

YO!



**allergen &
nutritional information**

January 2024

Nutritional Information Recipe List (values per typical serving)

Recipe Name	Energy (kcal)	Energy (KJ)	Fat (g)	saturates (g)	mono (g)	poly (g)	Carb (g)	Starch (g)	Sugars (g)	Protein (g)	Fibre (g)	Sodium (mg)
Green Goodness Gyoza Ramen	376.6	1583.7	18.7	6.9	0.2	0.4	42.5	4.6	12.3	10.2	3.5	2507.4
Soup 'n' Slurp Curry Pork Dumplings	222.7	933.0	12.0	5.0	0.1	0.1	23.8	1.6	2.0	6.3	1.8	500.6
Soup 'n' Slurp Miso Pork Dumplings	169.1	708.9	6.0	3.0	0.1	0.1	22.6	1.6	2.1	6.5	1.8	665.7
Spicy Chicken Gyoza Ramen	389.1	1630.8	21.3	7.7	0.2	0.4	36.3	4.6	8.5	13.8	2.5	2565.4

Menu FIR Intolerance Report

Dish Name

Cereals containing Gluten :										Tree Nuts :															
Wheat	Spelt (Wheat)	Kamut (Wheat)	Rye	Barley	Oats	Fish	Crustaceans	Molluscs	Eggs	Soybeans	Milk	Almonds	Hazelnut	Walnut	Cashew nut	Pecan nut	Brazil nut	Pistachio nut	Macadamia nut or Queensland nut	Peanuts	Celery	Mustard	Sesame	Sulphur dioxide/sulphites	Lupin

Loong Dumplings

Soup 'n' Slurp Curry Pork Dumplings	✓	✓								✓	✓													✓		
Soup 'n' Slurp Miso Pork Dumplings	✓	✓					✓			✓	✓													✓		

Curry Ramen

Green Goodness Gyoza Ramen	✓	✓								✓														✓		
Spicy Chicken Gyoza Ramen	✓	✓					✓			✓														✓		