



NUTRITION SURVIVAL GUIDE TO  
**WOK & GO**  
CALORIES AND MACRONUTRIENTS

THECLUBGYM.CO.UK

- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ CAL

## STARTERS

Calories (kCal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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Prawn Crackers gf	122.5	0.3	21.3	0	5.7	4	0.49
- With Hoi Sin Sauce Vg	188.5	1	35.8	0.3	17.5	4.6	1.79
- With Sesame Dip V	255.7	1.2	25.74	0.3	5.7	16.36	1.39
- With Smoky Orange Sauce Vg	149.8	0.7	27.5	0	11.6	4.1	1.22
- With Soy Ginger Sauce Vg Gf	172.5	1.7	31	0.2	14	4.8	2.29
- With Spicy Sesame Sauce Vg	171.5	0.9	24.3	0.2	8.3	7.8	1.44
- With Sweet Chilli Sauce Vg Gf	155.5	0.376	29.6	0	12.6	4.06	0.94
- With Spicy Mango Sauce V	145.6	0.4	26.9	0	10.8	4	0.49
- With Wu Xiang Sauce Vg	156.2	0.47	25.6	0.05	6.13	5.9	1.26
- With Chopped Red Chilli Vg Gf	130.3	0.8	22.5	0	6.9	4.1	0.5
- With Chilli Mayonnaise V	265.5	0.6	22.8	0	7.2	19	0.6
Edamame With Celery Sea Salt Gf Vg	179.8	17.7	13.2	7.7	3.2	7.7	1.5
- With Hoi Sin Sauce Vg	245.8	18.4	27.7	8	15	8.3	2.8
- With Sesame Dip V	313	18.6	17.64	8	3.2	20.06	2.4
- With Smoky Orange Sauce Vg	207.1	1	19.4	7.7	9.1	7.8	2.23
- With Soy Ginger Sauce Vg Gf	230	2	22.9	7.9	11.5	8.5	3.3
- With Spicy Sesame Sauce Vg	228.8	18.3	16.2	7.9	5.8	11.5	2.45
- With Sweet Chilli Sauce Vg Gf	212.4	17.08	21.5	7.7	10.1	7.76	1.95
- With Spicy Mango Sauce V	202.9	17.8	18.8	7.7	8.3	7.7	1.5
- With Wu Xiang Sauce Vg	213.5	17.87	17.5	7.75	3.63	9.6	2.27
- With Chopped Red Chilli Vg Gf	187.6	18.2	14.4	7.7	4.4	7.8	1.51
- With Chilli Mayonnaise V	322.8	18	14.7	7.7	4.7	22.7	1.61
Smoked Almonds And Salted Cashew Nuts Gf Vg	369.6	12.5	7.4	1.3	2.8	32.3	0.23
- With Hoi Sin Sauce Vg	435.6	13.2	21.9	1.6	14.6	32.9	1.53
- With Sesame Dip V	502.8	13.4	11.84	1.6	2.8	44.66	1.13
- With Smoky Orange Sauce Vg	396.9	12.9	13.6	1.3	8.7	32.4	0.96
- With Soy Ginger Sauce Vg Gf	419.8	13.9	17.1	1.5	11.1	33.1	2.03
- With Spicy Sesame Sauce Vg	418.6	13.1	10.4	1.5	5.4	36.1	1.18
- With Sweet Chilli Sauce Vg Gf	402.2	12.58	15.7	1.3	9.7	32.36	0.68
- With Spicy Mango Sauce V	392.7	12.6	13	1.3	7.9	32.3	0.23
- With Wu Xiang Sauce Vg	403.3	12.67	11.7	1.35	3.23	34.2	1
- With Chopped Red Chilli Vg Gf	377.4	13	8.6	1.3	4	32.4	0.24
- With Chilli Mayonnaise V	512.6	12.8	8.9	1.3	4.3	47.3	0.34
Seaweed Salad Vg	226	1.1	7.9	1.9	1.9	2	0.76
- With Hoi Sin Sauce Vg	292	1.8	22.4	2.2	13.7	2.06	2.06
- With Sesame Dip V	359.2	2	12.34	2.2	1.9	14.36	1.66
- With Smoky Orange Sauce Vg	253.3	1.5	14.1	1.9	7.6	2.1	1.49
- With Soy Ginger Sauce Vg Gf	276.2	2.5	17.6	2.1	10.2	2.08	2.56
- With Spicy Sesame Sauce Vg	275	1.7	10.9	2.1	4.5	5.8	2
- With Sweet Chilli Sauce Vg Gf	258.6	1.176	16.2	1.9	8.8	2.06	1.21
- With Spicy Mango Sauce V	249.1	1.2	13.5	1.9	7	2	0.76
- With Wu Xiang Sauce Vg	259.7	1.27	12.2	1.95	2.33	3.9	1.53
- With Chopped Red Chilli Vg Gf	233.8	1.6	9.1	1.9	3.1	2.1	0.77

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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Long Steamed Broccoli V	52.6	3.8	5	2.8	1.7	2	1.1
- With Hoi Sin Sauce Vg	118.6	4.5	19.5	3.1	13.5	2.6	2.4
- With Sesame Dip V	185.8	4.7	9.44	3.1	1.7	14.36	2
- With Smoky Orange Sauce Vg	79.9	4.2	11.2	2.8	7.6	2.1	1.74
- With Soy Ginger Sauce Vg Gf	102.8	5.2	14.7	3	10	2.8	2.9
- With Spicy Sesame Sauce Vg	101.6	4.4	8	3	4.3	5.8	1.96
- With Sweet Chilli Sauce Vg Gf	85.2	3.876	13.3	2.8	8.6	2.06	1.46
- With Spicy Mango Sauce V	75.7	3.9	10.6	2.8	6.8	2	1.1
- With Wu Xiang Sauce Vg	86.3	3.97	9.3	2.85	2.13	3.9	1.78
- With Chopped Red Chilli Vg Gf	60.4	4.3	6.2	2.8	2.9	2.1	1.11
- With Chilli Mayonnaise V	195.6	4.03	6.5	2.8	3.2	17	1.21

### CRISPY AND BAKED

Honey-Glazed Spare Ribs Gf	827.9	46.9	25.1	1.8	25.3	60.2	4.4
Honey-Soy Chicken Skewer	205.2	17.8	8.8	0	7	12	1.08
Smoked Sriracha Wings	644.3	19	3.5	0	3.2	61.7	0.7
Mixed Vegetable Spring Roll Vg	214.1	2.4	19.8	1.2	2.2	14	1.5
Potato Edamame Cake V	115.7	2.3	15.5	1.1	0.8	5.1	0.24
Duck Spring Roll	111.4	6.4	14.9	1.7	4.7	3	0.74
Prawn Toast With Sesame Seeds	220.2	5.8	5.8	0.3	0.9	19.4	0.6
Stir-Fried Cauliflower V	298.4	6.8	15.6	5.1	12	23.5	0.4
Aubergine Barley Spring Roll Vg	179	2.4	18	0.5	5	10	0.94
Cantonese Mushroom Puff V	406.3	5.6	34.3	1.8	2.5	27.6	1.4
Roast Pork Puff	490.7	11.1	48.3	1.6	14.9	28.3	1.6

### DUMPLINGS

Shanghai Chilli Veg Wonton Vg	208.6	14.1	21.5	1.6	6.3	7.9	1.5
Shanghai Chilli Chicken Wonton	259.5	15.1	24	1.5	8.9	11.6	1.3
Shanghai Xiaolongbao	172.8	10.1	20.1	1	1.3	5.9	0.86
Cruchy Golden Dumpling Vg Gf	101.6	0.5	17.1	0.8	3.2	3.5	1.1
Spicy Chicken Dumpling	110.3	3.9	19.4	0.1	1.6	3.9	0.99
Chicken And Cashew Nut Dumpling	134.2	8	20.9	1.1	2.8	2.7	0.78
Chive Dumpling Gf	111.4	5.2	15.4	0.3	1.5	5.3	0.69
Black Prawn Dumpling Gf	132	7	18	3.15	1.8	3.15	0.95
Pork Prawn Shu Mai	189	10.8	12	0.3	2.1	10.8	1.26
Spicy Vegetable Dumpling Vg Gf	109	0.5	21	0.2	2	4.5	1.1
Har Gau Gf	120	5.7	14.7	0.3	0.9	6	0.54
Spinach And Mushroom Dumpling Vg	114.4	6.1	24.1	1.2	3.2	2.3	1.4
Beef Kimchi Gyoza	161.8	7.4	20.5	1.2	1	5.7	0.3
Beijing Quinoa Gyoza Vg	123	8	26.6	2.1	7.7	12.6	2.3

1-200 CAL

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401-500 CAL

501+ CAL

## BAOS / BUNS

Calories (kCal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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Char Sui Bun	229.5	6.7	48	1.7	20.8	1.5	1.2
cantonese mushroom bun vg	217.1	4.2	45.4	1.5	16.6	2.4	0.71
Chilli Prawn Bao	396.4	12.2	52.1	2.4	18.2	15.8	0.95
Crispy Duck Bao	438.5	22.3	46	1.8	15.1	18.6	1.2
Crispy Aubergine Bao Vg	486	5.3	51	2.6	23	29	0.91

## RICE, NOODLES, SOUPS AND SALADS

Hot And Sour Chicken Soup	116.7	10.4	16.7	5.6	6.5	1.3	2
Hot And Sour Veg Soup Vg	70.8	1.3	16.7	5.6	6.5	0.2	1.9
honeyed chilli chicken and mushroom rice pot	329.5	16.7	61.4	3.4	9.6	9.8	3.7
Braised Chilli Aubergine Rice Pot Vg Gf	417.8	13.2	63.5	3	9.6	12.9	3.7
Prawn And Scallop Sticky Rice	90.9	3.8	9.1	0.4	1.9	4.4	0.79
Vegetable Sticky Rice Vg	77.3	0.9	8.8	0.5	2.8	4.3	0.56
Plain Rice Vg Gf	226	3.9	52	n/a	0	0.7	0.02
Shanghai Chicken Noodles	398.4	22.1	65.9	1.1	5	4.6	2.3
Large Shanghai Chicken Noodles (600g)	636.6	37.8	102.1	1.2	9.4	7.7	4.2
Shanghai Aubergine Noodles Vg	393.7	12.4	68.1	1.1	7.8	7.5	3.3
Large Shanghai Aubergine Noodles Vg (700g)	632.2	18.8	106.9	1.5	15.4	13.7	6.3

## DESSERTS

Chocolate Fondant V Gf	416	6.7	29	0	28	30	0.07
Coconut Mochi V Gf	82.24	0.96	11.52	0.74	7.8	3.6	0.03
Hazelnut Mochi V Gf	78	1.1	11.2	0.2	7.8	3.2	0.04
Ginger Cake V	285.8	4.4	43.7	1.5	24.9	10.7	1.1
Baked Yuzu Cheese Cake V	340	4.9	26.2	0.4	17.5	23.9	0.5
Ice Cream / Sorbet Vg Gf	-	-	-	-	-	-	-
Vanilla	134.4	2.64	11.82	0.096	11.82	8.1	0.09
Chocolate	150	2.64	13.98	0.73	13.8	7.26	0.13
Praline	167.7	2.12	19.9	n/a	n/a	8.82	n/a
cherry vg	94.8	0.6	24	n/a	22.2	0.6	0.12
Coconut Ash	87	2.1	9.12	n/a	9.12	4.68	0.06

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## CLASSIC BOXES

	Calories (kCal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Hot Box - Small	1101	46.44	146.3	2.53	31.45	37.08	1.8
Hot Box - Regular	1631	71.24	224.7	3.41	45.78	50.89	2.67
Hot Box - Large	2018	89.33	273.7	3.85	58.46	63.79	3.61
Combo Box - Small	1063	46.45	135.6	2.32	19.37	36.4	3.33
Combo Box - Regular	1597	71.72	208	3.5	27.97	50.12	4.56
Combo Box - Large	1950	89.3	251.4	4.36	34.71	62.95	5.72
Sweet Chilli (Not inc nuts) - Small	1122	47.14	146.4	2.4	32.05	36.9	4.63
Sweet Chilli (Not inc nuts) - Regular	1663	71.5	226.4	3.67	46.46	49.56	6.25
Sweet Chilli (Not inc nuts) - Large	2047	90.17	276.9	4.53	59.66	62.38	9.27
Mee Gee - Small	1084	38.66	147.3	2.66	30.02	37.09	4.02
Mee Gee - Regular	1597	57.54	223.9	3.99	42.59	50.83	5.26
Mee Gee - Large	1961	70.83	275.1	5.05	55.6	63.76	7.91
Nasi Seafood - Small	1100	15.36	170.2	3.68	35.45	35.08	4.02
Nasi Seafood - Regular	1723	22.1	280.3	5.54	58.92	47.98	6.24
Nasi Seafood - Large	2154	28.14	355.6	6.55	78.57	60.07	9.4
Nasi Box - Small	1105	16.28	169.6	3.68	35.53	35.45	3.81
Nasi Box - Regular	1739	25.43	281.5	5.54	59.12	48.67	6
Nasi Box - Large	2181	33.87	354.5	6.91	78.65	61.09	9.13
Sing-a-Box - Small	1383	33.06	222.1	2.23	14.05	41.11	2.8
Sing-a-Box - Regular	1779	48.63	273.2	3.41	21.35	53.95	4.09
Sing-a-Box - Large	2137	59.42	323	4.27	27.79	70.27	5.31
Black Bean Box - Small	1078	42.8	140.8	4.82	24.25	38.15	0.24
Black Bean Box - Regular	1628	68.45	218.1	7.34	36.99	52.84	0.43
Black Bean Box - Large	2030	85.98	272.1	10.06	51.47	67.12	0.55
Sweet & Sour - Small	1129	39.5	163	2.42	50.94	35.1	0.24
Sweet & Sour - Regular	1675	63.33	245.5	3.77	70.26	48.35	0.43
Sweet & Sour - Large	2016	77.88	291	4.66	80.36	60.37	0.55
Thai Green Curry - Regular	1644	63	191.2	3.14	16.86	67.45	3.14
Thai Green Curry - Large	2091	78.8	231.7	3.91	21.91	88.8	3.91
Pad Thai (without nuts) - Small	1700	39.24	303	18.25	43.66	40.86	18.25
Pad Thai (without nuts) - Regular	2123	54.05	362.7	20.04	58.86	55.61	20.04
Pad Thai (without nuts) - Large	2292	61.48	371.8	22.82	66.76	63.4	22.82

## SPECIAL BOXES

Hoi Sin Duck Box - Regular	1605	60.76	211.5	3.58	31.64	55.88	3.32
Hoi Sin Duck Box - Large	1942	72.35	256.3	4.35	40.18	68.82	4.46
Dojo Protein Box - Regular	1585	83.1	209.6	4.15	28.07	52.07	5.17
Dojo Protein Box - Large	1951	104.3	253.1	5.13	34.68	65.14	6.51

Calories (kCal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

## VEGAN BOXES

Tonkatsu Box - Small	797.4	24.28	93.04	2.72	17.56	34.3	12.74
Tonkatsu Box - Regular	1024	30.66	119.9	4.14	24.92	45.33	13.26
Tonkatsu Box - Large	1220	35.6	141.2	5.16	29.74	56.22	13.26
Veggie Curry Box - Regular	1191	33.63	106.3	5.21	12.89	68.95	0.6
Veggie Curry Box - Large	1496	41.17	127.7	6.62	17.42	90.82	0.7
Tofu Hot Box - Small	847.8	27.37	97.07	3.2	20.02	38.3	6.76
Tofu Hot Box - Regular	1110	34.75	125.1	4.91	31.14	51.36	11.49
Tofu Hot Box - Large	1356	42.33	151.7	6.19	40.92	64.36	15.22
Teriyaki Box - Small	770.2	25.46	84.88	2.05	9.82	34.14	8.24
Teriyaki Box - Regular	992.2	32.66	106.7	3.14	14.89	45.14	12.94
Teriyaki Box - Large	1200	39.66	127.6	3.88	19.47	56.09	17.65
Veggie Sweet & Sour - Small	865.8	21.83	124.2	2.42	49.28	33.97	0.5
Veggie Sweet & Sour - Regular	1154	27.04	158.7	3.74	67.08	44.86	0.6
Veggie Sweet & Sour - Large	1367	31.8	184.8	4.63	77.09	55.59	0.7

201-300 CAL

301-400 CAL

401-500 CAL

## KIDS BOXES

501+ CAL

Mini Combo	954.5	35.6	121.5	1.73	14.33	35.35	2.19
Sweet & Sour	774.5	34.6	147.6	1.85	43.17	34.75	0.18
Yasi Yaki (soy)	742.4	23.56	75.97	2.3	7.12	37.16	6.46
Yasi Yaki (SC)	798.5	23.92	88.9	2.3	19.6	37.25	8.2
Yasi Yaki (Hot)	816.4	24.08	93.17	2.3	23.52	37.4	8.14