

# appetizers

## Tiffin Box for 2



**1024** calories  
**60g** fat  
**75g** carbs  
**43g** protein

## Egg Rolls



**vegetable**  
**492** calories  
**22g** fat  
**64g** carbs  
**6.4g** protein

**hoisin duck**  
**564** calories  
**27g** fat  
**60g** carbs  
**17g** protein

## Chargrilled Chicken Skewers



**418** calories  
**15g** fat  
**20g** carbs  
**50g** protein

## Hot Chicken Wings



**742** calories  
**58g** fat  
**20g** carbs  
**33g** protein

## Vegan Spice Bag Flavoured Cauliflower



**383** calories  
**25g** fat  
**31g** carbs  
**8.2g** protein

# curries

\*Vegan Green & Red Curry details in Vegan section

## Green Curry



### chicken

**733** calories  
**45g** fat  
**35g** carbs  
**44g** protein

### beef

**768** calories  
**49g** fat  
**35g** carbs  
**42g** protein

### prawn

**588** calories  
**40g** fat  
**35g** carbs  
**18g** protein

### duck

**747** calories  
**53g** fat  
**35g** carbs  
**29g** protein

### tofu & veg

**874** calories  
**62g** fat  
**37g** carbs  
**38g** protein

## Massaman



### chicken

**899** calories  
**54g** fat  
**56g** carbs  
**43g** protein

### beef

**934** calories  
**59g** fat  
**56g** carbs  
**41g** protein

### prawn

**755** calories  
**50g** fat  
**56g** carbs  
**17g** protein

### duck

**913** calories  
**62g** fat  
**56g** carbs  
**29g** protein

### tofu & veg

**819** calories  
**55g** fat  
**58g** carbs  
**18g** protein

## Red Curry



### chicken

**714** calories  
**44g** fat  
**32g** carbs  
**44g** protein

### beef

**748** calories  
**49g** fat  
**32g** carbs  
**41g** protein

### prawn

**569** calories  
**40g** fat  
**32g** carbs  
**17g** protein

### duck

**728** calories  
**53g** fat  
**32g** carbs  
**29g** protein

### tofu & veg

**855** calories  
**62g** fat  
**34g** carbs  
**37g** protein

# stir fries

## Pad Prik Haeng



### chicken

**534** calories  
**26g** fat  
**26g** carbs  
**45g** protein

### beef

**568** calories  
**31g** fat  
**26g** carbs  
**43g** protein

### prawn

**389** calories  
**22g** fat  
**26g** carbs  
**19g** protein

### duck

**548** calories  
**34g** fat  
**26g** carbs  
**30g** protein

### tofu & veg

**674** calories  
**43g** fat  
**28g** carbs  
**39g** protein

## Crispy Chili Beef



**630** calories  
**27g** fat  
**62g** carbs  
**29g** protein

## Crispy Chili Chicken



**550** calories  
**22g** fat  
**58g** carbs  
**25g** protein

## noodles & fried rice

Classic Pad Thai



1033 calories  
31g fat  
83g carbs  
54g protein

Pad Thai with Chicken



1061 calories  
32g fat  
124g carbs  
66g protein

Singapore Noodles



796 calories  
29g fat  
74g carbs  
57g protein

Special Fried Rice



818 calories  
20g fat  
96g carbs  
61g protein

Khao Pad Nua



816 calories  
28g fat  
91g carbs  
48g protein

Wok fried will leave you tongue tied. Also on MyFitnessPal

 **vegan/  
vegetarian**

**Vegan Green Curry**



**820** calories  
**60g** fat  
**31g** carbs  
**36g** protein

**Vegan Pad Thai**



**1052** calories  
**49g** fat  
**91g** carbs  
**53g** protein

**Vegan Red Curry**



**816** calories  
**60g** fat  
**30g** carbs  
**36g** protein

**Vegan Pad Prik Haeng**



**653** calories  
**40g** fat  
**31g** carbs  
**40g** protein

**Vegan Spice Bag Flavoured Cauliflower**



**383** calories  
**25g** fat  
**31g** carbs  
**8.2g** protein

**Eaten vegan isn't a huge missed steak. Also on MyFitnessPal**



## sides

### Brown & Wild Rice



503 calories  
0.7g fat  
110g carbs  
12g protein

### Stir Fried Asian Greens



192 calories  
11g fat  
15g carbs  
6.5g protein

### Jasmine Rice



464 calories  
0.8g fat  
105g carbs  
8.8g protein

### Stir Fried Noodles



333 calories  
5.5g fat  
63g carbs  
6.5g protein

### Egg Fried Rice



505 calories  
9.1g fat  
93g carbs  
12g protein

### Steamed Broccoli



65 calories  
0.8g fat  
5.7g carbs  
6.2g protein

We know, it's hard to pick a side. Also on MyFitnessPal