Nutritional Information: Humpty's Dumplings - Colindale

FBEngine

CATEGORY: CRISPY/STARTERS

	NUTRITIONAL DATA									ALLERGENS												
Recipe	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
CRISPY SEAFOOD ROLLS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g			Does contain		Does contain									
CRISPY DUCK ROLLS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	
CRISPY VEG ROLLS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain												Does contain	
TEMPURA KING PRAWNS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain		May contain			May contain					Does contain	
KOREAN FRIED CHICKEN	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	
KOREAN FRIED CHICKEN - SWEET	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	
TLD KOREAN BEEF PATTIES	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	

CATEGORY: CRISPY GYOZA

	NUTRITIONAL DATA									ALLERGENS												
Recipe	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
SHRIMP GYOZA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain	Does contain	Does contain			May contain			May contain	Does contain	Does contain	Does contain
CHICKEN GYOZA	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain	May contain	May contain			May contain			May contain	Does contain	Does contain	May contain

CATEGORY: HIRATA BUNS

	NUTRITIONAL DATA									ALLERGENS												
Recipe	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
HIRATA - KING PRAWN	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain		May contain			May contain					Does contain	
HIRATA - KOREAN BEEF PATTY	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	
HIRATA - KOREAN FRIED CHICKEN	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	
HIRATA - SATAY TOFU	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	May contain	May contain		May contain		May contain			Does contain	May contain	Does contain	Does contain
HIRATA - KATSU CHICKEN	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain											Does contain	

CATEGORY: STEAMED DUMPLINGS AND BAO BUNS

	NUTRITIONAL DATA									ALLERGENS												
Recipe	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
CHICKEN & WATERCHESTNUT DUMPLING	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	May contain
SPICY CHICKEN SHAO MAI	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	May contain
MUSHROOM DUMPLINGS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain					Does contain						Does contain	Does contain
MIXED VEGETABLE DUMPLING	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain										Does contain	Does contain	May contain
SPICY MIXED VEG DUMPLING	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	May contain
PRAWN HAR GAO	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain									Does contain	Does contain	May contain
PRAWN & CHIVE DUMPLINGS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain					Does contain				Does contain	Does contain	
PRAWN & CORIANDER DUMPLINGS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain	Does contain					Does contain				Does contain	Does contain	
CHAR SUI BAO	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain						Does contain				Does contain	Does contain	
GAI BAO BUN	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain	Does contain									Does contain	Does contain	
VEGETARIAN BAO BUNS	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	Does contain	Does contain										Does contain	Does contain	

CATEGORY: EXTRAS

	NUTRITIONAL DATA									ALLERGENS												
Recipe	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
STEAMED RICE	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
DRESSED UDON	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain										Does contain	Does contain	May contain
FRIES - PLAIN	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g														
SCHICHIMI FRIES WITH SPICY MAYO	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain		Does contain									Does contain	
STEAMED HIRATA BUNS (2)	0.00kcal	0.00kJ	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g	0.00g		Does contain												