

ROSA'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	
Sides												
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	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	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	1.6	
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	3.2	
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	1.5	
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	0.2	
Starters												
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	2.4	267
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	0.5	253
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	2.1	489
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	4.1	353
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	3.2	290
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	2.2	-
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	2.2	312
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	4.1	560
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	2.3	387
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	1.9	-
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	3.8	500
Soups												
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	28.3	741
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	28.5	693
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	28.3	622
Salads												
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	10.2	477
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	11.9	-
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	11.8	-
Rosa's Larb Chicken Dish Mar '22	1 Serving	336	400	1682	35.0	30.0	13.0	18.0	7.7	4.8	9.8	-
Curry												
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	6.4	1018
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	6.5	1110
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	6.6	1139
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	6.9	1088
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	6.7	1204
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	6.8	1279
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	6.9	1308
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	6.7	1021
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	6.8	1114
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	6.9	1143
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	7.2	1091
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	3.8	-
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	4.0	-
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	4.1	-
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	4.4	-
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	6.8	1151
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	7.2	1130
Wok Stars												
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	2.5	1034
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	2.9	1165
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	2.5	1240
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	3.1	1087
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	7.1	967
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	7.3	1053
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	7.5	989
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	5.8	737
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	6.0	829
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	6.1	748
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	5.8	1301
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	0.7	747
Rosa's Dish ID 114701 Spicy Sweet & Sour Veg & Tofu Jan' 22	1 Serving	526	368	1558	46.8	36.8	3.7	30.7	5.4	0.7	0.7	-
Noodles												
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	6.1	715
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	6.3	807
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	6.4	726
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	9.2	1355
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	9.4	1261
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	9.7	1224
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	5.9	690
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	6.1	782
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	6.1	782
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	6.4	744
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	3.5	-
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	3.7	-
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	4.0	-
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	3.7	-
Vegan												
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	7.1	-
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	11.0	-
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	7.6	-
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	-
Desserts												
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	-
Drinks												
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			

NEW DISHES AW2022 MENU *UPDATED 22 OCTOBER 2022*

Name	Portion Name	Portion Size (g)	Energy(kcal)/portion	Energy(kJ)/portion	Carbohydrate(g)	Protein(g)	Sugars(g)	Fat(g)/portion	Fibre(g)/portion	Saturated Fat(g)/portion	Salt(g)/portion
Rosa Tom Yum Soup Chicken Dish Oct'22	1 Serving	321	634.7	2641.81	10.87	8.47	5.49	40.91	9.11	11.24	20.37
Rosa Tom Yum Soup Prawn Dish Oct'22	1 Serving	321	574.4	2388.4	10.87	5.45	5.49	38.52	9.11	10.28	20.55
Rosa Tom Yum Soup Mushroom Dish Oct'22	1 Serving	321	538.0	2232.56	12.13	1.96	5.49	37.96	10.95	10.28	20.4
Rosa Tom Yum Noodle Soup Chicken Dish Oct'22	1 Serving	549	1132.6	4742.25	21.85	7.35	4.73	51.15	14.82	10.26	29.09
Rosa Tom Yum Noodle Soup Prawn Dish Oct'22	1 Serving	549	1057.2	4425.49	21.85	5.14	4.73	48.16	14.82	9.06	29.31
Rosa Tom Yum Noodle Soup Mushroom Dish Oct'22	1 Serving	549	1011.7	4230.68	22.76	2.59	4.73	47.47	17.12	9.06	29.13
Rosa Tom Kha Chicken Oct'22	1 Serving	296	411.6	1713.03	3.98	8.57	3.3	28.94	0.66	22.34	3.04
Rosa Tom Kha Prawn Oct'22	1 Serving	296	351.3	1459.63	3.98	5.3	3.3	26.55	0.66	21.38	3.22
Rosa Tom Kha Mushroom Oct'22	1 Serving	296	314.9	1303.78	5.34	1.51	3.3	26	2.5	21.38	3.08
Rosa Tom Kha Noodle Soup Chicken Oct'22	1 Serving	536	808.5	3383.89	13.27	7.01	2.62	40.73	2.53	31.31	4.26
Rosa Tom Kha Noodle Soup Prawn Oct'22	1 Serving	536	733.0	3067.13	13.27	4.74	2.62	37.74	2.53	30.11	4.48
Rosa Tom Kha Noodle Soup Mushroom Oct'22	1 Serving	536	687.5	2872.32	14.21	2.13	2.62	37.05	4.83	30.11	4.3
Rosa Chicken Larb Pattie Oct'22	1 Serving	220	312.8	1322.04	17.02	12.37	8.04	5.1	2.79	1.01	2.79
Rosa Shrimp Popcorn Oct'22	1 Serving	235	534.3	2243.67	26.57	10.02	2.91	20.47	3.24	1.48	2.38
Rosa Mixed Thai Slaw Oct'22	1 Serving	95	60.4	255.9	12.37	1.15	11.53	0.27	1.2	0.04	1.94
Rosa Duck & Pineapple Red Curry Oct'22	1 Serving	502	1037.8	4293.26	4.59	5.55	4.09	90.99	7.19	47.93	6.63
Rosa Crispy Pork Belly with Kra Prow Sauce Oct'22	1 Serving	620	1461.1	6106.7	16.35	12.83	2.49	81.36	2.58	26.33	5.14
Rosa Kao Soi Beef Oct'22	1 Serving	458	855.0	3576.14	17.56	7.45	2.34	41.14	12.59	23.33	5.02
Rosa Khao Mon Gai Tod Oct'22	1 Serving	491	708.6	3002.07	23.49	9.19	3.03	6.68	2.56	1.32	3.27
Rosa Khao Mon Aubergine Oct'22	1 Serving	491	564.9	2393.7	24.03	2.47	3.52	3.66	4.96	0.36	3.12
Rosa Som Tum Chocolate Brownie Oct'22	1 Serving	125	358.8	1504.53	40.12	2.66	33.9	16	0.42	9.9	0.89
Rosa Mini Mango Sticky Rice Oct'22	1 Serving	92	192.6	812.76	36.94	4.49	3.3	4.41	0.19	2.4	0.04

NEW DISHES SS2023 MENU *UPDATED 5 APRIL 2023*

Name	Portion Name	Portion Size (g)	Energy (kcal)/portion	Energy (kJ)/portion	Carbohydrate (g)	Protein (g)	Sugars (g)	Fat (g)/portion	Saturated Fat(g)/portion	Fibre(g)/portion	Salt(g)/portion
Rosa Crab Fried Rice March'23	1 Serving	430	540	2284	80.0	33.0	1.4	9.53	2.12	0.93	2.3
Rosa Steamed Mix Veg March'23	1 Serving	395	146	613	19.0	9.1	14.0	1.28	0.16	10.72	2.44
Rosa Broccoli Stir Fried with Rice Wine March'23	1 Serving	240	108	452	13.0	8.3	7.9	1.25	0.34	7.14	0.85
Rosa Green Beans with Roasted Chilli March'23	1 Serving	240	222	927	18.0	6.3	8.5	12.47	1.59	6.01	7.02
Rosa Jungle Curry Dish Jan'23	1 Serving	388	277	1149	18.0	3.3	14.0	18.46	7.92	11.93	11.35
Rosa Cucumber Som Tum Salad March'23	1 Serving	399	397	1671	57.0	12.0	48.0	11.95	2.23	5.5	10.23
Rosa Chicken Larb Salad March'23	1 Serving	248	241	1019	18.0	35.0	11.0	2.41	0.64	1.5	8.12
Rosa Kao Mon Gai March'23	1 Serving	487	892	3751	112.0	40.0	7.7	30.8	2.41	1.98	1.97
Rosa Duck Larb March'23	1 Serving	257	250	1048	11.0	23.0	8.0	12.17	2.52	1.68	2.77
Rosa Whole Fish March'23	1 Serving	553	558	2359	56.0	65.0	9.9	7.5	1.98	2.49	2.53
Rosa Yam Yai Salad March'23	1 Serving	488	509	2125	19.0	39.0	17.0	29.45	7.61	2.89	5.89
Rosa Grilled Chicken March'23	1 Serving	622	1017	4291	106.0	40.0	18.0	25.96	10.81	0.1	1.28