

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'	
	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)
Energy (kj)	1929	643	2487	829	2637	879	2197	845	2100	750
Protein (g)	31.2	10.4	39.0	13.0	35.7	11.9	21.8	8.4	30.8	11.0
Fat (g)	8.7	2.9	17.7	5.9	25.5	8.5	16.1	6.2	11.5	4.1
Saturated Fat (g)	1.8	0.6	3.9	1.3	4.5	1.5	1.8	0.7	1.1	0.4
Trans fat (g)	4.5	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
Sugars (g)	19.5	6.5	6.6	2.2	10.2	3.4	9.9	3.8	12.9	4.6
Dietary fibre (g)	10.8	3.6	6.9	2.3	6.3	2.1	15.1	5.8	10.6	3.8
Sodium (mg)	1710	570	1650	550	1302	434	1378	530	2016	720

BAO 'STEAMED BUN'	BBQ CHICKEN		LEMONGRASS BEEF		CRISPY PRAWN		ROAST DUCK		TOFU		ROAST PORK & CRACKLING		PLANT-BASED LEMONGRASS CHILLI 'CHICKEN'	
	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	920	929	987	997	899	908	763	771
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	8.4	8.5
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	5.7	5.8
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	1.9	1.9
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	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	22.1	22.3
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	2.2	2.2
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	4.1	4.1
Sodium (mg)	289	292	246	248	265	268	491	496	187	189	238	240	277	280

BÚN 'NOODLE SALAD' NO DRESSING	BBQ CHICKEN		LEMONGRASS BEEF		PORK SPRING ROLLS		ROAST PORK & CRACKLING	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Bowl / 472g								
Energy (kj)	2044	433	2181	462	2459	521	2313	490
Protein (g)	26.4	5.6	34.9	7.4	14.2	3.0	26.9	5.7
Fat (g)	8.0	1.7	13.7	2.9	14.2	3.0	9.4	2.0
Saturated Fat (g)	2.4	0.5	3.8	0.8	4.2	0.9	3.3	0.7
Trans fat (g)	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
Sugars (g)	5.2	1.1	1.4	0.3	6.6	1.4	2.8	0.6
Dietary fibre (g)	2.8	0.6	4.7	1.0	10.4	2.2	4.7	1.0
Sodium (mg)	675	143	666	141	850	180	566	120

BÚN 'NOODLE SALAD' NO DRESSING	TOFU & VEG SPRING ROLLS		CRISPY CHICKEN RIBS		PLANT-BASED LEMONGRASS CHILLI 'CHICKEN'		ROAST DUCK	
	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g
Average Serving Qty 1 Bowl / 472g								
Energy (kj)	2445	518	2912	617	1850	392	2233	473
Protein (g)	10.9	2.3	38.2	8.1	19.4	4.1	23.6	5.0
Fat (g)	22.2	4.7	26.4	5.6	8.5	1.8	15.1	3.2
Saturated Fat (g)	3.3	0.7	5.7	1.2	1.4	0.3	3.8	0.8
Trans fat (g)	0.5	0.1	0.5	0.1	0.5	0.1	0.5	0.1
Carbohydrates (g)	82.1	17.4	74.1	15.7	65.6	13.9	69.4	14.7
Sugars (g)	2.8	0.6	4.7	1.0	3.3	0.7	19.8	4.2
Dietary fibre (g)	5.2	1.1	3.3	0.7	11.3	2.4	11.8	2.5
Sodium (mg)	396	84	732	155	1652	350	2454	520

CƠM 'RICE' NO DRESSING	PLANT-BASED LEMONGRASS CHILLI 'CHICKEN'		BBQ CHICKEN		CRISPY CHICKEN RIBS		ROAST DUCK	
	Average Serving Qty 1 Bowl / 380g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve
Energy (kj)	2706	712	2356	533	3359	760	3788	857
Protein (g)	21.3	5.6	25.6	5.8	38.9	8.8	28.3	6.4
Fat (g)	7.2	1.9	8.4	1.9	23.9	5.4	59.7	13.5
Saturated Fat (g)	1.5	0.4	2.7	0.6	5.7	1.3	15.9	3.6
Trans fat (g)	0.4	0.1	0.4	0.1	0.4	0.1	0.9	0.2
Carbohydrates (g)	119.3	31.4	92.4	20.9	104.8	23.7	61.4	13.9
Sugars (g)	12.5	3.3	17.2	3.9	0.4	0.1	21.7	4.9
Dietary fibre (g)	6.1	1.6	4.9	1.1	4.4	1.0	7.1	1.6
Sodium (mg)	1026	270	712	161	972	220	2475	560

CƠM 'RICE' NO DRESSING	ROAST PORK & CRACKLING		LEMONGRASS BEEF		TOFU & VEG SPRING ROLLS		LEMONGRASS CHILLI CHICKEN	
	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	3041	688	2823	743
Protein (g)	43.3	9.8	39.3	8.9	22.5	5.1	31.9	8.4
Fat (g)	25.6	5.8	9.7	2.2	28.3	6.4	11.4	3.0
Saturated Fat (g)	7.5	1.7	3.5	0.8	4.4	1.0	3.8	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	91.9	20.8	122.7	32.3
Sugars (g)	8.8	2.0	5.7	1.3	6.6	1.5	0.8	0.2
Dietary fibre (g)	4.4	1.0	4.4	1.0	5.7	1.3	3.8	1.0
Sodium (mg)	530	120	619	140	415	94	988	260

NOODLE SOUP BOWLS	CHICKEN CURRY BOWL		SPICY BEEF BBH BOWL (BÚN BÒ HUẾ)	
	Serving size 1 Bowl / 785g		Serving size 1 Bowl / 825g	
	Per serve	Per 100g	Per serve	Per 100g
Energy (kj)	2983	380	2327	282
Protein (g)	22.0	2.8	18.2	2.2
Fat (g)	29.8	3.8	17.3	2.1
Saturated Fat (g)	22.8	2.9	5.8	0.7
Trans fat (g)	0.8	0.1	0.8	0.1
Carbohydrates (g)	88.7	11.3	80.9	9.8
Sugars (g)	21.2	2.7	6.6	0.8
Sodium (mg)	4396	560	3548	430

NOODLE SOUP CUPS	CHICKEN CURRY CUP		SPICY BEEF BBH CUP (BÚN BÒ HUẾ)	
	Serving size 1 Cup / 377g		Serving size 1 Cup / 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)	966	273	1012	286	970	274	984	278	821	232
Protein (g)	9.6	2.7	9.6	2.7	9.2	2.6	6.4	1.8	5.0	1.4
Fat (g)	3.5	1.0	5.0	1.4	4.2	1.2	6.7	1.9	3.2	0.9
Saturated Fat (g)	0.7	0.2	1.1	0.3	1.1	0.3	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)	39.6	11.2	39.3	11.1	38.6	10.9	36.8	10.4	36.5	10.3
Sugars (g)	9.6	2.7	8.9	2.5	4.6	1.3	5.0	1.4	6.0	1.7
Dietary fibre (g)	1.8	0.5	1.8	0.5	1.8	0.5	3.2	0.9	3.2	0.9
Sodium (mg)	1296	366	1179	333	1165	329	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)	2015	273	2111	286	2022	274	2052	278	1712	232
Protein (g)	19.9	2.7	19.9	2.7	19.2	2.6	13.3	1.8	10.3	1.4
Fat (g)	7.4	1.0	10.3	1.4	8.9	1.2	14.0	1.9	6.6	0.9
Saturated Fat (g)	1.5	0.2	2.2	0.3	2.2	0.3	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)	82.7	11.2	81.9	11.1	80.4	10.9	76.8	10.4	76.0	10.3
Sugars (g)	19.9	2.7	18.5	2.5	9.6	1.3	10.3	1.4	12.5	1.7
Dietary fibre (g)	3.7	0.5	3.7	0.5	3.7	0.5	6.6	0.9	6.6	0.9
Sodium (mg)	2701	366	2458	333	2428	329	1476	200	1919	260

SOLDIERS 'RICE PAPER ROLLS'	BBQ CHICKEN		PORK & PRAWN		LIME CRUSTED FISH & AVOCADO		CARLIC PRAWN		LEMONGRASS BEEF		PLANT-BASED LEMONGRASS CHILLI 'CHICKEN'	
	Average Serving Qty 1 Soldier / 115g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve
Energy (kj)	639	556	622	541	683	594	544	473	725	630	607	528
Protein (g)	5.9	5.1	6.6	5.7	7.1	6.2	4.7	4.1	8.5	7.4	5.5	4.8
Fat (g)	2.5	2.2	2.1	1.8	3.6	3.1	0.9	0.8	3.9	3.4	3.1	2.7
Saturated Fat (g)	0.7	0.6	0.8	0.7	0.8	0.7	0.3	0.3	1.0	0.9	0.5	0.4
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	21.9	19.0
Sugars (g)	0.2	0.2	0.6	0.5	2.2	1.9	1.7	1.5	1.2	1.0	0.1	0.1
Dietary fibre (g)	0.6	0.5	0.6	0.5	0.7	0.6	0.7	0.6	0.6	0.5	3.3	2.9
Sodium (mg)	158	137	118	103	176	153	420	365	246	214	242	210

SOLDIERS 'RICE PAPER ROLLS'	ROAST DUCK		TOFU		LOW CARB TOFU		LOW CARB LIME CRUSTED FISH		LOW CARB POACHED CHICKEN BREAST		POACHED CHICKEN BREAST & AVOCADO	
	Average Serving Qty 1 Soldier / 115g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve	Per 100g	Per serve
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		PLANT-BASED LEMONGRASS CHILLI 'CHICKEN'		ROAST DUCK	
	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 / 363g														
Energy (kj)	1031	284	1350	372	1176	324	744	205	951	262	1459	402	1702	469
Protein (g)	31.9	8.8	33.0	9.1	30.9	8.5	13.4	3.7	8.0	2.2	13.8	3.8	20.0	5.5
Fat (g)	8.0	2.2	16.0	4.4	13.1	3.6	5.4	1.5	13.8	3.8	14.9	4.1	15.2	4.2
Saturated Fat (g)	2.9	0.8	4.4	1.2	4.0	1.1	2.5	0.7	3.3	0.9	1.8	0.5	2.9	0.8
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	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	29.4	8.1	45.4	12.5
Sugars (g)	1.1	0.3	1.1	0.3	1.1	0.3	1.1	0.3	1.5	0.4	28.7	7.9	40.3	11.1
Dietary fibre (g)	8.0	2.2	5.4	1.5	6.9	1.9	9.1	2.5	9.4	2.6	21.8	6.0	3.6	1.0
Sodium (mg)	512	141	751	207	777	214	399	110	174	48	1706	470	2287	630

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)		SEAFOOD SPRING ROLLS (3 PIECES)		VEGETABLE SPRING ROLLS (3 PIECES)		SWEET POTATO FRIES		CRAB CRACKERS (10 PIECES)		CRISPY PRAWNS (6 PIECES)	
	Serving size 3 Pieces / 92g		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
Energy (kj)	1178	1280	941	1470	1120	1600	1811	924	609	2030	675	1250
Protein (g)	29.9	32.5	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	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	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	0.2	0.1	0.0	0.1	0.1	0.1
Carbohydrates (g)	1.3	1.4	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	3.1	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	1.1	1.7	1.8	2.5	7.4	3.8	3.9	13.0	0.5	0.9
Sodium (mg)	471	512	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

CONDIMENTS	SAUCE SACHET HOISIN		SAUCE SACHET SPICY HOISIN		SAUCE SACHET CHILLI MAYO		SAUCE SACHET VEG NƯỚC MẮM		SAUCE SACHET NƯỚC MẮM		SAUCE SACHET HOT SAUCE	
	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	59	741
Protein (g)	0.3	3.6	0.3	3.7	0.1	1.5	0.1	0.9	0.1	1.5	0.1	1.3
Fat (g)	0.1	1.4	0.1	1.5	3.4	42.2	0.0	0.1	0.0	0.0	0.0	0.2
Saturated Fat (g)	0.1	0.9	0.1	0.9	0.3	3.3	0.0	0.0	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	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	3.2	40.5
Sugars (g)	2.6	32.4	3.0	37.3	0.2	3.1	1.6	19.5	2.6	32.0	2.9	35.7
Sodium (mg)	144	1805	143	1789	68	847	119	1487	151	1884	67	841

CONDIMENTS	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

SOLDIERS

'Rice Paper Rolls'

BBQ Chicken
Chicken & Avocado
Pork & Prawn
Garlic Prawn
Lemongrass Beef
Tofu

Low Carb Chicken
Low Carb Tofu
Rost Duck
Plant-Based Lemongrass
Chilli 'Chicken'

SAUCE SACHETS

'Rice Paper Roll Sauces'

Nước Mắm
Chilli Mayo
Sriracha
Hoisin
Spicy Hoisin

NOTES

Veg Nước Mắm contains wheat flour.

PHỞ

'Classic Noodle Soup'

Sliced Rare Beef
Shredded Chicken
Mixed Beef & Chicken
Mushroom & Tofu

NOTES

Swap out Pho Noodle for Rice Vermicelli for low gluten option.

BÚN

'Noodle Salads'

BBQ Chicken
Lemongrass Beef
Roast Pork & Crackling
Vegetable Spring Rolls
Rost Duck
Plant-Based Lemongrass
Chilli 'Chicken'

LOW GLUTEN OPTONS

GỎI

'Viet Salad'

Tofu
Pork & Prawn
Prawn
Lemongrass Beef
Poached Chicken Breast

Rost Duck
Plant-Based Lemongrass
Chilli 'Chicken'

SIDES

Sweet Potato fries
Seafood Spring Rolls
Crab Crackers

CƠM

'Rice'

Lemongrass Chilli Chicken
Plant-Based Lemongrass
Chilli 'Chicken'
BBQ Chicken
Lemongrass Beef
Roast Pork
Tofu & Vegetable Spring Rolls
Rost Duck

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 Plant-Based Lemongrass Chilli 'Chicken' (select stores)	BAO 'Steamed Bun'	Tofu Plant-Based Lemongrass Chilli 'Chicken' (select stores)
SAUCE SACHETS 'Rice Paper Roll Sauces'	Hoisin Spicy Hoisin Chilli Mayo Veg Nước Mắm	Sriracha Garlic Chilli Oil Hot Sauce	PHỞ 'Classic Noodle Soup'	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'	SIDES	Vegetarian Spring Rolls Sweet Potato Fries
CỎI 'Viet Salad'	Tofu Available as salad without protein.	Tofu Plant-Based Lemongrass Chilli 'Chicken' Available as salad without protein.		
BÚN 'Noodle Salads'	Tofu & Vegetarian Spring Rolls	Tofu & Vegetarian Spring Rolls Plant-Based Lemongrass Chilli 'Chicken'		
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'		

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'	
	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	Plant-Based Lemongrass	Nuoc Mam Dressing (on the side)	Veg Nuoc Mam Dressing (on the side)	
Tofu	Chilli 'Chicken' (select stores)			
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	Hot Sauce		Flaming Prawn
			Tofu	
			Roast Duck	
			Plant-Based Lemongrass	
			Chilli 'Chicken'	
PHỞ 'Classic Noodle Soup'	Bowl/Cup Sliced Rare Beef	NOTES	CỎI 'Viet Salad'	
	Bowl/Cup Poached Chicken Breast	Hoisin (on the side)		Poached Chicken Breast
	Bowl/Cup Mixed Beef & Chicken	Sriracha (on the side)		Lemongrass Beef
	Bowl/Cup Seafood			Prawn
	Bowl/Cup Mushroom & Tofu			Tofu
			Roast Duck	
			Plant-Based Lemongrass	
			Chilli 'Chicken'	
NOODLE SOUPS	Bowl/Cup Chicken Curry		CƠM 'Rice Bowls & Rice Salad'	
	Bowl/Cup Spicy Beef BBH (Bun Bo Hue)			Lemongrass Chilli Chicken
				Vegan Lemongrass Chilli 'Chicken'
				Uncle's Best Fried Rice with Prawn
				BBQ Chicken
		Roast Duck	Crispy Chicken Ribs	
		Lemongrass Beef	Tofu & Vegetable Spring Rolls	
			NOTES	
			Nước Mắm Dressing (on the side)	
			Veg Nước Mắm Dressing (on the side)	



HALAL SUITABLE OPTIONS*

DISCLAIMER:

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	HALAL SUITABLE	
BÁNH MÌ 'Viet Baguette'	Plant-Based Lemongrass Chilli 'Chicken' Tofu	NOTES Item can be made Halal suitable without chicken liver pate.
	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	