

Rosa's's Thai Main Menu 2022 *updated 6 April 2022*												
Name	Portion Name	Portion Size (g)	Energy(kcal)/portion	Energy(kJ)/portion	Carbohydrate(g)/portion	Protein(g)/portion	Fat(g)/portion	Sugars(g)/portion	Fibre(g)/portion	Saturated Fat(g)/portion	Salt(g)/portion	
<b>Sides</b>												
Rosa's Dish ID 119001	Steamed Jasmine Rice Jan' 22	1 Serving	250	408	1736	96.2	5.9	0.0	0.0	0.0	0.0	
Rosa's Dish ID 119003	Steamed Sticky Rice Jan' 22	1 Serving	188	364	1543	77.2	8.7	2.2	0.1	0.0	0.1	
Rosa's Dish ID 119004	Steamed Coconut Rice Jan' 22	1 Serving	332	590	2495	117.3	6.6	10.5	21.0	0.1	8.8	
Rosa's dish ID 119005	Egg Fried Rice Jan' 22	1 Serving	302	677	2858	119.8	15.7	15.2	3.1	0.1	2.3	
Rosa's Dish ID 119006	Plain Noodles Jan' 22	1 Serving	315	592	2493	93.4	17.1	16.8	1.2	2.9	2.8	
Rosa's Dish id 119501	Fried Egg Jan' 22	1 Serving	60	122	507	0.0	7.5	10.3	0.0	0.0	2.3	
<b>Starters</b>												
Rosa's Dish id 110001	Prawn Crackers Jan' 22	1 Serving	81	267	1127	46.9	5.4	6.5	10.2	2.6	2.6	
Rosa's Dish id 110002	Pumpkin Crackers Jan' 22	1 Serving	83	253	1074	56.2	1.2	2.7	17.2	1.4	0.2	
Rosa's Dish id 110004	Crispy Prawns Jan' 22	1 Serving	205	489	2063	73.0	19.8	13.1	16.8	2.5	1.0	
Rosa's Dish id 110005	Chicken Satay Jan' 22	1 Serving	255	353	1486	18.3	42.1	12.4	12.4	3.4	7.0	
Rosa's Dish id 110006	Spring Rolls Jan' 22	1 Serving	250	290	1220	43.3	4.0	11.2	28.0	5.6	1.2	
Rosa's Dish id 110007	Pork Skewers Jan' 22	1 Serving	245	372	1573	39.6	37.8	7.0	33.9	0.9	0.7	
Rosa's dish id 110008	Summer Rolls Jan' 22	1 Serving	205	312	1321	68.4	3.2	2.8	46.2	2.2	0.5	
Rosa's dish id 110012	Salt & Pepper Squid Jan' 22	1 Serving	275	560	2363	84.2	26.0	13.2	21.2	3.7	1.4	
Rosa's Dish id 110014	Sweet Corn Patties Jan' 22	1 Serving	208	387	1627	61.5	5.8	13.0	21.3	2.6	2.4	
Rosa's Dish Id 110015	Sharing Platter Jan' 22	1 Serving	170	261	1103	34.8	23.4	3.1	10.8	1.3	0.9	
Rosa's dish id 110016	Sharing Platter Veg Jan' 22	1 Serving	315	500	2121	109.3	6.1	4.3	51.6	4.6	1.1	
<b>Soups</b>												
Rosa's Dish id 112002	Tom Yum Soup Chicken Jan' 22	1 Serving	401	741	3092	47.1	34.1	46.3	23.6	12.5	8.4	
Rosa's dish id 112004	Tom Yum Soup Prawns Jan' 22	1 Serving	391	693	2890	47.1	23.0	45.9	23.6	12.5	8.0	
Rosa's dish id 112005	Tom Yum Soup Mushroom Jan' 22	1 Serving	381	622	2588	47.1	6.9	45.2	23.6	14.8	8.0	
<b>Salads</b>												
Rosa's Dish id 111002	Papaya Salad Jan' 22	1 Serving	391	477	2004	66.1	12.4	18.1	56.1	7.1	3.5	
Rosa's Dish id 111007	Papaya Salad Pork Jan' 22	1 Serving	721	1165	4911	180.7	41.4	30.7	82.0	7.4	10.0	
Rosa's dish id 111008	Papaya Salad Chicken Jan' 22	1 Serving	721	1156	4864	159.9	45.5	37.1	61.6	8.4	14.4	
Rosa's Larb Chicken Dish Mar '22		1 Serving	336	400	1682	35.0	30.0	13.0	18.0	7.7	4.8	
<b>Curry</b>												
Rosa's Dish id 115001	Green Curry Veg & Tofu Jan' 22	1 Serving	484	610	2524	24.9	8.4	52.9	23.0	9.6	34.3	
Rosa's Dish id 115002	Green Curry Chicken Jan' 22	1 Serving	499	701	2913	21.9	34.7	52.7	20.7	7.8	34.4	
Rosa's dish id 115003	Green Curry Beef Jan' 22	1 Serving	499	731	3033	23.0	31.4	57.0	20.8	7.9	35.5	
Rosa's Dish id 115004	Green Curry Prawns Jan' 22	1 Serving	528	680	2823	21.9	29.5	52.7	20.7	7.8	34.0	
Rosa's Dish id 115101	Massaman Curry Tofu Jan' 22	1 Serving	481	796	3293	25.3	14.0	71.0	14.0	8.5	38.9	
Rosa's Dish id 115102	Massaman Curry Chicken Jan' 22	1 Serving	481	871	3613	24.3	38.2	69.0	13.8	7.9	38.7	
Rosa's Dish id 115103	Massaman Curry Beef Jan' 22	1 Serving	481	900	3733	25.4	34.8	73.2	13.9	8.0	39.8	
Rosa's Dish id 115201	Red Curry Veg & Tofu Jan' 22	1 Serving	440	612	2530	16.8	7.8	57.1	13.4	9.9	36.2	
Rosa's dish id 115202	Red Curry Chicken Jan' 22	1 Serving	455	705	2926	14.1	34.1	56.9	11.4	8.1	36.3	
Rosa's dish id 115203	Red Curry Beef Jan' 22	1 Serving	455	735	3046	15.2	30.8	61.2	11.5	8.2	37.4	
Rosa's dish id 115204	Red Curry Prawns Jan' 22	1 Serving	484	683	2831	13.6	29.0	56.9	10.9	8.2	35.9	
Rosa's Dish id 115301	Panang Curry Tofu Jan' 22	1 Serving	452	656	2712	15.2	10.3	61.6	12.6	9.4	37.8	
Rosa's dish id 115302	Panang Curry Chicken Jan' 22	1 Serving	477	744	3084	14.9	35.5	60.2	13.1	8.8	37.8	
Rosa's dish id 115303	Panang Curry Beef Jan' 22	1 Serving	477	773	3204	16.0	32.1	64.5	13.1	8.8	38.8	
Rosa's dish id 115304	Panang Curry Prawn Jan' 22	1 Serving	506	722	2994	14.9	30.2	60.2	13.1	8.8	37.4	
Rosa's dish id 115212	Pineapple Red Curry with Chicken Jan' 22	1 Serving	505	743	3085	23.6	34.1	56.8	21.0	6.4	36.3	
Rosa's dish id 115215	Pineapple Red Curry with Prawn Jan' 22	1 Serving	534	721	2995	23.6	28.8	56.8	21.0	6.4	35.9	
<b>Wok Stars</b>												
Rosa's Dish id 114101	Chilli & Basil SF Veg & Tofu Jan' 22	1 Serving	405	625	2591	24.0	11.2	54.0	16.7	4.6	3.9	
Rosa's dish id 114102	Chilli & Basil SF Chicken Jan' 22	1 Serving	345	756	3142	21.0	39.0	57.5	14.4	3.0	5.2	
Rosa's dish id 114103	Chilli & Basil SF Beef Jan' 22	1 Serving	345	831	3441	20.3	28.6	70.6	14.4	2.4	12.2	
Rosa's Dish id 114106	Chilli & Basil SF Seafood Jan' 22	1 Serving	380	678	2816	22.7	30.6	51.7	14.4	2.4	3.6	
Rosa's Dish id 114201	Cashew SF Veg & Tofu Jan' 22	1 Serving	373	559	2330	44.7	16.1	35.1	24.7	6.8	6.4	
Rosa's Dish id 114202	Cashew SF Chicken Jan' 22	1 Serving	375	644	2695	41.5	41.9	34.6	22.5	4.9	6.5	
Rosa's dish id 114204	Cashew SF Prawns Jan' 22	1 Serving	346	581	2427	41.5	27.3	34.1	22.5	4.9	6.1	
Rosa's dish id 114301	Rosa's's Fried Rice Veg & Tofu Jan' 22	1 Serving	603	737	3113	126.9	19.7	17.0	23.3	3.4	2.4	
Rosa's dish id 114302	Rosa's's Fried Rice Chicken Jan' 22	1 Serving	618	829	3502	123.8	46.0	16.8	21.1	1.6	2.5	
Rosa's dish id 114304	Rosa's's Fried Rice Prawns Jan' 22	1 Serving	565	748	3161	123.8	27.6	16.0	21.1	1.6	2.2	
Rosa's dish id 114901	Stir Fried Aubergine Jan' 22	1 Serving	517	892	3718	77.4	14.8	58.4	22.5	5.3	5.2	
Rosa's dish id 114702	Spicy Sweet & Sour Chicken Jan' 22	1 Serving	418	339	1435	43.7	33.2	3.4	28.4	3.6	0.5	
Rosa's Spicy Sweet & Sour Veg & Tofu Jan '22		1 Serving	526	368	1558	46.8	36.8	3.7	30.7	5.4	0.7	
<b>Noodles</b>												
Rosa's dish id 113001	SF Flat Noodles Veg & Tofu Jan' 22	1 Serving	576	715	3015	112.5	19.4	21.0	21.5	3.9	2.9	
Rosa's dish id 113002	SF Flat Noodles Chicken Jan' 22	1 Serving	591	807	3403	109.5	45.7	20.9	19.3	2.1	3.1	
Rosa's dish id 113004	SF Flat Noodles Prawns Jan' 22	1 Serving	538	726	3063	109.5	27.3	20.1	19.3	2.1	2.7	
Rosa's dish id 113101	Pad Thai Veg & Tofu Jan' 22	1 Serving	675	1355	5700	185.7	43.9	48.6	61.6	9.5	8.2	
Rosa's dish id 113102	Pad Thai Chicken Jan' 22	1 Serving	678	1261	5317	182.6	59.3	32.7	59.0	7.5	6.1	
Rosa's dish id 113104	Pad Thai Prawns Jan' 22	1 Serving	685	1224	5160	182.6	50.6	32.5	59.0	7.5	5.7	
Rosa's dish id 113201	Drunken Noodles Veg & Tofu Jan ' 22	1 Serving	596	690	2910	118.7	14.3	17.6	23.8	4.6	1.6	
Rosa's Dish id 113202	Drunken Noodles Chicken Jan' 22	1 Serving	611	782	3299	115.6	40.6	17.4	21.5	2.8	1.7	
Rosa's Dish id 113203	Drunken Noodles Beef Jan' 22	1 Serving	611	782	3299	115.6	40.6	17.4	21.5	2.8	1.7	
Rosa's dish id 113204	Drunken Noodles Prawns Jan' 22	1 Serving	618	744	3141	115.6	31.9	17.2	21.5	2.8	1.3	
Rosa's dish id 113501	Tofu Vermicelli Jan' 22	1 Serving	616	915	3875	182.5	25.2	9.4	60.9	6.6	2.7	
Rosa's dish id 113502	Chicken Vermicelli Jan' 22	1 Serving	618	1001	4240	179.4	51.0	8.9	58.6	4.7	2.8	
Rosa's dish id 113503	Pork Vermicelli Jan' 22	1 Serving	573	981	4155	186.6	35.8	10.3	65.2	5.0	2.7	
Rosa's dish id 113504	Prawn Vermicelli Jan' 22	1 Serving	565	920	3899	179.4	32.5	8.2	58.6	4.7	2.4	
<b>Vegan</b>												
Rosa's dish id 114306	Rosa's's Green Fried Rice - This Isnt Chicken	1 Serving	523	820	3455	121.2	31.2	23.4	18.5	7.5	5.1	
Rosa's dish id 113105	Pad Thai Vegan Jan' 22	1 Serving	648	1286	5420	190.6	52.0	35.2	60.8	7.6	6.1	
Rosa's dish id 115214	Vegan Red Curry with Pineapple Jan' 22	1 Serving	475	744	3089	31.0	27.1	56.8	22.1	6.6	34.1	

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Rosa's dish id 110019 Salt & Pepper Poppers Jan' 22	1 Serving	188	325	1373	43.4	19.1	8.4	20.9	2.2	0.8	4.1
<b>Desserts</b>											
Rosa's Mango Sticky Rice March'22	1 Serving	354	573	2415	107.1	9.6	12.2	38.3	0.2	8.2	1.5
Rosa's Mango Sticky Rice Sundae March'22	1 Serving	351	458	1931	86.8	6.0	10.0	46.5	0.0	7.6	0.9
Rosa's Chocolate Fondant March'22	1 Serving	177	571	2384	55.0	8.1	35.5	51.6	2.4	22.1	0.2
Rosa's Thai Tea Tart Dish March'22	1 Serving	61	240	1000	19.9	3.6	16.2	8.5	0.5	8.7	0.2
Name	Portion Name	Portion Size (g)	Energy(kcal)/portion	Energy(kJ)/portion	Carbohydrate(g)/portion	Protein(g)/portion	Fat(g)/portion	Sugars(g)/portion	Fibre(g)/portion	Saturated Fat(g)/portion	Salt(g)/portion
<b>Drinks</b>											
Rosa's Espresso March'22	1 Serving	30	3	11	0.5	0.0	0.1	0.0	0.0	0.0	0.0
Rosa's add milk 75ml March'22	1 Serving	75	35	149	3.4	2.6	1.3	3.4	0.0	0.8	0.1
Rosa's Flat White March'22	1 Serving	105	38	160	3.9	2.7	1.3	3.4	0.0	0.8	0.1
Rosa's Cappuccino March'22	1 Serving	135	41	172	4.4	2.7	1.4	3.4	0.0	0.9	0.1
Rosa's Latte March'22	1 Serving	160	53	221	5.5	3.6	1.8	4.5	0.0	1.1	0.1
Rosa's Lemongrass Chrysanthemum Tea March'22	1 Serving	300	2	10	0.6	0.0	0.0	0.0	0.0	0.0	0.0
Rosa's Ginger Tea March'22	1 Serving	305	5	20	1.0	0.1	0.0	0.1	0.1	0.0	0.0
Rosa's Lemon Tea March'22	1 Serving	300	3	13	0.6	0.1	0.0	0.6	0.0	0.0	0.0
Rosa's Mint Tea March'22	1 Serving	300	4	15	0.9	0.0	0.0	0.0	0.0	0.0	0.0
Rosa's Thai Lemon Iced Tea March'22	1 Serving	175	62	261	15.4	0.2	0.0	15.4	0.0	0.0	0.0
Rosa's Thai Milk Iced Tea March'22	1 Serving	190	79	333	16.8	1.5	0.7	16.8	0.0	0.4	0.0
Rosa's Thai Black Iced Tea March'22	1 Serving	175	61	253	15.0	0.1	0.0	15.0	0.0	0.0	0.0
Averages		390	591	2477	66.0	21.0	27.1	22.9	4.5	10.4	4.8

<b>Rosa's's Thai Veggie (only on Deliveroo)</b>											
Rosa's dish id 117950 RV Pumpkin Crackers Jan' 22	1 Serving	83	253	1074	56.2	1.2	2.7	17.2	1.4	0.2	0.5
Rosa's dish id 117951 Salt & Pepper Poppers Jan' 22	1 Serving	188	325	1373	43.4	19.1	8.4	20.9	2.2	0.8	4.1
Rosa's dish id 117952 Tamarind Salad Rolls Jan' 22	1 Serving	195	401	1700	83.8	7.9	3.8	31.7	3.7	0.4	1.8
Rosa's dish id 117953 Spring Rolls Jan' 22	1 Serving	250	290	1220	43.3	4.0	11.2	28.0	5.6	1.2	3.2
Rosa's dish id 117954 Sweet Corn Patties Jan' 22	1 Serving	208	387	1627	61.5	5.8	13.0	21.3	2.6	2.4	2.3
Rosa's dish id 117960 Rosa's's Green Fried Rice - This Isnt Chicken	1 Serving	558	1006	4224	129.6	28.0	41.8	11.7	4.5	16.7	4.1
Rosa's dish id 117961 Chu Chi Jan' 22	1 Serving	372	758	3139	18.3	32.0	61.8	10.4	16.9	29.8	3.1
Rosa's Dish id 117962 RV Chilli Basil V&T Jan' 22	1 Serving	405	625	2591	24.0	11.2	54.0	16.7	4.6	3.9	2.5
Rosa's dish id 117963 Chilli Basil Stir Fry Jan' 22	1 Serving	345	495	2076	40.7	29.6	23.9	15.5	2.8	2.9	2.6
Rosa's dish id 117964 RV Butternut Red Curry Jan' 22	1 Serving	505	637	2639	27.9	6.1	55.7	19.2	11.6	35.9	6.7
Rosa's dish id 117965 RV Massaman Tofu Curry Jan' 22	1 Serving	481	796	3293	25.3	14.0	71.0	14.0	8.5	38.9	6.7
Rosa's dish id 117966 RV Green Curry V&T Jan' 22	1 Serving	474	608	2516	24.2	8.6	53.0	23.0	9.2	34.3	6.4
Rosa's dish id 117967 RV Stir Fry Aubergine Jan' 22	1 Serving	517	892	3718	77.4	14.8	58.4	22.5	5.3	5.2	5.8
Rosa's dish id 117968 RV Pad Thai V&T Jan'22	1 Serving	675	1355	5700	185.7	43.9	48.6	61.6	9.5	8.2	9.2
Rosa's dish id 117969 Pad Thai Jan' 22	1 Serving	648	1286	5420	190.6	52.0	35.2	60.8	7.6	6.1	11.0
Rosa's Dish id 117970 RV Drunken Noodles V&T Jan' 22	1 Serving	626	718	3030	123.1	15.9	18.1	24.1	7.6	1.8	5.9
Rosa's Dish id 117980 RV Jasmine Rice Jan' 22	1 Serving	250	408	1736	96.2	5.9	0.0	0.0	0.0	0.0	0.0
Rosa's Dish id 117982 RV Egg Fried Rice Jan' 22	1 Serving	302	677	2858	119.8	15.7	15.2	3.1	0.1	2.3	3.2
Rosa's Dish id 117983 RV Coconut Rice Jan' 22	1 Serving	332	590	2495	117.3	6.6	10.5	21.0	0.1	8.8	1.6