

Food	Portion	Calories
Mee Rebus	1 plate	558kcal
Mee Siam	1 plate	519kcal
Mee Soto	1 bowl	432kcal
Mee Goreng	1 plate	660kcal
Noodles with Minced Pork & Mushroom (Dry)	1 bowl	511kcal
Ban Mian (with egg, meat & vegetables)	1 bowl	475kcal
Fried Kway Teow (with cockles)	1 plate	743kcal
Hor Fun	1 plate	708kcal
Laksa	1 bowl	589kcal
Fried Beehoon (plain)	1 plate	252kcal
Lor Mee	1 bowl	383kcal
Fishball Noodles, Dry	1 bowl	364kcal
Fishball Noodles, Soup	1 bowl	330kcal
Fish Head Beehoon Soup	1 bowl	666kcal
Fish Slice Beehoon Soup	1 bowl	349kcal
Fried Hokkien Prawn Mee	1 plate	615kcal
Prawn Noodles, Dry	1 bowl	459kcal
Prawn Noodles, Soup	1 bowl	293kcal
Wanton Noodles, Dry	1 bowl	409kcal
Wanton Noodles, Soup	1 bowl	217kcal
Kway Chap (with meat, intestine & taupok)	1 bowl	648kcal

Bread, Local Snacks/Bites	Portion	Calories
Bread (white)	1 slice	77kcal
Bread (whole meal)	1 slice	72kcal
Doughnut	1 piece	304kcal
Char Siew Pau	1 bun	212kcal
Chicken Pau	1 bun	204kcal
Pork Pau	1 bun	246kcal
Egg Tart	1 piece	177kcal
Ham Chim Peng (red bean filling)	1 piece	273kcal
Mee Chiang Kueh (peanut filling)	1 piece	186kcal
Roti Prata (plain)	1 piece	122kcal
Roti Prata (with egg)	1 piece	289kcal
Roti John	1 piece	571kcal
Carrot Cake (mashed & fried)	1 plate	467kcal
Oyster Omelette	1 plate	650kcal
Chee Cheong Fun	1 piece	133kcal
Chwee Kuay	1 whole	57kcal
Curry Puff (with chicken)	1 piece	246kcal
Yam Cake	1 piece	174kcal
You Tiao	1 piece	123kcal
Popiah	1 piece	92kcal
Soon Kueh	1 piece	98kcal
Siew Mai	1 piece	105kcal
Otah (Fish)	1 piece	18kcal
Satay (Chicken)	1 stick	35kcal
Chinese Rojak	1 plate	443kcal
Indian Rojak	1 plate	756kcal

Food	Portion	Calories
Chicken Porridge	1 bowl	214kcal
Fish Porridge	1 bowl	261kcal
Pork Porridge	1 bowl	362kcal
Century Egg Porridge	1 bowl	422kcal
Char Siew Rice	1 plate	600kcal
Duck Rice	1 plate	706kcal
Chicken Rice (with meat)	1 plate	702kcal
Fried Rice	1 plate	508kcal
Nasi Lemak	1 plate	494kcal
Nasi Briyani with Chicken	1 plate	880kcal
Fish & Chips	1 serving	848kcal
Stingray (with chili sauce; grilled)	1 serving	347kcal
Bak Kut Teh	1 bowl	342kcal
Herbal Black Chicken Soup	1 bowl	186kcal
Tom Yam Seafood Soup	1 bowl	271kcal
Pig Organ Soup	1 bowl	158kcal
Watercress and Pork Ribs Soup	1 bowl	92kcal
Chicken Curry	1 bowl	450kcal
Fish Head Curry	1 plate	288kcal

Desserts	Portion	Calories
Ice Kachang	1 bowl	257kcal
Chendol (with coconut & evaporated milk)	1 bowl	593kcal
Bubor Cha Cha	1 bowl	390kcal
Pulut Hitam (with coconut milk)	1 bowl	290kcal
Tau Suan (with you tiao)	1 bowl	293kcal
Green Bean Soup	1 bowl	237kcal
Cheng Tng	1 bowl	257kcal
Herbal Jelly	1 bowl	71kcal

Drinks	Portion	Calories
Coca Cola	100ml	42kcal
Sugar Cane Juice	1 cup	158kcal
Bandung	1 cup	153kcal
Soya Bean Milk (sweetened)	1 cup	163kcal
Barley Water	1 cup	55kcal
Bubble Tea (with milk)	1 cup	232kcal
Bubble Tea (with milk & pearls)	1 cup	340kcal