



Senast ändrad: 19 Juli 2024.
Nedan hittar du näringsvärde.

SIGNATURE DISHES PER PORTION

PAD THAI CHICKEN
NOODLES CHICKEN
NOODLES TOFU

NÄRINGSVÄRDEN					
PROTEIN	FETT (VARAV MÄTTAT)	FIBRER	KOLHYDRATER (VARAV SOCKERARTER)	SALT	KCAL

31.5	30.8 (4.5)	6.8	88.9 (23.7)	1.82	758
54.8	25.7 (4.3)	5.6	52.6 (9)	2.38	674
32.1	28.7 (3.2)	6	57.7 (9.4)	0.53	630

MIX & MATCH COMBO

PEANUT CHICKEN
BAMBOO BEEF
ORANGE CHICKEN
SPICY LIME CHICKEN
YAKINIKU
PAK CHOI TOFU
CASHEW CHICKEN
THAI CHICKEN CURRY
BANGKOK BEEF
HOT BASIL CHICKEN
THAI TOFU

28.5	35.2 (9.9)	4.4	26.2 (17.5)	1.5	522.1
15.5	7.4 (0.9)	1.7	5.7 (0.9)	2.9	170.2
19.4	18.6 (4.9)	1.8	48.3 (39.9)	3.2	442.8
19.3	21 (5.3)	2.1	48.3 (39.9)	1.9	386.8
18	9.3 (2.8)	0.1	21 (9.7)	2.1	200.5
7.5	11.6 (0.5)	2.5	23.0 (2.7)	3	223.4
19.1	9.4 (1.3)	1.5	16.3 (8.7)	3.5	235
14.2	12.8 (8.8)	1.4	12.6 (7.0)	1.1	224
16.7	7.9 (0.9)	1.1	11.3 (3.4)	4.6	187.2
18.9	8.9 (0.9)	2	10.4 (6.7)	1	196.1
9	11.7 (1.1)	3.1	10.8 (6.7)	0.4	189

MIX & MATCH SINGLE

PEANUT CHICKEN
BAMBOO BEEF
ORANGE CHICKEN
SPICY LIME CHICKEN
YAKINIKU
PAK CHOI TOFU
CASHEW CHICKEN
THAI CHICKEN CURRY
BANGKOK BEEF
HOT BASIL CHICKEN
THAI TOFU

48.4	59.7 (16.8)	7.4	44.5 (29.6)	2.6	885.3
23.1	11 (1.4)	2.5	8.5 (1.4)	4.3	255.8
27.8	26.5 (7)	2.5	69 (57)	4.6	632.5
27.5	30 (7.5)	3	69 (57)	2.7	552.5
32.1	16.7 (5.1)	0.2	37.6 (17.4)	3.8	358.6
11.9	18.4 (0.4)	3.9	36.6 (4.5)	4.81	354
32.2	16 (2.2)	2.5	27.5 (14.7)	5.9	397.5
16.3	23.7 (16.3)	2.6	23.3 (13.0)	2	414.4
27	12.8 (1.5)	1.7	18.3 (5.5)	7.4	301.6
33.7	15.8 (1.7)	3.6	18.5 (11.9)	1.8	349.8
13.3	17.2 (1.6)	4.5	15.9 (9.8)	0.6	278.3

MIX & MATCH KIDS

PEANUT CHICKEN
BAMBOO BEEF
ORANGE CHICKEN
SPICY LIME CHICKEN
YAKINIKU
PAK CHOI TOFU
CASHEW CHICKEN
THAI CHICKEN CURRY
BANGKOK BEEF
HOT BASIL CHICKEN
THAI TOFU

19.2	23.7 (6.7)	2.9	17.7 (11.8)	1	351.9
11.6	5.5 (0.7)	1.2	4.3 (0.7)	2.2	126.5
16.7	15.9 (4.2)	1.5	41.4 (34.2)	2.8	379.5
16	17.4 (4.4)	1.7	40 (33.1)	1.6	320.5
14.6	7.6 (2.3)	0.1	17.1 (7.9)	1.7	163
5	7.8 (0.3)	1.7	15.4 (1.8)	2	149.5
16.1	8 (1.1)	1.3	13.8 (7.4)	2.9	198.8
11.4	10.2 (7.0)	1.1	10.1 (5.6)	0.8	179.2
13.5	6.4 (0.7)	0.9	9.1 (2.8)	3.7	150.8
15.3	7.2 (0.8)	1.7	8.4 (5.4)	0.8	159
6.6	8.6 (0.8)	2.3	8 (4.9)	0.3	139.1

BAS & SIDES PER 100G

RICE
FRIED RICE
CHOW MEIN
GRÖNSAKER
SPRINGROLLS
CHICKEN KARAAGE

2.4	0.2 (0.0)	0	25.0 (0.1)	0.52	114
2.7	2.5 (0.3)	0.2	22.1 (0.4)	1.14	124
7.3	13.5 (1.2)	1	31.0 (2.0)	1.75	271
1.1	5.3 (0.4)	1.6	3.0 (2.9)	1.56	67
3.9	1.6 (0.1)	3.9	25.0 (0.0)	1.5	131
14.5	11.2 (4.0)	1	5.5 (0.1)	1.4	181

SUSHI PER PORTION

9 BITAR
12 BITAR
14 BITAR
16 BITAR
VEGETARISK
AVOKADO
SHAKE
EBI
HALSTRAD SHAKE
SHAKE EBI
TEMPURA ROLLS
CALIFORNIA ROLLS
PHILADELPHIA ROLLS
SPICY SALMON ROLLS
SPICY TUNA ROLLS
HALSTRAD SALMON ROLLS
DELUXE TEMPURA ROLLS
VEGAN TOFU ROLLS
HAWAII POKÉ
VEGAN POKÉ
CALIFORNIA POKÉ

19.5	15.4 (2.2)	2.3	59.9 (9.1)	1.06	472
23.6	20.8 (3.1)	3.7	79.4 (10.8)	1.39	620
29.7	22.9 (3.2)	4	92.8 (12.6)	1.61	721
33.9	29.3 (4.2)	5.2	104.7 (14.3)	1.83	845
10.9	23.8 (3.2)	6.4	85.2 (10.5)	1.23	611
8.2	41.8 (7.2)	10.9	60.6 (8.8)	1.01	669
34.6	21.8 (2.9)	0.8	58.1 (7.8)	1.13	570
15.1	0.8 (0)	0.8	57 (7.8)	0.99	301
34.7	29.4 (2.9)	0.8	58.3 (7.8)	1.13	639
25.8	11.3 (1.4)	0.8	57.6 (7.8)	1.06	436
13.5	15.9 (0.8)	2.3	100.8 (10.4)	1.26	610
10.8	34.7 (2.2)	4.4	79.6 (10.8)	1.26	738
23.9	22.6 (1.5)	1.2	79.4 (10.2)	1.32	619
32.3	37.6 (4.4)	4.2	83.6 (12.5)	1.56	835
15.7	19.2 (1.7)	2.1	80.1 (12.3)	1.49	563
31.5	29.6 (3.0)	2.2	83.3 (12.3)	1.55	757
25.1	23.9 (2.2)	2.1	88.2 (10.4)	1.33	676
11.6	26.2 (0.8)	3.8	95.4 (10.9)	1.26	671
30.2	14.6 (1.1)	8.1	70.5 (24.1)	1.8	962
16.9	59.4 (6.6)	8.3	91.7 (23.9)	1.7	892
17.9	48.3 (4.8)	8.1	89.2 (27.2)	2.07	876

DESSERT PER PORTION

FRIED BANANAS

1.7	18.7 (0.5)	0	60.1 (47.1)	0.3	439
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