

Code	NAME	Energy Value (kcal)		Fat (g)		Sat.fats (g)		Carbohydrate (g)		Tot.Sugar (g)		Dietary Fibre (g)		Protein (g)		Salt (g)	
		portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g	portion	100g
KIDS MENUS																	
360	little pandas crispy chicken rice bowl	515.9	191.1	14.8	5.5	1.7	0.6	70.9	26.3	12	4.5	4	1.5	25	9.3	1.8	0.7
361	little pandas crispy tofu rice bowl vg	738	235.8	29.5	9.4	3.9	1.3	86.3	27.6	14	4.5	4	1.3	29.7	9.5	1.7	0.6
429	little pandas dim sum set menu	698.1	168.2	17.8	4.3	7.9	1.9	114.0	27.5	28.6	6.9	1.1	0.3	23.5	5.7	1.5	0.4
432	little pandas vegetarian set menu	933.1	219.6	24.1	5.7	5.5	1.3	158.2	37.2	12.9	3.0	1.2	0.3	21.5	5.1	0.8	0.2
NIBBLES																	
224	prawn crackers gf	122.5	266.4	4	8.7	0.3	0.6	21.3	46.3	5.7	12.4	0	0	0.3	0.6	0.49	1.05
264	edamame with celery sea salt vg gf	179.8	119.8	7.7	5.1	0.9	0.6	13.2	8.8	3.2	2.2	7.7	5.1	17.7	11.8	1.5	1
83	seaweed salad vg	102.1	71.4	4.3	3	0.1	0.1	14.3	10	2.9	2	0	0	1.3	0.9	1.3	0.9
287	long stem broccoli vg	100.0	100.0	5.8	5.8	0.7	0.7	7.8	7.8	6.3	6.3	3.1	3.1	4.4	4.4	0.6	0.6
RICE																	
356	chicken katsu curry rice	1074.9	164.4	23.7	3.6	3.5	0.5	160.9	24.6	9.2	1.4	5.7	0.9	52.5	8	5.9	0.9
38	vegetable sticky rice vg gf	154.6	110.4	4.3	6.1	0.7	0.9	8.8	12.6	2.8	4	0.5	0.7	0.9	1.3	0.56	0.79
69	honey chicken rice pot	329.5	118.9	9.8	3	1.7	0.5	61.4	18.6	9.6	2.9	3.4	1	16.7	5.1	3.7	1.1
2	steamed jasmine rice vg gf	226	133	0.7	0.4	0.2	0.1	52	31	0	0	n/a	n/a	3.9	2.3	0.02	0.01
SHARING / BAOS																	
160	sweet and sour chicken	917.6	146.8	36.3	5.8	9.8	1.6	105.7	16.9	61.5	9.8	3.7	0.6	41.6	6.7	3.1	0.5
161	sweet and sour aubergine vg	1279.5	210.4	53.9	8.9	4.0	0.7	180.9	29.8	58.7	9.7	5.0	0.8	16.6	2.7	1.5	0.3
243	chilli prawn bao	1125.6	227	50.7	9.4	4.8	0.9	146.4	27.1	24.8	4.6	1.3	0.2	44.1	8.2	3.8	0.7
321	crispy duck bao	1169.6	221.6	66.3	12.3	116	21.5	35.1	6.5	52	9.6	12.9	2.4	1.6	0.3	4.9	0.9
420	crispy chicken katsu curry bao	1058	192.4	42.9	7.8	16.3	3	111.6	20.3	20	3.6	2.1	0.4	54.9	10	6.8	1.2
322	crispy aubergine bao	1517.9	245.6	61.8	10	7.2	1.2	211.1	34.2	38.5	6.2	5.7	0.9	26.1	4.2	2.9	0.5
200	lucky 8 har gau	320.0	161	16.0	7.9	2.4	1.2	39.2	19	2.4	1.1	0.4	0.2	15.2	7.7	1.11	0.73
CRISPY																	
382	satay prawn gf	111.6	134.5	3.3	4.0	0.4	0.4	6.2	7.4	1.4	1.7	0.1	0.2	14.0	16.9	0.47	0.57
288	honey-soy chicken skewer gf	205.2	171	12	10	3.8	3.2	8.8	7.3	7	5.8	0	0	17.8	14.8	1.08	0.9
188	ping pong fried chicken	708.3	210.8	35.4	10.5	9.5	2.8	57	17	18.4	5.5	2.2	0.7	41.1	12.2	3.2	0.9
319	smoked chilli chicken wings	644.3	322.2	19	9.5	3.5	1.7	3.2	1.6	61.7	30.8	6.5	3.3	0	0	0.7	0.35
74	sichuan crispy aubergine vg	642.9	201.5	22.2	7	1.8	0.6	98.6	30.9	11.5	3.6	2.8	0.9	11.5	3.6	3.80	1.2
32	prawn toast	220.2	367	5.8	9.7	5.8	9.6	0.9	1.5	19.4	32.3	3	5	0.3	0.5	0.6	0.99
363	crispy tofu vg	320	356	18.7	20.7	2.2	2.4	25.4	28.2	0.7	0.8	0.6	0.7	11.4	12.6	0.58	0.64
28	vegetable spring roll vg	195.7	261	11.2	14.9	1.7	2.3	20.9	27.9	0.4	0.5	3	3.9	3	3.9	1.35	1.8
26	duck spring roll	234.3	312.3	13.5	17.9	3.5	4.7	21	28	4.1	5.5	1	1.4	7.5	10	0.4	0.54
BUNS																	
23	char sui bun	229.5	244.1	1.5	1.5	0.4	0.4	48	51.1	20.8	22.1	1.7	1.8	6.7	7.2	1.2	1.2
179	vegetable bun vg	122.3	112.2	1.6	1.5	0.3	0.3	25.2	23.1	9.4	8.6	1	0.9	2	1.8	0.37	0.34
STEAMED DUMPLINGS																	
354	shanghai chilli spinach mushroom wonton vg	291	200.7	14.1	9.7	1.6	1.1	28.1	19.4	12.2	8.4	2	1.4	14.3	9.8	1.4	1
132	black prawn dumpling gf	132	147	3.15	3.5	1.35	1.5	18	20	1.8	2	3.15	3.5	7	6.3	0.95	1.05
6	prawn and chive dumpling gf	128.8	171.7	5.1	6.9	15.3	20.4	1.5	2	5.3	7	0.8	1.1	5.1	6.9	0.7	0.93
11	pork prawn shu mai	189	225	10.8	13	3.3	3.8	12	14	2.1	2.4	0.3	0.3	10.8	13	1.26	1.5
7	har gau gf	120	161	6	7.9	0.9	1.2	14.7	19	0.9	1.1	0.3	0.2	5.7	7.7	0.54	0.73
999	flaming phoenix – chicken dumpling	200	239.1	2.9	3.4	0.7	0.8	36.2	43	4	4.7	0.9	1	7.3	8.6	1	1.2
137	chicken and cashew nut dumpling (South Bank Branch only)	134.2	165.6	8	9.9	20.9	25.8	2.8	3.5	2.7	3.3	1	1.2	1.1	1.3	0.78	0.96
19	spicy chicken chinese veg dumpling gf	110.3	136.2	3.9	4.8	1.5	1.9	19.4	24	1.6	1.9	0.1	0.1	3.9	4.8	0.99	1.22
216	butternut squash goji berry dumpling vg gf	99	122	3	3.6	0.3	0.4	17.7	22	1.5	1.9	0.9	0.9	0.9	1.2	0.78	0.96
17	spicy chinese vegetable dumpling vg gf	109	134.5	4.5	5.6	1.7	2.1	21	26	2	2.5	0.2	0.3	0.5	0.7	1.1	1.4
146	mushroom & leek dumpling vg gf	102.8	126.9	3.4	4.2	0.5	0.6	17.3	21.4	1.4	1.7	0.5	0.6	0.7	0.9	0.32	0.4
GRIDDLED GYOZA & DUMPLING																	
225	spinach and mushroom griddled dumpling vg	102	170	2.4	4	0.4	0.6	15.6	26	3.3	5.5	2	3.4	3.5	5.8	0.7	1.1
124	griddled spicy beef gyoza	198.4	206.7	8.8	9.2	1.1	1.2	21.6	22.5	3	3.1	1.2	1.3	8.6	9	0.79	0.83
280	chicken & chinese chive gyoza	147	147	2.8	2.8	0.134	0.314	21.9	21.9	3.1	3.1	3	3	7.6	7.6	1.07	1.07
281	edamame & vegetable gyoza	186	186	7.38	7.38	1.623	1.623	18.6	18.6	1.8	1.8	3.5	3.5	6.06	6.06	0.785	0.785
282	salmon & vegetable gyoza	169	169	5.5	5.5	2.2	2.2	21	21	0.9	0.9	3.1	3.1	7.3	7.3	0.95	0.95
DESSERTS																	
251	matcha & yuzu bavaois cake	166.6	238	7.7	11	4.2	6	21.7	31	18.2	26	0	0	3.01	4.3	0.133	0.19
390	earl grey macaron (1pc)	53.6	335	2.9	18	1.1	6.9	6.1	38	5.8	36	0	0	0.8	5.1	0.005	0.03
	yuzu macaron (1pc)	55.2	345	2.72	17	0.9	5.6	6.7	42	6.6	41	0	0	0.97	6.1	0.004	0.03
53	ice cream / sorbet v gf																
	vanilla	72	120	4.02	6.7	2.5	4.2	7.2	12	7.2	12	0	0	1.56	2.6	0.05	0.09
	chocolate	150	250	7.26	12.1	4.44	7.4	13.98	23.3	13.98	23.3	0.73	1.22	2.64	4.4	0.06	0.1
	lemon sorbet	52.2	87	0.12	0.2	0.12	0.2	12.6	21	10.86	18.1	0	0	0.06	0.1	0	0
	black coconut	87	145	4.68	7.8	3.42	5.7	9.12	15.2	9.12	15.2	0	0	3.5	3.5	0.06	0.1
	pear	50.4	84	0	0	0	0	13.2	22	10.2	17	0	0	0.06	0.1	0.06	0.11
	mango sorbet	51	85	0.12	0.2	0.06	0.1	12.6	21	11.4	19	0	0	0.18	0.3	0	0