

Nutritional Information



Noodle Bar		Serving size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fats (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
1	Red Treasure Box	377	1945	466	30.5	4.5	1.1	1.9	1.5	<0.01	74.3	19.6	1972
	per 100 g	100	516	124	8.1	1.2	0.3	0.5	0.4	<0.01	19.7	5.2	523
2	Sweet Chilli Garlic	371	1988	475	24.5	2.6	<1	<1	1.2	<0.01	86.8	20.4	1866
	per 100 g	100	536	128	6.6	0.7	0.1	0.2	0.3	<0.01	23.5	5.5	503
3	Teriyaki Chicken	392	1956	467	24.3	3.5	<1	1.4	1.5	<0.01	83.1	18	1004
	per 100 g	100	499	119	6.2	0.9	0.2	0.4	0.4	<0.01	21.3	4.6	256
4	Mongolian Beef	377	1867	446	27.1	2.6	<1	<1	1.1	<0.01	76.9	15.8	1150
	per 100 g	100	495	118	7.2	0.7	0.2	0.2	0.3	<0.01	20.4	4.2	305
5	Green Chicken Curry	370	1793	428	24.4	6.3	3.5	1.4	1.4	<0.01	67.3	14.1	1587
	per 100 g	100	484	116	6.6	1.7	0.9	0.4	0.4	<0.01	18.3	3.8	429
6	Garlic Prawns	394	1705	407	26.0	3.5	<1	1.2	1.4	0.01	66.6	9.9	867
	per 100 g	100	433	103	6.6	0.9	0.2	0.3	0.3	<0.01	16.9	2.5	220
7	Pud Thai	406	2324	555	25.2	6.1	1.4	3.1	1.6	<0.01	98.3	9.7	1344
	per 100 g	100	571	137	6.2	1.5	0.4	0.8	0.4	<0.01	24.2	2.4	331
8	Beef & Black Bean	405	1993	476	31.2	8.1	1.2	4.1	2.9	<0.01	68.4	12.2	1985
	per 100 g	100	491	118	7.7	2.0	0.6	1.0	0.7	<0.01	16.9	3.0	490
9	Hokkien Noodle	427	2085	498	33.3	10.2	2.2	4.3	3.7	<0.01	67.0	14.9	2020
	per 100 g	100	488	117	7.8	2.4	0.5	1.0	0.9	<0.01	15.6	3.5	473
10	Satay Peanut Chicken	410	1938	463	27.1	9.4	3.7	3.6	2.1	<0.01	66.4	8.6	861
	per 100 g	100	472	113	6.6	2.3	0.9	0.9	0.5	<0.01	16.2	2.1	210
11	Singapore Noodle	380	2006	479	23.2	9.9	2.1	5.2	2.5	<0.01	73.3	3.0	733
	per 100 g	100	527	126	6.1	2.6	0.6	1.4	0.7	<0.01	19.3	0.8	193
12	Sweet n Sour Combo	380	1900	455	25.1	1.5	<1	<1	<1	<0.01	83.6	28.9	380
	per 100 g	100	500	120	6.6	0.4	0.1	0.2	0.1	<0.01	21.9	7.6	100
	Honey Soy Chicken	364	1779	425	22.6	<1	<1	<1	<1	<0.01	80.7	17.8	899
	per 100 g	100	489	117	6.2	0.2	<1	<1	<1	<0.01	22.2	4.9	247

Fried Rice Bar		Serving size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fats (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
13	Special Fried Rice	393	3172	757	33.0	7.5	1.6	4.0	1.8	0.01	137.2	2.4	1434
	per 100 g	100	807	193	8.4	1.9	0.4	1.0	0.5	<0.01	34.9	0.6	365
14	Nasi Goreng	392	3308	793	34.5	6.3	1.2	3.4	1.7	<0.01	147.0	5.9	2321
	per 100 g	100	844	202	8.8	1.6	0.3	0.9	0.4	<0.01	37.4	1.5	592

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Slim Bar		Serving size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fats (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
15	Slim Chicken Noodle	419	1568	375	20.5	<1	<1	<1	<1	<0.01	70.1	18.9	2480
	per 100 g	100	374	89	4.9	0.2	<0.1	<0.1	<0.1	<0.01	16.7	4.5	592
16	Slim Seafood Noodle	400	1640	392	17.6	1.2	<1	<1	<1	<0.01	76.8	20.8	2624
	per 100 g	100	410	98	4.4	0.3	<0.1	0.1	0.1	<0.01	19.2	5.2	656

Vegetarian Bar		Serving size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fats (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
17	Vegetarian Oyster Noodle	443	2171	520	27.5	5.3	<1	1.9	2.5	<0.01	89.0	22.6	2144
	per 100 g	100	490	117	6.2	1.2	0.2	0.4	0.6	<0.01	20.1	5.1	484
18	Vegetarian Mee Goreng	378	1999	478	23.8	2.3	<1	<1	<1	<0.01	88.8	17.0	907
	per 100 g	100	529	126	6.3	0.6	0.1	0.2	0.2	<0.01	23.5	4.5	240

Soup Bar		Serving size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fats (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
19	Combo Noodle Soup	696	2166	517	38.3	4.2	1.1	1.5	1.5	<0.01	80.0	18.1	3188
	per 100 g	100	311	74	5.5	0.6	0.2	0.2	0.2	<0.01	11.5	2.6	458
20	Seafood Laksa	646	2087	501	25.2	18.1	12.9	3.1	2.1	<0.01	58.8	9.7	1647
	per 100 g	100	323	78	3.9	2.8	2.0	0.5	0.3	<0.01	9.1	1.5	255

Kids Noodle Meals		Serving size (g)	Energy (kJ)	Energy (cal)	Protein (g)	Total Fat (g)	Sat. Fat (g)	Monounsaturated Fat (g)	Polyunsaturated Fat (g)	Trans Fats (g)	Carbohydrate (g)	Sugars (g)	Sodium (mg)
	Sweet & Sour Chicken	266	1588	380	19.7	<1	<1	<1	<1	<0.01	72.1	12.8	287
	per 100 g	100	597	143	7.4	0.3	<0.1	<0.1	<0.1	<0.01	27.1	4.8	108
	Teriyaki Chicken	264	1474	352	20.9	<1	<1	<1	<1	<0.01	64.2	12.4	647
	per 100 g	100	558	133	7.9	0.3	<0.1	0.1	0.1	<0.01	24.3	4.7	245