

# 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'

**BAO** 'Steamed Bun'

**03 BÚN** 'Noodle Salads'

**CƠM** 'Rice Bowls'

**04 CƠM** 'Rice Bowls'

**05 DUMPLINGS**

**NOODLE SOUPS**

**06 PHỞ** 'Classic Noodle Soup'

**07 SOLDIERS®** 'Rice Paper Rolls'

**08 CỎI** 'Viet Salads'

**BREAKFAST**

**09 SIDES**

**DRINKS**

**10 CONDIMENTS**

**11 LOW GLUTEN**

**12 VEGETARIAN/VEGAN**



<b>BÁNH MÌ</b> 'VIET BAGUETTE'	<b>BÁNH MÌ</b> BBQ CHICKEN		<b>BÁNH MÌ</b> ROAST PORK & CRACKLING		<b>BÁNH MÌ</b> LEMONGRASS BEEF		<b>BÁNH MÌ</b> TOFU		<b>BÁNH MÌ</b> ROAST PORK BELLY		<b>BÁNH MÌ</b> VEGAN LEMONGRASS CHILLI CHICKEN		<b>BÁNH MÌ</b> VIETNAMESE SHAKING BEEF	
	Average Serving Qty 1 Bánh Mì	Per serve (300g)	Per 100g	Per serve (300g)	Per 100g	Per serve (300g)	Per 100g	Per serve (260g)	Per 100g	Per serve (300g)	Per 100g	Per serve (280g)	Per 100g	Per serve (300g)
Energy (kj)	1929	643	2748	916	2637	879	2197	845	2919	973	2100	750	2313	771
Protein (g)	31.2	10.4	43.5	14.5	35.7	11.9	21.8	8.4	39.0	13.0	30.8	11.0	33.0	11.0
Fat (g)	8.7	2.9	21.6	7.2	25.5	8.5	16.1	6.2	34.5	11.5	11.5	4.1	11.7	3.9
Saturated Fat (g)	1.8	0.6	5.4	1.8	4.5	1.5	1.8	0.7	9.9	3.3	1.1	0.4	2.4	0.8
Trans fat (g)	4.5	0.1	0.3	0.1	0.3	0.1	0.3	0.1	0.3	0.1	0.3	0.1	0.3	0.1
Carbohydrates (g)	58.2	19.4	67.8	22.6	60.9	20.3	65.3	25.1	52.5	17.5	62.7	22.4	73.2	24.4
Sugars (g)	19.5	6.5	12.0	4.0	10.2	3.4	9.9	3.8	12.0	4.0	12.9	4.6	17.1	5.7
Dietary fibre (g)	10.8	3.6	6.9	2.3	6.3	2.1	15.1	5.8	10.8	3.6	10.6	3.8	9.3	3.1
Sodium (mg)	1710	570	2520	840	1302	434	1378	530	2190	730	2016	720	2610	870

<b>BAO</b> 'STEAMED BUN'	<b>BAO</b> BBQ CHICKEN		<b>BAO</b> LEMONGRASS BEEF		<b>BAO</b> FLAMING PRAWN		<b>BAO</b> ROAST PORK BELLY		<b>BAO</b> ROAST DUCK		<b>BAO</b> TOFU		<b>BAO</b> ROAST PORK & CRACKLING	
	Average Serving Qty 1 Bao / 99g	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)	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>UNCLE'S BEST FRIED RICE</b>		<b>UNCLE'S BEST FRIED RICE WITH BBQ PORK</b>		<b>UNCLE'S BEST FRIED RICE WITH PRAWN</b>		<b>UNCLE'S BEST FRIED RICE WITH CRISPY PORK BELLY</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
Energy (kj)	2888	800	3473	825	3149	770	3406	809	2823	743
Protein (g)	14.1	3.9	24.0	5.7	18.4	4.5	29.9	7.1	31.9	8.4
Fat (g)	20.9	5.8	34.1	8.1	24.9	6.1	31.2	7.4	11.4	3.0
Saturated Fat (g)	2.5	0.7	6.7	1.6	3.3	0.8	5.5	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
Carbohydrates (g)	107.6	29.8	103.6	24.6	110.4	27.0	99.8	23.7	122.7	32.3
Sugars (g)	6.9	1.9	10.9	2.6	10.6	2.6	9.7	2.3	0.8	0.2
Dietary fibre (g)	5.4	1.5	5.5	1.3	4.5	1.1	6.3	1.5	3.8	1.0
Sodium (mg)	1697	470	2021	480	1922	470	2568	610	988	260

<b>COM</b> 'RICE BOWLS' NO DRESSING	<b>LEMONGRASS CHILLI CHICKEN WITH BROWN RICE</b>		<b>VEGAN LEMONGRASS CHILLI CHICKEN WITH JASMINE RICE</b>		<b>VEGAN LEMONGRASS CHILLI CHICKEN WITH BROWN RICE</b>		<b>SHAKING BEEF WITH JASMINE RICE</b>		<b>SHAKING BEEF WITH BROWN RICE</b>		<b>PORK BELLY WITH JASMINE RICE</b>		<b>PORK BELLY WITH BROWN RICE</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 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	<b>RICE SALAD BBQ CHICKEN</b>		<b>RICE SALAD CRISPY CHICKEN RIBS</b>		<b>RICE SALAD ROAST PORK &amp; CRACKLING</b>		<b>RICE SALAD LEMONGRASS BEEF</b>		<b>RICE SALAD ROAST PORK BELLY</b>		<b>RICE SALAD PORK SPRING ROLLS</b>		<b>RICE SALAD TOFU &amp; VEG SPRING ROLLS</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 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>DUMPLINGS</b> WITHOUT SAUCE	<b>BEEF PHO SOUP DUMPLING</b>		<b>PRAWNS, GINGER &amp; CORIANDER</b>		<b>EDAMAME &amp; SHITAKE</b>		<b>PORK DUMPLING</b>	
	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

<b>NOODLE SOUPS</b>	<b>CHICKEN CURRY</b> 'BÚN CÀ RI CÀ'		<b>BÚN BÒ HUẾ</b> 'SPICY BEEF NOODLE SOUP'		<b>PRAWN DUMPLINGS &amp; BBQ PORK</b> '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	2915	337	2872	334
Protein (g)	22.0	2.8	35.5	4.1	24.9	2.9
Fat (g)	29.8	3.8	12.1	1.4	15.5	1.8
Saturated Fat (g)	22.8	2.9	4.3	0.5	4.3	0.5
Trans fat (g)	0.8	0.1	0.9	0.1	0.9	0.1
Carbohydrates (g)	88.7	11.3	109.9	12.7	110.1	12.8
Sugars (g)	21.2	2.7	14.7	1.7	16.3	1.9
Sodium (mg)	4396	560	5536	640	4816	560

<b>PHỞ CUP</b> '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

<b>PHỞ BOWL</b> '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

<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® POACHED CHICKEN BREAST &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 POACHED CHICKEN BREAST</b>		<b>CỎI LEMONCRASS BEEF</b>		<b>CỎI PORK &amp; PRAWN</b>		<b>CỎI PRAWN</b>		<b>CỎI TOFU</b>		<b>CỎI ROAST PORK BELLY</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 / 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>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



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 / 380ml		Serving size 1 Drink / 380ml	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	995	298	228	60	228	60
Protein (g)	5.3	1.6	0.0	0.0	0.0	0.0
Fat (g)	4.7	1.4	0.0	0.0	0.0	0.0
Saturated Fat (g)	3.7	1.1	0.0	0.0	0.0	0.0
Trans fat (g)	0.3	0.1	0.0	0.0	0.0	0.0
Carbohydrates (g)	43.1	12.9	12.9	3.4	13.3	3.5
Sugars (g)	38.4	11.5	12.9	3.4	12.9	3.4
Dietary fibre (g)	3.3	1.0	0.0	0.0	0.0	0.0
Sodium (mg)	80	24	0	0	0	0

<b>CONDIMENTS</b>	<b>SOLDIER® SAUCE HOISIN</b>		<b>SOLDIER® SAUCE SPICY HOISIN</b>		<b>SOLDIER® SAUCE CHILLI MAYO</b>		<b>SOLDIER® SAUCE VEG NUOC MAM</b>		<b>SOLDIER® SAUCE NUOC MAM</b>		<b>SOLDIER® SAUCE CITRUS HERB</b>	
	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

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

	VEGETARIAN OPTONS	VEGAN OPTONS	VEGETARIAN OPTONS	VEGAN 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 Oil Sriracha	<b>DUMPLINGS</b>	Edamame and Shiitake Edamame and Shiitake
<b>BÁNH MÌ</b> 'Viet Baguette'	Tofu	Tofu – please ask for Bánh Mì without mayonnaise (contains egg)  Vegan Lemongrass Chicken	<b>PHỞ</b> 'Classic Noodle Soup'	Mushroom and Tofu Mushroom and 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'	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		
<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.