

Nutritional Information

Average values per serve — the good oil on our Fresh - Healthy - Vietnamese menu



With an option for everyone, Saigon Express brings a little piece of Vietnam to Hobart. Below are average nutritional values per serve, grouped by menu section. Figures are estimates and may vary with portion size, preparation and optional extras (extra egg, avocado, sauces).

ENTREE

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
5x Seafood Spring Rolls	1180	12.4	9.1	2.1	28.6	2.4	1.8	690
4x Vegetable Spring Rolls	1040	6.2	8.4	1.6	33.1	3.0	2.9	540
4x Prawn Toast	1390	11.8	15.2	2.7	26.4	2.1	1.6	720
Mixed Entree	2260	22.6	17.8	3.9	55.2	4.8	3.4	1180
Prawn Crackers	990	2.1	12.6	4.8	41.3	0.6	0.4	480
Satay Chicken Skewer	720	14.2	8.9	2.2	6.4	3.1	1.1	410
4x Steam or Fried Dumplings	1120	11.6	7.4	2.3	24.8	1.9	1.4	780
Crackling Roasted Pork (Small)	1680	22.4	28.6	9.8	2.1	0.8	0.2	720
3x Viet Style Crispy Chicken Wings	1560	24.8	22.1	5.4	8.2	2.6	0.6	940
Steamed Rice	880	3.8	0.4	0.1	46.2	0.1	0.7	4
Coconut Rice	1120	4.1	6.8	5.4	47.1	4.2	0.9	190

CUON - RICE PAPER ROLLS

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
2x Char Siu BBQ Pork Rolls	1280	11.8	5.0	1.4	52.4	0.4	1.2	316
2x Crispy Roast Pork Rolls	1360	11.2	8.6	2.8	50.6	0.3	1.1	340
2x Roast Duck Rolls	1424	12.4	9.2	2.6	50.6	0.2	1.6	472
2x Crispy Tofu Rolls	1348	9.2	8.2	1.6	50.8	1.8	2.8	300
2x Chicken Rolls	1180	12.6	3.4	0.8	49.8	0.6	1.2	296
2x Prawn Rolls	1088	9.4	1.8	0.6	50.0	3.4	1.4	840
2x Chicken & Avo Rolls	1420	13.1	9.6	2.1	51.2	0.7	3.2	310
2x Chicken & Prawn Rolls	1240	14.8	3.1	0.9	50.4	1.8	1.3	620

BANH MI

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Crispy Roast Pork Banh Mi	2487	39.0	17.7	3.9	68.7	6.6	6.9	1650
Country Fried Chicken Banh Mi	2620	34.2	24.8	5.1	66.4	6.1	6.4	1580
Lemongrass Beef Banh Mi	2637	35.7	25.5	4.5	60.9	10.2	6.3	1302
Lemongrass Chicken Banh Mi	1929	31.2	8.7	1.8	58.2	19.5	10.8	1710
Grilled Pork Banh Mi	2380	33.4	16.2	4.2	61.1	8.4	6.2	1420
Char Siu BBQ Pork Banh Mi	2310	32.1	13.6	3.6	63.8	11.2	6.1	1490
Satay Chicken Banh Mi	2440	33.8	18.9	4.1	60.2	9.6	7.2	1460
Roast Duck Banh Mi	2560	34.6	22.4	5.8	61.4	7.1	6.4	1520
Crispy Squid Banh Mi	2610	31.2	24.1	4.9	64.8	6.8	6.2	1560
Veggie & Tofu Banh Mi	2197	21.8	16.1	1.8	65.3	9.9	15.1	1378

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BANH MI (cont.)

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Salt & Pepper Tofu Banh Mi	2340	23.4	19.2	2.4	66.1	8.2	12.4	1440
Basil Mushroom Tofu Banh Mi	2260	22.1	17.4	2.1	64.2	8.8	13.8	1400

PHO

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Sliced Rare Beef Pho	3197	22.1	11.6	2.3	92.1	13.1	4.2	2871
Chicken Pho	1955	15.9	6.6	0.9	93.3	13.4	4.0	3314
Beef Combination Pho	3410	28.4	14.8	3.6	94.2	13.6	4.4	3120
Chicken & Beef Pho	2680	24.1	10.2	2.1	93.6	13.2	4.2	3210
Veggie & Tofu Pho	3002	14.7	15.3	1.7	80.2	11.7	6.1	1558
Prawn Pho	2673	12.1	6.8	1.1	80.1	13.8	4.0	2018
Crispy Roast Pork Pho	3480	26.8	24.1	6.8	91.4	12.8	4.1	2760
Rare Beef & Tendon Pho	3260	24.6	12.4	2.8	92.8	13.0	4.3	2940

BUN - NOODLE SALAD

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Grilled Pork & Spring Roll Bun	3390	28.4	21.8	6.4	84.6	10.8	5.2	890
Crispy Roast Pork Bun	3520	24.6	28.4	8.1	78.2	6.4	4.8	810
Grilled Prawn Bun	2980	24.1	12.6	3.2	76.8	8.1	4.6	940
Lemongrass Chicken Bun	2860	26.2	11.4	2.6	74.1	7.8	4.4	760
Lemongrass Beef Bun	3141	26.8	15.8	5.8	72.4	2.3	4.6	774
Satay Chicken Bun	2940	26.6	14.2	3.1	73.8	8.4	4.8	820
Country Fried Chicken Bun	3180	27.1	19.6	4.2	78.4	6.8	4.4	880
Tofu & Veggie Spring Roll Bun	3435	25.8	22.6	6.9	86.8	11.6	6.4	848
Basil Mushroom Tofu Bun	3020	22.4	16.8	3.2	78.6	8.2	6.8	720

GOI - SALAD

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Sliced Rare Beef Salad	2140	28.6	12.4	3.4	22.1	12.8	5.8	1240
Crispy Roast Pork Salad	2480	24.1	22.6	6.8	20.4	11.2	5.4	1180
Sliced Chicken Salad	1880	27.4	6.8	1.6	21.6	12.4	5.6	1210
Veggie & Tofu Salad	1960	16.8	11.2	2.1	24.8	13.1	7.2	980
Chicken & Prawn Salad	2020	29.8	8.4	2.0	22.4	12.6	5.4	1320
Combination Salad	2280	30.4	13.8	3.6	23.1	12.9	5.6	1360
Crispy Squid Salad	2360	26.2	15.6	3.4	26.8	11.4	5.2	1280

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COM - VIET RICE

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Grilled Pork with Fried Egg Rice	3040	32.6	18.4	5.2	102.4	12.8	3.1	940
BBQ Pork Char Siu Rice	2807	30.1	9.1	3.1	105.6	19.8	3.0	880
Lemongrass & Chilli Chicken Rice	2680	31.4	8.6	2.1	101.2	8.4	3.2	920
Lemongrass & Chilli Beef Rice	2860	29.8	14.2	4.8	100.6	7.8	3.1	960
Crispy Roast Pork & BBQ Pork Rice	3370	32.8	22.4	7.1	108.2	14.6	3.0	1020
Combination Rice	3210	34.6	16.8	4.6	106.4	12.1	3.2	1080
Satay Beef Rice	2920	30.2	15.6	3.8	101.8	9.2	3.4	940
Satay Chicken Rice	2760	31.8	11.2	2.6	100.4	9.6	3.4	900
Crispy Roast Pork Rice	3110	24.8	24.6	7.4	104.8	6.8	3.0	780
Seafood Rice	2980	28.4	12.6	3.1	103.2	10.4	3.2	1140
Veggie & Tofu Rice	3511	37.2	14.2	4.9	112.4	6.8	5.8	812
Roast Duck Rice	3180	30.6	18.9	5.6	104.1	8.2	3.2	1060

BUN BO HUE

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Spicy Beef Combination BBH	3262	32.2	7.1	1.9	105.5	18.1	4.2	3824
Spicy Chicken BBH	2680	24.6	6.2	1.4	98.4	16.8	4.0	3620
Spicy Crispy Roast Pork BBH	3480	28.4	22.1	6.4	103.2	15.6	4.1	3780
Spicy Roast Duck BBH	3320	29.8	16.2	4.6	102.6	14.8	4.2	3740
Spicy Grilled Pork BBH	3180	28.1	14.6	4.2	101.4	15.2	4.1	3680
Spicy Seafood BBH	3140	26.4	9.8	2.6	100.8	16.4	4.0	3860
Spicy Veggie & Tofu BBH	3020	18.6	12.4	2.4	96.2	14.1	6.2	2980

COM CHIEN - FRIED RICE

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Crispy Roast Pork Fried Rice	3280	28.6	22.4	6.8	96.4	5.2	2.8	1240
Crispy Fried Chicken Fried Rice	3140	30.2	18.6	4.4	94.8	4.8	2.6	1180
Saigon Express Fried Rice	3360	32.4	20.1	5.2	97.6	5.4	2.9	1320
Veggie & Tofu Fried Rice	2860	18.4	14.2	3.1	92.1	5.8	4.2	980
Chicken Fried Rice	2940	27.8	12.6	3.0	93.2	4.6	2.6	1120
Chicken & Prawn Fried Rice	3060	29.6	13.8	3.2	94.1	5.1	2.6	1260
Seafood Fried Rice	3020	27.2	12.4	3.1	93.8	5.6	2.8	1340
Nasi Goreng Fried Rice	3180	26.8	16.4	4.1	95.2	6.8	3.0	1280
Tom Yum Fried Rice	3100	25.4	14.8	3.6	94.6	6.2	2.8	1420
Egg Fried Rice (Small)	1680	9.8	8.4	2.1	62.4	2.1	1.8	620

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SOUP

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Chicken Sweet Corn Soup	780	12.4	3.6	0.9	18.6	5.4	1.2	980
Seafood Tom Yum Soup	640	11.8	2.4	0.6	12.4	4.2	1.0	1240
Fresh Sliced Beef Soup	720	14.6	3.1	0.8	12.8	3.6	0.8	1020
Sliced Chicken Soup	680	13.8	2.8	0.7	12.4	3.4	0.8	1000
Combination Soup	760	15.2	3.4	0.9	13.1	3.8	0.9	1120
Veggie & Tofu Soup	560	8.4	3.2	0.6	14.2	4.1	2.1	780

BANH XEO - PANCAKE

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Classic Banh Xeo (Chicken & Prawn)	2680	26.4	18.6	8.4	42.1	4.2	4.8	1180
Char Siu BBQ Pork Banh Xeo	2740	25.8	19.4	8.8	44.6	6.1	4.6	1220
Veggie & Tofu Banh Xeo	2460	18.2	15.2	6.4	43.8	4.8	6.2	940
Seafood Banh Xeo (Squid & Prawn)	2620	27.6	16.8	7.6	41.4	3.8	4.6	1280
Chicken Banh Xeo	2580	26.1	16.4	7.4	42.6	4.4	4.8	1120
Beef Banh Xeo	2720	25.4	19.8	8.6	42.2	4.1	4.6	1160
Combination Banh Xeo	2800	28.6	19.2	8.4	43.1	4.6	4.8	1260

CHEF'S SUGGESTIONS

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Salt & Pepper Tofu	1980	18.6	14.2	2.4	28.4	3.1	4.8	1240
Salt & Pepper Squid	2140	24.8	16.4	3.2	26.8	2.8	1.8	1380
Honey Prawn	2280	22.6	18.6	4.6	34.2	16.8	1.4	1040
Combination Bird Nest	2680	28.4	18.2	4.8	42.6	8.4	3.2	1320
Seafood Bird Nest	2620	27.1	16.8	4.2	43.1	8.2	3.1	1420
Honey Chicken	2340	28.6	16.2	3.8	36.4	17.2	1.6	980
Mongolian Beef	2180	30.4	15.8	5.4	22.6	12.1	2.8	1460
Sizzling Garlic Prawn	1980	26.8	12.6	3.1	20.4	9.4	2.4	1380
Lemongrass Chilli Chicken	2040	31.2	11.4	2.8	21.8	8.6	2.6	1240
Satay Chicken (Chef)	2260	30.6	16.8	4.2	22.4	9.8	3.4	1280
Vietnamese Beef Basil	2140	29.8	14.6	4.8	21.2	8.8	2.8	1360
Salt & Pepper Prawn	2080	25.4	15.2	3.4	24.6	3.1	1.8	1440
Seafood Hot Plate	1980	28.4	13.6	3.6	23.8	9.2	3.1	1480
Cashew Chicken	2320	30.2	17.4	3.9	24.1	9.6	3.6	1220
Stir Fried Mix Vegetable	1240	9.8	8.4	1.4	26.8	11.2	6.8	1080
Vietnamese Prawn Green Curry	2480	24.6	18.4	11.2	28.4	10.6	3.8	1340
Sweet & Sour Pork (Chef)	2620	27.8	21.6	5.4	43.2	19.1	1.4	1060
Prawn in Tamarind Sauce	2280	25.2	14.8	3.6	32.6	14.2	2.4	1280
Vietnamese Duck Basil	2360	29.4	16.2	4.8	24.6	8.4	3.1	1380

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CHEF'S SUGGESTIONS (cont.)

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Crispy Chicken Lemongrass & Soya	2540	30.8	18.6	4.2	32.4	7.8	2.8	1420
Vietnamese Roasted Duck (Half)	3680	48.6	32.4	9.8	4.2	1.2	0.4	1240
Crackling Roasted Pork (Large)	2840	38.6	48.2	16.4	3.4	1.1	0.4	1180

MAIN DISH - NO RICE

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Honey/Sweet&Sour; Pork in Batter	2680	28.4	22.6	5.8	42.1	18.4	1.2	1080
Honey/Sweet&Sour; Combination in Batter	2720	30.2	21.4	5.4	43.6	18.8	1.4	1160
Honey/Sweet&Sour; Prawn in Batter	2580	26.8	19.6	4.8	44.1	19.1	1.2	1240
Honey/Sweet&Sour; Chicken in Batter	2620	30.6	18.4	4.2	42.8	18.6	1.2	1040
Honey/Sweet&Sour; Tofu in Batter	2440	18.6	16.8	2.8	46.2	19.4	3.4	920
Broccoli in Oyster/Garlic Sauce	780	8.4	4.2	0.8	16.2	6.1	6.8	1180
Mixed Vegetables in Oyster/Garlic Sauce	820	7.8	4.6	0.9	18.4	7.2	6.2	1140
Bok Choy in Oyster/Garlic Sauce	720	6.9	3.8	0.7	14.8	5.6	5.8	1120
Hot Plate Chicken (choice of sauce)	1680	32.4	12.6	3.1	24.6	12.4	3.2	1280
Hot Plate Beef (choice of sauce)	1860	30.8	16.8	5.2	25.1	12.8	3.4	1340
Hot Plate Prawn (choice of sauce)	1620	26.4	10.2	2.6	26.4	13.2	3.1	1420
Hot Plate Seafood/Duck (choice of sauce)	1780	28.6	13.4	3.8	25.8	12.6	3.2	1460
Hot Plate Combination (choice of sauce)	1920	32.1	15.6	4.4	26.1	13.1	3.4	1480
Hot Plate Veges & Tofu (choice of sauce)	1420	18.4	11.2	2.1	28.6	13.4	5.8	1180

ASIAN NOODLE

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Stir Fried Singapore Noodle	2980	26.4	18.6	4.2	84.6	6.8	4.2	1680
Hor Fun	2860	24.8	14.2	3.6	88.4	7.2	3.8	1580
Satay Hokien Noodle	3020	25.6	19.4	4.4	86.2	8.4	4.4	1620
Mee Goreng	2940	24.1	17.8	4.1	87.6	9.1	4.2	1720
Char Kway Teow	3080	26.8	19.6	4.8	88.1	8.8	3.9	1780
Chow Ngau Ho	2880	25.4	15.8	4.2	86.8	6.4	3.8	1640
Beef & Black Bean Noodle	2960	26.2	16.4	4.6	85.4	7.1	4.1	1740
Combination Laksa Noodle Soup	3240	26.8	22.4	12.6	82.6	9.4	4.6	1980
Noodle Thai Green Curry	3180	25.4	20.8	12.1	80.4	10.2	4.8	1640
Roasted Duck Egg Noodle Soup	2680	28.6	16.2	4.8	78.4	5.6	3.4	2140
BBQ Pork Egg Noodle Soup	2480	26.4	12.6	3.6	76.8	6.2	3.2	2080
Crispy Roast Pork Egg Noodle Soup	2740	25.8	20.4	6.4	75.2	5.4	3.1	2020
Crispy Chicken Egg Noodle Soup	2560	28.1	14.6	3.8	77.4	5.8	3.2	2040
Combination Egg Noodle Soup	2680	29.4	15.2	4.1	78.1	6.1	3.4	2160
Veges & Tofu Stir Fried Egg Noodle	2480	16.8	14.2	3.1	82.4	7.4	5.2	1420

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ASIAN NOODLE (cont.)

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Stir Fried Garlic Prawn & Chicken Noodle	2920	28.4	16.8	4.2	84.1	6.8	4.1	1680
Stir Fried Noodle - Crispy Roast Pork	3080	26.4	22.6	6.8	84.2	6.4	4.0	1620
Stir Fried Noodle - Chicken	2780	27.8	14.2	3.4	82.6	6.1	3.9	1480
Stir Fried Noodle - Beef	2940	26.6	16.8	4.6	83.4	6.2	4.0	1560
Stir Fried Noodle - Combination	3020	28.4	18.4	4.8	84.1	6.8	4.1	1680
Stir Fried Noodle - Seafood	2980	27.2	16.2	4.2	83.8	6.6	4.0	1720
Stir Fried Noodle - Veggie & Tofu	2680	16.4	14.6	3.1	84.6	7.2	5.4	1240

OMELETTE

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Chicken or Beef Omelette	2140	28.6	18.4	5.8	12.4	4.2	1.8	980
Combination Omelette	2380	32.4	20.6	6.4	13.1	4.6	1.9	1120
Veges & Tofu Omelette	1780	18.4	14.2	4.2	14.6	5.1	3.2	820
BBQ Pork Omelette	2260	29.8	18.8	6.1	13.8	5.4	1.8	1080
Seafood Omelette	2320	30.6	18.2	5.6	12.8	4.4	1.9	1160

BURGER

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Chicken Fillet Burger	2280	28.4	22.6	5.4	42.6	6.8	3.1	980
Maxi Burger	2780	34.2	32.4	11.2	43.8	7.1	3.2	1320
Mr Hot Burger	3240	42.6	38.2	13.8	46.4	8.2	3.4	1580
Mr Vegetarian Burger	2680	22.4	28.6	6.8	48.2	9.4	5.8	1140
Chicken Pack (3 pieces)	2680	36.4	24.8	6.2	22.4	1.8	1.4	1240
Chicken Strips (5 pieces)	1980	28.6	18.4	4.6	28.6	2.1	1.2	1080
Chips (Regular)	1420	4.8	14.2	5.1	48.6	0.8	4.2	380
Lunch Box (2pc chicken + chips)	3240	32.6	28.4	8.6	62.4	2.4	5.1	1420
Golden Chunks Surprise	3480	30.4	26.8	7.4	68.2	6.8	4.8	1180

BAO - STEAMED BUN

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Crispy Fried Chicken Bao	1140	12.6	8.4	2.4	24.6	4.2	1.8	620
Lemongrass Beef Bao	1080	11.8	6.8	2.6	23.8	4.6	1.6	580
Lemongrass Chicken Bao	1020	12.4	5.2	1.8	23.4	4.4	1.6	560
Crackling Roasted Pork Bao	1220	11.2	10.6	3.8	22.8	3.8	1.4	640
Crispy Tofu Bao	1060	8.6	6.4	1.6	25.2	4.8	2.4	540
BBQ Duck Bao	1160	12.8	7.8	2.4	23.6	4.2	1.6	600
BBQ Pork Charsiu Bao	1120	11.6	6.2	2.1	24.8	5.6	1.8	620

Nutritional Information

Average values per serve — the good oil on our Fresh - Healthy - Vietnamese menu



BAO - STEAMED BUN (cont.)

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Satay Chicken Bao	1140	12.2	7.4	2.2	24.2	4.8	2.1	580

VEGETARIAN MENU

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Vegetarian Spring Roll (4)	1040	6.2	8.4	1.6	33.1	3.0	2.9	540
Tofu & Veges Baguette	2140	20.6	15.4	1.8	62.4	8.6	12.8	1320
Mushroom, Tofu and Basil Baguette	2180	21.2	16.2	2.1	63.1	8.4	13.2	1360
Egg Noodle Vegetarian Soup	2480	16.4	14.6	3.1	82.6	7.2	5.4	1380
Vegetables Soup (Small)	520	6.8	2.4	0.4	14.6	5.2	3.8	680
Vegetable & Tofu Pancake	2460	18.2	15.2	6.4	43.8	4.8	6.2	940
Vegetarian Fried Rice	2860	18.4	14.2	3.1	92.1	5.8	4.2	980
Vegetarian Stir Fried Flat Rice Noodle	2680	16.4	14.6	3.1	84.6	7.2	5.4	1240
Hot Plate Sweet & Sour Tofu & Veges	2240	18.6	15.8	2.6	44.2	18.6	4.8	940
Vegetable Chow Mein	2480	15.8	14.2	3.1	82.4	7.1	5.6	1280
Vegetable Garlic or Oyster Sauce	820	7.8	4.6	0.9	18.4	7.2	6.2	1140
Hot Plate Vegetable and Cashew	1680	14.2	12.6	2.4	32.6	9.8	5.8	1080
Hot Plate Veg & Tofu Green Curry/Satay	1980	16.8	16.4	8.6	28.4	10.2	5.4	1160
Hot Plate Vegetable Chilli/Black Bean	1420	12.8	9.4	1.8	30.6	9.6	6.2	1240
Garlic Bok Choy with Oyster Sauce	720	6.9	3.8	0.7	14.8	5.6	5.8	1120

VIET MEAL DEAL

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Pho Lunch Meal (coffee + pho)	4180	24.8	16.2	6.1	132.4	48.6	6.8	2940
Bread & Rolls Meal (baguette + 2 rolls)	3620	42.1	24.6	6.4	118.6	8.2	8.1	1980
Banh Mi Lunch Meal (coffee + banh mi)	3480	40.2	22.4	7.6	108.4	44.8	9.2	1720
Special Combo (banh mi + pho)	5240	58.6	32.1	9.4	152.6	18.4	12.4	4180
Saigon Express Special (pho + 2 rolls)	4460	40.1	22.6	6.2	138.4	14.1	8.2	3480

DRINKS

Dish	Energy (kJ)	Prot (g)	Fat (g)	Sat (g)	Carb (g)	Sug (g)	Fib (g)	Sod (mg)
Coke / Pepsi / Soft Drink (can)	620	0	0	0	35.2	35.0	0	30
Bottle Juice / Ice Tea	780	0.4	0.2	0	44.6	42.1	0.4	20
Vietnamese Jasmine/Green Tea Pot	20	0	0	0	0.4	0	0	5
Homemade Iced Lemon Tea	228	0	0	0	13.3	12.9	0	0
Natural Mineral Water	0	0	0	0	0	0	0	2
Vietnamese Iced Coffee w/ Condensed Milk	995	5.3	4.7	3.7	43.1	38.4	3.3	80