

CATEGORY: DIM SUM AND BAO BUNS

Recipe	NUTRITIONAL DATA									ALLERGENS													
	Energy (kcal)	Energy (kJ)	Fat	Saturates	Carbohydrate	Sugars	Fibre	Protein	Salt	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphites
PORK & PRAWN SHAO MAI	149.20kcal	629.20kJ	2.24g	0.25g	24.68g	9.04g	2.03g	6.93g	6.36g		Does contain	Does contain	Does contain				Does contain				Does contain	Does contain	May contain
PRAWN & CHIVE DUMPLINGS	163.90kcal	691.00kJ	2.52g	0.28g	26.87g	9.35g	2.29g	7.64g	6.46g		Does contain	Does contain		Does contain			Does contain				Does contain	Does contain	May contain
PRAWN & CORIANDER DUMPLINGS	163.90kcal	691.00kJ	2.52g	0.28g	26.87g	9.35g	2.29g	7.64g	6.46g	Does contain	Does contain	Does contain					Does contain				Does contain	Does contain	May contain
PRAWN HAR GAO	120.40kcal	506.39kJ	0.50g	0.09g	21.06g	6.56g	0.00g	7.94g	6.31g		Does contain	Does contain									Does contain	Does contain	May contain
SPICY CHICKEN SHAO MAI	178.60kcal	752.80kJ	2.80g	0.31g	29.06g	9.66g	2.54g	8.36g	6.57g		Does contain										Does contain	Does contain	May contain
CHICKEN & WATERCHESTNUT DUMPLING	178.60kcal	752.80kJ	2.80g	0.31g	29.06g	9.66g	2.54g	8.36g	6.57g		Does contain										Does contain	Does contain	May contain
MIXED VEGETABLE DUMPLING	176.60kcal	742.80kJ	4.40g	0.72g	27.36g	8.86g	3.11g	5.70g	6.49g	Does contain	Does contain										Does contain	Does contain	May contain
SPICY MIXED VEG DUMPLING	164.75kcal	692.25kJ	4.40g	0.72g	24.68g	6.40g	3.11g	5.25g	4.43g		Does contain										Does contain	Does contain	May contain
MUSHROOM DUMPLINGS	176.60kcal	742.80kJ	4.40g	0.72g	27.36g	8.86g	3.11g	5.70g	6.49g		Does contain				Does contain							Does contain	Does contain
STEAMED CHICKEN & VEGETABLE DUMPLINGS	188.34kcal	793.26kJ	3.14g	0.35g	29.90g	8.39g	2.84g	8.92g	5.32g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain
STEAMED PORK & VEGETABLE DUMPLINGS	188.34kcal	793.26kJ	3.14g	0.35g	29.90g	8.39g	2.84g	8.92g	5.32g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain
TLD BEEF MANDU - STEAMED	257.45kcal	1081.69kJ	4.31g	0.48g	40.99g	9.36g	3.81g	11.96g	2.28g		Does contain	Does contain	Does contain	Does contain			Does contain			May contain	Does contain	Does contain	May contain
TLD PORK MANDU - STEAMED	257.45kcal	1081.69kJ	4.31g	0.48g	40.99g	9.36g	3.81g	11.96g	2.28g		Does contain	May contain	Does contain	May contain			Does contain			May contain	Does contain	Does contain	May contain
CHAR SUI BAO	265.00kcal	1109.50kJ	9.50g	0.00g	38.40g	0.00g	0.00g	8.80g	0.88g		Does contain						Does contain				Does contain	Does contain	
GAI BAO BUN	265.00kcal	1109.50kJ	9.50g	0.00g	38.40g	0.00g	0.00g	8.80g	0.88g		Does contain	Does contain									Does contain	Does contain	
PEKING DUCK BAO BUN	477.00kcal	1997.10kJ	17.10g	0.00g	69.12g	0.00g	0.00g	15.84g	1.58g		Does contain						Does contain				Does contain	Does contain	
MUSHROOM BAO BUN	477.00kcal	1997.10kJ	17.10g	0.00g	69.12g	0.00g	0.00g	15.84g	1.58g		Does contain					Does contain					Does contain	Does contain	
VEGETARIAN BAO BUNS	265.00kcal	1109.50kJ	9.50g	0.00g	38.40g	0.00g	0.00g	8.80g	0.88g	Does contain	Does contain										Does contain	Does contain	