



**FEEDING
HEALTHIER
NATIONS**

NUTRITIONAL INFORMATION

Base (per portion) with vegetables included	Energy Kcal	Protein g	Carb g	of which sugar(g)	Fat g	of which saturated(g)	Fibre g	Sodium g
Egg Noodles	332.30	14.48	64.48	9.25	1.92	0.31	3.77	1.02
Rice Noodles	305.30	8.28	63.88	7.35	1.92	0.21	3.77	0.12
Udon Noodles	358.30	12.18	68.98	8.55	2.22	0.21	6.37	1.22
Steamed Rice	382.30	10.88	78.78	7.35	3.92	0.91	4.17	2.02
Vegetables Only	113.40	7.22	15.93	11.51	1.42	0.28	5.47	0.05

Sauce (per portion)	Energy Kcal	Protein g	Carb g	of which sugar(g)	Fat g	of which saturated(g)	Fibre g	Sodium g
Singaporean	188.60	7.06	19.88	15.21	8.72	3.07	0.30	1.60
Yakisoba	80.45	0.94	18.95	11.39	0.10	0.02	0.06	3.27
Chinese BBQ	51.46	0.81	10.61	6.58	0.64	0.00	0.19	1.74
Malaysian	166.88	1.16	33.40	23.74	3.04	1.62	0.00	3.22
Sweet & Sour	161.93	2.82	35.14	27.99	1.37	1.12	1.89	2.01
Black Bean	120.46	2.71	23.03	13.06	1.95	0.39	0.40	2.97
Thai Green Curry	162.00	1.08	9.72	4.32	12.96	2.70	1.08	0.86
Oyster	148.50	1.13	28.63	19.97	3.09	0.42	0.09	3.28
Thai Spicy	88.97	1.08	13.59	9.98	3.32	0.00	0.59	1.21

Filling (per portion)	Energy Kcal	Protein g	Carb g	of which sugar(g)	Fat g	of which saturated(g)	Fibr g	Sodium g
Chicken	173.00	28.90	0.00	0.00	6.40	0.90	0.00	0.06
Beef	143.20	15.92	0.64	0.08	8.32	3.28	0.08	0.14
Duck	128.80	16.00	0.00	0.00	6.96	1.84	0.00	0.06
Prawns	69.30	15.82	0.00	0.00	0.63	0.14	0.00	0.50
Squid	51.80	8.75	1.75	0.00	0.77	0.21	0.00	0.21
Tofu	91.35	8.23	0.70	0.32	6.20	0.00	0.00	0.04
Vegetables	78.30	5.18	10.78	7.35	1.02	0.21	3.77	0.02

The nutrition information on this page derives from thorough testing conducted in accredited laboratories, published resources, or from information provided by Neds Noodle Bar suppliers. The nutrition information is based on standard product formulations and serving amounts, including 1 teaspoon of rapeseed oil used to cook our woks. Any variation in serving sizes, preparation techniques, product testing and sources of supply, as well as regional and seasonal differences may affect the nutrition values for each product. In addition, product formulations change periodically. **You should expect some variation in the nutrient content of the products purchased in our restaurants.** This information is correct as of October 2015.