

ROLL'D DIETARY AND ALLERGEN INFORMATION

At Rolld, we believe in fresh and balanced eating. Our goal is to provide you with transparent information about our menu so that you can make an informed decision about your Roll'd menu choices. This guide provides you with the most common allergens and other ingredients in our menu that our customers may choose to avoid. If you have a food allergy or intolerance, please speak to our staff when ordering at one of the Roll'd food outlets.



HOW TO USE:

Y THE PRODUCT DOES CONTAIN THE ALLERGEN

T THERE MAY BE TRACES OF THE ALLERGEN IN THE PRODUCT

as specified by the supplier or due to our cooking methods such as deep frying and sharing food preparation and storage areas.



NOT REPORTED IN THE PRODUCT

A blank space in the table indicates allergens were not reported in this product based on the information from our ingredient suppliers and assessment of our restaurant operations. However, **we are unable to guarantee that any products sold are free from allergens.** There is always a risk that traces of allergens may be transferred to ingredients during processing, storage or food preparation in our kitchens, or during the external manufacturing process for a product or ingredient.

Please be aware that we do not have a gluten free menu, low gluten options can be found in our Nitty Gritty Nutrition Information. The low gluten options are defined as ingredients of the menu items that do not naturally contain gluten, however, we cannot guarantee it is free from gluten due to processing, storage and food preparation.




VEGETARIAN OR VEGAN

SOLDIERS® 'RICE PAPER ROLLS'	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
Low Carb Poached Chicken Breast					T			T		T			Y		
Low Carb Barramundi						Y				Y			Y		
Low Carb Tofu					Y			Y		T			Y	🌿	🌿
BBQ Chicken					Y	T		Y		T			Y		
Roast Duck					Y			Y		T			Y		
Tofu					Y			Y		T			Y	🌿	🌿
Soft Shell Crab							Y			Y			Y		
Poached Chicken Breast & Avocado					T			T		T			Y		
Barramundi & Avocado						Y				Y			Y		
Garlic Prawn							Y					Y	Y		
Lemongrass Beef						Y						Y	Y		
Pork & Prawn						Y	Y	T		T		Y	Y		





Note: The source of onion in this range comes from fried shallots.

BAO 'STEAMED BUN'	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
BBQ Chicken			Y	Y	T	T		Y		Y			Y		
Roast Pork & Crackling			Y	Y	T	Y		Y		Y			Y		
Lemongrass Beef			Y	Y	T	Y		Y		Y		Y	Y		
Flaming Prawn			Y	Y	T	T	Y	Y		Y	T				
Tofu			Y	Y	T			Y		Y			Y		🌿
Roast Pork Belly			Y		Y			Y		Y		Y	Y		
Roast Duck			Y		Y			Y		Y		Y	Y		

Note: The source of onion in this range comes from fried shallots.

BÁNH MÌ 'BAGUETTES'	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
BBQ Chicken		T	T	Y	T	T		Y		Y	T				
Roast Pork & Crackling		T	Y	Y	T	T		Y		Y	T				
Roast Pork Belly		T	Y	Y	T			Y		Y	T				
Lemongrass Beef		T	T	Y	T	Y		Y		Y	T	Y			
Tofu		T	T	Y	T			Y		Y	T				

Note: The source of egg in tofu Bánh Mi comes from mayo. Customer may ask to remove mayo to make it vegan.

GỎI 'VIET SALADS'	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
Poached Chicken Breast					T			T		T			Y		
Roast Pork Belly								T					Y		
Lemongrass Beef						Y						Y	Y		
Prawn							Y						Y		
Pork & Prawn						Y	Y	T		T		Y	Y		
Tofu								Y		T			Y		
Crab Crackers (on the side)							Y				Y	Y			
Nuoc Mam Dressing (on the side)						Y									
Veg Nuoc Mam Dressing (on the side)								Y		Y					

Note: Allergens of crab crackers and dressing are listed separately as they are optional. The source of onion in this range comes from fried shallots.

BÚN 'NOODLE SALAD'	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
BBQ Chicken					T	T		Y		T			Y		
Lemongrass Beef						Y						Y	Y		
Pork Spring Rolls			T	T	T	Y	T			Y		Y	Y		
Roasted Pork & Crackling						T		T		T			Y		
Roast Pork Belly								T					Y		
Crispy Chicken Ribs								T		Y		Y	Y		
Tofu & Vegetable Spring Rolls					Y			Y		T			Y	🌿	🌿
Nuoc Mam Dressing (on the side)						Y									
Veg Nuoc Mam Dressing (on the side)								Y		Y				🌿	🌿

Note: The source of onion in this range comes from fried shallots, excludes pork spring rolls.

NOODLE SOUPS	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
Spicy Beef BBH (Bún Bò Huế)	T						Y	T		Y	Y	Y	Y		
Chicken Curry (Bún Cà Ri Gà)	T	T			T	Y	Y	T		T	Y	Y	Y		
Prawn Dumplings & BBQ Pork ('Mì Xá Xiu Hoàn Thánh Tôm')					Y	T	Y	Y		Y		Y	Y		

PHỞ 'NOODLE SOUP' BOWL/CUP	PEANUT	TREE NUTS	MILK	ECC	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
Sliced Rare Beef								T		Y		Y	Y		
Shredded Chicken					T			T		Y		Y	Y		
Mixed Beef & Chicken					T			T		Y		Y	Y		
Seafood						Y	Y	T		Y		Y	Y		
Mushroom & Tofu								Y		Y			Y	🌿	🌿
Beef Brisket								T		Y		Y	Y		
Hoisin (on the side)					Y			Y		Y		Y		🌿	🌿
Sriracha (on the side)											Y	Y		🌿	🌿
Note: Phở noodle can be replaced with rice vermicelli noodle as a low gluten option. However, fish balls in seafood phở contains gluten.															

CƠM 'RICE SALAD'	PEANUT	TREE NUTS	MILK	EGGS	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
BBQ Chicken					T	T		Y		T			Y		
Lemongrass Beef						Y						Y	Y		
Pork Spring Rolls			T	T	T	Y	T			Y		Y	Y		
Roast Pork & Crackling						T		T		T			Y		
Roast Pork Belly								T					Y		
Crispy Pork Belly								T					Y		
Crispy Chicken Ribs								T		Y			Y		
Tofu & Vegetable Spring Rolls					Y			Y		T			Y	🌿	🌿

CƠM 'RICE BOWLS'	PEANUT	TREE NUTS	MILK	EGGS	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
Shaking Beef					Y		Y	Y		Y		Y	Y		
Lemongrass Chilli Chicken					T	Y		Y		T		Y	Y		
Vegan Lemongrass Chilli Chicken					T			Y		T		Y	Y	🌿	🌿
Uncle's Best Fried Rice				Y				Y		Y		Y	Y		🌿
Uncle's Best Fried Rice with Crispy Pork Belly				Y				Y		Y		Y	Y		
Uncle's Best Fried Rice with Prawn				Y			Y	Y		Y		Y	Y		
Uncle's Best Fried Rice with BBQ Pork				Y	Y	T		Y		Y		Y	Y		
Nuoc Mam Dressing (on the side)						Y									
Veg Nuoc Mam Dressing (on the side)								Y		Y				🌿	🌿

Note: The source of onion in this range comes from fried shallots, excludes pork spring rolls and fried rice.
Pork belly fried rice and prawn fried rice can be made low gluten if request to omit garlic soy sauce

DUMPLINGS	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
Beef Pho Soup Dumpling					Y	Y		Y		Y		Y	Y		
Prawns, Ginger & Coriander							Y			Y					
Edamame & Shiitake								Y		Y		Y	Y	🌿	🌿
Pork Dumpling								Y		Y					
Garlic Soy Sauce (side)										Y		Y		🌿	🌿
Sesame Soy Sauce (side)					Y			Y		Y				🌿	🌿

BREAKFAST	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEG
Bánh Mì - Bacon		T	Y	Y	T			Y		Y	T		Y		
Bao - Bacon			Y	Y	Y			Y		Y		Y	Y		
Breakfast Bowl - Bacon			Y	Y						Y			Y		
Bánh Mì - Tofu		T	Y	Y	T			Y		Y	T		Y		🌿
Bao - Tofu			Y	Y	Y			Y		Y		Y	Y		🌿
Breakfast Bowl - Tofu			Y	Y				Y		Y			Y		🌿

Note: The source of onion in this range comes from fried shallots or spring onion.

SAUCES	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEG
Soldier Sauce - Hoisin			Y					Y							🌿
Soldier Sauce - Spicy Hoisin			Y					Y							🌿
Soldier Sauce - Chilli Mayo				Y											🌿
Soldier Sauce - Nuoc Mam						Y									
Soldier Sauce - Veg Nuoc Mam								Y		Y				🌿	🌿
Soldier Sauce - Citrus Herbs						Y									
Soldier Sauce - Garlic Chilli Oil										Y		Y		🌿	🌿
Siracha											Y	Y		🌿	🌿
Optional with phở - Hoisin					Y			Y		Y		Y		🌿	🌿

SIDES	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
Sweet Potato Fries												Y		☞	☞
Chilli Mayo ●				Y											☞
Crispy Chicken Ribs								T		Y		Y	Y		
Home-style Pork Spring Rolls			T	T	T	Y	T			Y		Y	Y		
Nuoc Mam Dressing ●						Y									
Flaming Prawns							Y	Y		Y	T		Y		
Chilli Mayo ●				Y											☞
Vegetable Spring Rolls					Y			Y		T				☞	☞
Veg Nuoc Mam ●								Y		Y				☞	☞
Seafood Spring Rolls						Y	Y					Y	Y		
Nuoc Mam Dressing ●						Y									
Crab Crackers							Y				Y	Y			
Note: ● Accompanying sauce to item listed above.															

DRINKS	PEANUT	TREE NUTS	MILK	EGG	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEC
Roll'd Iced Tea - Lemon														☞	☞
Roll'd Iced Tea - Peach														☞	☞
Vietnamese Iced Coffee			Y												☞
Schweppes Signature Series Ginger Beer														☞	☞
Schweppes Signature Series Mexican Lime														☞	☞
Schweppes Signature Series Raspberry														☞	☞
Schweppes Mineral Water Orange Mango														☞	☞

DRINKS	PEANUT	TREE NUTS	MILK	Egg	SESAME SEEDS	FISH	CRUSTACEAN /MOLLUSC	SOY	LUPIN	GLUTEN /WHEAT	SULPHITES	CARLIC	ONION	VEGAN	VEG
Schweppes Lemonade														☑	☑
Schweppes Lemonade Zero Sugar														☑	☑
Schweppes Argum														☑	☑
Schweppes Solo Zero Sugar														☑	☑
Pepsi														☑	☑
Pepsi Max														☑	☑
Lipton Strawberry & Cranberry Kombucha														☑	☑
Lipton White Peach Kombucha														☑	☑
Lipton Apple & Pear Kombucha														☑	☑
Spring Valley Apple Juice														☑	☑
Spring Valley Orange Juice														☑	☑
Lipton Iced Tea - Mango														☑	☑
Lipton Iced Tea - Raspberry														☑	☑
Lipton Iced Tea - Lemon														☑	☑
Lipton Iced Tea - Peach														☑	☑
Red Bull														☑	☑
Red Bull Sugar Free														☑	☑