



NOODLEBOX NUTRITION GUIDE

BOXES

	Calories	Carbs (g)	Protein (g)	Total Fats (g)	Trans Fats (g)	NUTS	GLUTEN	SHELLFISH	DAIRY	SESAME	EGG	GARLIC	SOY
Black Bean Box	310	34	7	19	0.3	x	x			x	x	x	x
Bombay Mac & Cheese Box	700	42	15	56	1.0	x	x		x			x	x
Butter Chicken Box	980	46	44	46	1.0		x		x			x	
Cambodian Jungle Curry Box	750	48	14	64	0.0							x	
Crispy Shanghai Chicken Box	630	34	27	46	0.3	x	x	x	x	x	x	x	x
Drunken Noodle Box	498	82	16	27	0.0		x			x		x	x
Ginger Beef Box	560	47	19	35	0.0		x	x		x	x	x	x
Kung Pao Box	440	40	13	29	0.0	x	x			x	x	x	x
Pad Thai Box	550	74	12	27	0.0	x	x				x	x	
Singapore Cashew Curry Box	640	25	10	61	0.0	x	x			x	x	x	
Spicy Peanut Box	1150	45	33	101	0.0	x	x				x	x	x
Teriyaki Box	310	34	9	19	0.0	x	x			x	x	x	x
Thai Chow Mein Box	370	19	8	31	0.0	x	x			x	x	x	x
Yangzhou Fried Rice Box	682	48	46	42	0.0		x	x		x	x	x	x
Kids Chow Mein Box	160	8	2	14	0.0		x				x		x
Kids Mac & Cheese Box	360	10	10	32	1.0		x		x			x	

EXTRAS

	Calories	Carbs (g)	Protein (g)	Total Fats (g)	Trans Fats (g)	NUTS	GLUTEN	SHELLFISH	DAIRY	SESAME	EGG	GARLIC	SOY
Apple Pie Spring Roll (1)	70	17	1	0.2	0.0	x	x	x	x		x		
Banana Spring Roll (1)	80	16	1	1.0	0.0	x	x	x	x		x		
Bombay Cheese Balls (2)	232	40	1	9.5	0.4	x	x	x	x		x	x	x
Burmese Naan (1)	220	30	4	10.0	0.5	x	x		x		x	x	
Coconut Prawns (2)	230	39	10	3.5	0.0		x	x	x			x	x
Fried Egg (1)	90	1	7	7.0	0.0		x		x		x		
Nanaimo Bar Spring Roll (1)	90	28	1	0.4	0.0	x	x	x	x		x		
Tempura Chicken Bites (5)	230	39	10	3.5	0.0		x	x	x	x	x	x	x
Vegetable Spring Roll (1)	130	16	4	5.0	0.0		x	x		x	x	x	x



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NOODLES

	Calories	Carbs (g)	Protein (g)	Total Fats (g)	Trans Fats (g)	NUTS	GLUTEN	SHELLFISH	DAIRY	SESAME	EGG	GARLIC	SOY
Cavatappi Noodle (180g)	380	74	14	2.2	0.0		x				x		
Chow Mien (250g)	526	130	30	5.0	0.0		x				x		
Hokkien (250g)	437	79	24	2.0	0.0		x				x		
Jasmine Rice (180g)	260	56	5	0.0	0.0								
Ribbon (180g)	480	125	13	0.0	0.1		x				x		
Rice Noodle (180g)	414	92	7	0.6	0.0								
Zucchini Noodle (225g)	10	9	3	1.0	0.0								

PROTEIN

	Calories	Carbs (g)	Protein (g)	Total Fats (g)	Trans Fats (g)	NUTS	GLUTEN	SHELLFISH	DAIRY	SESAME	EGG	GARLIC	SOY
BBQ Char Siu Pork	90	16	4	1.0	0.0					x			x
Beef Sirloin	90	0	18	2.0	0.0								
Chicken Breast	80	1	18	1.0	0.0								
Crispy Beef	190	14	13	2.5	0.0		x	x			x		
Crispy Chicken	190	24	16	1.5	0.0		x	x	x		x		
Crispy Tofu	130	11	14	1.0	0.0		x	x					x
Organic Tofu	80	3	14	1.0	0.0								x
Prawns	90	0	20	1.0	0.0			x					