

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'	BBQ CHICKEN		ROAST PORK & CRACKLING		LEMONGRASS BEEF		TOFU		PLANT-BASED LEMONGRASS CHILLI 'CHICKEN'		PEPPER BEEF STEAK	
	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 (280g)	Per 100g	Per serve (300g)
Energy (kj)	1929	643	2487	829	2637	879	2197	845	2100	750	2313	771
Protein (g)	31.2	10.4	39.0	13.0	35.7	11.9	21.8	8.4	30.8	11.0	33.0	11.0
Fat (g)	8.7	2.9	17.7	5.9	25.5	8.5	16.1	6.2	11.5	4.1	11.7	3.9
Saturated Fat (g)	1.8	0.6	3.9	1.3	4.5	1.5	1.8	0.7	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
Carbohydrates (g)	58.2	19.4	68.7	22.9	60.9	20.3	65.3	25.1	62.7	22.4	73.2	24.4
Sugars (g)	19.5	6.5	6.6	2.2	10.2	3.4	9.9	3.8	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	10.6	3.8	9.3	3.1
Sodium (mg)	1710	570	1650	550	1302	434	1378	530	2016	720	2610	870

BAO 'STEAMED BUN'	BBQ CHICKEN		LEMONGRASS BEEF		CRISPY PRAWN		ROAST DUCK		TOFU		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
Energy (kj)	908	917	905	914	842	851	920	929	987	997	899	908
Protein (g)	8.2	8.3	8.5	8.6	6.1	6.2	8.5	8.6	5.7	5.8	11.1	11.2
Fat (g)	8.3	8.4	8.4	8.5	8.3	8.4	7.1	7.2	9.9	10.0	7.3	7.4
Saturated Fat (g)	2.4	2.4	2.5	2.5	2.5	2.5	2.6	2.6	2.9	2.9	2.9	2.9
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)	26.5	26.8	25.5	25.8	24.4	24.6	29.3	29.6	30.0	30.3	25.8	26.1
Sugars (g)	7.2	7.3	4.6	4.6	3.5	3.5	5.9	6.0	5.2	5.3	3.0	3.0
Dietary fibre (g)	1.2	1.2	1.9	1.9	2.1	2.1	1.7	1.7	1.7	1.7	2.0	2.0
Sodium (mg)	289	292	246	248	265	268	491	496	187	189	238	240

BÚN 'NOODLE SALAD' NO DRESSING	BBQ CHICKEN		LEMONGRASS BEEF		PORK SPRING ROLLS		ROAST PORK & CRACKLING		TOFU & VEG SPRING ROLLS		CRISPY CHICKEN RIBS	
	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
Energy (kj)	2044	433	2181	462	2459	521	2313	490	2445	518	2912	617
Protein (g)	26.4	5.6	34.9	7.4	14.2	3.0	26.9	5.7	10.9	2.3	38.2	8.1
Fat (g)	8.0	1.7	13.7	2.9	14.2	3.0	9.4	2.0	22.2	4.7	26.4	5.6
Saturated Fat (g)	2.4	0.5	3.8	0.8	4.2	0.9	3.3	0.7	3.3	0.7	5.7	1.2
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
Carbohydrates (g)	75.0	15.9	61.4	13.0	94.9	20.1	88.7	18.8	82.1	17.4	74.1	15.7
Sugars (g)	5.2	1.1	1.4	0.3	6.6	1.4	2.8	0.6	2.8	0.6	4.7	1.0
Dietary fibre (g)	2.8	0.6	4.7	1.0	10.4	2.2	4.7	1.0	5.2	1.1	3.3	0.7
Sodium (mg)	675	143	666	141	850	180	566	120	396	84	732	155

CƠM 'RICE' NO DRESSING	UNCLE'S BEST FRIED RICE WITH BBQ PORK		UNCLE'S BEST FRIED RICE WITH PRAWN		LEMONGRASS CHILLI CHICKEN		ROAST PORK	
	Average Serving Qty 1 Bowl / 380g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve
Energy (kj)	3473	825	3149	770	2823	743	2917	660
Protein (g)	24.0	5.7	18.4	4.5	31.9	8.4	36.7	8.3
Fat (g)	34.1	8.1	24.9	6.1	11.4	3.0	12.8	2.9
Saturated Fat (g)	6.7	1.6	3.3	0.8	3.8	1.0	4.4	1.0
Trans fat (g)	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1
Carbohydrates (g)	103.6	24.6	110.4	27.0	122.7	32.3	107.0	24.2
Sugars (g)	10.9	2.6	10.6	2.6	0.8	0.2	6.2	1.4
Dietary fibre (g)	5.5	1.3	4.5	1.1	3.8	1.0	4.4	1.0
Sodium (mg)	2021	480	1922	470	988	260	707	160

CƠM 'RICE' NO DRESSING	PLANT-BASED LEMONGRASS CHILLI 'CHICKEN'		PEPPER BEEF STEAK		PORK BELLY		BBQ CHICKEN		CRISPY CHICKEN RIBS	
	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)	2706	712	3067	807	3633	956	2356	533	3359	760
Protein (g)	21.3	5.6	27.0	7.1	38.8	10.2	25.6	5.8	38.9	8.8
Fat (g)	7.2	1.9	16.7	4.4	33.1	8.7	8.4	1.9	23.9	5.4
Saturated Fat (g)	1.5	0.4	6.1	1.6	11.0	2.9	2.7	0.6	5.7	1.3
Trans fat (g)	0.4	0.1	0.8	0.2	0.4	0.1	0.4	0.1	0.4	0.1
Carbohydrates (g)	119.3	31.4	117.0	30.8	103.0	27.1	92.4	20.9	104.8	23.7
Sugars (g)	12.5	3.3	10.6	2.8	11.4	3.0	17.2	3.9	0.4	0.1
Dietary fibre (g)	6.1	1.6	3.8	1.0	3.8	1.0	4.9	1.1	4.4	1.0
Sodium (mg)	1026	270	1178	310	353	93	712	161	972	220

CƠM 'RICE' NO DRESSING	ROAST PORK & CRACKLING		LEMONGRASS BEEF		PORK SPRING ROLLS		TOFU & VEG SPRING ROLLS	
	Average Serving Qty 1 Bowl / 442g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve
Energy (kj)	3014	682	2727	617	3271	740	3041	688
Protein (g)	43.3	9.8	39.3	8.9	18.6	4.2	22.5	5.1
Fat (g)	25.6	5.8	9.7	2.2	15.0	3.4	28.3	6.4
Saturated Fat (g)	7.5	1.7	3.5	0.8	4.4	1.0	4.4	1.0
Trans fat (g)	0.4	0.1	0.4	0.1	0.4	0.1	0.4	0.1
Carbohydrates (g)	78.2	17.7	99.9	22.6	135.7	30.7	91.9	20.8
Sugars (g)	8.8	2.0	5.7	1.3	7.1	1.6	6.6	1.5
Dietary fibre (g)	4.4	1.0	4.4	1.0	11.5	2.6	5.7	1.3
Sodium (mg)	530	120	619	140	619	140	415	94

NOODLE SOUP BOWLS	CHICKEN CURRY BOWL		SPICY BEEF BBH BOWL (BÚN BÒ HUẾ)		PRAWN DUMPLINGS & BBQ PORK BOWL	
	Serving size 1 Bowl / 785g		Serving size 1 Bowl / 865g		Serving size 1 Bowl / 860g	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	2959	377	2301	266	2872	334
Protein (g)	20.4	2.6	26.8	3.1	24.9	2.9
Fat (g)	30.6	3.9	6.1	0.7	15.5	1.8
Saturated Fat (g)	23.6	3.0	1.7	0.2	4.3	0.5
Trans fat (g)	0.8	0.1	0.9	0.1	0.9	0.1
Carbohydrates (g)	87.1	11.1	95.2	11.0	110.1	12.8
Sugars (g)	14.1	1.8	15.6	1.8	16.3	1.9
Sodium (mg)	4082	520	3720	430	4816	560

NOODLE SOUP CUPS	CHICKEN CURRY CUP		SPICY BEEF BBH CUP (BÚN BÒ HUẾ)	
	Serving size 1 Bowl / 377g		Serving size 1 Bowl / 396g	
	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	1421	377	1053	266
Protein (g)	9.8	2.6	12.3	3.1
Fat (g)	14.7	3.9	2.8	0.7
Saturated Fat (g)	11.3	3.0	0.8	0.2
Trans fat (g)	0.4	0.1	0.4	0.1
Carbohydrates (g)	41.8	11.1	43.6	11.0
Sugars (g)	6.8	1.8	7.1	1.8
Sodium (mg)	1960	520	1703	430

PHỞ CUP 'CLASSIC NOODLE SOUP'	POACHED CHICKEN		SLICED RARE BEEF		MIXED BEEF & CHICKEN		MUSHROOM & TOFU		SEAFOOD	
	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)	864	244	977	276	906	256	984	278	821	232
Protein (g)	6.7	1.9	9.2	2.6	8.1	2.3	6.4	1.8	5.0	1.4
Fat (g)	2.5	0.7	5.0	1.4	3.2	0.9	6.7	1.9	3.2	0.9
Saturated Fat (g)	0.4	0.1	1.1	0.3	0.7	0.2	0.7	0.2	0.4	0.1
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)	38.6	10.9	37.5	10.6	38.2	10.8	36.8	10.4	36.5	10.3
Sugars (g)	5.7	1.6	5.7	1.6	5.3	1.5	5.0	1.4	6.0	1.7
Dietary fibre (g)	3.2	0.9	3.2	0.9	3.2	0.9	3.2	0.9	3.2	0.9
Sodium (mg)	1451	410	1274	360	1416	400	708	200	920	260

PHỞ BOWL 'CLASSIC NOODLE SOUP'	POACHED CHICKEN		SLICED RARE BEEF		MIXED BEEF & CHICKEN		MUSHROOM & TOFU		SEAFOOD	
	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)	1801	244	2037	276	1889	256	2052	278	1712	232
Protein (g)	14.0	1.9	19.2	2.6	17.0	2.3	13.3	1.8	10.3	1.4
Fat (g)	5.2	0.7	10.3	1.4	6.6	0.9	14.0	1.9	6.6	0.9
Saturated Fat (g)	0.7	0.1	2.2	0.3	1.5	0.2	1.5	0.2	0.7	0.1
Trans fat (g)	0.7	0.1	0.7	0.1	0.7	0.1	0.7	0.1	0.7	0.1
Carbohydrates (g)	80.4	10.9	78.2	10.6	79.7	10.8	76.8	10.4	76.0	10.3
Sugars (g)	11.8	1.6	11.8	1.6	11.1	1.5	10.3	1.4	12.5	1.7
Dietary fibre (g)	6.6	0.9	6.6	0.9	6.6	0.9	6.6	0.9	6.6	0.9
Sodium (mg)	3026	410	2657	360	2952	400	1476	200	1919	260

SOLDIERS 'RICE PAPER ROLLS'	BBQ CHICKEN		PORK & PRAWN		LIME CRUSTED FISH & AVOCADO		CARLIC PRAWN		LEMONGRASS BEEF		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

	ROAST DUCK		TOFU		LOW CARB TOFU		LOW CARB LIME CRUSTED FISH		LOW CARB POACHED CHICKEN BREAST		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	POACHED CHICKEN BREAST		LEMONGRASS BEEF		PORK & PRAWN		PRAWN		TOFU	
	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
Protein (g)	31.9	8.8	33.0	9.1	30.9	8.5	13.4	3.7	8.0	2.2
Fat (g)	8.0	2.2	16.0	4.4	13.1	3.6	5.4	1.5	13.8	3.8
Saturated Fat (g)	2.9	0.8	4.4	1.2	4.0	1.1	2.5	0.7	3.3	0.9
Trans fat (g)	0.0	0.0	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
Sugars (g)	1.1	0.3	1.1	0.3	1.1	0.3	1.1	0.3	1.5	0.4
Dietary fibre (g)	8.0	2.2	5.4	1.5	6.9	1.9	9.1	2.5	9.4	2.6
Sodium (mg)	512	141	751	207	777	214	399	110	174	48

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)		PORK SPRING ROLLS (4 PIECES)		PORK SPRING ROLLS (8 PIECES)		PORK SPRING ROLLS (12 PIECES)		SEAFOOD SPRING ROLLS (3 PIECES)		VEGETABLE SPRING ROLLS (3 PIECES)		SWEET POTATO FRIES	
	Serving size 3 Pieces / 92g		Serving size 4 Pieces / 115g		Serving size 8 Pieces / 230g		Serving size 12 Pieces / 345g		Serving size 3 Pieces / 64g		Serving size 3 Pieces / 70g		Serving size 1 Cup / 196g	
	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	1316	114	2631	114	3947	114	941	1470	1120	1600	1811	924
Protein (g)	29.9	32.5	9.3	9.0	21	9.0	31	9.0	2.6	4.0	2.5	3.5	4.5	2.3
Fat (g)	17.3	18.8	14.2	13.4	31	13.4	46	13.4	13.6	21.3	17.2	24.5	22.1	11.3
Saturated Fat (g)	3.5	3.8	2.3	3.5	8	3.5	12	3.5	1.8	2.8	2.3	3.3	2.0	1.0
Trans fat (g)	0.2	0.2	0.1	0.1	0.2	0.1	0.3	0.1	0.1	0.1	0.1	0.1	0.2	0.1
Carbohydrates (g)	1.3	1.4	29.8	28.1	65	28.1	97	28.1	22.5	35.1	25.1	35.9	50.4	25.7
Sugars (g)	1.3	1.4	3.2	3.6	8	3.6	12	3.6	3.1	4.9	2.7	3.8	22.0	11.2
Dietary fibre (g)	0.6	0.6	2.3	2.2	5	2.2	8	2.2	1.1	1.7	1.8	2.5	7.4	3.8
Sodium (mg)	471	512	357	550	1265	550	1898	550	349	546	396	565	804	410

SIDES	CRAB CRACKERS (10 PIECES)		CRISPY PRAWNS (6 PIECES)	
	Serving size 10 Crackers / 30g		Serving size 6 Pieces / 54g	
	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	609	2030	675	1250
Protein (g)	0.4	1.2	4.8	8.8
Fat (g)	6.7	22.4	9.8	18.1
Saturated Fat (g)	0.2	0.8	0.9	1.7
Trans fat (g)	0.0	0.1	0.1	0.1
Carbohydrates (g)	20.7	69.0	13.6	25.1
Sugars (g)	0.0	0.0	0.1	0.2
Dietary fibre (g)	3.9	13.0	0.5	0.9
Sodium (mg)	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

CONDIMENTS	SAUCE SACHET HOISIN		SAUCE SACHET SPICY HOISIN		SAUCE SACHET CHILLI MAYO		SAUCE SACHET VEG NƯỚC MẮM		SAUCE SACHET NƯỚC MẮM	
	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
Energy (kj)	63	793	70	871	143	1790	31	383	47	586
Protein (g)	0.3	3.6	0.3	3.7	0.1	1.5	0.1	0.9	0.1	1.5
Fat (g)	0.1	1.4	0.1	1.5	3.4	42.2	0.0	0.1	0.0	0.0
Saturated Fat (g)	0.1	0.9	0.1	0.9	0.3	3.3	0.0	0.0	0.0	0.0
Trans fat (g)	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
Sugars (g)	2.6	32.4	3.0	37.3	0.2	3.1	1.6	19.5	2.6	32.0
Sodium (mg)	144	1805	143	1789	68	847	119	1487	151	1884

	SAUCE TUB GARLIC CHILLI OIL		OPTIONAL WITH PHỞ - SRIRACHA		OPTIONAL WITH PHỞ - HOISIN	
	Serving size 8g		Serving size 20g		Serving size 20g	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	258	3230	67	336	195	977
Protein (g)	0.1	1.8	0.4	2.0	0.3	1.7
Fat (g)	6.7	84.2	0.2	1.0	0.4	2.2
Saturated Fat (g)	0.5	6.3	0.0	0.0	0.2	1.0
Trans fat (g)	0.0	0.0	0.0	0.0	0.0	0.0
Carbohydrates (g)	0.3	3.4	3.2	16.0	10.1	50.6
Sugars (g)	0.1	1.1	2.0	10.0	9.2	46.0
Sodium (mg)	14	170	326	1630	512	2560

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 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	NOTES
SOLDIERS 'Rice Paper Rolls'	BBQ Chicken Chicken & Avocado Pork & Prawn Garlic Prawn Lemongrass Beef Tofu Low Carb Chicken Low Carb Tofu Rost Duck		CỎI 'Viet Salad'	Tofu Pork & Prawn Prawn Lemongrass Beef Poached Chicken Breast	
SAUCE SACHETS 'Rice Paper Roll Sauces'	Nước Mắm Hoisin Chilli Mayo Spicy Hoisin Sriracha	Veg Nước Mắm contains wheat flour.	SIDES	Sweet Potato fries Vegetable Spring Rolls	Seafood Spring Rolls Crab Crackers
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.	CƠM 'Rice'	Lemongrass Chilli Chicken Plant-Based Lemongrass Chilli 'Chicken' BBQ Chicken Lemongrass Beef	Roast Pork Tofu & Vegetable Spring Rolls
BÚN 'Noodle Salads'	BBQ Chicken Lemongrass Beef Roast Pork & Crackling Vegetable Spring Rolls		DRINKS	Roll'd Peach Iced Tea Roll'd Lemon Iced Tea Roll'd Iced Coffee	

VEGETARIAN & VEGAN OPTIONS

	VEGETARIAN OPTONS	VEGAN OPTONS	VEGETARIAN OPTONS	VEGAN OPTONS
SOLDIERS 'Rice Paper Rolls'	Tofu Low Carb Tofu	Tofu Low Carb Tofu	BAO 'Steamed Bun'	Tofu
SAUCE SACHETS 'Rice Paper Roll Sauces'	Hoisin Spicy Hoisin Chilli Mayo Veg Nước Mắm Sriracha Garlic Chilli Oil	Veg Nước Mắm Garlic Chilli Oil Sriracha	PHỞ 'Classic Noodle Soup'	Mushroom and Tofu Mushroom and Tofu
BÁNH MÌ 'Viet Baguette'	Tofu	Tofu – please ask for Bánh Mì without mayonnaise (contains egg and pate) Plant-Based Lemongrass Chilli 'Chicken'		
CỎI 'Viet Salad'	Tofu Available as salad without protein.	Tofu Available as salad without protein.		
BÚN 'Noodle Salads'	Tofu & Vegetarian Spring Rolls	Tofu & Vegetarian Spring Rolls		
CƠM 'Rice'	Tofu & Vegetable Spring Rolls Uncle's Best Fried Rice Plant-Based Lemongrass Chilli 'Chicken'	Tofu & Vegetable Spring Rolls Plant-Based Lemongrass Chilli 'Chicken'		
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.

HALAL SUITABLE OPTIONS*

DISCLAIMER:

This table indicates that suppliers for our meat products have obtained Halal certification. However, please note that our food is prepared in an environment containing pork and pork products and there is always a risk that traces of allergens may be transferred to ingredients during processing, storage or food preparation in our kitchens.

HALAL SUITABLE		HALAL SUITABLE		
SOLDIERS 'Rice Paper Rolls'	Low Carb Poached Chicken Breast	Soft Shell Crab	BÚN 'Noodle Salads' Note: The source of onion in this range comes from fried shallots, excludes pork springrolls	
	Low Carb Lime Crusted Fish	Poached Chicken Breast & Avocado		BBQ Chicken
	Low Carb Tofu	Lime Crusted Fish & Avocado		Lemongrass Beef
	BBQ Chicken	Garlic Prawn		Crispy Chicken Ribs
	Roast Duck	Lemongrass Beef		Tofu & Vegetable Spring Rolls
	Tofu		Nuoc Mam Dressing (on the side)	
			Veg Nuoc Mam Dressing (on the side)	
SAUCE SACHETS 'Rice Paper Roll Sauces'	Nuoc Mam	Hoisin	BAO 'Steamed Bun'	
	Chilli Mayo	Spicy Hoisin		BBQ Chicken
	Sriracha	Veg Nước Mắm		Lemongrass Beef
	Garlic Chilli Oil			Flaming Prawn
PHỞ 'Classic Noodle Soup'	Bowl/Cup Sliced Rare Beef	Hoisin (on the side)	CỎI 'Viet Salad'	
	Bowl/Cup Poached Chicken Breast	Sriracha (on the side)		Poached Chicken Breast
	Bowl/Cup Mixed Beef & Chicken			Lemongrass Beef
	Bowl/Cup Seafood			Prawn
	Bowl/Cup Mushroom & Tofu			Tofu
NOODLE SOUPS	Bowl/Cup Spicy Beef BBH (Bun Bo Hue)		CƠM 'Rice Bowls & Rice Salad'	
				Pepper Beef Steak
				Lemongrass Chilli Chicken
				Vegan Lemongrass Chilli 'Chicken'
				Uncle's Best Fried Rice with Prawn
		BBQ Chicken		
			Lemongrass Beef	
			Crispy Chicken Ribs	
			Tofu & Vegetable Spring Rolls	
			Nước Mắm Dressing (on the side)	
			Veg Nước Mắm Dressing (on the side)	

HALAL SUITABLE OPTIONS*

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HALAL SUITABLE

BÁNH MÌ
'Viet Baguette'

Plant-Based Lemongrass Chilli 'Chicken'
Tofu

SIDES

Sweet Potato Fries
Chilli Mayo (on the side)
Crispy Chicken Ribs
Nước Mắm Dressing (on the side)
Flaming Prawns
Chilli Mayo
Vegetable Spring Rolls
Vegetarian Nước Mắm Dressing (on the side)
Seafood Spring Rolls
Nước Mắm Dressing (on the side)
Crab Crackers