

**Lower-calorie Dishes found in Hawker Centres**

Appam with Dhal Curry
Ba Ku Teh
Ban Mian
Beef and Egg Porridge
Beef Noodles Dry
Beef Noodles Soup
Beef Porridge
Beef Soup with Rice
Beef Udon Soup
Beet Root Noodle Soup
Black Garlic with Pork Broth Ramen
Brown Rice Porridge
Century Egg Porridge
Chicken Feet Noodles Dry
Chicken Feet Noodles Soup
Congee / Porridge (Plain)
Crayfish Hor Fun
Cuttlefish Porridge
Duck Noodles Dry
Duck Noodles Soup
Duck Porridge
Economic Bee Hoon
Economic Rice (2 non-fried veg)
Fish Ball Noodles Dry
Fish Ball Noodles Soup
Fish Porridge
Fish Slices Noodles (Fish bee hoon without milk)
Fish Slices Porridge
Fish Slices Soup
Fish Slices Soup with Rice
Fried Mee Siam
Herbal Duck Soup
Herbal Tonic Chicken Soup
Idli with Chicken Curry
Idli with Dhal Curry
Ipoh Hor Fun
Mee Siam
Mee Soto
Minced Pork Porridge
Mushroom and Minced Pork Noodles Dry
Mushroom and Minced Pork Noodles Soup
Peanut and Pork Porridge
Plain White Vegetarian Bee Hoon
Pork Porridge
Prawn (Shrimp) Dumpling Noodles Dry
Prawn (Shrimp) Dumpling Noodles Soup
Prawn Noodles Dry

Prawn Noodles Soup
Puttu Mayam with Dhal Curry
Red Rice Porridge
Seafood Porridge
Seafood Soup
Seafood Spaghetti (tomato base)
Shredded Chicken Noodles Dry
Shredded Chicken Noodles Soup
Soya Sauce Chicken Noodles
Steamed Yam Cake (2 pcs)
Thosai Masala
Thosai with Chicken Curry
Thosai with Dhal Curry
Tom Yam Seafood Soup with Rice
Wanton Noodles Dry
Wanton Noodles Soup
Wanton Soup
Yong Tau Foo