



# NUTRITIONAL INFORMATION

EAT VELO TO YOUR HEART'S CONTENT

All our dishes are homemade. The nutritional information will therefore vary slightly from day to day and dish to dish. Values correct as of date above. Recipes and values are subject to ongoing changes without notice

Category	Item	Values per Item									
		Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
Summer Rolls (a)	Classic Prawn Summer Rolls (2 Rolls)	151	0.8	0.1	26.8	3.8	1.9	9.7	0.8	0.31	
	Classic Prawn Summer Rolls (1 Roll)	76	0.4	0.0	13.4	1.9	0.9	4.8	0.4	0.16	
	Roast Chicken Summer Rolls (2 Rolls)	194	3.0	0.6	28.8	5.0	1.9	13.5	0.8	0.30	
	Roast Chicken Summer Rolls (1 Roll)	97	1.5	0.3	14.4	2.5	1.0	6.7	0.4	0.15	
	Lemongrass Tofu Summer Rolls (2 Rolls)	181	4.4	0.0	28.9	5.4	1.9	6.9	0.4	0.18	
	Lemongrass Tofu Summer Rolls (1 Roll)	90	2.2	0.0	14.5	2.7	0.9	3.4	0.2	0.09	
Spring Rolls (b)	Classic Pork Spring Rolls (4 Rolls)	398	22.4	3.6	36.4	5.0	3.0	13.5	6.1	2.41	
	Classic Pork Spring Rolls (2 Rolls)	199	11.2	1.8	18.2	2.5	1.5	6.7	3.1	1.21	
	Prawn Spring Rolls (4 Rolls)	278	25.0	2.2	4.4	1.1	0.2	9.1	1.0	0.40	
	Prawn Spring Rolls (2 Rolls)	139	12.5	1.1	2.2	0.6	0.1	4.5	0.5	0.20	
	Vegi Spring Rolls (4 Rolls)	367	16.3	2.6	49.5	13.4	2.1	6.9	6.4	2.50	
	Vegi Spring Rolls (2 Rolls)	184	8.2	1.3	24.8	6.7	1.0	3.5	3.2	1.25	
Soups (c)	Velo Soup	159	6.4	2.3	6.5	3.6	1.1	14.5	3.9	1.53	
	Tiger Prawn Soup	100	1.5	0.3	7.8	5.0	1.7	9.3	4.1	1.60	
	Chicken Soup	99	2.8	0.8	6.5	3.5	1.1	7.8	3.9	1.51	
	Tofu Soup	86	3.9	0.1	7.4	5.8	2.3	5.8	3.2	1.27	
Salads (d)	Tiger Prawn Mango Salad	103	3.3	0.6	11.6	7.4	4.2	8.1	0.6	0.25	
	Roast Chicken Mango Salad	126	4.6	0.9	12.7	8.1	4.2	9.7	0.6	0.22	
	Lemongrass Tofu Mango Salad	120	5.5	0.6	12.9	8.4	4.2	5.9	0.4	0.15	
Curry	Viet Chicken Curry with Rice (Regular)	830	30.7	15.5	89.1	11.8	1.5	54.1	3.6	1.40	
	Viet Chicken Curry with Rice (Small)	553	19.8	9.9	62.2	7.6	0.9	35.0	2.3	0.90	
	Viet Chicken Curry (No Rice)	564	29.9	15.3	24.9	11.8	1.5	49.5	3.5	1.39	
Banh Mi	Banh Mi Roast Pork	579	17.5	4.8	80.0	14.9	0.7	24.2	4.6	1.80	
	Banh Mi Roast Chicken	562	14.2	3.1	77.0	11.2	0.7	30.4	3.9	1.52	
	Banh Mi Lemongrass Tofu	551	17.0	2.3	77.6	12.1	0.7	20.6	3.4	1.35	
	Plain Baguette	479	1.8	0.2	97.2	2.0	0.0	15.7	2.4	0.96	
Vermicelli (e) (g)	Vermicelli Velo (Regular)	375	11.7	2.5	42.9	9.5	1.8	25.1	2.3	0.91	
	Vermicelli Velo (Small)	227	7.8	1.8	22.9	5.9	1.0	16.7	1.5	0.60	
	Vermicelli Tiger Prawn (Regular)	290	8.2	1.0	37.8	5.4	1.7	16.5	1.5	0.59	
	Vermicelli Tiger Prawn (Small)	151	4.6	0.6	18.9	2.7	0.9	8.5	0.8	0.30	
	Vermicelli Lemongrass Roast Pork (Regular)	392	14.1	3.9	46.0	12.7	1.8	21.4	2.8	1.09	
	Vermicelli Lemongrass Roast Pork (Small)	220	8.5	2.3	23.9	7.2	0.9	12.5	1.6	0.64	
	Vermicelli Honey Lemongrass Chicken (Regular)	371	9.9	1.8	42.2	8.1	1.8	29.0	1.9	0.75	
	Vermicelli Honey Lemongrass Chicken (Small)	209	6.0	1.1	22.0	4.4	0.9	17.1	1.1	0.43	
	Vermicelli Lemongrass Tofu (Regular)	312	10.7	0.8	41.1	7.8	1.7	13.2	1.1	0.42	
	Vermicelli Lemongrass Tofu (Small)	163	5.9	0.5	20.9	3.9	0.9	6.8	0.5	0.21	
	Rice (f) (g)	Rice Velo (Regular)	501	12.3	2.7	75.3	9.5	1.8	27.1	2.2	0.88
Rice Velo (Small)		349	8.3	1.9	53.2	5.9	0.9	18.8	1.5	0.59	
Rice Tiger Prawn (Regular)		416	8.8	1.2	70.2	5.4	1.7	18.6	1.4	0.56	
Rice Tiger Prawn (Small)		272	5.1	0.7	49.2	2.7	0.9	10.5	0.7	0.28	
Rice Lemongrass Roast Pork (Regular)		519	14.7	4.1	78.4	12.7	1.8	23.4	2.7	1.06	
Rice Lemongrass Roast Pork (Small)		342	9.0	2.5	54.2	7.2	0.9	14.6	1.6	0.63	
Rice Honey Lemongrass Chicken (Regular)		498	10.5	2.0	74.6	8.1	1.8	31.1	1.8	0.72	
Rice Honey Lemongrass Chicken (Small)		329	6.4	1.2	51.9	4.4	0.9	19.1	1.1	0.42	
Rice Lemongrass Tofu (Regular)		438	11.3	1.0	73.5	7.8	1.7	15.3	1.0	0.39	
Rice Lemongrass Tofu (Small)		283	6.3	0.6	50.9	3.9	0.9	8.9	0.5	0.20	
Pure Steamed Rice		266	0.8	0.2	64.2	Tr	Tr	4.6	0.0	0.01	
Single Spring Roll (for Vermicelli & Rice) (g)		Classic Pork Spring Roll (1 Roll)	99	5.6	0.9	9.1	1.2	0.8	3.4	1.5	0.60
		Prawn Spring Roll (1 Roll)	69	6.2	0.6	1.1	0.3	0.1	2.3	0.3	0.10
		Vegi Spring Roll (1 Roll)	92	4.1	0.6	12.4	3.3	0.5	1.7	1.6	0.63
Pho (e)	Pho Velo (Regular)	443	9.5	3.4	49.9	9.7	2.9	32.9	7.0	2.74	
	Pho Velo (Small)	230	5.0	1.8	25.2	5.4	1.6	17.0	4.3	1.68	
	Pho Prawn (Regular)	346	2.9	0.6	52.5	12.4	4.1	20.8	7.3	2.88	
	Pho Prawn (Small)	182	1.7	0.4	26.4	6.8	2.2	10.9	4.4	1.75	
	Pho Beef (Regular)	504	13.2	5.1	49.4	9.4	2.9	39.9	6.3	2.49	
	Pho Beef (Small)	261	6.8	2.6	24.9	5.3	1.6	20.5	3.9	1.55	
	Pho Chicken (Regular)	344	5.5	1.6	50.0	9.4	2.9	17.8	6.9	2.71	
	Pho Chicken (Small)	181	3.0	0.9	25.2	5.3	1.6	9.4	4.2	1.66	
	Pho Tofu (Regular)	335	8.1	0.2	51.9	13.5	5.0	14.6	5.8	2.29	
	Pho Tofu (Small)	168	4.1	0.1	26.1	7.6	2.8	7.4	3.6	1.42	
Sauces & Chilli	Chilli Sauce Pot	9	0.0	0.0	1.8	1.8	0.0	0.0	0.4	0.14	
	Hoisin Sauce Pot	38	0.3	0.0	8.5	7.8	0.0	0.4	1.2	0.49	
	Soy Sauce Pot	15	0.0	0.0	0.6	0.1	0.0	2.0	3.4	1.33	
	Fresh Chilli Pot	2	0.0	Tr	0.4	0.4	N	0.2	0.0	0.00	
	Homemade Hoisin-Peanut Sauce Pot (2oz)	57	2.1	0.4	8.6	8.2	0.1	0.8	1.1	0.45	
	Homemade Fish Sauce Pot (2oz)	43	0.0	0.0	10.0	9.9	0.0	1.1	2.4	0.95	
	Homemade Fish Sauce Pot (3oz)	70	0.0	0.0	16.4	16.3	0.0	1.7	4.0	1.56	
	Homemade Velo Sauce Pot (2oz)	46	0.9	0.1	8.7	7.0	0.1	1.1	1.5	0.59	
	Homemade Velo Sauce Pot (3oz)	75	1.5	0.2	14.3	11.4	0.1	1.8	2.4	0.96	
	Homemade Vegi Sauce Pot (2oz)	19	0.0	0.0	4.6	4.5	0.1	0.1	1.2	0.47	
	Homemade Vegi Sauce Pot (3oz)	22	0.0	0.0	5.4	5.3	0.1	0.1	1.4	0.55	
Homemade Drinks	Homemade Lemonade	266	0.2	0.1	69.7	69.7	0.0	0.6	0.1	0.02	
	Vietnamese Iced Coffee	166	4.2	2.6	29.8	27.7	0.0	3.8	0.2	0.06	

- (a) All Summer Rolls come with hoisin-peanut sauce pot (2oz). Values exclude sauce
- (b) All non-vegi Spring Rolls come with fish sauce pot (2oz). All vegi Spring Rolls come with vegi sauce pot (2oz). Values exclude sauce
- (c) All Soups and Pho dishes come with chilli sauce pot. Values exclude chilli sauce
- (d) All non-vegi Salads come with fish sauce pot (2oz). All vegi Salads come with vegi sauce pot (2oz). Values exclude sauce
- (e) All non-vegi Vermicelli dishes come fish sauce pot. All vegi Vermicelli dishes come with vegi sauce pot. Values exclude spring roll & sauces
- (f) All Rice dishes come Velo sauce pot. Values exclude spring roll & sauces
- (g) Regular dishes come with 3oz sauce pot. Small dishes come with 2oz sauce pot
- (g) Regular/small dishes come with one/no spring roll
- (g) Regular Pork dishes come with one pork spring roll
- (g) Regular Prawn dishes come with one prawn spring roll
- (g) Regular Chicken/Vegi dishes come with one vegi spring roll
- "Tr" Has traces, but in insignificant quantities
- "N" Nutrient is present in significant quantities, but there is no reliable information on the amount



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Category	Item	Values per 100g									
		Calories	Fat (g)	Sat Fat (g)	Carbs (g)	Sugar (g)	Fibre (g)	Protein (g)	Salt (g)	Sodium (g)	
Summer Rolls (a)	Classic Prawn Summer Rolls (2 Rolls)	77	0.4	0.0	13.5	1.9	1.0	4.9	0.4	0.16	
	Classic Prawn Summer Rolls (1 Roll)	77	0.4	0.0	13.5	1.9	1.0	4.9	0.4	0.16	
	Roast Chicken Summer Rolls (2 Rolls)	93	1.4	0.3	13.9	2.4	0.9	6.5	0.4	0.15	
	Roast Chicken Summer Rolls (1 Roll)	93	1.4	0.3	13.9	2.4	0.9	6.5	0.4	0.15	
	Lemongrass Tofu Summer Rolls (2 Rolls)	91	2.2	0.0	14.6	2.7	1.0	3.5	0.2	0.09	
	Lemongrass Tofu Summer Rolls (1 Roll)	91	2.2	0.0	14.6	2.7	1.0	3.5	0.2	0.09	
Spring Rolls (b)	Classic Pork Spring Rolls (4 Rolls)	346	19.5	3.1	31.7	4.3	2.6	11.7	5.3	2.10	
	Classic Pork Spring Rolls (2 Rolls)	346	19.5	3.1	31.7	4.3	2.6	11.7	5.3	2.10	
	Prawn Spring Rolls (4 Rolls)	549	49.3	4.4	8.7	2.3	0.4	17.9	2.0	0.80	
	Prawn Spring Rolls (2 Rolls)	549	49.3	4.4	8.7	2.3	0.4	17.9	2.0	0.80	
	Vegi Spring Rolls (4 Rolls)	234	10.4	1.6	31.5	8.5	1.3	4.4	4.1	1.59	
	Vegi Spring Rolls (2 Rolls)	234	10.4	1.6	31.5	8.5	1.3	4.4	4.1	1.59	
Soups (c)	Velo Soup	47	1.9	0.7	1.9	1.1	0.3	4.3	1.2	0.46	
	Tiger Prawn Soup	31	0.5	0.1	2.4	1.6	0.5	2.9	1.3	0.50	
	Chicken Soup	30	0.9	0.2	2.0	1.1	0.3	2.4	1.2	0.46	
	Tofu Soup	28	1.3	0.0	2.4	1.9	0.8	1.9	1.1	0.41	
Salads (d)	Tiger Prawn Mango Salad	48	1.5	0.3	5.4	3.4	1.9	3.7	0.3	0.11	
	Roast Chicken Mango Salad	57	2.1	0.4	5.8	3.7	1.9	4.4	0.3	0.10	
	Lemongrass Tofu Mango Salad	56	2.6	0.3	6.0	3.9	2.0	2.8	0.2	0.07	
Curry	Viet Chicken Curry with Rice (Regular)	141	5.2	2.6	15.1	2.0	0.2	9.2	0.6	0.24	
	Viet Chicken Curry with Rice (Small)	140	5.0	2.5	15.8	1.9	0.2	8.9	0.6	0.23	
	Viet Chicken Curry (No Rice)	145	7.7	3.9	6.4	3.0	0.4	12.7	0.9	0.36	
Banh Mi	Banh Mi Roast Pork	213	6.5	1.8	29.4	5.5	0.3	8.9	1.7	0.66	
	Banh Mi Roast Chicken	207	5.2	1.2	28.3	4.1	0.3	11.2	1.4	0.56	
	Banh Mi Lemongrass Tofu	210	6.5	0.9	29.6	4.6	0.3	7.9	1.3	0.51	
	Plain Baguette	266	1.0	0.1	54.0	1.1	0.0	8.7	1.4	0.53	
Vermicelli (e) (g)	Vermicelli Velo (Regular)	107	3.4	0.7	12.3	2.7	0.5	7.2	0.7	0.26	
	Vermicelli Velo (Small)	118	4.1	0.9	11.8	3.1	0.5	8.7	0.8	0.31	
	Vermicelli Tiger Prawn (Regular)	94	2.7	0.3	12.3	1.8	0.5	5.4	0.5	0.19	
	Vermicelli Tiger Prawn (Small)	99	3.1	0.4	12.4	1.8	0.6	5.6	0.5	0.20	
	Vermicelli Lemongrass Roast Pork (Regular)	112	4.0	1.1	13.2	3.6	0.5	6.1	0.8	0.31	
	Vermicelli Lemongrass Roast Pork (Small)	120	4.7	1.3	13.0	3.9	0.5	6.8	0.9	0.35	
	Vermicelli Honey Lemongrass Chicken (Regular)	106	2.8	0.5	12.1	2.3	0.5	8.3	0.5	0.21	
	Vermicelli Honey Lemongrass Chicken (Small)	113	3.2	0.6	11.9	2.4	0.5	9.3	0.6	0.23	
	Vermicelli Lemongrass Tofu (Regular)	101	3.5	0.3	13.3	2.5	0.5	4.3	0.3	0.14	
	Vermicelli Lemongrass Tofu (Small)	105	3.8	0.3	13.5	2.5	0.6	4.4	0.3	0.14	
Rice (f) (g)	Rice Velo (Regular)	129	3.2	0.7	19.4	2.4	0.5	7.0	0.6	0.23	
	Rice Velo (Small)	136	3.2	0.7	20.7	2.3	0.4	7.3	0.6	0.23	
	Rice Tiger Prawn (Regular)	120	2.5	0.4	20.2	1.6	0.5	5.4	0.4	0.16	
	Rice Tiger Prawn (Small)	126	2.4	0.3	22.8	1.2	0.4	4.9	0.3	0.13	
	Rice Lemongrass Roast Pork (Regular)	133	3.8	1.0	20.1	3.3	0.5	6.0	0.7	0.27	
	Rice Lemongrass Roast Pork (Small)	138	3.6	1.0	21.9	2.9	0.4	5.9	0.6	0.25	
	Rice Honey Lemongrass Chicken (Regular)	128	2.7	0.5	19.2	2.1	0.5	8.0	0.5	0.18	
	Rice Honey Lemongrass Chicken (Small)	133	2.6	0.5	21.0	1.8	0.4	7.8	0.4	0.17	
	Rice Lemongrass Tofu (Regular)	126	3.2	0.3	21.1	2.2	0.5	4.4	0.3	0.11	
	Rice Lemongrass Tofu (Small)	131	2.9	0.3	23.4	1.8	0.4	4.1	0.2	0.09	
	Pure Steamed Rice	133	0.4	0.1	32.1	Tr	Tr	2.3	0.0	0.00	
	Single Spring Roll (for Vermicelli & Rice) (g)	Classic Pork Spring Roll (1 Roll)	346	19.5	3.1	31.7	4.3	2.6	11.7	5.3	2.10
		Prawn Spring Roll (1 Roll)	549	49.4	4.4	8.7	2.3	0.4	17.9	2.0	0.80
Vegi Spring Roll (1 Roll)		234	10.4	1.6	31.5	8.5	1.3	4.4	4.1	1.59	
Pho (e)	Pho Velo (Regular)	59	1.3	0.5	6.6	1.3	0.4	4.4	0.9	0.37	
	Pho Velo (Small)	54	1.2	0.4	5.9	1.3	0.4	4.0	1.0	0.39	
	Pho Prawn (Regular)	48	0.4	0.1	7.3	1.7	0.6	2.9	1.0	0.40	
	Pho Prawn (Small)	44	0.4	0.1	6.4	1.6	0.5	2.6	1.1	0.42	
	Pho Beef (Regular)	69	1.8	0.7	6.8	1.3	0.4	5.5	0.9	0.34	
	Pho Beef (Small)	63	1.6	0.6	6.0	1.3	0.4	4.9	0.9	0.37	
	Pho Chicken (Regular)	47	0.7	0.2	6.8	1.3	0.4	2.4	0.9	0.37	
	Pho Chicken (Small)	43	0.7	0.2	6.0	1.3	0.4	2.3	1.0	0.40	
	Pho Tofu (Regular)	48	1.2	0.0	7.5	1.9	0.7	2.1	0.8	0.33	
	Pho Tofu (Small)	42	1.0	0.0	6.5	1.9	0.7	1.8	0.9	0.36	
Sauces & Chilli	Chilli Sauce Pot	100	0.0	0.0	20.0	20.0	0.0	0.0	4.1	1.60	
	Hoisin Sauce Pot	238	1.9	0.3	53.0	49.0	0.0	2.3	7.8	3.07	
	Soy Sauce Pot	77	0.0	0.0	3.2	0.6	0.0	10.0	16.9	6.64	
	Fresh Chilli Pot	26	0.3	Tr	4.2	4.2	N	1.8	0.0	0.01	
	Homemade Hoisin-Peanut Sauce Pot (2oz)	142	5.2	1.1	21.5	20.4	0.4	1.9	2.9	1.13	
	Homemade Fish Sauce Pot (2oz)	101	0.0	0.0	23.8	23.7	0.0	2.5	5.7	2.25	
	Homemade Fish Sauce Pot (3oz)	101	0.0	0.0	23.8	23.7	0.0	2.5	5.7	2.25	
	Homemade Velo Sauce Pot (2oz)	112	2.3	0.3	21.3	17.0	0.2	2.8	3.6	1.43	
	Homemade Velo Sauce Pot (3oz)	112	2.3	0.3	21.3	17.0	0.2	2.8	3.6	1.43	
	Homemade Vegi Sauce Pot (2oz)	45	0.0	0.0	11.0	10.8	0.1	0.2	2.9	1.13	
	Homemade Vegi Sauce Pot (3oz)	45	0.0	0.0	11.0	10.8	0.1	0.2	2.9	1.13	
	Homemade Drinks	Homemade Lemonade	54	0.0	0.0	14.1	14.1	0.0	0.1	0.0	0.00
Vietnamese Iced Coffee		95	2.4	1.5	17.0	15.9	0.0	2.2	0.1	0.04	
(a)	All Summer Rolls come with hoisin-peanut sauce pot (2oz). Values exclude sauce										
(b)	All non-vegi Spring Rolls come with fish sauce pot (2oz). All vegi Spring Rolls come with vegi sauce pot (2oz). Values exclude sauce										
(c)	All Soups and Pho dishes come with chilli sauce pot. Values exclude chilli sauce										
(d)	All non-vegi Salads come with fish sauce pot (2oz). All vegi Salads come with vegi sauce pot (2oz). Values exclude sauce										
(e)	All non-vegi Vermicelli dishes come fish sauce pot. All vegi Vermicelli dishes come with vegi sauce pot. Values exclude spring roll & sauces										
(f)	All Rice dishes come Velo sauce pot. Values exclude spring roll & sauces										
(g)	Regular dishes come with 3oz sauce pot. Small dishes come with 2oz sauce pot										
(g)	Regular/small dishes come with one/no spring roll										
(g)	Regular Pork dishes come with one pork spring roll										
(g)	Regular Prawn dishes come with one prawn spring roll										
(g)	Regular Chicken/Vegi dishes come with one vegi spring roll										
"Tr"	Has traces, but in insignificant quantities										
"N"	Nutrient is present in significant quantities, but there is no reliable information on the amount										