

Rest-aurant no.	Name of restaurant & sampling location	Selection for each children's meal	Sample / com-bination no.	Food	Price	Analytical Results [4]						
						Weight of edible portion (g)	Energy (kcal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugars (g)	Sodium (mg)
R1	味千拉麵 Ajisen Ramen 大埔安邦路3號 大埔超級城C區2樓	Choose 1 main meal item, 2 snacks, 1 salad and orange juice		Snacks (Choose 2 out of 4)								
			1	炸雞翼 ·Deep fried chicken wings	—	21	55	3.6	0.50	0.011	0.15	65
			2	炸餃子(2件) ·Deep fried dumpling (2 pieces)	—	35	100	6.7	1.0	0.0060	0.70	210
			3	天婦羅炸蝦 ·Shrimp tempura	—	15	38	2.3	0.21	0	0.056	54
			4	豚肉腸 ·Pork sausages	—	28	95	8.7	1.3	0.032	0.15	120
				Salad								
			5	迷你玉子粟米沙律 ·Mini egg and corn salad	—	133	170	11	1.7	0.048	7.1	59
			6	迷你蟹肉蟹子沙律 ·Mini crab meat and crab roe salad	—	48	40	3.4	0.35	0.024	0.86	120
				Main meal item								
			7	迷你叉燒烏冬 ·Mini roast pork udon	\$38	363	270	7.6	1.6	0	1.5	1000
			8	迷你叉燒拉麵 ·Mini roast pork ramen	\$38	320	220	7.4	1.7	0	7.4	990
				Drink								
			9	橙汁 ·Orange juice	—	225	95	0	0.054	0	20	4.3
			R1a	Set with lowest energy : (#1 + #3 + #6 + #8 + #9)		629	440	17	2.8	0.036	28	1200
			R1b	Set with highest energy: (#2 + #4 + #5 + #7 + #9)		784	730	34	5.7	0.085	29	1400
			R1c	Set with lowest total fat: (#1 + #3 + #6 + #8 + #9)		629	440	17	2.8	0.036	28	1200
			R1d	Set with highest total fat: (#2 + #4 + #5 + #7 + #9)		784	730	34	5.7	0.085	29	1400
			R1e	Set with lowest sugars: e.g.: (#1* + #3 + #6 + #7 + #9)		672	500	17	2.8	0.036	22	1300
R2	壹番屋 Curry House CoCo Ichibanya 九龍深盛路8號 碧海藍天地下	Choose 1 main meal item and 1 drinks		Main meal item								
			10	兒童咖喱飯餐 [咖喱飯 + 肉 + 腸 + 粟米 + 甜品]	Children's curry meal (curry with rice, meat, sausage, corn, jelly (desert))	329	530	21	4.3	0.11	11	820
				Drinks								
			11	橙汁 ·Orange juice	—	160	70	0	0.027	0	14	2.9
			12	蘋果汁 ▲ ·Apple juice	—	159	76	0	0	0	15	4.8
			R2a	(#10 + #11)		489	600	21	4.4	0.11	26	830
R3	井井屋食堂 Dondonya Shokudo 屯隆街3號屯門市廣場一期2樓	Choose 1 set (with orange juice)	13	吉列豬柳定食(連橙汁) ·Deep fried pork fillet cutlet set with orange juice	\$55	523	630	19	3.1	0.052	30	360
			14	雞肉漢堡定食(連橙汁) ·Chicken hamburger steak set with orange juice	\$55	555	610	19	2.8	0	32	560
			15	燒牛肉定食(連橙汁) ·Beef rice set with orange juice	\$55	553	610	17	4.1	0.088	35	390
R4	元氣壽司 Genki Sushi 大埔安邦路3號 大埔超級城C區1樓	—	16	兒童壽司盛 (10件壽司) ·Children's sushi set (10 pieces)	\$77	322	580	14	2.4	0.16	22	1100
R5	北海道牧場餐廳 Hokkaido Dairy Farm Restaurant 灣仔莊士敦道211號地下	Choose one meal set	17	北海道兒童餐 (牛乳炒蛋三文治、腸仔、牛油粟米、通粉、棉花糖阿華田) ▲ ·Hokkaido Kids Set (scrambled eggs sandwich, sausages, corn, chicken macaroni soup, Ovaltine with marshmallows)	\$32	339	330	16	4.3	0.081	11	580
			18	哈哈笑兒童餐 (薯餅、炒蛋、腸仔、多士、棉花糖阿華田) ·Smiley kids set (Hashbrowns, scrambled eggs, sausages, toast, Ovaltine w marshmallows)	\$29	539	700	46	12	0.33	20	1000
R6	板長壽司 Itacho Sushi 紅磡黃埔新天地第2期時尚坊G6B舖	—	19	和味兒童餐 (8件壽司) ·Itacho's kid meal (8 pieces of sushi)	\$42	283	480	14	2.7	0.034	14	1300
R7	肯德基 KFC 九龍藍田啓田道 啓田商場 321-322號舖	Choose 1 main meal item and one drink		Main meal items								
			20	芝心火腿脆卷、葡撻 (Meal K2) ·Cheese & ham roll, egg tart	\$20	138	480	32	10	0.30	9.0	730
			21	蘑菇飯、原味雞雞下腩 (Meal K4) ·Mushroom rice, chicken drumstick	\$19.9	233	300	9.8	2.1	0.049	0.34	650
			22	馬鈴薯蓉、原味雞雞下腩 (Meal K3) ·Marshed potato, chicken drumstick	\$19.9	146	220	10	2.2	0.055	0.63	570
			23	巴辣香雞翼、香熱粟米 (Meal K1) ·Hot wings, cobette (corn)	\$19.9	106	180	8.2	1.5	0	3.0	220
				Drinks								
			24	百事可樂 ·Pepsi Cola	—	319	130	0	0	0	28	0
			25	益力多 ·Yakult	—	100	75	0	0	0	16.7	15
			26	屈臣氏蒸餾水 ·Watson's distilled water	—	430	—	—	—	—	—	—
			R7a	Set with lowest energy : (#23 + #26)		536	180	8.2	1.5	0	3.0	220
			R7b	Set with highest energy: (#20 + #24)		457	610	32	10	0.30	37	730
			R7c	Set with lowest total fat: e.g.: (#23 + #24*)		425	310	8.2	1.5	0	31	220
			R7d	Set with highest total fat: e.g.: (#20 + #24*)		457	610	32	10	0.30	37	730
			R7e	Set w lowest sugar: (#21 + #26)		663	300	9.8	2.1	0.049	0.34	650
R8	龍鳳冰室 Lung Fung Café 香港大坑統紗街6號及6號A全興樓地下	1 main meal item and one drink	27	兒童特餐(雞腩、薯條、炒蛋連白牛) ·Children's special meal (chicken leg, French fries, scrambled eggs, lemon-lime soda with ice-cream)	\$52	746	900	51	9.4	0.16	33	820
			28	兒童特餐(雞腩、薯條、炒蛋連黑牛) ▲ ·Children's special meal (chicken leg, French fries, scrambled eggs, cola with ice-cream)	\$52	766	920	51	9.5	0.28	35	770

Analytical results of nutrient content of children's meals

(continue)

.Highest in energy/total fat/saturated fat/trans fat/sodium is displayed as



Lowest in energy/total fat/saturated fat/trans fat/sugar/sodium is displayed as



The highest & and lowest values in energy, total fat, sugar & sodium in meal combinations within the same restaurant are displayed in dark & light grey respectively. 深灰色 & 淺灰色

Rest- aurant no.	Name of restaurant & sampling location	Selection for each children's meal	Sample /, com- bination no.	Food [2]	Price [3]	Analytical Results [4]						
						Weight of edible portion (g)	Energy (kcal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugars (g)	Sodium (mg)
R9	麥當勞 McDonald's 九龍塘達之路 80號又一城L2層	Choose 1 main meal item, 1 side dish and 1 drink.		Main meal items								
			29	魚柳包 Filet-O-Fish	\$27.7	134	320	15	4.5	0.14	4.2	550
			30	漢堡包 ▲ Hamburger	\$15.8	94	240	8.6	2.6	0.24	5.6	410
			31	芝士漢堡包 Cheeseburger	\$22.8	110	300	13	5.0	0.38	6.1	570
			32	麥樂雞 (4件) Chicken McNuggets (4 pieces)	\$25.8	81	220	14	4.3	0.029	0.10	370
				Side dishes								
			33	細薯條 Small Fries	—	68	220	12	3.2	0.064	0.26	82
			34	粒粒粟米杯(細) ▲ Fresh corn cup (small)	—	106	75	1.5	0.36	0	7.0	1.1
				Drinks								
			35	可口可樂 Coca Cola	—	307	77	0	0	0	18	0
			36	高鈣低脂牛奶 High calcium low fat milk	Add extra \$4.5	236 mL	139	3.5	2.6	0	17	137
			37	熱朱古力 Hot chocolate	—	186	89	3.2	0.58	0.52	13	110
			38	Qoo 荳奶 Qoo soya milk	—	200 mL	72	2.4	0	0	11.4	88
			39	利賓納 Ribena	—	200 mL	90	0	0	0	22	0
			40	細橙汁 ▲ Orange juice (small)	—	177	67	0	0.028	0	11	4.4
			R9a	Set with lowest energy: (#32 + #34 + #40)		364	360	15	4.6	0.029	18	380
			R9b	Set with highest energy: (#29 + #33 + #36)		438	680	30	10	0.21	21	770
			R9c	Set with lowest total fat: e.g. (#30 + #34 + #35*)		507	390	10	2.9	0.24	31	410
			R9d	Set with highest total fat: (#29 + #33 + #36)		438	680	30	10	0.21	21	770
			R9e	Set w lowest sugars:(#32 + #33 + #40)		349	510	28	7.4	0.093	12	540
			R9f	Set w highest sugars: (#31 + #34 + #39)		416	460	15	5.4	0.38	35	570
			R9g	Set w lowest sodium: e.g. (#32 + #34 + #35*)		494	370	15	4.6	0.029	25	370
			R9h	Set w highest Na: (#31 + #33 + #36)		414	650	28	11	0.45	23	790
R10	Outback Steakhouse 新界屯門市廣場 一期二樓	Choose 1 main meal item and 1 drink		Main meal items								
			41	炸雞條餐 Kid's chicken fingers	\$46	297	830	48	4.4	0.17	18	1300
			42	迷你芝士漢堡包餐 Kid's burger	\$46	349	1000	49	15	1.1	13	1600
			43	茄汁意大利粉餐 Kid's pasta	\$46	298	450	9.5	1.6	0	14	420
			44	迷你炸雞柳拼茄汁意大利粉餐 Kid's pasta & finger combo	\$46	414	660	19	2.4	0	16	700
			45	烤美國芝士三文治餐 Kid's grilled cheese sandwich	\$46	219	590	22	6.9	0.23	9.8	1500
			46	迷你型烤肋骨餐 Kid's ribs	\$46	304	850	49	10	0	13	1700
				Drinks								
			47	蘋果汁 Apple juice	—	351	160	0	0	0	25	8.8
			48	橙汁 Orange juice	—	330	140	0	0	0	29	0
			49	菠蘿汁 Pineapple juice	—	348	170	0	0.12	0	30	0
			50	西柚汁 Grapefruit juice	—	330	120	0	0.056	0	20	12
			51	紅莓汁 Cranberry juice	—	319	160	0	0	0	34	18
			52	番茄汁 Tomato juice	—	309	49	0	0.068	0	0.64	770
			R10a	Set with lowest energy : (#43 + #52)		607	500	9.5	1.6	0	15	1200
			R10b	Set with highest energy : (#42 + #49)		697	1200	49	16	1.1	43	1600
			R10c	Set with lowest total fat: e.g. (#43 + #47*)		649	600	9.5	1.6	0	40	430
			R10d	Set with highest total fat: e.g.: (#42* + #47*)		700	1200	49	15	1.1	38	1600
			R10e	Set w lowest sugars: (#45 + #52)		528	640	22	7.0	0.23	10	2300
			R10f	Set w highest sugars: (#41 + #51)		616	990	48	4.4	0.17	52	1400
			R10g	Set with lowest sodium: e.g.: (#43 + #48*)		628	590	9.5	1.6	0	43	420
			R10h	Set with highest Na: (#46 + #52)		613	900	49	10	0	14	2500
			R11	Pizza Express 沙田正街18號 新城市廣場一期 1樓	Choose 1 main meal item, 1 drink and 1 dessert. Item #63 is included in all meals		Main meal items					
53	意大利傳統薄餅 Margherita pizza	\$98				175	390	13	5.7	0.20	4.9	750
54	美國薄餅 American pizza	\$98				183	460	18	6.4	0.15	4.9	900
55	皇后薄餅 La Reine pizza	\$98				195	370	11	4.1	0.10	4.4	820
56	雞肉薄餅 Pollo pizza	\$98				183	380	11	4.4	0.11	4.9	880
57	奶油火腿蝴蝶粉 Cream and ham pasta	\$98				282	680	37	18	0.95	4.0	310
58	番茄芝士長通粉 Tomato and mozzarella rigatoni pasta	\$98				295	440	13	2.3	0.035	7.2	320
59	肉醬長通粉 Rigatoni Bolognese pasta	\$98				367	440	7.3	1.5	0.092	6.0	840
	Drinks											
60	蘋果汁 Apple juice	—				221	100	0	0	0	21	16
61	橙汁 Orange juice	—				226	93	0	0.036	0	19	7.9
62	紅莓汁 Cranberry juice	—				263	130	0	0	0	29	14
63	迷你卡布奇諾飲品(連一塊餅) Baminoccino (chocolate cappuccino w/o coffee)	—				74	89	3.8	1.5	0.047	10	64
	Desserts											
64	焗麵包球配朱古力榛子醬 Dough balls and Nutella	—				62	240	9.9	1.8	0.0068	15	230
65	朱古力蛋糕 Chocolate fudge cake	—				74	260	16	5.3	0.13	16	230
R11a	Set with lowest total energy: (#55 + #61 + #63 + #64)					557	790	24	7.4	0.15	49	1100
R11b	Set w/ highest total energy: (#57 + #62 + #63 + #65)					693	1200	56	24	1.1	58	620
R11c	Set with lowest total fat: e.g.: (#59 + #60* + #63 + #64)					724	870	21	4.7	0.15	52	1200
R11d	Set with highest total fat: e.g.: (#57 + #60* + #63 + #65)					651	1100	56	24	1.1	50	620
R11e	Set w/ lowest sugars: (#57 + #61 + #63 + #64)					644	1100	50	21	1.0	48	610
R11f	Set w highest sugars: (#58 + #62 + #63 + #65)					706	920	32	9.0	0.21	61	630
R11g	Set with lowest sodium: e.g.: (#57 + #61 + #63 + #64*)					644	1100	50	21	1.0	48	610
R11h	Set w/ highest sodium: e.g.: (#54 + #60 + #63 + #64*)		540	890	32	9.7	0.21	51	1200			

Restaurant no.	Name of restaurant & sampling location	Selection for each children's meal	Sample / combination no.	Food	Price	Analytical Results								
						Weight of edible portion (g)	Energy (kcal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Sugars (g)	Sodium (mg)		
[1]				[2]	[3]	[4]								
R12	必勝客 Pizza Hut 北角北角道10號 北角亞太商業中心1樓	Choose 1 main meal item and 1 drink.	Main meal items											
			66	肉醬意粉兒童餐 ▲ Spaghetti Bolognese meal set	\$48	443	710	27	5.9	0.13	38	1500		
			67	菠菜肉腸長通粉兒童餐 Spinach & sausage penne alfredo meal set	\$48	431	690	29	7.1	0.073	34	1100		
			Drinks											
			68	百事可樂 ▲ Pepsi Cola	—	260	62	0	0	0	15	0		
			69	熱朱古力 Hot chocolate	—	253	240	2.8	2.0	0	41	130		
			R12a	(#66 + #68)		703	770	27	5.9	0.13	54	1500		
			R12b	(#66 + #69)		696	950	30	7.9	0.13	80	1600		
			R12c	(#67 + #68)		691	750	29	7.1	0.073	49	1100		
R12d	(#67 + #69)		684	930	32	9.1	0.073	75	1300					
R13	百佳餐廳 Pokka Café 屯門市廣場1期 AEON上層地下	Choose 1 meal. Comes with orange juice.	70	QQ公主餐(意粉餐連橙汁) QQ Princess pasta meal with orange juice	\$68	699	770	31	8.2	0.18	38	1600		
			71	歡笑樂園餐(雞翼餐連橙汁) Happy meal (chicken wing set with orange juice)	\$68	586	640	21	4.5	0.078	32	760		
R14	Ruby Tuesday 銅鑼灣告士打道280號世貿中心10樓	Choose 1 main meal item and 1 drink. Sundae (#87) is included for dine in only and is not available for take-away.	Main meal items											
			72	燒排骨、薯條 Ribs served with fries	\$82	122	370	23	5.0	0.067	3.9	240		
			73	迷你漢堡、薯條 ▲ Ruby minis (burger) served with fries	\$82	348	940	59	17	1.1	8.3	770		
			74	漢堡扒、薯蓉 Chop burger steak served with mashed potato	\$82	228	320	16	3.6	0.26	2.9	300		
			75	雞翼、薯條 Chicken wings served with fries	\$82	220	480	29	3.5	0.046	1.7	190		
			76	燒雞胸、薯條 Chicken breast served with fries	\$82	268	430	16	2.6	0.032	2.7	780		
			77	熱狗、薯條 Hot dog served with fries	\$76	210	590	36	5.6	0.23	3.7	690		
			78	芝士條、薯條 Cheese sticks served with fries	\$76	268	800	48	13	0.39	2.7	1500		
			79	炸雞柳、薯條 Chicken tenders served with fries	\$76	301	660	33	4.9	0.10	1.2	1300		
			80	芝士迷你漢堡、薯條 Grilled cheese served with fries	\$76	172	640	36	13	0.51	6.7	910		
			81	芝士通心粉 ▲ Macaroni and cheese	\$78	315	630	35	14	0.50	8.8	1500		
			82	番茄醬長通粉 Pasta marinara	\$78	259	280	3.6	0.54	0	6.1	210		
			83	巴馬芝士長通粉 Parmesan cream pasta	\$78	244	410	19	8.8	0.28	2.3	610		
			Drinks											
			84	可樂 ▲ Cola	—	340	150	0	0	0	33	7.1		
			85	橙汁 ▲ Orange juice	—	384	150	0	0.022	0	32	15		
			86	Qoo 果汁飲品 Qoo drink	—	381	160	0	0	0	37	8.8		
			Dessert											
			87	雪糕新地 - 朱古力味 Chocolate sundae	—	91	160	9.1	5.3	0.022	14	46		
			R14a	Set with lowest energy: e.g.: (#82 + #84* + #87)		690	600	13	5.8	0.022	53	260		
			R14b	Set with highest energy: (#73 + #86 + #87)		820	1300	68	23	1.2	60	820		
			R14c	Set with lowest total fat: e.g.: (#82 + #84* + #87)		690	600	13	5.8	0.022	53	260		
			R14d	Set with highest total fat: e.g.: (#73 + #84* + #87)		779	1300	68	23	1.2	55	820		
			R14e	Set w/ lowest sugars: (#79 + #85 + #87)		776	980	42	10	0.12	47	1300		
			R14f	Set w highest sugars: (#81 + #86 + #87)		787	960	44	19	0.53	60	1600		
			R14g	Set with lowest Na: (#75 + #84 + #87)		651	800	38	8.8	0.068	48	240		
			R14h	Set with highest Na: e.g.: (#78* + #85 + #87)		743	1100	57	18	0.41	48	1500		
R15	悠詩詩上島咖啡 UCC Coffee Shop 新界沙田新城市廣場1期4層	Choose 1 meal. Comes with ice cream and orange juice	主餐											
			88	漢堡扒兒童餐(連雪糕及橙汁) Hamburg steak children's set	\$79	688	890	32	8.4	0.41	41	1200		
			89	肉醬意粉兒童餐(連雪糕及橙汁) Meat sauce spaghetti children's set	\$73	584	640	29	6.6	0.064	36	930		
			90	茄汁奄列飯兒童餐(連雪糕及橙汁) ▲ Omelette rice children's set	\$77	646	840	38	8.2	0	35	620		

Note [1] Arranged in the alphabetical order of the name of the restaurants.

[2] ▲ Indicates more popular choice in the restaurant as provided by the relevant companies.

* Contains the same amount of energy

#84& #85 have the same amount of energy.

Contains the same amount of total fat

#24、#25& #26 have the same amount of total fat.

#35、#39& #40 have the same amount of total fat.

#42與#46 have the same amount of total fat.

#47、#48、#49、#50、#51& #52 have the same amount of total fat.

#60、#61& #62 have the same amount of total fat.

#84、#85& #86 have the same amount of total fat.

Contains the same amount of sugars

#1& #4 have the same amount of sugars.

Contains the same amount of sodium

#24& #26 have the same amount of sodium.

#35& #39 have the same amount of sodium.

#48& #49 have the same amount of sodium.

#64& #65 have the same amount of sodium.

#78& #81 have the same amount of sodium.

Data on prepackaged foods

#25、#36、#38& #39 are prepackaged food. The data in the above table are calculated based on the nutrition information and volume indicated on the labels.

Others

#87 is available for dine-in only. It is not available for take-away.

[3] The price are obtained by the Council through a market survey conducted during March 2015. Price may vary between different branches of the same restaurant. #13, #18, #20, #66 and #67 were not available at that time and the price of those items are the price paid during the purchase of samples in mid 2014. Price do not include service charge.

- indicates that the price are included in the main meal.

[4] There may be differences between the data on a meal set and the data on the sum of individual items as the figures are organized with significant figures and rounding rules applied.

The assumption that 1 ml = 1 g was used during calculation.

0 is assumed when the analytical results indicate "not detected" and "< limit of quantification".

- As distilled water is a prepackaged food which contains no energy or any core nutrients, item #26 is exempted from nutrition labelling requirement. The nutrition data in the table are treated as zero.