

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.

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BÁNH MÌ 'VIET BAGUETTE'	BÁNH MÌ BBQ CHICKEN		BÁNH MÌ ROAST PORK & CRACKLING		BÁNH MÌ LEMONGRASS BEEF		BÁNH MÌ TOFU		BÁNH MÌ ROAST PORK BELLY	
	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

BAO 'STEAMED BUN'	BAO BBQ CHICKEN		BAO LEMONGRASS BEEF		BAO FLAMING PRAWN		BAO ROAST PORK BELLY		BAO ROAST DUCK		BAO TOFU		BAO ROAST PORK & CRACKLING	
	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

BÚN 'NOODLE SALAD' NO DRESSING	BÚN NOODLES BBQ CHICKEN		BÚN NOODLES LEMONGRASS BEEF		BÚN NOODLES PORK SPRING ROLLS		BÚN NOODLES ROAST PORK & CRACKLING		BÚN NOODLES TOFU & VEG SPRING ROLLS		BÚN NOODLES CRISPY CHICKEN RIBS		BÚN NOODLES ROAST PORK BELLY	
	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

CƠM 'RICE BOWLS' NO DRESSING	UNCLE'S BEST FRIED RICE		UNCLE'S BEST FRIED RICE WITH PORK		UNCLE'S BEST FRIED RICE WITH PRAWN		UNCLE'S BEST FRIED RICE WITH PORK BBH		UNCLE'S BEST FRIED RICE WITH PRAWN BBH		UNCLE'S BEST FRIED RICE BBH		LEMONGRASS CHILLI CHICKEN WITH JASMINE RICE	
	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

COM 'RICE BOWLS' NO DRESSING	LEMONGRASS CHILLI CHICKEN WITH BROWN RICE		VEGAN LEMONGRASS CHILLI CHICKEN WITH JASMINE RICE		VEGAN LEMONGRASS CHILLI CHICKEN WITH BROWN RICE		SHAKING BEEF WITH JASMINE RICE		SHAKING BEEF 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

COM 'RICE SALAD' NO DRESSING	RICE SALAD BBQ CHICKEN		RICE SALAD CRISPY CHICKEN RIBS		RICE SALAD ROAST PORK & CRACKLING		RICE SALAD LEMONGRASS BEEF		RICE SALAD ROAST PORK BELLY		RICE SALAD 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

DUMPLINGS WITHOUT SAUCE	BEEF PHO SOUP DUMPLING		PRAWNS, GINGER & CORIANDER		EDAMAME & SHIITAKE		PORK DUMPLING	
	Serving size 3 Dumplings / 120g		Serving size 3 Dumplings / 75g		Serving size 3 Dumplings / 75g		Serving size 3 Dumplings / 110g	
Average Serving Qty 3 Dumplings	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	666	555	358	477	744	676	1026	933
Protein (g)	9.0	7.5	7.7	10.3	8.9	8.1	9.2	8.4
Fat (g)	4.2	3.5	0.3	0.4	1.2	1.1	14.6	13.3
Saturated Fat (g)	1.8	1.5	0.1	0.1	0.2	0.2	5.6	5.1
Trans fat (g)	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Carbohydrates (g)	21.0	17.5	12.2	16.3	29.9	27.2	17.6	16.0
Sugars (g)	6.5	5.4	1.6	2.1	3.1	2.8	3.2	2.9
Dietary fibre (g)	1.2	1.0	0.9	1.2	4.8	4.4	3.6	3.3
Sodium (mg)	504	420	585	780	220	200	451	410

NOODLE SOUPS	CHICKEN CURRY 'BÚN CÀ RI CÀ'		BÚN BÒ HUẾ 'SPICY BEEF NOODLE SOUP'		PRAWN DUMPLINGS & BBQ PORK 'MÌ XÁ KIU HOÀNH THÁNH TÔM'	
	Serving size 1 Bowl / 785g		Serving size 1 Bowl / 825g		Serving size 1 Bowl / 860g	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	2983	380	2327	282	2872	334
Protein (g)	22.0	2.8	18.2	2.2	24.9	2.9
Fat (g)	29.8	3.8	17.3	2.1	15.5	1.8
Saturated Fat (g)	22.8	2.9	5.8	0.7	4.3	0.5
Trans fat (g)	0.8	0.1	0.8	0.1	0.9	0.1
Carbohydrates (g)	88.7	11.3	80.9	9.8	110.1	12.8
Sugars (g)	21.2	2.7	6.6	0.8	16.3	1.9
Sodium (mg)	4396	560	3548	430	4816	560

PHỞ CUP 'CLASSIC NOODLE SOUP'	PHỞ CUP SHREDDED CHICKEN		PHỞ CUP SLICED RARE BEEF		PHỞ CUP MIXED BEEF & CHICKEN		PHỞ CUP MUSHROOM & TOFU		PHỞ CUP SEAFOOD		PHỞ CUP BEEF BRISKET	
	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

PHỞ BOWL 'CLASSIC NOODLE SOUP'	PHỞ BOWL SHREDDED CHICKEN		PHỞ BOWL SLICED RARE BEEF		PHỞ BOWL MIXED BEEF & CHICKEN		PHỞ BOWL MUSHROOM & TOFU		PHỞ BOWL SEAFOOD		PHỞ BOWL BEEF BRISKET	
	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

SOLDIERS® 'RICE PAPER ROLLS'	SOLDIERS® BBQ CHICKEN		SOLDIERS® PORK & PRAWN		SOLDIERS® BARRAMUNDI & AVOCADO		SOLDIERS® GARLIC PRAWN		SOLDIERS® LEMONGRASS BEEF		SOLDIERS® SOFT SHELL CRAB	
	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

	SOLDIERS® ROAST DUCK		SOLDIERS® TOFU		SOLDIERS® LOW CARB TOFU		SOLDIERS® LOW CARB BARRAMUNDI		SOLDIERS® LOW CARB POACHED CHICKEN BREAST		SOLDIERS® POACHED CHICKEN BREAST & AVOCADO	
	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

CỎI 'VIET SALAD' NO DRESSING	CỎI POACHED CHICKEN BREAST		CỎI LEMONGRASS BEEF		CỎI PORK & PRAWN		CỎI PRAWN		CỎI TOFU		CỎI 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

BREAKFAST	BREAKFAST BÁNH MÌ		BREAKFAST BAO - BACON		BREAKFAST BAO - TOFU		BREAKFAST BOWL - TOFU		BREAKFAST BOWL - BACON	
	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

SIDES	CRISPY CHICKEN RIBS (3 PIECES)		HOME-STYLE PORK SPRING ROLLS (2 PIECES)		SEAFOOD SPRING ROLLS (3 PIECES)		VEGETABLE SPRING ROLLS (3 PIECES)		SWEET POTATO FRIES		CRAB CRACKERS (10 CRACKERS)		FLAMING PRAWNS (6 PIECES)	
	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

DRINKS	VIETNAMESE ICED COFFEE		ROLL'D ICED TEA - PEACH		ROLL'D ICED TEA - LEMON	
	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

CONDIMENTS	SOLDIER® SAUCE HOISIN		SOLDIER® SAUCE SPICY HOISIN		SOLDIER® SAUCE CHILLI MAYO		SOLDIER® SAUCE VEG NUOC MAM		SOLDIER® SAUCE NUOC MAM		SOLDIER® SAUCE CITRUS HERB	
	Serving size 8g		Serving size 8g		Serving size 8g		Serving size 8g		Serving size 8g		Serving size 8g	
	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)	63	793	70	871	143	1790	31	383	47	586	54	675
Protein (g)	0.3	3.6	0.3	3.7	0.1	1.5	0.1	0.9	0.1	1.5	0.0	0.3
Fat (g)	0.1	1.4	0.1	1.5	3.4	42.2	0.0	0.1	0.0	0.0	0.8	10.0
Saturated Fat (g)	0.1	0.9	0.1	0.9	0.3	3.3	0.0	0.0	0.0	0.0	0.1	0.7
Trans fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrates (g)	3.9	37.8	3.3	41.8	0.5	6.8	1.7	21.0	2.6	32.4	1.4	17.5
Sugars (g)	2.6	32.4	3.0	37.3	0.2	3.1	1.6	19.5	2.6	32.0	1.3	16.4
Sodium (mg)	144	1805	143	1789	68	847	119	1487	151	1884	86	1071

	SOLDIER® SAUCE GARLIC CHILLI OIL		SRIRACHA		OPTIONAL WITH PHỞ - HOISIN		DUMPLING SAUCE GARLIC SOY		DUMPLING SAUCE SESAME SOY	
	Serving size 8g		Serving size 20g		Serving size 20g		Serving size 10g		Serving size 10g	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	258	3230	67	336	195	977	87	868	124	1240
Protein (g)	0.1	1.8	0.4	2.0	0.3	1.7	0.4	4.1	0.3	2.7
Fat (g)	6.7	84.2	0.2	1.0	0.4	2.2	0.6	5.8	0.8	8.2
Saturated Fat (g)	0.5	6.3	0.0	0.0	0.2	1.0	0.0	0.4	0.1	0.7
Trans fat (g)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
Carbohydrates (g)	0.3	3.4	3.2	16.0	10.1	50.6	3.4	33.6	5.2	52.4
Sugars (g)	0.1	1.1	2.0	10.0	9.2	46.0	3.3	33.3	3.1	30.7
Sodium (mg)	14	170	326	1630	512	2560	390	3900	290	2900

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 due to manufacturing, food handling and cooking processes such as deep frying.

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	
SOLDIERS® 'Rice Paper Rolls'	BBQ Chicken		CỎI 'Viet Salad'	Tofu	
	Chicken & Avocado			Pork & Prawn	
	Pork & Prawn			Prawn	
	Garlic Prawn			Lemongrass Beef	
	Lemongrass Beef			Poached Chicken Breast	
	Tofu			Roast Pork Belly	
	Low Carb Chicken				
	Low Carb Tofu		SIDES	Sweet Potato fries	
	Rost Duck			Vegetable Spring Rolls	
				Seafood Spring Rolls	
				Crab Crackers	
SOLDIER® SAUCES 'Rice Paper Roll Sauces'	Nuoc Mam	Hoisin	CƠM 'Rice Bowls & Rice Salad'	Lemongrass Chilli Chicken with Jasmine or Brown Rice	
	Chilli Mayo	Spicy Hoisin			Roast Pork & Crackling with Jasmine or Brown Rice
	Sriracha				Tofu & Vegetable Spring Rolls with Jasmine or Brown Rice
	Citrus Herb				Lemongrass Beef with Jasmine or Brown Rice
				Veg Nuoc Mam contains wheat flour.	
				BBQ Chicken with Jasmine or Brown Rice	
PHỞ 'Classic Noodle Soup'	Sliced Rare Beef				
	Shredded Chicken				
	Mixed Beef & Chicken				
	Mushroom & Tofu		Swap out Pho Noodle for Rice Vermicelli for low gluten option.		
BÚN 'Noodle or Rice Salads'	BBQ Chicken		NOODLE SOUPS	Chicken Curry	
	Lemongrass Beef				
	Roast Pork & Crackling		DRINKS	Roll'd Peach Iced Tea	
	Roast Pork Belly				Roll'd Lemon Iced Tea
	Vegetable Spring Rolls				Roll'd Iced Coffee

THE NITTY CRITTY - VEGETARIAN/VEGAN

	VEGETARIAN OPTONS	VEGAN OPTONS	VEGETARIAN OPTONS	VEGAN OPTONS
SOLDIERS® 'Rice Paper Rolls'	Tofu Low Carb Tofu	Tofu Low Carb Tofu	BAO 'Steamed Bun'	Tofu
SOLDIER® SAUCES 'Rice Paper Roll Sauces'	Hoisin Spicy Hoisin Chilli Mayo Veg Nuoc Mam Sriracha Garlic Chilli Oil	Veg Nuoc Mam Garlic Chilli Oil Sriracha	DUMPLINGS	Edamame and Shiitake Edamame and Shiitake
BÁNH MÌ 'Viet Baguette'	Tofu	Tofu – please ask for Bánh Mì without mayonnaise (contains egg)		
PHỞ 'Classic Noodle Soup'	Mushroom & Tofu	Mushroom & Tofu		
CỎI 'Viet Salad'	Tofu Vegetarian (extra salad)	Tofu Vegetarian (extra salad)		
BÚN 'Noodle or Rice Salads'	Tofu & Vegetarian Spring Rolls	Tofu & Vegetarian Spring Rolls		
CƠM 'Rice Bowls'	Tofu & Vegetable Spring Rolls Uncle's Best Fried Rice Vegan Lemongrass Chilli Chicken with Jasmine Rice or Brown Rice	Tofu & Vegetable Spring Rolls Vegan Lemongrass Chilli Chicken with Jasmine Rice or Brown Rice		
SIDES	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.