

1

Small Box £5.50 Regular Box £6.50 The Bowl £6.50

2

NOODLES or RICE

3

CHICKEN	BEEF	TOFU	KING PRAWN
Small £1.50	Small £2.00	Small £1.50	Add £2
Regular £2.00	Regular £2.50	Regular £2.00	Add £3
Bowl £2.00	Bowl £2.50	Bowl £2.00	

4

ONIONS PEPPERS BROCCOLI ALL THE VEG

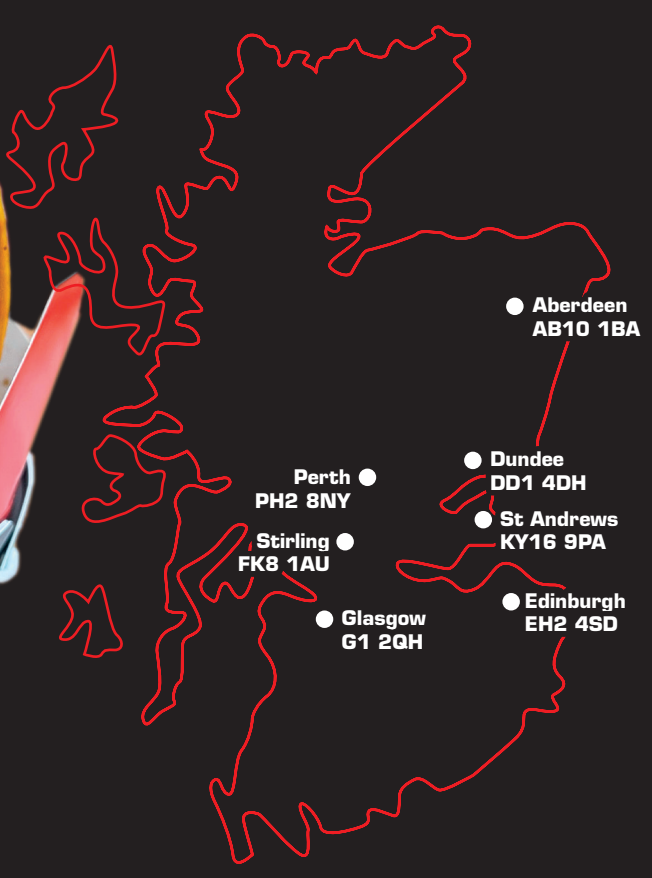
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Satay 🌶️	Honey (V) (GF)	Black Bean
Teriyaki 🌶️ (V) (VG)	Honey & Soy (V)	Sweet & Sour (V) (VG)
Spicy Coconut 🌶️ (V) (VG)	Curry (V) (VG)	Soy (V) (VG)
Sweet Chilli 🌶️ (V) (VG) (GF)	Thai Green Curry 🌶️ (GF)	Peking BBQ (V) (VG)
Hot Chilli 🌶️🌶️🌶️ (V) (VG)	Coconut Curry (V) (VG)	Coconut (V) (VG) (GF)

(V) vegetarian (GF) Gluten Free (VG) Vegan. All Egg and Dairy Free.



Dr Noodles



	Portion (16oz)	Carbohydrates (gr)	Energy (kcal)	Protein (gr)	Fat (gr)
Small Boxes					
Wheat Noodles	1 Portion	35.3	226.00	12.3	4
Boiled White Rice	1 Portion	40	241.00	8.0	1.5
Meat					
Chicken	1 Portion	1.2	51.5	14.52	0.7
Beef	1 Portion	2.21	156.7	32.8	1.9
Prawn	1 Portion	0.6	42.0	8.2	0.6
Regular boxes					
Wheat Noodles	1 Portion	53	340.00	17.3	7
Boiled White Rice	1 Portion	60	362.00	13.0	2.1
Meat					
Chicken	1 Portion	1.9	123.45	21.52	1.1
Beef	1 Portion	4.01	235.2	47.8	2.9
Prawn	1 Portion	0.8	70.0	13.2	0.9