

# THE NITTY GRITTY

## Nutritional Information

With an option for everyone, Roll'd is bringing a little piece of Vietnam to Australia. And the best part? It's one of the healthiest cuisines in the world. Check out the nerdy-numbers of our nutritional information below.

**02 BÁNH MÌ** 'Viet Baguette'

**02 BAO** 'Steamed Bun'

**03 BÚN** 'Noodle Salads'

**03 CƠM** 'Rice Bowls'

**04 CƠM** 'Rice Bowls'

**05 PHỞ** 'Classic Noodle Soup'

**06 SOLDIERS®** 'Rice Paper Rolls'

**07 GỎI** 'Viet Salads'

**07 NOODLE SOUPS**

**08 SIDES**

**08 BREAKFAST**

**09 DRINKS**

**10 LOW GLUTEN**

**11 VEGETARIAN/VEGAN**



<b>BÁNH MÌ</b> 'VIET BAGUETTE'	<b>BÁNH MÌ</b> <b>BBQ CHICKEN</b>		<b>BÁNH MÌ</b> <b>ROAST PORK &amp;</b> <b>CRACKLING</b>		<b>BÁNH MÌ</b> <b>LEMONGRASS BEEF</b>		<b>BÁNH MÌ</b> <b>TOFU</b>		<b>BÁNH MÌ</b> <b>ROAST PORK BELLY</b>	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Bánh Mì / 265g										
Energy (kj)	2295	866	2730	1030	2329	879	2287	863	2475	934
Protein (g)	28.9	10.9	32.9	12.4	31.5	11.9	21.2	8.0	30.2	11.4
Fat (g)	17.5	6.6	32.3	12.2	22.5	8.5	19.6	7.4	25.4	9.6
Saturated Fat (g)	3.2	1.2	5.6	2.1	4.0	1.5	2.7	1.0	7.2	2.7
Trans fat (g)	0.3	0.1	0.3	0.1	0.3	0.1	0.3	0.1	0.3	0.1
Carbohydrates (g)	66.3	25.0	55.4	20.9	53.8	20.3	67.6	25.5	57.5	21.7
Sugars (g)	19.6	7.4	12.2	4.6	9.0	3.4	12.5	4.7	21.7	8.2
Dietary fibre (g)	4.0	1.5	5.6	2.1	5.6	2.1	6.6	2.5	5.3	2.0
Sodium (mg)	1500	566	1744	658	1150	434	864	326	1431	540

<b>BAO</b> 'STEAMED BUN'	<b>BAO</b> <b>BBQ CHICKEN</b>		<b>BAO</b> <b>LEMONGRASS BEEF</b>		<b>BAO</b> <b>CRISPY PRAWN</b>		<b>BAO</b> <b>ROAST PORK BELLY</b>		<b>BAO</b> <b>ROAST DUCK</b>		<b>BAO</b> <b>TOFU</b>		<b>BAO</b> <b>ROAST PORK BELLY</b> & <b>CRACKLING</b>	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Bao / 99g														
Energy (kj)	908	917	905	914	842	851	1069	1080	920	929	987	997	943	953
Protein (g)	8.2	8.3	8.5	8.6	6.1	6.2	7.4	7.5	8.5	8.6	5.7	5.8	11.3	11.4
Fat (g)	8.3	8.4	8.4	8.5	8.3	8.4	10.6	10.7	7.1	7.2	9.9	10.0	9.2	9.3
Saturated Fat (g)	2.4	2.4	2.5	2.5	2.5	2.5	4.1	4.1	2.6	2.6	2.9	2.9	3.5	3.5
Trans fat (g)	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Carbohydrates (g)	26.5	26.8	25.5	25.8	24.4	24.6	31.4	31.7	29.3	29.6	30.0	30.3	23.3	23.5
Sugars (g)	7.2	7.3	4.6	4.6	3.5	3.5	7.7	7.8	5.9	6.0	5.2	5.3	5.3	5.4
Dietary fibre (g)	1.2	1.2	1.9	1.9	2.1	2.1	1.6	1.6	1.7	1.7	1.7	1.7	2.0	2.0
Sodium (mg)	289	292	246	248	265	268	381	385	491	496	187	189	446	450

<b>BÚN</b> 'NOODLE SALAD' NO DRESSING	<b>BÚN NOODLES BBQ CHICKEN</b>		<b>BÚN NOODLES LEMONGRASS BEEF</b>		<b>BÚN NOODLES PORK SPRING ROLLS</b>		<b>BÚN NOODLES ROAST PORK &amp; CRACKLING</b>		<b>BÚN NOODLES TOFU &amp; VEG SPRING ROLLS</b>		<b>BÚN NOODLES CRISPY CHICKEN RIBS</b>		<b>BÚN NOODLES ROAST PORK BELLY</b>	
	Average Serving Qty 1 Bowl / 472g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve
Energy (kj)	2044	433	2181	462	2610	553	2473	524	2445	518	2912	617	2969	629
Protein (g)	26.4	5.6	34.9	7.4	16.0	3.4	34.0	7.2	10.9	2.3	38.2	8.1	32.1	6.8
Fat (g)	8.0	1.7	13.7	2.9	18.4	3.9	19.8	4.2	22.2	4.7	26.4	5.6	32.1	6.8
Saturated Fat (g)	2.4	0.5	3.8	0.8	4.7	1.0	4.2	0.9	3.3	0.7	5.7	1.2	10.9	2.3
Trans fat (g)	0.5	0.1	0.5	0.1	0.5	0.1	0.5	0.1	0.5	0.1	0.5	0.1	0.5	0.1
Carbohydrates (g)	75.0	15.9	61.4	13.0	93.9	19.9	66.1	14.0	82.1	17.4	74.1	15.7	70.8	15.0
Sugars (g)	5.2	1.1	1.4	0.3	2.8	0.6	3.8	0.8	2.8	0.6	4.7	1.0	12.3	2.6
Dietary fibre (g)	2.8	0.6	4.7	1.0	7.6	1.6	4.7	1.0	5.2	1.1	3.3	0.7	3.8	0.8
Sodium (mg)	675	143	666	141	496	105	911	193	396	84	732	155	1416	300

<b>CƠM</b> 'RICE BOWLS' NO DRESSING	<b>FRIED RICE</b>		<b>FRIED RICE PORK BELLY</b>		<b>FRIED RICE PRAWN</b>		<b>FRIED RICE PORK BELLY BBH</b>		<b>FRIED RICE PRAWN BBH</b>		<b>FRIED RICE BBH</b>		<b>LEMONGRASS CHILLI CHICKEN WITH JASMINE RICE</b>	
	Average Serving Qty 1 Bowl / 380g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve
Energy (kj)	3526	928	4134	1088	3291	866	3530	929	2793	735	2934	772	2823	743
Protein (g)	16.0	4.2	35.7	9.4	23.6	6.2	35.7	9.4	22.0	5.8	17.5	4.6	31.9	8.4
Fat (g)	31.5	8.3	53.6	14.1	31.2	8.2	41.8	11.0	22.8	6.0	25.1	6.6	11.4	3.0
Saturated Fat (g)	3.8	1.0	13.3	3.5	4.6	1.2	10.6	2.8	4.6	1.2	4.9	1.3	3.8	1.0
Trans fat (g)	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1
Carbohydrates (g)	122.7	32.3	90.8	23.9	102.2	26.9	80.9	21.3	92.7	24.4	98.4	25.9	122.7	32.3
Sugars (g)	0.8	0.2	5.3	1.4	4.9	1.3	3.0	0.8	5.7	1.5	6.1	1.6	0.8	0.2
Dietary fibre (g)	3.8	1.0	3.8	1.0	3.8	1.0	3.8	1.0	3.8	1.0	4.6	1.2	3.8	1.0
Sodium (mg)	988	260	1117	294	1303	343	2329	613	2413	635	2500	658	988	260

<b>COM</b> 'RICE BOWLS' NO DRESSING	LEMONGRASS CHILLI CHICKEN WITH BROWN RICE		PLANT BASED CHICKEN WITH JASMINE RICE		PLANT BASED CHICKEN WITH BROWN RICE		SHAKING BEEF STEAK WITH JASMINE RICE		SHAKING BEEF STEAK WITH BROWN RICE		PORK BELLY WITH JASMINE RICE		PORK BELLY WITH BROWN RICE	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Bowl / 380g														
Energy (kj)	2899	763	2706	712	2641	695	3067	807	2949	776	3633	956	3587	944
Protein (g)	31.5	8.3	21.3	5.6	23.2	6.1	27.0	7.1	27.7	7.3	38.8	10.2	38.0	10.0
Fat (g)	14.8	3.9	7.2	1.9	8.4	2.2	16.7	4.4	9.9	2.6	33.1	8.7	28.5	7.5
Saturated Fat (g)	4.6	1.2	1.5	0.4	1.5	0.4	6.1	1.6	3.4	0.9	11.0	2.9	8.7	2.3
Trans fat (g)	0.4	0.1	0.4	0.1	0.4	0.1	0.8	0.2	0.4	0.1	0.4	0.1	0.4	0.1
Carbohydrates (g)	104.1	27.4	119.3	31.4	108.7	28.6	117.0	30.8	124.3	32.7	103.0	27.1	111.0	29.2
Sugars (g)	8.7	2.3	12.5	3.3	12.9	3.4	10.6	2.8	16.0	4.2	11.4	3.0	12.9	3.4
Dietary fibre (g)	5.7	1.5	6.1	1.6	11.0	2.9	3.8	1.0	3.8	1.0	3.8	1.0	3.8	1.0
Sodium (mg)	608	160	1026	270	1159	305	1178	310	996	262	353	93	342	90

<b>COM</b> 'RICE SALAD' NO DRESSING	RICE SALAD BBQ CHICKEN		RICE SALAD CHICKEN RIBS		RICE SALAD ROAST PORK & CRACKLING		RICE SALAD LEMONGRASS BEEF		RICE SALAD ROAST PORK BELLY		RICE SALAD HOMESTYLE PORK SPRING ROLLS		RICE SALAD TOFU & VEG SPRING ROLLS	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Bowl / 442g														
Energy (kj)	2356	533	3359	760	3014	682	2727	617	2603	589	3001	679	3041	688
Protein (g)	25.6	5.8	38.9	8.8	43.3	9.8	39.3	8.9	31.8	7.2	15.5	3.5	22.5	5.1
Fat (g)	8.4	1.9	23.9	5.4	25.6	5.8	9.7	2.2	14.1	3.2	18.1	4.1	28.3	6.4
Saturated Fat (g)	2.7	0.6	5.7	1.3	7.5	1.7	3.5	0.8	4.0	0.9	4.9	1.1	4.4	1.0
Trans fat (g)	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1
Carbohydrates (g)	92.4	20.9	104.8	23.7	78.2	17.7	99.9	22.6	90.6	20.5	118.0	26.7	91.9	20.8
Sugars (g)	17.2	3.9	0.4	0.1	8.8	2.0	5.7	1.3	3.1	0.7	3.5	0.8	6.6	1.5
Dietary fibre (g)	4.9	1.1	4.4	1.0	4.4	1.0	4.4	1.0	4.4	1.0	7.5	1.7	5.7	1.3
Sodium (mg)	712	161	972	220	530	120	619	140	928	210	486	110	415	94

<b>PHỞ BOWL</b> 'CLASSIC NOODLE SOUP'	<b>PHỞ BOWL CHICKEN</b>		<b>PHỞ BOWL BEEF</b>		<b>PHỞ BOWL BEEF &amp; CHICKEN</b>		<b>PHỞ BOWL MUSHROOM &amp; TOFU</b>		<b>PHỞ BOWL SEAFOOD</b>		<b>PHỞ BOWL BEEF BRISKET</b>	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Bowl / 738g												
Energy (kj)	2015	273	2111	286	2022	274	2074	281	2258	306	1815	246
Protein (g)	19.9	2.7	19.9	2.7	19.2	2.6	9.6	1.3	17.0	2.3	19.9	2.7
Fat (g)	7.4	1.0	10.3	1.4	8.9	1.2	12.5	1.7	13.3	1.8	7.4	1.0
Saturated Fat (g)	1.5	0.2	2.2	0.3	2.2	0.3	1.5	0.2	2.2	0.3	1.5	0.2
Trans fat (g)	0.7	0.1	0.7	0.1	0.7	0.1	0.7	0.1	0.7	0.1	0.7	0.1
Carbohydrates (g)	82.7	11.2	81.9	11.1	80.4	10.9	82.7	11.2	87.1	11.8	67.2	9.1
Sugars (g)	19.9	2.7	18.5	2.5	9.6	1.3	9.6	1.3	8.9	1.2	5.9	0.8
Dietary fibre (g)	3.7	0.5	3.7	0.5	3.7	0.5	5.2	0.7	3.7	0.5	8.1	1.1
Sodium (mg)	2701	366	2458	333	2428	329	1402	190	2007	272	2066	280

<b>PHỞ CUP</b> 'CLASSIC NOODLE SOUP'	<b>PHỞ CUP CHICKEN</b>		<b>PHỞ CUP BEEF</b>		<b>PHỞ CUP BEEF &amp; CHICKEN</b>		<b>PHỞ CUP MUSHROOM &amp; TOFU</b>		<b>PHỞ CUP SEAFOOD</b>		<b>PHỞ CUP BEEF BRISKET</b>	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Cup / 354g												
Energy (kj)	966	273	1012	286	970	274	995	281	1083	306	871	246
Protein (g)	9.6	2.7	9.6	2.7	9.2	2.6	4.6	1.3	8.1	2.3	9.6	2.7
Fat (g)	3.5	1.0	5.0	1.4	4.2	1.2	6.0	1.7	6.4	1.8	3.5	1.0
Saturated Fat (g)	0.7	0.2	1.1	0.3	1.1	0.3	0.7	0.2	1.1	0.3	0.7	0.2
Trans fat (g)	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1
Carbohydrates (g)	39.6	11.2	39.3	11.1	38.6	10.9	39.6	11.2	41.8	11.8	32.2	9.1
Sugars (g)	9.6	2.7	8.9	2.5	4.6	1.3	4.6	1.3	4.2	1.2	2.8	0.8
Dietary fibre (g)	1.8	0.5	1.8	0.5	1.8	0.5	2.5	0.7	1.8	0.5	3.9	1.1
Sodium (mg)	1296	366	1179	333	1165	329	673	190	963	272	991	280

<b>SOLDIERS®</b> 'RICE PAPER ROLLS'	<b>SOLDIERS®</b> <b>BBQ CHICKEN</b>		<b>SOLDIERS®</b> <b>PORK &amp; PRAWN</b>		<b>SOLDIERS®</b> <b>BARRAMUNDI &amp; AVOCADO</b>		<b>SOLDIERS®</b> <b>CARLIC PRAWN</b>		<b>SOLDIERS®</b> <b>LEMONGRASS BEEF</b>		<b>SOLDIERS®</b> <b>SOFT SHELL CRAB</b>	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Soldier / 115g												
Energy (kj)	639	556	622	541	683	594	544	473	725	630	789	686
Protein (g)	5.9	5.1	6.6	5.7	7.1	6.2	4.7	4.1	8.5	7.4	3.9	3.4
Fat (g)	2.5	2.2	2.1	1.8	3.6	3.1	0.9	0.8	3.9	3.4	5.3	4.6
Saturated Fat (g)	0.7	0.6	0.8	0.7	0.8	0.7	0.3	0.3	1.0	0.9	0.8	0.7
Trans fat (g)	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Carbohydrates (g)	26.2	22.8	25.5	22.2	25.0	21.7	25.0	21.7	25.3	22.0	30.5	26.5
Sugars (g)	0.2	0.2	0.6	0.5	2.2	1.9	1.7	1.5	1.2	1.0	1.5	1.3
Dietary fibre (g)	0.6	0.5	0.6	0.5	0.7	0.6	0.7	0.6	0.6	0.5	1.0	0.9
Sodium (mg)	158	137	118	103	176	153	420	365	246	214	186	162

	<b>SOLDIERS®</b> <b>ROAST DUCK</b>		<b>SOLDIERS®</b> <b>TOFU</b>		<b>SOLDIERS®</b> <b>LOW CARB TOFU</b>		<b>SOLDIERS®</b> <b>LOW CARB BARRAMUNDI</b>		<b>SOLDIERS®</b> <b>LOW CARB POACHED CHICKEN BREAST</b>		<b>SOLDIERS®</b> <b>CHICKEN &amp; AVOCADO</b>	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Soldier / 115g												
Energy (kj)	712	619	674	586	551	479	497	432	409	356	675	587
Protein (g)	6.2	5.4	4.6	4.0	5.9	5.1	5.5	4.8	6.3	5.5	6.6	5.7
Fat (g)	4.6	4.0	4.1	3.6	5.2	4.5	3.2	2.8	1.5	1.3	3.1	2.7
Saturated Fat (g)	1.3	1.1	0.8	0.7	0.9	0.8	0.8	0.7	0.5	0.4	0.9	0.8
Trans fat (g)	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Carbohydrates (g)	25.3	22.0	25.4	22.1	14.1	12.3	15.9	13.8	13.6	11.8	25.9	22.5
Sugars (g)	0.1	0.1	0.9	0.8	2.6	2.3	3.1	2.7	2.5	2.2	4.0	3.5
Dietary fibre (g)	0.8	0.7	1.4	1.2	2.4	2.1	2.2	1.9	2.0	1.7	1.2	1.0
Sodium (mg)	236	205	150	130	154	134	258	224	206	179	162	141

<b>CỎI</b> 'VIET SALAD' NO DRESSING	<b>CỎI</b> CHICKEN BREAST		<b>CỎI</b> LEMONGRASS BEEF		<b>CỎI</b> PORK & PRAWN		<b>CỎI</b> PRAWN		<b>CỎI</b> TOFU		<b>CỎI</b> ROAST PORK BELLY	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Bowl / 363g												
Energy (kj)	1031	284	1350	372	1176	324	744	205	951	262	1967	542
Protein (g)	31.9	8.8	33.0	9.1	30.9	8.5	13.4	3.7	8.0	2.2	27.6	7.6
Fat (g)	8.0	2.2	16.0	4.4	13.1	3.6	5.4	1.5	13.8	3.8	26.5	7.3
Saturated Fat (g)	2.9	0.8	4.4	1.2	4.0	1.1	2.5	0.7	3.3	0.9	8.7	2.4
Trans fat (g)	0.0	0.0	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1
Carbohydrates (g)	7.6	2.1	9.1	2.5	6.5	1.8	14.2	3.9	13.4	3.7	30.5	8.4
Sugars (g)	1.1	0.3	1.1	0.3	1.1	0.3	1.1	0.3	1.5	0.4	8.7	2.4
Dietary fibre (g)	8.0	2.2	5.4	1.5	6.9	1.9	9.1	2.5	9.4	2.6	3.6	1.0
Sodium (mg)	512	141	751	207	777	214	399	110	174	48	1670	460

<b>NOODLE</b> <b>SOUPS</b>	<b>BÁNH CANH CUA</b> 'CRAB, THICK NOODLE SOUP'		<b>BÚN BÒ HUẾ</b> 'SPICY BEEF NOODLE SOUP'		<b>MÌ TÔM THỊT</b> 'PORK AND PRAWN EGG NOODLE SOUP'	
	Serving size 1 Bowl / 830g		Serving size 1 Bowl / 825g		Serving size 1 Bowl / 790g	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	2457	296	2327	282	2994	379
Protein (g)	46.5	5.6	18.2	2.2	34.0	4.3
Fat (g)	5.8	0.7	17.3	2.1	9.5	1.2
Saturated Fat (g)	2.5	0.3	5.8	0.7	1.6	0.2
Trans fat (g)	0.8	0.1	0.8	0.1	0.8	0.1
Carbohydrates (g)	85.5	10.3	80.9	9.8	121.7	15.4
Sugars (g)	6.6	0.8	6.6	0.8	32.4	4.1
Dietary fibre (g)	8.3	1.0	8.3	1.0	7.9	1.0
Sodium (mg)	4067	490	3548	430	4108	520

<b>SIDES</b>	<b>CRISPY CHICKEN RIBS (3 PIECES)</b>		<b>PORK SPRING ROLLS (2 PIECES)</b>		<b>SEAFOOD SPRING ROLLS (3 PIECES)</b>		<b>VEG SPRING ROLLS (3 PIECES)</b>		<b>SWEET POTATO FRIES</b>		<b>CRAB CRACKERS (10 CRACKERS)</b>		<b>FLAMING PRAWNS (6 PIECES)</b>	
	Serving size 3 Pieces / 92g		Serving size 2 Pieces / 90g		Serving size 3 Pieces / 64g		Serving size 3 Pieces / 70g		Serving size 1 Cup / 196g		Serving size 10 Crackers / 30g		Serving size 6 Pieces / 54g	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	1178	1280	1206	1340	941	1470	1120	1600	1811	924	609	2030	675	1250
Protein (g)	29.9	32.5	9.3	10.3	2.6	4.0	2.5	3.5	4.5	2.3	0.4	1.2	4.8	8.8
Fat (g)	17.3	18.8	14.2	15.8	13.6	21.3	17.2	24.5	22.1	11.3	6.7	22.4	9.8	18.1
Saturated Fat (g)	3.5	3.8	2.3	2.6	1.8	2.8	2.3	3.3	2.0	1.0	0.2	0.8	0.9	1.7
Trans fat (g)	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.1	0.1	0.1
Carbohydrates (g)	1.3	1.4	29.8	33.1	22.5	35.1	25.1	35.9	50.4	25.7	20.7	69.0	13.6	25.1
Sugars (g)	1.3	1.4	3.2	3.6	3.1	4.9	2.7	3.8	22.0	11.2	0.0	0.0	0.1	0.2
Dietary fibre (g)	0.6	0.6	2.3	2.5	1.1	1.7	1.8	2.5	7.4	3.8	3.9	13.0	0.5	0.9
Sodium (mg)	471	512	357	397	349	546	396	565	804	410	286	954	540	1000

<b>BREAKFAST</b>	<b>BREAKFAST BÁNH MÌ</b>		<b>BREAKFAST BAO - BACON</b>		<b>BREAKFAST BAO - TOFU</b>		<b>BREAKFAST BOWL - TOFU</b>		<b>BREAKFAST BOWL - BACON</b>	
	Serving size 1 Bánh Mì / 334g		Serving size 1 Bao / 117.5g		Serving size 1 Bao / 125.5g		Serving size 1 Bao / 447g		Serving size 1 Bao / 475g	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	2806	840	1110	945	1180	940	2248	503	2684	565
Protein (g)	42.8	12.8	9.2	7.8	10.8	8.6	22.8	5.1	29.5	6.2
Fat (g)	32.4	9.7	10.5	8.9	13.8	11.0	14.8	3.3	20.0	4.2
Saturated Fat (g)	6.7	2.0	3.2	2.7	3.3	2.6	3.1	0.7	5.7	1.2
Trans fat (g)	0.3	0.1	0.1	0.1	0.1	0.1	0.4	0.1	0.5	0.1
Carbohydrates (g)	46.4	13.9	31.4	26.7	26.1	20.8	73.8	16.5	82.2	17.3
Sugars (g)	5.0	1.5	9.0	7.7	6.0	4.8	4.9	1.1	5.7	1.2
Dietary fibre (g)	11.4	3.4	4.2	3.6	5.3	4.2	7.6	1.7	5.7	1.2
Sodium (mg)	2037	610	576	490	289	230	215	48	1900	400



<b>DRINKS</b>	<b>ICED COFFEE</b>		<b>ICED TEA - PEACH</b>		<b>ICED TEA - LEMON</b>	
	Serving size 1 Drink / 334ml		Serving size 1 Drink / 125ml		Serving size 1 Drink / 125ml	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	995	298	2081	1665	2079	1663
Protein (g)	5.3	1.6	0.1	0.1	0.5	0.4
Fat (g)	4.7	1.4	0.1	0.1	0.3	0.2
Saturated Fat (g)	3.7	1.1	0.1	0.1	0.3	0.2
Trans fat (g)	0.3	0.1	0.1	0.1	0.3	0.2
Carbohydrates (g)	43.1	12.9	119.0	95.2	121.0	96.8
Sugars (g)	38.4	11.5	117.1	93.7	119.0	95.2
Dietary fibre (g)	3.3	1.0	0.9	0.7	0.9	0.7
Sodium (mg)	80	24	3	2	3	2



# THE NITTY GRITTY - LOW GLUTEN OPTIONS

## DISCLAIMER:

Our low gluten menu options do not include gluten-containing ingredients however there may be traces of gluten found due to the food handling process.

Our menu and processes are constantly evolving with the introduction of new ingredients. While we continue to separate gluten from non-gluten containing ingredients, our kitchens are open plan and our service is fast-paced, so we cannot guarantee there will be no cross-contact between ingredients during the food handling processes and on food preparation areas. We therefore do not use the term 'Gluten Free' on our menu.

	LOW GLUTEN OPTONS	NOTES		LOW GLUTEN OPTONS	NOTES	
<b>SOLDIERS®</b> 'Rice Paper Rolls'	BBQ Chicken		<b>GỎI 'Viet Salad'</b>	Pork & Prawn	The accompanying crab crackers contain gluten.	
	Chicken & Avocado			Prawn		
	Pork & Prawn			Lemongrass Beef		
	Garlic Prawn			Chicken		
	Lemongrass Beef			Roast Pork & Crackling		
	Tofu					
	Low Carb Chicken					
Low Carb Tofu						
<b>SOLDIER® SAUCES</b> 'Rice Paper Roll Sauces'	Nuoc Mam	Veg Nuoc Mam contains wheat flour.	<b>SIDES</b>	Sweet Potato fries		
	Chilli Mayo					
	Chilli Oil					
	Sriracha					
	Citrus Herb					
<b>PHỞ</b> 'Classic Noodle Soup'	Sliced Rare Beef	Swap out Pho Noodle for Rice Vermicelli for low gluten option.	<b>CƠM 'Rice Bowls'</b>	Lemongrass Chilli Chicken with Jasmine Rice		
	Shredded Chicken				Lemongrass Chilli Chicken with Brown Rice	
	Mixed Beef & Chicken				Plant Based Chicken with Jasmine Rice	
	Mushroom & Tofu				Plant based Chicken with Brown Rice	
<b>BÚN</b> 'Noodle or Rice Salads'	BBQ Chicken		<b>DRINKS</b>	Roll'd Peach Iced Tea		
	Lemongrass Beef			Roll'd Lemon Iced Tea		
	Roast Pork & Crackling			Roll'd Iced Coffee		
	Roast Pork Belly		<b>BREAKFAST</b>	Breakfast Bowl - Tofu		
				Breakfast Bowl - Bacon		

# THE NITTY CRITTY - VEGETARIAN/VEGAN

	VEGETARIAN OPTONS	VEGAN OPTONS	VEGETARIAN OPTONS
<b>SOLDIERS®</b> 'Rice Paper Rolls'	Tofu Low Carb Tofu	Tofu Low Carb Tofu	<b>BAO</b> 'Steamed Bun' Tofu
<b>SOLDIER® SAUCES</b> 'Rice Paper Roll Sauces'	Hoisin Spicy Hoisin Chilli Mayo Veg Nuoc Mam Sriracha Garlic Chilli Oil	Veg Nuoc Mam Garlic Chilli Oi	
<b>BÁNH MÌ</b> 'Viet Baguette'	Tofu	Tofu – please ask for Bánh Mì without mayonnaise (contains egg)	
<b>PHỞ</b> 'Classic Noodle Soup'	Mushroom & Tofu	Mushroom & Tofu	
<b>CỎI</b> 'Viet Salad'	Tofu Vegetarian (extra salad)	Tofu Vegetarian (extra salad)	
<b>BÚN</b> 'Noodle or Rice Salads'	Tofu & Vegetarian Spring Rolls	Tofu & Vegetarian Spring Rolls	
<b>CƠM</b> 'Rice Bowls'	Fried Rice Plant Based Chicken with Jasmine Rice or Brown Rice	Plant Based Chicken with Jasmine Rice or Brown Rice	
<b>SIDES</b>	Vegetarian Spring Rolls Sweet Potato Fries	Vegetarian Spring Rolls Sweet Potato Fries	

**DISCLAIMER:**

Although all ingredients used in the listed menu items are vegetarian/vegan, please note there are always chances of cross-contamination due to our food handling and preparation processes. This includes fried items as non-vegetarian products are fried in the same oil.

For further information on a particular product, please refer to the supplier's packaging.

Note: Roll'd cannot 100% guarantee vegetarian or vegan-friendly due to the above statement.