut Crave Chicken - Topper Pot NEW	1.95	761	183	11.5	6.3	6.2	0.0	2.3	14.8	1.72
	Hoisin Duck - Small NEW	1.20	580	138	3.4	0.6	11.0	8.8	2.3	16.9	2.28
	Hoisin Duck - Regular NEW	0.80	386	92	2.2	0.4	7.4	5.8	1.5	11.3	1.52
	Hoisin Duck - Large NEW	0.80	386	92	2.2	0.4	7.4	5.8	1.5	11.3	1.52
	Hoisin Duck - Topper Pot NEW	1.40	676	161	3.9	0.7	12.9	10.2	2.7	19.7	2.66
	No Beef Teriyaki - Small	1.20	425	101	2.3	0.3	14.6	3.6	3.5	7.3	0.94
	No Beef Teriyaki - Regular	0.80	283	67	1.5	0.2	9.8	2.4	2.3	4.9	0.62
	No Beef Teriyaki - Large	0.80	283	67	1.5	0.2	9.8	2.4	2.3	4.9	0.62
	No Beef Teriyaki - Topper Pot	2.00	708	168	3.8	0.5	24.4	6.0	5.8	12.2	1.56
	Caramel Drizzle Chicken - Small	1.20	1175	281	12.6	3.0	30.7	11.3	1.4	11.8	1.78
	Caramel Drizzle Chicken - Regular	0.80	783	187	8.4	2.0	20.5	7.5	1.0	7.8	1.18
	Caramel Drizzle Chicken - Large	0.80	783	187	8.4	2.0	20.5	7.5	1.0	7.8	1.18
	Caramel Drizzle Chicken - Topper Pot	1.55	1517	363	16.3	3.9	39.7	14.6	1.9	15.2	2.29
	Chinese Chicken Curry - Small	1.80	765	184	9.0	3.4	8.8	2.2	2.7	11.3	1.89
	Chinese Chicken Curry - Regular	1.30	553	133	6.5	2.5	6.4	1.6	2.0	8.1	1.37
	Chinese Chicken Curry - Large	1.30	553	133	6.5	2.5	6.4	1.6	2.0	8.1	1.37
	Chinese Chicken Curry - Topper Pot	2.35	999	240	11.8	4.5	11.5	2.8	3.5	14.7	2.47
	Salted Caramel Chilli Prawns - Small	1.60	1638	392	28.3	3.5	25.8	10.2	0.0	7.4	2.21
	Salted Caramel Chilli Prawns - Regular	1.05	1075	257	18.6	2.3	16.9	6.7	0.0	4.8	1.45
	Salted Caramel Chilli Prawns - Large	1.05	1075	257	18.6	2.3	16.9	6.7	0.0	4.8	1.45
	Salt & Pepper Chicken - Small	1.20	1069	256	17.5	2.5	12.3	2.3	0.8	11.0	1.34
	Salt & Pepper Chicken - Regular	0.80	713	170	11.7	1.7	8.2	1.6	0.5	7.3	0.89
	Salt & Pepper Chicken - Large	0.80	713	170	11.7	1.7	8.2	1.6	0.5	7.3	0.89
	Salt & Pepper Chicken - Topper Pot	1.55	1381	330	22.7	3.2	16.0	3.0	1.0	14.1	1.73
	Salt & Pepper Potatoes - Small	1.20	631	150	10.0	1.5	12.4	2.6	0.8	2.1	0.49
	Salt & Pepper Potatoes - Regular	0.80	421	100	6.7	1.0	8.3	1.8	0.5	1.4	0.32
	Salt & Pepper Potatoes - Large	0.80	421	100	6.7	1.0	8.3	1.8	0.5	1.4	0.32
	Salt & Pepper Potatoes - Topper Pot	1.75	920	219	14.6	2.2	18.1	3.9	1.1	3.0	0.71
	Sweet & Sour Chicken - Small	1.60	1135	271	16.7	2.4	19.1	8.0	0.6	9.9	1.21
	Sweet & Sour Chicken - Regular	1.20	851	203	12.6	1.8	14.4	6.0	0.4	7.4	0.90
	Sweet & Sour Chicken - Large	1.20	851	203	12.6	1.8	14.4	6.0	0.4	7.4	0.90
	Sweet & Sour Chicken - Topper Pot	1.95	1383	330	20.4	3.0	23.3	9.7	0.7	12.1	1.47
	Soy-Mazing Chicken - Small	1.20	1112	265	17.2	2.4	15.2	3.8	0.6	11.4	2.28
	Soy-Mazing Chicken - Regular	0.80	742	177	11.4	1.6	10.2	2.6	0.4	7.6	1.52
	Soy-Mazing Chicken - Large	0.80	742	177	11.4	1.6	10.2	2.6	0.4	7.6	1.52
	Soy-Mazing Chicken - Topper Pot	1.55	1724	411	26.6	3.7	23.6	6.0	0.9	17.7	3.53
	Firecracker Chicken - Small	1.60	1379	329	20.2	3.3	24.3	9.1	0.8	12.2	2.11
	Firecracker Chicken - Regular	1.20	1034	247	15.1	2.5	18.2	6.8	0.6	9.1	1.58
	Firecracker Chicken - Large	1.20	1034	247	15.1	2.5	18.2	6.8	0.6	9.1	1.58
	Firecracker Chicken - Topper Pot	1.50	1293	309	18.9	3.1	22.8	8.5	0.8	11.4	1.98
	Cherry Kiss Chicken - Small NEW	1.60	1256	299	13.3	1.4	24.8	9.3	0.1	20.3	2.40
	Cherry Kiss Chicken - Regular NEW	1.20	942	224	10.0	1.0	18.6	7.0	0.0	15.2	1.80
	Cherry Kiss Chicken - Large NEW	1.20	942	224	10.0	1.0	18.6	7.0	0.0	15.2	1.80
	Cherry Kiss Chicken - Topper Pot NEW	1.85	1452	346	15.4	1.6	28.7	10.7	0.1	23.5	2.78
	Chicken Katsu Curry - Small (4 Pieces)	1.40	1830	438	23.6	6.0	20.8	1.2	0.7	23.5	2.04
	Chicken Katsu Curry - Regular (3 Pieces)	1.05	1455	349	17.9	5.2	16.9	1.0	0.7	17.9	1.73
	Chicken Katsu Curry - Large (3 Pieces)	1.05	1455	349	17.9	5.2	16.9	1.0	0.7	17.9	1.73
	Pumpkin Katsu Curry	0.60	895	215	7.3	3.4	22.9	2.9	1.7	3.2	1.13

	Meal Components (per serving size)	Serving Portion	kJ	kcal	Fat g	Sat Fats g	Carbohydrate g	Sugars g	Fibre g	Protein g	Salt g
SIDE CHOICES	Katsu Curry Sauce Portion - Small	0.80	330	80	0.8	2.8	5.4	0.5	0.7	1.1	0.78
	Katsu Curry Sauce Portion - Large	1.60	661	160	1.6	5.6	10.7	1.0	1.4	2.2	1.57
	Mini Crispy Chicken Balls (10)	1.10	1135	272	13.9	1.4	21.2	0.8	1.7	16.3	1.24
	Mini Crispy Chicken Balls (15)	1.65	1703	408	20.8	2.1	31.8	1.2	2.5	24.4	1.86
	Mini Crispy Chicken Balls Sharer	2.70	2786	667	34.0	3.5	52.1	1.9	4.1	40.0	3.05
	Fries (Selected stores only)	2.00	1154	0	38.2	5.2	44.0	1.0	3.8	4.6	1.20
	Katsu Chicken Strips (3)	1.05	1125	269	17.1	2.4	11.6	0.5	0.0	16.8	0.95
	Katsu Chicken Strips (5)	1.75	1874	448	28.5	4.0	19.3	0.9	0.0	28.0	1.58
	Katsu Chicken Strips (10)	3.50	3749	896	57.1	8.1	38.5	1.8	0.0	56.0	3.15
	Prawn Crackers (39g Bag)	0.39	823	197	10.0	0.7	27.1	2.1	1.0	0.1	0.82
	Vegetable Spring Rolls (3)	0.45	577	138	7.1	0.7	16.8	1.2	1.1	2.3	0.59
	Vegetable Spring Rolls (5)	0.75	962	230	11.8	1.1	28.1	2.0	1.8	3.9	0.98
	Vegetable Spring Rolls (10)	1.50	1923	459	23.6	2.3	56.1	3.9	3.6	7.8	1.95
	Vegetable Spring Rolls (15)	2.25	2885	689	35.3	3.4	84.2	5.9	5.4	11.7	2.93
	Crispy Vegetable Gyoza (3)	0.60	514	122	4.7	0.5	17.9	2.6	2.1	3.3	0.74
	Crispy Vegetable Gyoza (5)	1.00	857	204	7.8	0.8	29.8	4.4	3.5	5.5	1.23
	Crispy Vegetable Gyoza (10)	2.00	1714	408	15.6	1.6	59.6	8.8	7.0	11.0	2.46
	Apple Pie Rolls (2)	0.60	682	163	5.8	0.5	26.8	7.9	2.4	1.9	0.11
	Apple Pie Rolls (5) + 30g Caramel Dip	1.50	2127	508	16.9	2.9	86.7	32.7	6.0	6.1	0.58
	Apple Pie Rolls (5) + 2 x 30g Caramel Dip DELIVERY ONLY	1.50	2550	609	18.4	4.4	106.5	45.7	6.0	7.4	0.87
	Dip Pot - Sweet Caramel Sauce 30g	0.30	423	101	2.3	1.5	19.8	13.0	0.0	1.3	0.29
	Dip Pot - Chinese BBQ 30g	0.30	206	49	0.0	0.0	11.9	9.5	0.4	0.8	0.33
	Dip Pot - Firepit Mayo 30g	0.30	351	84	5.7	0.8	7.8	5.1	0.4	1.5	0.87
	Dip Pot - Light Soya Sauce 30g	0.30	55	13	0.0	0.0	2.7	2.4	0.5	1.8	3.60
	Dip Pot - Sweet Chilli Sauce 30g	0.30	218	51	0.0	0.0	12.5	11.3	0.3	0.2	0.73