



INGREDIENT AND NUTRITIONAL INFORMATION

At Bami, we are all passionate about the quality of both the food and the experience that all our guests receive during their visit to our restaurants.

We have developed a HACCP (Hazard analysis and critical control points) based food safety program to ensure that both the food safety and the quality of our food both meets and exceeds our guest's expectations. We are committed to the taste, freshness, and overall quality of the Bami product as well as the animal welfare practices that are involved in producing our ingredients that make up the Bami menu.

As we build the Bamily, we will remain committed to the safety and quality of our food for both the current menu and the new product innovations that we are continually working on. We will continue to maintain, develop and improve the quality of the Bami food over time, and make use of new and emerging technologies in this pursuit of Quality.

BAMI FOOD SAFETY AND QUALITY POLICY

NUTRITIONAL INFORMATION



At Bami, we go to great lengths for our food. Our kitchens are filled with green, fresh and healthy ingredients, all thoughtfully prepared daily. Yet, the true essence of our food lies in its taste. With our green-centric recipes and authentic Vietnamese flavours, Bami is committed to delivering an authentic street food experience in every bite.

BAMI ROLL	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Bami Roll		3083	73.2	23.5	4.9	53	13.2	232
Crackling Roast Pork		1401	35.8	21.4	7.4	0	0	100
Grilled Chicken		1275	27.2	22	6	0	0	124
Satay Chicken		1060	28.2	13.4	3.9	3.8	2.1	797
Tofu		1660	31.9	23.1	0	12.7	8.5	193
Combo		1338	31.5	21.7	6.7	0	0	112

POCKET ROLL	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Pocket Roll		2438	52.1	17.2	3	39	10.2	198
Crackling Roast Pork		970.2	24.8	14.9	5.1	0	0	69.3
Grilled Chicken		882.9	18.8	15.2	4.1	0	0	85.5
Satay Chicken		733.5	19.5	9.3	2.7	2.6	1.4	551.7
Tofu		829.8	15.9	11.6	0	6.3	4.2	96.3
Combo		926.6	21.8	15	4.6	0	0	77.4

FLUFFY STEAMED BUN	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Fluffy Steamed Bun		550	2.9	13.5	0	26.5	9.2	21
Crackling Roast Pork		560	12.4	9.4	3.2	0	0	32
Grilled Chicken		490	10.4	8.4	2.3	0	0	48
Tofu		766	13.1	9	0	11.2	7.8	184

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BUFFALO ROLL	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Buffalo Roll		258	1.3	0.2	0.1	12.9	1.1	52
BBQ Pork		648	30.3	3.6	1.2	0	0	60
Grilled Chicken		735	15.6	12.6	3.3	0	0	72
Prawn		390	21.9	0.6	0	0	0	867
Tofu		2130	35.7	24.3	0	33.3	23.1	549

GOLDEN SPRING ROLL	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Chicken		918	4.2	2.1	0.3	15.6	1.8	210
Vegan		500	1.4	9.8	1.3	14.3	1.5	226

MEATY DIM SIM	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Steamed		352	2.5	3.4	1.7	10.5	1.3	228
Fried								

BAMI BOWL	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Bún Bowl		1087	7.9	6.6	1.2	39	5.9	114
Rice Bowl		3518	20.4	2.2	0.5	179.7	4.4	19
Lemongrass Beef		1581	50.8	19.4	8.2	0	0	105
Crackling Roast Pork		1833	46.8	28.1	9.7	0	0	131
Grilled Chicken		1668	35.5	28.7	7.8	0	0	162
Satay Chicken		1386	36.9	17.5	5.1	4.9	2.7	1042
Chicken Spring Rolls		2295	10.5	5.3	0.8	39	4.5	525
Vegan Spring Rolls		1500	4.2	29.4	4	43.1	4.6	678
Tofu		2108	41.3	30.2	0	13.5	8.8	198

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HOT WOK NOODLES	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Phúc Kiến Mee		M: 2507 L: 3287	M: 20 L: 25.6	M: 18.6 L: 21.4	M: 24 L: 27	M: 83.1 L: 117.2	M: 11.4 L: 11.8	M: 393 L: 553
Pad Thai		M: 3987 L: 6102	M: 23.4 L: 52	M: 13 L: 31	M: 1.8 L: 12.9	M: 186 L: 271	M: 10.6 L: 10.6	M: 109 L: 236
Special Satay Mee								
Hủ Tiếu Mee		M: 3847 L: 5297	M: 9 L: 9.1	M: 14 L: 14.5	M: 2 L: 2.1	M: 183 L: 267	M: 10.8 L: 10.9	M: 95 L: 106
Beef		M: 1209 L: 1581	M: 38.9 L: 50.8	M: 14.8 L: 19.4	M: 6.2 L: 8.2	M: 0 L: 0	M: 0 L: 0	M: 81 L: 105
Crackling Roast Pork		M: 1401 L: 1833	M: 35.8 L: 46.8	M: 21.4 L: 28.1	M: 7.4 L: 9.7	M: 0 L: 0	M: 0 L: 0	M: 100 L: 131
Grilled Chicken		M: 1275 L: 1668	M: 27.2 L: 35.5	M: 22 L: 28.7	M: 6 L: 7.8	M: 0 L: 0	M: 0 L: 0	M: 124 L: 162
Satay Chicken		M: 1060 L: 1386	M: 28.2 L: 36.9	M: 13.4 L: 17.5	M: 3.9 L: 5.1	M: 3.8 L: 4.9	M: 2.1 L: 2.7	M: 797 L: 1042
Tofu		M: 1453 L: 1901	M: 30.6 L: 39.9	M: 23 L: 30.1	M: 0 L: 0	M: 2.5 L: 3.2	M: 1.2 L: 1.5	M: 16 L: 20
Seafood		M: 630 L: 945	M: 29.4 L: 44.1	M: 2.4 L: 3.6	M: 0.6 L: 0.9	M: 2.2 L: 3.3	M: 0 L: 0	M: 734 L: 1101
Vegetables		M: 451 L: 752	M: 3.9 L: 6.5	M: 1.2 L: 2	M: 0.45 L: 0.75	M: 19.5 L: 32.5	M: 1.5 L: 2.5	M: 48 L: 80

FRIED RICE	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Fried Rice No Meat		M: 4412 L: 5844	M: 23.1 L: 30.5	M: 11.9 L: 13/3	M: 1.7 L: 1.7	M: 208 L: 280.8	M: 1.7 L: 1.7	M: 29.7 L: 34.4
Beef		M: 1209 L: 1581	M: 38.9 L: 50.8	M: 14.8 L: 19.4	M: 6.2 L: 8.2	M: 0 L: 0	M: 0 L: 0	M: 81 L: 105
Crackling Roast Pork		M: 1401 L: 1833	M: 35.8 L: 46.8	M: 21.4 L: 28.1	M: 7.4 L: 9.7	M: 0 L: 0	M: 0 L: 0	M: 100 L: 131
Grilled Chicken		M: 1275 L: 1668	M: 27.2 L: 35.5	M: 22 L: 28.7	M: 6 L: 7.8	M: 0 L: 0	M: 0 L: 0	M: 124 L: 162
Satay Chicken		M: 1060 L: 1386	M: 28.2 L: 36.9	M: 13.4 L: 17.5	M: 3.9 L: 5.1	M: 3.8 L: 4.9	M: 2.1 L: 2.7	M: 797 L: 1042
Tofu		M: 1660 L: 2108	M: 31.9 L: 41.3	M: 23.1 L: 30.2	M: 0 L: 0	M: 12.7 L: 13.5	M: 8.5 L: 8.8	M: 193 L: 198
Seafood		M: 630 L: 945	M: 29.4 L: 44.1	M: 2.4 L: 3.6	M: 0.6 L: 0.9	M: 2.2 L: 3.3	M: 0 L: 0	M: 734 L: 1101
Vegetables		M: 452 L: 753	M: 3.9 L: 6.5	M: 1.2 L: 2	M: 0.45 L: 0.75	M: 19.5 L: 32.5	M: 1.5 L: 2.5	M: 48 L: 80
Vegan		M: 620 L: 1033	M: 3.9 L: 6.5	M: 3.5 L: 5.8	M: 0.2 L: 0.3	M: 23.6 L: 39.3	M: 2 L: 3.3	M: 96 L: 160

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STIR FRY	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Basil and Cashew Nuts Sauce		M: 1883 L: 1983	M: 10.1 L: 10.5	M: 11.4 L: 11.4	M: 1.4 L: 1.4	M: 71.5 L: 76.9	M: 29.2 L: 33.6	M: 1004 L: 1246
Lemongrass Sauce		M: 1507 L: 1611	M: 10.2 L: 13	M: 15.4 L: 16.8	M: 2.2 L: 2.4	M: 66.3 L: 72.6	M: 24.6 L: 29.4	M: 992 L: 1289
Satay and Peanut Sauce		M: 2209 L: 2365	M: 12.7 L: 13.6	M: 19.5 L: 21.3	M: 4.1 L: 4.7	M: 70.1 L: 74.3	M: 24.8 L: 27.5	M: 654 L: 777
Oyster and Garlic Sauce		M: 1839 L: 1949	M: 9.9 L: 10.4	M: 11.4 L: 11.4	M: 1.4 L: 1.4	M: 69.3 L: 75.3	M: 26.4 L: 30.9	M: 2931 L: 3875
Black Bean Sauce		M: 1592 L: 1931	M: 10.2 L: 16.4	M: 11.8 L: 13.5	M: 1.4 L: 1.4	M: 53.5 L: 62.8	M: 14.8 L: 23.3	M: 601 L: 2609
Beef		M: 648 L: 972	M: 20.9 L: 31.3	M: 7.9 L: 11.9	M: 3.8 L: 5.7	M: 0 L: 0	M: 0 L: 0	M: 43 L: 64
Chicken		M: 1080 L: 1552	M: 45.4 L: 65.3	M: 8.3 L: 12	M: 2.4 L: 3.4	M: 0 L: 0	M: 0 L: 0	M: 96 L: 138
Tofu		M: 1677 L: 2236	M: 35.2 L: 47	M: 26.5 L: 35.4	M: 0 L: 0	M: 2.8 L: 3.8	M: 1.4 L: 1.8	M: 18 L: 24
Seafood		M: 630 L: 945	M: 29.4 L: 44.1	M: 2.4 L: 3.6	M: 0.6 L: 0.9	M: 2.2 L: 3.3	M: 0 L: 0	M: 734 L: 1101
Vegetables		M: 451 L: 752.5	M: 3.9 L: 6.5	M: 1.2 L: 2	M: 0.5 L: 0.75	M: 19.5 L: 32.5	M: 1.5 L: 2.5	M: 48 L: 80

DEEP FRY	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Honey Sauce		M: 1892 L: 2329	M: 0.5 L: 0.6	M: 8.1 L: 10	M: 1 L: 1.2	M: 93.1 L: 114.6	M: 93.1 L: 114.6	M: 13 L: 16
Sweet and Sour Sauce		M: 919 L: 1132	M: 0.9 L: 1.1	M: 8.6 L: 10.6	M: 1 L: 1.3	M: 33.5 L: 41.2	M: 5.6 L: 6.9	M: 18.2 L: 22
Salt and Pepper Sauce		M: 1171 L: 1577	M: 1.7 L: 2.3	M: 15.6 L: 21	M: 2.2 L: 2.9	M: 32 L: 43.1	M: 8.1 L: 10.9	M: 1399 L: 1883
Lemon Sauce		M: 1061 L: 2040	M: 1.3 L: 2.5	M: 1.3 L: 2.5	M: 1.3 L: 2.5	M: 62.1 L: 119.5	M: 0 L: 0	M: 487.5 L: 938
Pork		M: 2678 L: 4133	M: 62.3 L: 95.9	M: 20.3 L: 31.3	M: 7 L: 10.7	M: 52.5 L: 81.1	M: 0.3 L: 0.4	M: 3644 L: 5622
Chicken		M: 3021 L: 5089	M: 77.4 L: 130.2	M: 24.5 L: 41.5	M: 7 L: 11.5	M: 48.3 L: 81.1	M: 0.3 L: 0.4	M: 3276 L: 5524
Tofu		M: 4043 L: 6581	M: 71.1 L: 115.6	M: 49.7 L: 80.8	M: 0 L: 0.2	M: 55 L: 89.7	M: 2.8 L: 4.4	M: 3311 L: 5390

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BROTHY PHỞ	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Phở Broth		2468	50.6	36.8	15.2	13.7	12.4	3647
Rare Beef		1386	36.9	17.5	5.1	4.9	2.7	1042
Grilled Chicken		1275	27.2	22	6	0	0	124
Combination (Beef, Chicken, Beef Balls)		1725	35	18	7.2	1.9	0	724
Tofu		1660	31.9	23.1	0	12.7	8.5	193
Seafood		536	25	2.1	0.5	1.9	0	623
Vegetables								

CREAMY LAKSA	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Laksa Broth		1420	12.7	9.5	3.4	14.9	5.3	795
Beef		1386	36.9	17.5	5.1	4.9	2.7	1042
Grilled Chicken		1275	27.2	22	6	0	0	124
Combination		1725	35	18	7.2	1.9	0	724
Tofu		1660	31.9	23.1	0	12.7	8.5	193
Seafood		536	25	2.1	0.5	1.9	0	623
Vegetables								

ZESTY TOMYUM	SERVE SIZE (g)	ENERGY (kJ)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	SODIUM (mg)
Tomyum Broth		1325	11.6	8.7	3.3	11.9	4.6	740
Beef		1386	36.9	17.5	5.1	4.9	2.7	1042
Grilled Chicken		1275	27.2	22	6	0	0	124
Combination		1725	35	18	7.2	1.9	0	724
Tofu		1660	31.9	23.1	0	12.7	8.5	193
Seafood		536	25	2.1	0.5	1.9	0	623
Vegetables								

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