

# Nutritional Information



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

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

# Nutritional Information



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

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

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

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