

# THE NITTY GRITTY ABOUT ROLL'D

With an option for everyone, Roll'd is bringing a little piece of Vietnam to Australia. And the best part? it's one of the healthiest cuisines in the world. Check out the nerdy-numbers about our nutrition below.

## BÁNH MÌ

Per serving size | measured in grams

	FAT	PROTEIN	ENERGY	CARBOHYDRATES	SODIUM	SUGAR	FIBRE
BBQ Chicken	17.4	28.8	2294.9	66.2	1499.9	19.6	3.9
Roast Pork & Crackling	32.3	32.8	2729.5	55.3	1743.7	12.1	5.5
Roast Pork Belly	25.4	30.2	2475.1	57.5	1431	21.7	5.3
Lemongrass Beef	22.5	31.5	2329.3	53.7	1150.1	9	5.5
Tofu	19.6	21.2	2286.9	67.5	863.9	12.4	6.6

## BAO

Per serving size | measured in grams

BBQ Chicken	8.3	8.2	907.8	26.5	289	7.2	1.1
Roast Pork & Crackling	9.2	11.2	943.4	23.2	445.5	5.3	1.9
Lemongrass Beef	8.4	8.5	904.8	25.5	245.5	4.5	1.8
Crispy Prawn	8.3	6.1	842.4	24.3	265.3	3.4	2
Roast Pork Belly	10.5	7.4	1069.2	31.3	381.1	7.7	1.5
Roast Duck	7.1	8.5	919.7	29.3	491	5.9	1.6
Tofu	9.9	5.7	987	29.9	187.1	5.2	1.6

## PHỞ

Per Pho bowl serving size | measured in grams

Shredded Chicken	7.3	19.9	2014.7	82.6	2701	19.9	3.6
Sliced Rare Beef	10.3	19.9	2110.6	81.9	2457.5	18.4	3.6
Mixed Beef & Chicken	8.8	19.1	2022.1	80.4	2428	9.5	3.6
Seafood	13.2	16.9	2258.2	87.0	2007.3	8.8	3.6
Mushroom & Tofu	12.5	9.5	2073.7	82.6	1402.2	9.5	5.1

## PHỞ

Per Pho cup serving size | measured in grams

Shredded Chicken	3.5	9.5	966.4	39.6	1295.6	9.5	1.7
Sliced Rare Beef	4.9	9.5	1012.4	39.2	1178.8	8.8	1.7
Mixed Beef & Chicken	4.2	9.2	969.9	38.5	1164.6	4.6	1.7
Seafood	6.3	8.1	1083.2	41.7	962.8	4.2	1.7
Mushroom & Tofu	6	4.6	994.7	39.6	672.6	4.6	2.4

## GỎI

Per serving size | measured in grams | gluten free options (GF)

Poached Chicken	7.9	31.9	1030.9	7.6	511.8	1	7.9
Roast Pork Belly	14.8	30.8	2065.4	55.5	1669	14.8	5.8
Lemongrass Beef (GF)	15.9	33	1350.3	9	751.4	1	5.4
Pork & Prawn (GF)	13	30.8	1176.1	6.5	776.8	1	6.8
Prawn (GF)	5.4	13.4	744.1	14.1	399.3	1	9
Tofu (GF)	13.7	7.9	951	13.4	174.2	1.4	9.4

## SOLDIERS



Per Soldier® (measured in grams) | gluten free options (GF)

	FAT	PROTEIN	ENERGY	CARBOHYDRATES	SODIUM	SUGAR	FIBRE
BBQ Chicken	2.5	5.8	639.4	26.2	157.5	0.2	0.5
Pork & Prawn	2	6.5	622.1	25.5	118.4	0.5	0.5
Barramundi & Avocado	3.5	7.1	683.1	24.9	175.9	2.1	0.6
Garlic Prawn	0.9	4.7	543.9	24.9	419.7	1.7	0.6
Lemongrass Beef	3.9	8.5	724.5	25.3	246.1	1.1	0.5
Soft Shell Crab	5.2	3.9	788.9	30.4	186.3	1.4	1
Roast Duck (GF)	4.6	6.2	711.8	25.3	235.7	0.1	0.8
Tofu (GF)	4.1	4.6	673.9	25.4	149.5	0.9	1.3
Low Carb Tofu (GF)	5.1	5.8	550.8	14.1	154.1	2.6	2.4
Low Carb Barramundi	3.2	5.5	496.8	15.8	257.6	3.1	2.1
Low Carb Poached Chicken (GF)	1.4	6.3	409.4	13.5	205.8	2.5	1.9
Poached Chicken & Avocado (GF)	3.1	6.5	675	25.8	162.1	4	1.1

## BÚN



Per serving size (measured in grams) | gluten free options (GF)

BBQ Chicken (GF)	8	26.4	2043.7	75	674.9	5.1	2.8
Lemongrass Beef (GF)	13.6	34.9	2180.6	61.3	665.5	1.4	4.7
Pork Spring Rolls	18.4	16	2610.1	93.9	495.6	2.8	7.5
Roast Pork Crackling	19.8	33.9	2473.2	66	910.9	3.7	4.7
Tofu & Veg Spring Rolls	22.1	10.8	2444.9	82.1	396.4	2.8	5.1
Crispy Chicken Ribs (GF)	26.4	38.2	2912.2	74.1	731.6	4.7	3.3
Roast Pork Belly	32	32	2968.8	70.8	1416	12.2	3.7

## SIDES



Per serving size (measured in grams) | gluten free options (GF)

Crispy Chicken Ribs (GF)	12.5	21.7	857.6	0.9	343	0.9	0.4
Pork Spring Rolls	14.5	9.4	1232.8	30.4	365.2	3.3	2.3
Seafood Spring Rolls	17.2	3.2	1190.7	28.4	442.2	3.9	1.3
Veg Spring Rolls	19.8	2.8	1296	29	457.6	3	2
Sweet Potato Fries (GF)	16.9	3.4	1386	38.5	615	16.8	5.7
Crab Crackers (GF)	5.3	0.2	487.2	16.5	228.9	0	3.1

## DAILY AVERAGE INTAKE FOR AN ADULT



70      50      8700      310      2300      90      30

**Roll'd**  
VEGETARIAN



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