

Menu

↳ Live Cooking Oct 25



Name	Portion Name	Portion Size g	Label Energy kcal	Label Energy kJ	Label Carbohydrate g	Label Protein g	Label Sugars g	Nutri-Score C
untitled group			24132	101744	3491.1	1129.6	515.4	
Teriyaki Chicken with Wok Fried Noo...	1 Serving	297	501	2119	67	40	8.8	(B)
Singapore Black Pepper Chicken with...	1 Serving	267	647	2717	72	28	13	(C)
Crispy Ganjang Chicken with Wok Fri...	1 Serving	216	463	1958	78	23	9.4	(B)
Char Siu Chicken with Wok Fried Noo...	1 Serving	353	892	3776	160	41	21	(B)
Ganjang Chicken with Wok Fried Noo...	1 Serving	221	456	1925	66	29	9.3	(B)
Mongolian Spicy Beef & Vegetable St...	1 Serving	361	568	2392	77	26	17	(B)
Thai Red Chicken Meatball Curry wit...	1 Serving	252	564	2370	71	23	6.6	(B)
Katsu Chicken with Steamed Rice & ...	1 Serving	228	420	1770	61	17	4.9	(B)
Singapore Rice Noodles with Edema...	1 Serving	313	522	2197	77	16	4.3	(A)
Hoi Sin Vegetable Stir Fry with Noodl...	1 Serving	251	554	2334	90	15	23	(C)
Blackbean Pork with Green Peppers ...	1 Serving	270	524	2201	53	28	9.2	(C)
Halal Blackbean Chicken with Green ...	1 Serving	260	449	1889	53	26	9.2	(B)
Korean Vegetable Stir Fry with Fried ...	1 Serving	236	519	2176	66	12	15	(C)
Char Siu Pork with Wok Fried Noodles	1 Serving	353	937	3963	160	41	21	(B)
Chinese Chip Shop Chicken Curry wit...	1 Serving	201	222	934	11	25	3	(B)
Stir Fried Tofu & Greens with Sweet C...	1 Serving	220	336	1421	61	14	6.9	(B)

TOTALS:	24132	101745	1223	404	182	
AVERAGES:	1508	6359	76	25.3	11.4	