

WHAT CAN WE GET YOU TODAY?

smol
GOOD FOOD | GOOD PEOPLE

BEST SELLERS

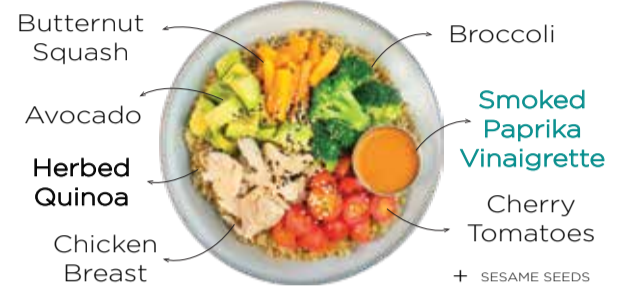
CHIX IN A HURRY 13.9



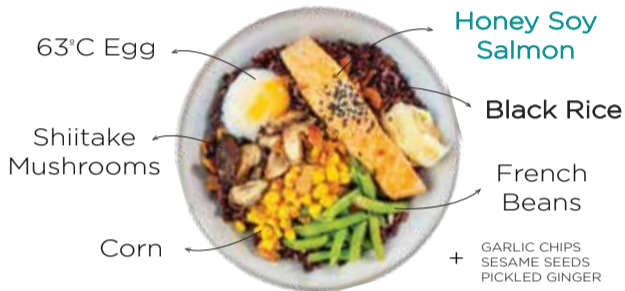
PESTO JOY 14.9



FOWL PLAY 14.9



KENA SALMON 16.9



SALMON SALAH 16.9



WE'VE GOT BEEF 15.9



+

Toppings

Furikake 0.5
Garlic Chips 1.0
Pine Nuts 1.0
Avocado 2.5
Basil Pesto 3.5

Veggies

Broccoli 1.5
Cherry Tomatoes 1.5
Edamame 1.5
Pomegranate 2.0
Shiitake Mushrooms 2.0

Protein

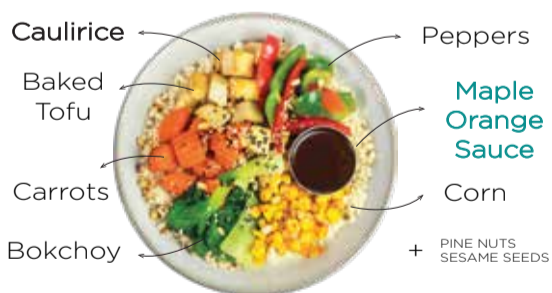
63°C Egg 1.5
Baked Tofu 2.5
Chicken Breast 4.0
Garlic Shrimp 4.5
Stir-fry Beef 6.0
Honey Soy Salmon 7.0

BASE
CAN'T DECIDE?
TRY HALF & HALF

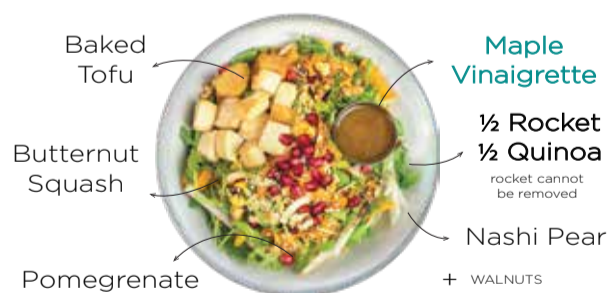
Black Rice
Fusilli Pasta
Soba Noodles
Herbed Quinoa
Caulirice
Rocket Leaf

PLANT BASED

ASIAN INVASION 12.9



CHU' BUTTERNUT 12.9



FUN WITH BLACK 13.9



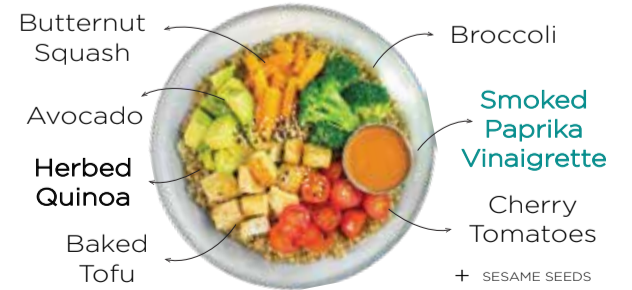
CURRY IN A HURRY 12.9



PESTO BOTH WORLDS 13.9



VEGGIE PLAY 13.9



* FOR THE BEST DINING EXPERIENCE, ALL DRESSINGS ARE MIXED INTO THE BOWL | SEPARATE DRESSING \$0.20

LOYALTY PROGRAM

Dine and be rewarded!

Make a purchase and receive your FREE loyalty card today!

📍 OUTDOOR PLAZA @ PLQ MALL

📍 FOOD FOLKS @ LAU PA SAT

FITNESS PARTNERS



CORPORATE & DELIVERY

We deliver islandwide and have exclusive menus available for finger foods, snacks and drinks.

Email eat@smol.sg to find out more.

NUTRITIONAL INFO

CHIX IN A HURRY

Calories: 513
Protein: 39.4
Net Carb: 35.6
Fat: 22.8

Halal-sourced Chicken, Mild Spice

PESTO JOY

with Shrimp / Chicken

Calories: 562 / 632
Protein: 24.4 / 374
Net Carb: 47.7 / 47.2
Fat: 29.2 / 31.1

Shellfish
Contains Nuts (Pine Nuts), Wheat

FOWL PLAY

Calories: 535
Protein: 33.5
Net Carb: 40.9
Fat: 21.8

Halal-sourced Chicken

KENA SALMON

Calories: 499
Protein: 35.9
Net Carb: 56.7
Fat: 11.8

Fish
Contains Egg
Traces of Wheat (Soy Sauce)

SALMON SALAH

Calories: 579
Protein: 30.5
Net Carb: 44.2
Fat: 28.8

Contains Nuts (Walnuts), Soy, Sesame
Traces of wheat (Soy Sauce)

WE'VE GOT BEEF

Calories: 574
Protein: 51.7
Net Carb: 40.8
Fat: 19.2

Halal-sourced Beef
Contains Wheat, Sesame, Soy, Egg
Traces of Cooking Alcohol

ASIAN INVASION

Calories: 365
Protein: 25.3
Net Carb: 30.9
Fat: 14.1

Vegan
Contains Nuts (Pine Nuts), Soy
Traces of Wheat (Soy Sauce)

CHU' BUTTERNUT

Calories: 531
Protein: 24.6
Net Carb: 36.1
Fat: 30.3

Vegan
Contains Nuts (Walnuts), Soy, Sesame
Traces of wheat (Soy Sauce)

FUN WITH BLACK

Calories: 534
Protein: 23.4
Net Carb: 47.2
Fat: 25.7

Vegan, Mild Spice
Contains Nuts (Dressing), Soy

CURRY IN A HURRY

Calories: 432
Protein: 20.2
Net Carb: 38.9
Fat: 20.6

Vegan, Mild Spice

PESTO BOTH WORLDS

with Natto / Avo / Tofu / Mushroom

Calories: 586 / 592 / 630 / 535
Protein: 21.7 | 15.9 / 30.1 / 17
Net Carb: 49.8 / 48.1 / 48 / 49.7
Fat: 32.3 / 35.8 / 34.4 / 28.6

Vegan
Contains Nuts (Pine Nuts), Soy, Wheat
Traces of Alcohol

VEGGIE PLAY

Calories: 533
Protein: 26.2
Net Carb: 41.7
Fat: 25.2

Vegan
Contains Soy

GLUTEN-FREE AND ALLIUM-FREE MENU AVAILABLE UPON REQUEST

The above nutritional info is produced for informational purposes and is not produced by a certified nutritionist. Nutritional information is offered as a courtesy and should not be construed as a guarantee. The data is calculated through an online nutritional calculator, nutritionvalue.org. We do our best to provide accurate nutritional information, but these figures should be considered estimates only. Varying factors such as product types or brands purchased, natural fluctuations in fresh produce, and the way ingredients are processed change the effective nutritional information in any given recipe.