



THE NITTY GRITTY | NUTRITIONAL INFORMATION

Last Updated: 30 March 2026

With an option for everyone, Rolld 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.

Table with 19 columns: Item, Energy (kJ), Protein (g), Fat (g), Saturated Fat (g), Trans Fat (g), Carbohydrates (g), Sugars, Dietary Fibres, Sodium (mg). Rows include BANH MI (VIET BAGUETTE) items like Average Serving QTY, BBQ Chicken, Crispy Chicken, Lemongrass Beef, Roast Pork & Cracking Tofu.

Table with 19 columns: Item, Energy (kJ), Protein (g), Fat (g), Saturated Fat (g), Trans Fat (g), Carbohydrates (g), Sugars, Dietary Fibres, Sodium (mg). Rows include BUN (STEAMED BUN) items like Average Serving QTY, BBQ Chicken, Crispy Chicken, Lemongrass Beef, Roast Pork & Cracking Tofu.

Table with 19 columns: Item, Energy (kJ), Protein (g), Fat (g), Saturated Fat (g), Trans Fat (g), Carbohydrates (g), Sugars, Dietary Fibres, Sodium (mg). Rows include FRESH ROLLS (RICE PAPER ROLLS) items like Average Serving QTY, BBQ Chicken, Crispy Chicken, Crispy Flathead & Avocado, Lemongrass Beef, Low Carb Crispy Flathead, Low Carb Poached Chicken, Low Carb Tofu, Poached Chicken Breast & Avocado, Pork & Prawn, Roast Duck, Soft Shell Crab, Tofu.

Table with 19 columns: Item, Energy (kJ), Protein (g), Fat (g), Saturated Fat (g), Trans Fat (g), Carbohydrates (g), Sugars, Dietary Fibres, Sodium (mg). Rows include DRINKS items like Rolld Iced Tea Lemon, Rolld Iced Tea Peach, Vietnamese Iced Coffee.

Table with 19 columns: Item, Energy (kJ), Protein (g), Fat (g), Saturated Fat (g), Trans Fat (g), Carbohydrates (g), Sugars, Dietary Fibres, Sodium (mg). Rows include SIDES items like Crab Cakes, Crispy Chicken Wings, Crispy Prawns, Seafood Spring Rolls, Sweet Potato Fries, Vegetable Spring Rolls.

Table with 19 columns: Item, Energy (kJ), Protein (g), Fat (g), Saturated Fat (g), Trans Fat (g), Carbohydrates (g), Sugars, Sodium (mg). Rows include CONDIMENTS items like Optional With Pho - Hoisin, Optional With Pho - Sriracha, Sauce Sachet - Chili Mayo, Sauce Sachet - Hoisin, Sauce Sachet - Hot Sauce, Sauce Sachet - Nuoc Mam, Sauce Sachet - Spicy Hoisin, Sauce Sachet - Veg Nuoc Mam, Sauce Tub - Garlic Chili Oil.

Table with 19 columns: Item, Energy (kJ), Protein (g), Fat (g), Saturated Fat (g), Carbohydrates (g), Sugars, Sodium (mg). Rows include PHO & NOODLE SOUP CUPS items like Average Serving QTY, Chicken Curry Pho, Mixed Beef & Chicken Pho, Mouthwatering & Ndu Pho, Poached Chicken Pho, Seafood Pho, Sliced Rare Beef Pho, Spicy Beef Pho.

Table with 19 columns: Item, Energy (kJ), Protein (g), Fat (g), Saturated Fat (g), Carbohydrates (g), Sugars, Sodium (mg). Rows include PHO & NOODLE SOUP BOWLS items like Average Serving QTY, Chicken Curry Pho, Mixed Beef & Chicken Pho, Mouthwatering & Ndu Pho, Poached Chicken Pho, Seafood Pho, Sliced Rare Beef Pho, Spicy Beef Pho.

