



Know the winners from the sinners when enjoying a night out or having a Takeaway.

APPROX. CALORIES IN CHINESE DISHES	CALS
<b>4 Tbsp Boiled Rice 160 cals, Chicken in Lemon Sauce 300 cals</b> 😊	<b>460</b>
<b>Chicken with Bean Sprouts/Chicken with Pineapple</b> 😊	<b>275/310</b>
Vegetable Spring Roll, Egg fried rice, Sweet & Sour Chicken 😊	<b>2184</b>
Chicken Chop Suey/Chicken Curry	450/551
Chicken or Beef & Mushroom	570/375
Crispy Shredded Beef	525
Sweet & Sour Pork or Chicken Balls	860
Prawn Chop Suey/ Noodles, Plain Soft	300
Chicken/Beef Chow Mein with Noodles	715/741
King Prawn in batter (each)/ BBQ Spare Ribs (each approx.)	240/140
<b>EXTRAS</b>	<b>CALS</b>
<b>Stir fried mixed vegetables/Bean Sprouts</b> 😊	<b>250/210</b>
<b>Plain Boiled Rice per carton</b> 😊	<b>310</b>
Spring Roll (each)	240
Portion of Chips	600
Carton of Curry Sauce	800
Egg / Prawn Fried Rice/Special Fried Rice	440/485/850
Prawn Toast (3 pieces)	344

APPROX CALORIES IN INDIAN DISHES	CALS
<b>Tandoori Chicken</b> 😊 <b>(Marinated in yoghurt &amp; spices, virtually fat free)</b>	<b>400</b>
Chicken Tikka Masala & Pilau rice 😊	1749
Chicken Jalfrezi/ Lamb Rogan Josh	500/600
Chicken/ Vegetable Biryani	985/550
Chicken Korma	855
Chicken Tikka /Chicken Tikka Masala	459/987
Vegetable Curry	350
<b>EXTRAS (per portion – 1 tbsp. / 15mls)</b>	<b>CALS</b>
<b>Cucumber Raita (per tbsp.)</b> 😊	<b>20</b>
Lime Pickle / Mango Chutney (per tbsp.)	70 / 60
Peshwari Naan/ Naan Bread (each)	400/300
Avg. portion chips	400
Poppadum (each)/ Chapati (each)	75/140
Pilau Rice portion/ Boiled Rice portion	495/310
Vegetable/Lamb Samosa (2 small)	86/152
Onion Bhaji (3 small)	205
Bombay Potatoes	354