

Rosa's Thai Main Menu Autumn/Winter 2023-24												
Name	Portion Name	Portion Size (g)	Energy(kcal)/p ortion	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												
Steamed Jasmine Rice	1 Serving	250	327	1736	96.2	5.9	0.0	0.0	0.0	0.0	0.0	
Steamed Sticky Rice	1 Serving	188	364	1543	77.2	8.7	2.2	0.1	0.0	0.1	0.1	
Steamed Coconut Rice	1 Serving	332	472	2495	117.3	6.6	10.5	21.0	0.1	8.8	1.6	
Egg Fried Rice	1 Serving	302	677	2858	119.8	15.7	15.2	3.1	0.1	2.3	3.2	
Roti	1 Serving	80	278	1169	43	7	0.5	8	2.48	3.84	1.04	
Fried Egg	1 Serving	60	122	507	0.0	7.5	10.3	0.0	0.0	2.3	0.2	
Starters												
Prawn Crackers	1 Serving	81	267	1127	46.9	5.4	6.5	10.2	2.6	2.6	2.4	
Pumpkin Crackers	1 Serving	83	253	1074	56.2	1.2	2.7	17.2	1.4	0.2	0.5	
Shrimp Popcorn	1 Serving	235	534.3	2243.67	26.57	10.02	2.91	20.47	3.24	1.48	2.38	
Chicken Satay	1 Serving	255	283	1486	18.3	42.1	12.4	12.4	3.4	7.0	4.1	
Spring Rolls	1 Serving	250	232	1220	43.3	4.0	11.2	28.0	5.6	1.2	3.2	
Pork Skewers	1 Serving	245	298	1573	39.6	37.8	7.0	33.9	0.9	0.7	2.2	
Summer Rolls	1 Serving	205	250	1321	68.4	3.2	2.8	46.2	2.2	0.5	2.2	
Tom Yum Calamari Dish	1 Serving	139	245	1027	25	13	1	9.94	1.28	1.04	1.1	
Sweet Corn Patties	1 Serving	208	387	1627	61.5	5.8	13.0	21.3	2.6	2.4	2.3	
Sharing Platter	1 Serving	543	943	3968	110	60	53	28.28	5.19	6.74	5.88	
Pandan Chicken Dish	1 Serving	181	227	959	16	28	13	4.85	2.96	1.49	1.56	
Thai Fishcakes Dish	1 Serving	183	278	1171	34	16	25	8.46	2.7	1.3	2.46	
Veggie Platter	1 Serving	543	1124	4728	175	22	62	34.85	8.5	4.71	8.52	
Soups												
Tom Yum Soup with Veg	1 Serving	345	177	741	17	5.1	11	9.12	4.1	3.96	2.78	
Tom Yum Soup Chicken Dish	1 Serving	261	222	928	5.8	24	3.1	11.1	1.49	4.73	2.82	
Tom Yum Soup Prawn Dish	1 Serving	261	161	674	5.8	14	3.1	8.71	1.49	3.77	3	
Tom Yum Soup Mushroom Dish	1 Serving	261	125	519	9.8	3.1	3.1	8.15	3.33	3.77	2.86	
Tom Yum Noodle Soup with Veg	1 Serving	563	552	2324	91	12	14	14.06	6.78	6.25	4.5	
Tom Yum Noodle Soup Chicken Dish	1 Serving	499	626	2636	80	36	6.3	16.81	4.18	7.26	4.57	
Tom Yum Noodle Soup Prawn Dish	1 Serving	499	550	2320	80	24	6.3	13.82	4.18	6.06	4.79	
Tom Yum Noodle Soup Mushroom Dish	1 Serving	499	505	2125	85	10	6.3	13.13	6.48	6.06	4.61	
Tom Kha Chicken	1 Serving	296	411.6	1713.03	3.98	8.57	3.3	28.94	0.66	22.34	3.04	
Tom Kha Prawn	1 Serving	296	351.3	1459.63	3.98	5.3	3.3	26.55	0.66	21.38	3.22	
Tom Kha Mushroom	1 Serving	296	314.9	1303.78	5.34	1.51	3.3	26	2.5	21.38	3.08	
Tom Kha Noodle Soup Mushroom	1 Serving	536	687.5	2872.32	14.21	2.13	2.62	37.05	4.83	30.11	4.3	
5 Spice Beef Noodle Soup	1 Serving	624	514	2161	47	44	7.2	15.94	4.44	5.19	1.83	
Salads												
Papaya Salad Chicken	1 Serving	721	1156	4864	159.9	45.5	37.1	61.6	8.4	14.4	11.8	
Curry												
Green Curry with Veg	1 Serving	538	658	2727	33	8.5	28	52.47	10.41	34.23	6.4	
Green Curry Chicken	1 Serving	499	701	2913	21.9	34.7	52.7	20.7	7.8	34.4	6.5	
Green Curry Beef	1 Serving	499	731	3033	23.0	31.4	57.0	20.8	7.9	35.5	6.6	

Green Curry Prawns	1 Serving	528	680	2823	21.9	29.5	52.7	20.7	7.8	34.0	6.9
Massaman Curry with Veg	1 Serving	520	831	3441	35	13	21	68.7	10.51	38.54	6.71
Massaman Curry Chicken	1 Serving	481	871	3613	24.3	38.2	69.0	13.8	7.9	38.7	6.8
Massaman Curry Beef	1 Serving	481	900	3733	25.4	34.8	73.2	13.9	8.0	39.8	6.9
Red Curry with Veg	1 Serving	493	662	2738	25	8.1	18	56.7	10.79	36.12	6.71
Red Curry Chicken	1 Serving	455	705	2926	14.1	34.1	56.9	11.4	8.1	36.3	6.8
Red Curry Beef	1 Serving	455	735	3046	15.2	30.8	61.2	11.5	8.2	37.4	6.9
Red Curry Prawns	1 Serving	484	683	2831	13.6	29.0	56.9	10.9	8.2	35.9	7.2
Panang Curry with Veg	1 Serving	515	703	2906	26	9.2	21	59.94	11.39	37.58	3.9
Panang Curry Chicken	1 Serving	477	744	3084	14.9	35.5	60.2	13.1	8.8	37.8	4.0
Panang Curry Beef	1 Serving	477	773	3204	16.0	32.1	64.5	13.1	8.8	38.8	4.1
Panang Curry Prawn	1 Serving	506	722	2994	14.9	30.2	60.2	13.1	8.8	37.4	4.4
Pineapple Red Curry with Chicken	1 Serving	505	743	3085	23.6	34.1	56.8	21.0	6.4	36.3	6.8
Duck & Pineapple Red Curry	1 Serving	502	1037.8	4293.26	4.59	5.55	4.09	90.99	7.19	47.93	6.63
Wok Stars											
Chilli & Basil Stir Fry with Veg	1 Serving	384	714	2960	37	9.6	23	56.55	10.39	8.82	2.82
Crispy Pork Belly with Kra Prow Sauce	1 Serving	620	1461.1	6106.7	16.35	12.83	2.49	81.36	2.58	26.33	5.14
Chilli & Basil SF Chicken	1 Serving	345	756	3142	21.0	39.0	57.5	14.4	3.0	5.2	2.9
Chilli & Basil SF Beef	1 Serving	345	831	3441	20.3	28.6	70.6	14.4	2.4	12.2	2.5
Chilli & Basil SF Seafood	1 Serving	380	678	2816	22.7	30.6	51.7	14.4	2.4	3.6	3.1
Cashew Stir Fry with Veg	1 Serving	414	690	2878	59	19	31	39.39	12.9	11.57	7.46
Cashew SF Chicken	1 Serving	375	644	2695	41.5	41.9	34.6	22.5	4.9	6.5	7.3
Cashew SF Prawns	1 Serving	346	581	2427	41.5	27.3	34.1	22.5	4.9	6.1	7.5
Fried Rice with Veg	1 Serving	657	861	3628	140	22	30	21.57	9.57	7.63	6.15
Rosa's Fried Rice Chicken	1 Serving	618	664	3502	123.8	46.0	16.8	21.1	1.6	2.5	6.0
Rosa's Fried Rice Prawns	1 Serving	565	599	3161	123.8	27.6	16.0	21.1	1.6	2.2	6.1
Stir Fried Aubergine	1 Serving	517	1192	3718	77.4	14.8	58.4	22.5	5.3	5.2	5.8
Khao Mon Gai Tod	1 Serving	491	708.6	3002.07	23.49	9.19	3.03	6.68	2.56	1.32	3.27
Crab Fried Rice	1 Serving	430	540	2284	80.0	33.0	1.4	9.53	0.93	2.12	2.3
Noodles											
Flat Noodles with Veg	1 Serving	397	499	2097	71	14	18	15.91	9.01	6.82	3.4
SF Flat Noodles Chicken	1 Serving	591	807	3403	109.5	45.7	20.9	19.3	2.1	3.1	6.3
SF Flat Noodles Prawns	1 Serving	538	726	3063	109.5	27.3	20.1	19.3	2.1	2.7	6.4
Pad Thai with Veg	1 Serving	716	1307	5501	199	35	68	37.51	15.43	11.17	9.54
Pad Thai Chicken	1 Serving	678	1261	5317	182.6	59.3	32.7	59.0	7.5	6.1	9.4
Pad Thai Prawns	1 Serving	685	1224	5160	182.6	50.6	32.5	59.0	7.5	5.7	9.7
Drunken Noodles with Veg	1 Serving	650	814	3428	132	16	30	22.23	10.77	6.81	6.23
Drunken Noodles Chicken	1 Serving	611	782	3299	115.6	40.6	17.4	21.5	2.8	1.7	6.1
Drunken Noodles Beef	1 Serving	611	782	3299	115.6	40.6	17.4	21.5	2.8	1.7	6.1
Drunken Noodles Prawns	1 Serving	618	744	3141	115.6	31.9	17.2	21.5	2.8	1.3	6.4
Desserts											
Ba Tong Go Thai Donuts Dish	1 Serving	94	301	1260	37	7.5	21	13.5	1.32	5.38	0.87
Banoffee Pie Special Dish	1 Serving	191	458	1923	65	9.5	21	17.12	3.18	6.29	0.84
Mango Sticky Rice	1 Serving	354	573	2415	107.1	9.6	12.2	38.3	0.2	8.2	1.5

Som Tum Chocolate Brownie	1 Serving	125	358.8	1504.53	40.12	2.66	33.9	16	0.42	9.9	0.89
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Drinks											
add milk 75ml	1 Serving	75	35	149	3.4	2.6	1.3	3.4	0.0	0.8	0.1
Filter coffee	1 Serving	105	38	160	3.9	2.7	1.3	3.4	0.0	0.8	0.1
Lemongrass Chrysanthemum Tea	1 Serving	300	2	10	0.6	0.0	0.0	0.0	0.0	0.0	0.0
Ginger Tea	1 Serving	305	5	20	1.0	0.1	0.0	0.1	0.1	0.0	0.0
Lemon Tea	1 Serving	300	3	13	0.6	0.1	0.0	0.6	0.0	0.0	0.0
Mint Tea	1 Serving	300	4	15	0.9	0.0	0.0	0.0	0.0	0.0	0.0
butterfly pea tea	1 Serving	300	3	13	0.6	0.1	0.0	0.6	0.0	0.0	0.0
jasmine tea		0									

kids menu											
Kids Chicken Satay Dish	1 Serving	135	214	897	7.4	23	5	9.91	1.5	4.77	1.45
Kids Spring Rolls Dish	1 Serving	140	184	772	30	2.2	21	5.62	2.85	0.58	1.71
Kids Tom Kha Soup Chicken Dish	1 Serving	270	400	1670	28	18	7.9	23.74	0.94	18.54	2.53
Kids Tom Kha Soup Tofu Dish	1 Serving	301	355	1480	31	6.2	10	22.33	3.4	18	2.46
Kids Flat Noodles Chicken Dish	1 Serving	267	491	2054	38	24	8.8	27.15	0.43	3.11	1.42
Kids Flat Noodles Veg Dish	1 Serving	298	462	1926	41	12	12	27.06	3.29	2.99	1.35
Kids Fried Chicken Dish	1 Serving	252	431	1821	67	22	9.4	8.39	0.91	0.77	0.77
Kids Fried Rice Chicken Dish	1 Serving	367	645	2696	53	25	12	36.14	1.9	3.65	1.34
	1 Serving	398	615	2568	57	13	15	36.05	4.76	3.53	1.27

SPECIALS	Portion Name	Portion Size	Label Energy(kcal)/portion	Label Energy(kJ)/portion	Label Carbohydrate(g)	Label Protein(g)	Label Sugars(g)	Fat(g)/portion	Fibre(g)/portion	Saturated Fat(g)/portion	Salt(g)/portion
Seafood Platter Special Dish	1 Serving	585	1045	4397	125	59	70	33.34	4.01	3.13	6.39
Hed Pad Khing Special Dish	1 Serving	215	273	1142	29	9.7	16	10.53	11.55	9.2	1.79
Bucket of TFC Wings Special Dish	1 Serving	393	994	4154	66	57	8.4	55.27	3.07	10.56	2.27
Aubergine in a Bucket Christmas Dish	1 Serving	290	365	1534	54	5.3	22	13.38	4.48	1.07	3.13
Red Curry Chicken	1 Serving	455	705	2926	14.1	34.1	56.9	11.4	8.1	36.3	6.8

EXPRESS LUNCH	Portion Name	Portion Size	Label Energy(kcal)/portion	Label Energy(kJ)/portion	Label Carbohydrate(g)	Label Protein(g)	Label Sugars(g)	Fat(g)/portion	Fibre(g)/portion	Saturated Fat(g)/portion	Salt(g)/portion
Chicken Satay	1 Serving	153	170	891	11	25	7	7	2	4	2
Sweet Corn Patties	1 Serving	125	232	976	37	3	8	13	2	1	1
Spring Rolls	1 Serving	150	139	732	26	2	7	17	3	1	2
Pork Skewers	1 Serving	147	179	944	24	23	4	20	1	0	1
Flat Noodles with Veg	1 Serving	238.2	299.4	1258.2	42.6	8.4	10.8	9.546	5.406	4.092	2.04
SF Flat Noodles Chicken	1 Serving	355	484	2042	66	27	13	12	1	2	4
Chilli & Basil Stir Fry with Veg	1 Serving	230.4	428.4	1776	22.2	5.76	13.8	33.93	6.234	5.292	1.692
Chilli & Basil SF Chicken	1 Serving	207	454	1885	13	23	35	9	2	3	2

Red Curry with Veg	1 Serving	295.8	397.2	1642.8	15	4.86	10.8	34.02	6.474	21.672	4.026
Red Curry Chicken	1 Serving	273	423	1755	8	20	34	7	5	22	4
Panang Curry with Veg	1 Serving	309	421.8	1743.6	15.6	5.52	12.6	35.964	6.834	22.548	2.34
Panang Curry Chicken	1 Serving	286	446	1851	9	21	36	8	5	23	2