

rōla wala



NUTRITION.

CALORIE CHART.

CALORIE NOTES

Our nutritional charts are calculated using standard portion sizes, due to each of our meals being made to order at high speed, we cannot guarantee portioning will always be completely accurate (despite our team trying!).

If you have any questions or concerns, please speak to a member of our team.

	CHICKEN TIKKA	PRAWN PATIA	NAGALAND LAMB	MEATBALL ROGAN JOSH	KERALAN CHICKPEA	RED DAL	SWEET POT SAAGWALA	
NAAN ROLL (PLAIN)	Energy KCal	555	COMING SOON	538	535	483	498	468
	Fat	16		16	17	9	6	9
	(of which saturates)	5		6	4	2	2	5
	Carbohydrates	60		61	73	81	88	73
	(of which sugars)	6		6	7	17	20	11
	Fibre	7		10	9	9	9	10
	Protein	40		34	26	15	18	19
	Salt	3		3	2	2	2	1

SPICE BOWL (RICE)	Energy KCal	494	COMING SOON	477	474	451	394	407
	Fat	15		15	15	12	5	8
	(of which saturates)	5		6	4	4	3	5
	Carbohydrates	46		47	59	46	59	59
	(of which sugars)	10		10	11	10	16	16
	Fibre	6		8	8	5	15	9
	Protein	35		29	21	30	13	14
	Salt	4		4	2	2	2	2

SPICE BOWL (CAULI)	Energy KCal	438	COMING SOON	421	418	395	338	351
	Fat	21		21	21	18	11	14
	(of which saturates)	6		7	5	5	4	6
	Carbohydrates	19		19	31	18	32	31
	(of which sugars)	13		13	14	12	19	18
	Fibre	10		12	12	9	19	13
	Protein	40		34	26	35	18	19
	Salt	4		4	3	2	2	2

TIKKA TACOS	Energy KCal	COMING SOON						
	Fat	COMING SOON						
	(of which saturates)	COMING SOON						
	Carbohydrates	COMING SOON						
	(of which sugars)	COMING SOON						
	Fibre	COMING SOON						
	Protein	COMING SOON						
	Salt	COMING SOON						

ALLERGEN CHART.

	GLUTEN	SOYA	DAIRY	EGG	NUTS	CELERY	MUSTARD	SESAME	SULPHITE	SHELLFISH/ CRUSTACIAN
FILLINGS	Chicken Tikka			*					*	
	Prawn Patia								*	*
	Nagaland Lamb						*		*	
	MF Rogan Josh		*							
	Red Dal (w/o paneer)								*	
	Kerelan Chickpea						*		*	
	Sweet Potato Saag						*			
	Paneer Upgrade			*						
BASES	Naan Roll (PLAIN)	*								
	Naan Roll (GARLIC)	*								
	Bowl (RICE)									
	Bowl (CAULI)						*		*	
	Tikka Taco	*								
GARNISH	Thin Sevian									
	Pickled Onions								*	

ALLERGEN NOTES

We take the utmost care with the selection of suppliers we work with, and always work to minimise the number of potential allergens in our food.

Please be advised that some cross contamination may occur in supplier facilities, as well as during service.

For people with major food intolerances, please note that we cannot guarantee that cross contamination will not occur between products with known allergens and products without known allergens.

When calculating allergens in our food, ensure you consider all components of the meal.

Customers with food allergies or other nutritional questions are advised to notify the manager or a member of staff.

All of our meat is Halal.

ALLERGEN CHART.

	GLUTEN	SOYA	DAIRY	EGG	NUTS	CELERY	MUSTARD	SESAME	SULPHITE	SHELLFISH/ CRUSTACIAN
SIDES & EXTRAS	Masala Fries									
	Onion bhaji									
	Bhel Salad						*		*	
	Paneer chips			*					*	
	Garlic Naan	*								
	Grilled Corn									
	Popadums									
	Rola Cookie	*	*	*	*					
CHUTNEYS	Raita			*						
	Chilli Raita			*					*	
	Mango Chutney								*	
	Mint Chutney								*	
	Naga Chutney (Hot/ Extra Hot)								*	
	Pear and Tamarind							*	*	

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