

rōla wala



**2024  
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	BEEF MASALA	KERALAN CHICKPEA	RED DAL	PANEER TIKKA MASALA
NAAN ROLL (PLAIN)	Energy KCal	555	552	538		483	498
	Fat	16	21	16		9	6
	(of which saturates)	5	8	6		2	2
	Carbohydrates	60	68	61		81	88
	(of which sugars)	6	13	6		17	20
	Fibre	7	6	10		9	9
	Protein	32	28	34		15	18
	Salt	3	2	3		2	2

	CHICKEN TIKKA	BUTTER CHICKEN	NAGALAND LAMB	BEEF MASALA	KERALAN CHICKPEA	RED DAL	PANEER TIKKA MASALA
SPICE BOWL (RICE)	Energy KCal	494	462	477	COMING SOON	451	394
	Fat	15	16	15		12	5
	(of which saturates)	5	7	6		4	3
	Carbohydrates	46	47	47		46	59
	(of which sugars)	10	11	10		10	16
	Fibre	6	5	8		5	15
	Protein	30	25	29		30	13
	Salt	3	2	3		2	2

	CHICKEN TIKKA	BUTTER CHICKEN	NAGALAND LAMB	BEEF MASALA	KERALAN CHICKPEA	RED DAL	PANEER TIKKA MASALA
SPICE BOWL (CAULI)	Energy KCal	438	359	421	COMING SOON	395	338
	Fat	21	18	21		18	11
	(of which saturates)	6	7	7		5	4
	Carbohydrates	19	12	19		18	32
	(of which sugars)	13	12	13		12	19
	Fibre	10	10	12		9	19
	Protein	30	24	34		35	18
	Salt	3	2	3		2	2

	CHICKEN TIKKA	BUTTER CHICKEN	NAGALAND LAMB	BEEF MASALA	KERALAN CHICKPEA	RED DAL	PANEER TIKKA MASALA
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 2024.

	GLUTEN	SOYA	DAIRY	EGG	NUTS	CELERY	MUSTARD	SESAME	SULPHITE	SHELLFISH/ CRUSTACIAN
<b>FILLINGS</b>	<b>Chicken Tikka</b>			*					*	
	<b>Butter Chicken</b>			*					*	
	<b>Nagaland Lamb</b>						*		*	
	<b>Beef Masala</b>								*	
	<b>Red Dal (w/o paneer)</b>								*	
	<b>Kerelan Chickpea</b>						*		*	
	<b>Paneer Tikka Masala</b>			*					*	
	<b>Paneer Upgrade</b>			*						
<b>BASES</b>	<b>Naan Roll (PLAIN)</b>	*								
	<b>Naan Roll (GARLIC)</b>	*								
	<b>Bowl (PILAU/ RED RICE)</b>									
	<b>Bowl (CAULI)</b>						*		*	
	<b>Tikka Taco</b>	*								
<b>GARNISH</b>	<b>Thin Sevian</b>									

## 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, beef, & chicken is Halal.



# ALLERGEN CHART 2024.

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

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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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