

rōla wala



**2023
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	BUTTER CHICKEN	NAGALAND LAMB	GOAN PORK	KERALAN CHICKPEA	RED DAL	SWEET POT SAAGWALA
NAAN ROLL (PLAIN)							
Energy KCal	555	552	538	510	483	498	468
Fat	16	21	16	14	9	6	9
(of which saturates)	5	8	6	3	2	2	5
Carbohydrates	60	68	61	63	81	88	73
(of which sugars)	6	13	6	8	17	20	11
Fibre	7	6	10	9	9	9	10
Protein	32	28	34	37	15	18	19
Salt	3	2	3	3	2	2	1

SPICE BOWL (RICE)							
Energy KCal	494	462	477	452	451	394	407
Fat	15	16	15	13	12	5	8
(of which saturates)	5	7	6	3	4	3	5
Carbohydrates	46	47	47	49	46	59	59
(of which sugars)	10	11	10	12	10	16	16
Fibre	6	5	8	8	5	15	9
Protein	30	25	29	33	30	13	14
Salt	3	2	3	3	2	2	2

SPICE BOWL (CAULI)							
Energy KCal	438	359	421	411	395	338	351
Fat	21	18	21	19	18	11	14
(of which saturates)	6	7	7	4	5	4	6
Carbohydrates	19	12	19	21	18	32	31
(of which sugars)	13	12	13	14	12	19	18
Fibre	10	10	12	12	9	19	13
Protein	30	24	34	26	35	18	19
Salt	3	2	3	3	2	2	2

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

COMING SOON

ALLERGEN CHART 2023.

	GLUTEN	SOYA	DAIRY	EGG	NUTS	CELERY	MUSTARD	SESAME	SULPHITE	SHELLFISH/ CRUSTACIAN
FILLINGS	Chicken Tikka			*					*	
	Butter Chicken			*					*	
	Nagaland Lamb						*		*	
	Goan Pork						*		*	
	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									
	Onion, carrot, cabbage, corn						*		*	

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. For example, all meat-based mains come with raita (dairy) as standard.

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

Our lamb & chicken is Halal.

ALLERGEN CHART 2023.

	GLUTEN	SOYA	DAIRY	EGG	NUTS	CELERY	MUSTARD	SESAME	SULPHITE	SHELLFISH/ CRUSTACIAN
SIDES & EXTRAS	Masala Fries									
	Onion bhaji									
	Papadums							*		
	Rola Cookie	*	*	*	*					
CHUTNEYS	Raita			*						
	Chilli Raita			*					*	
	Mango Chutney								*	
	Mint Chutney								*	
	Naga Chutney (Hot/ Extra Hot)								*	
	Pear and Tamarind							*	*	

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When calculating allergens in our food, ensure you consider all components of the meal. For example, Masala Fries come with Chilli Raita on the side.

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