Nutritional Information: Bs Phikul

FBEngine

CATEGORY: STARTERS

Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CRISPY SMOKED CHICKEN	474.39kcal	1969.42kJ	30.06g	4.66g	35.58g	2.75g	0.06g	17.44g	2.63g		Does contain		Does contain									Does contain	
TEMPURA KING PRAWNS	528.12kcal	2203.17kJ	36.49g	6.04g	40.69g	0.91g	0.00g	11.42g	3.90g		Does contain	Does contain		May contain			May contain					Does contain	
PHIKUL CHICKEN WINGS	529.09kcal	2196.38kJ	36.81g	7.02g	13.36g	10.43g	0.74g	36.88g	1.35g	Does contain	Does contain		Does contain	Does contain		Does contain		Does contain				Does contain	Does contain
KOREAN FRIED CHICKEN	173.29kcal	718.13kJ	25.28g	0.79g	18.04g	11.93g	0.05g	1.23g	2.08g		Does contain										Does contain	Does contain	
CRISPY SEAFOOD ROLLS WB	373.58kcal	1551.68kJ	28.66g	4.60g	22.96g	4.94g	2.00g	7.06g	2.37g			Does contain		Does contain									
CRISPY DUCK ROLLS	328.41kcal	1365.53kJ	22.31g	3.62g	26.87g	9.53g	1.50g	5.87g	2.12g		Does contain										Does contain	Does contain	
BIBIGO CRISPY VEG ROLLS	348.58kcal	1453.68kJ	21.56g	1.88g	34.76g	5.84g	3.50g	5.66g	2.13g		Does contain	Does contain	May contain	Does contain			May contain				May contain	Does contain	

CATEGORY: DIM SUM

Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
PRAWN HAR GAO WB	120.40kcal	506.39kJ	0.50g	0.09g	21.06g	6.56g	0.00g	7.94g	6.31g		Does contain	Does contain									Does contain	Does contain	May contain
PRAWN & CHIVE DUMPLINGS WB	163.90kcal	691.00kJ	2.52g	0.28g	26.87g	9.35g	2.29g	7.64g	6.46g		Does contain	Does contain		Does contain			Does contain				Does contain	Does contain	May contain
PRAWN & CORIANDER DUMPLINGS	163.90kcal	691.00kJ	2.52g	0.28g	26.87g	9.35g	2.29g	7.64g	6.46g	Does contain	Does contain	Does contain					Does contain				Does contain	Does contain	May contain
SPICY CHICKEN SHAO MAI	178.60kcal	752.80kJ	2.80g	0.31g	29.06g	9.66g	2.54g	8.36g	6.57g		Does contain										Does contain	Does contain	May contain
MIXED VEGETABLE DUMPLING	176.60kcal	742.80kJ	4.40g	0.72g	27.36g	8.86g	3.11g	5.70g	6.49g	Does contain	Does contain										Does contain	Does contain	May contain
SPICY MIXED VEG DUMPLING	164.75kcal	692.25kJ	4.40g	0.72g	24.68g	6.40g	3.11g	5.25g	4.43g		Does contain										Does contain	Does contain	May contain
MUSHROOM DUMPLINGS	176.60kcal	742.80kJ	4.40g	0.72g	27.36g	8.86g	3.11g	5.70g	6.49g		Does contain					Does contain						Does contain	Does contain
PORK & PRAWN SHAO MAI	149.20kcal	629.20kJ	2.24g	0.25g	24.68g	9.04g	2.03g	6.93g	6.36g		Does contain	Does contain	Does contain				Does contain				Does contain	Does contain	May contain
CHICKEN & WATERCHESTNUT DUMPLING	178.60kcal	752.80kJ	2.80g	0.31g	29.06g	9.66g	2.54g	8.36g	6.57g		Does contain										Does contain	Does contain	May contain

CATEGORY: BAO BUNS

Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
GAI BAO BUN	265.00kcal	1109.50kJ	9.50g	0.00g	38.40g	0.00g	0.00g	8.80g	0.88g		Does contain	Does contain									Does contain	Does contain	
HIRATA BUN - STEAMED	159.50kcal	667.35kJ	1.07g	0.25g	30.97g	1.80g	0.00g	6.50g	0.90g		Does contain												
HIRATA - KATSU CHICKEN	700.61kcal	2923.15kJ	29.54g	3.18g	79.32g	6.40g	1.71g	30.43g	4.02g		Does contain											Does contain	
HIRATA - KOREAN FRIED CHICKEN	436.93kcal	1821.70kJ	20.33g	1.26g	67.44g	5.12g	0.05g	13.67g	3.10g		Does contain										Does contain	Does contain	
HIRATA - KING PRAWN	527.49kcal	2204.49kJ	14.85g	2.09g	72.14g	7.14g	0.88g	26.53g	3.81g		Does contain	Does contain		May contain			May contain					Does contain	
HIRATA - SATAY TOFU	630.06kcal	2629.81kJ	20.30g	0.85g	82.19g	7.47g	1.51g	30.15g	3.20g		Does contain	May contain	May contain		May contain		May contain			Does contain	May contain	Does contain	Does contain
CHAR SUI BAO	265.00kcal	1109.50kJ	9.50g	0.00g	38.40g	0.00g	0.00g	8.80g	0.88g		Does contain						Does contain				Does contain	Does contain	

CATEGORY: GYOZA

Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
TOFU GYOZA	305.58kcal	1274.22kJ	17.27g	1.66g	29.61g	7.68g	3.73g	6.30g	5.31g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain
PORK GYOZA	307.98kcal	1286.22kJ	15.35g	1.16g	31.65g	8.64g	3.05g	9.49g	5.41g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain
SPICY CHICKEN GYOZA	508.08kcal	2128.92kJ	18.71g	1.54g	63.30g	17.28g	6.10g	18.98g	10.82g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain
SHRIMP GYOZA	361.92kcal	1507.98kJ	21.34g	1.56g	31.65g	8.64g	3.05g	9.49g	5.41g		Does contain	Does contain	Does contain	Does contain			May contain			May contain	Does contain	Does contain	Does contain

CATEGORY: UDON

Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CHILLI CHICKEN UDON	994.15kcal	4172.28kJ	52.12g	11.77g	60.11g	7.07g	6.31g	74.21g	4.08g		Does contain										Does contain	Does contain	Does contain
CHILLI TOFU UDON	820.15kcal	3430.91kJ	43.90g	2.20g	63.11g	8.42g	6.31g	46.22g	3.40g		Does contain										Does contain	Does contain	Does contain
TONKATSU CHICKEN UDON	1069.76kcal	4473.61kJ	55.64g	7.06g	101.33g	7.68g	3.40g	43.36g	4.81g	Does contain	Does contain										Does contain	Does contain	May contain
KING PRAWN RAMEN	481.20kcal	2013.38kJ	16.21g	2.04g	43.18g	6.06g	1.18g	43.37g	2.45g		Does contain	Does contain	Does contain								Does contain	Does contain	May contain
CHICKEN RAMEN	661.20kcal	2762.26kJ	37.03g	7.75g	43.18g	6.06g	1.18g	41.81g	2.21g		Does contain		Does contain								Does contain	Does contain	May contain
TOFU RAMEN	458.70kcal	1915.00kJ	19.21g	2.40g	46.78g	7.97g	1.18g	27.32g	1.78g		Does contain		Does contain								Does contain	Does contain	May contain

CATEGORY: CURRY

Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
CHICKEN KATSU CURRY	1315.53kcal	5503.20kJ	75.28g	6.28g	120.13g	13.50g	10.21g	46.52g	6.47g		Does contain										Does contain	Does contain	
TOFU KATSU CURRY	1197.59kcal	5011.85kJ	59.12g	1.79g	126.44g	15.79g	10.21g	45.93g	5.30g		Does contain	Does contain									Does contain	Does contain	
PRAWN KATSU CURRY	984.69kcal	4131.14kJ	46.60g	3.59g	107.25g	14.45g	10.21g	39.64g	5.71g		Does contain	Does contain		May contain			May contain					Does contain	
MASSAMAN - BEEF	462.71kcal	1938.52kJ	22.96g	2.30g	28.93g	15.32g	4.39g	36.61g	2.41g			Does contain						May contain	May contain	May contain		May contain	Does contain
MASSAMAN - CHICKEN	538.40kcal	2249.63kJ	37.57g	6.51g	22.57g	15.32g	4.39g	29.34g	2.71g			Does contain						May contain	May contain	May contain		May contain	Does contain

CATEGORY: SIDES

Recipe	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
STEAMED RICE	327.60kcal	1394.40kJ	1.96g	0.45g	74.20g	0.00g	1.68g	7.84g	0.03g														
DRESSED UDON	376.75kcal	1585.30kJ	13.90g	2.19g	54.39g	2.60g	3.40g	8.93g	2.72g		Does contain										Does contain	Does contain	Does contain
NAPPA SLAW	57.09kcal	240.63kJ	1.27g	0.19g	11.81g	11.99g	3.05g	2.59g	0.63g					Does contain									Does contain