

Nutritional Information*

Bases										
Egg Fried Rice	=	Energy Values (Kcal)	Energy Values (KJ)	Protein (Nx5.25)	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	350.4	1475.2	10.4	9.92	1.28	53.28	0.16	3.2	1.888
Regular	=	420.48	1770.24	12.48	11.904	1.536	63.936	0.192	3.84	2.2656
Large	=	490.56	2065.28	14.56	13.888	1.792	74.592	0.224	4.48	2.6432
Vegetable Rice	=	Energy Values (Kcal)	Energy Values (KJ)	Protein (Nx5.25)	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	225.6	952	5.44	3.52	0.32	40.8	0.16	4.48	1.552
Regular	=	270.72	1142.4	6.528	4.224	0.384	48.96	0.192	5.376	1.8624
Large	=	315.84	1332.8	7.616	4.928	0.448	57.12	0.224	6.272	2.1728
Schezuan Rice	=	Energy Values (Kcal)	Energy Values (KJ)	Protein (Nx5.25)	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	321.3	1358.3	7.48	6.46	0.68	56.95	2.72	2.38	2.975
Regular	=	385.56	1629.96	8.976	7.752	0.816	68.34	3.264	2.856	3.57
Large	=	449.82	1901.62	10.472	9.044	0.952	79.73	3.808	3.332	4.165
Vegetable Noodles	=	Energy Values (Kcal)	Energy Values (KJ)	Protein (Nx5.25)	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	153.4	646.1	5.07	2.6	0.52	25.74	0.13	3.25	0.871
Regular	=	184.08	775.32	6.084	3.12	0.624	30.888	0.156	3.9	1.0452
Large	=	214.76	904.54	7.098	3.64	0.728	36.036	0.182	4.55	1.2194
Udon Noodles	=	Energy Values (Kcal)	Energy Values (KJ)	Protein (Nx5.25)	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	178.2	748.8	5.76	2.34	0.72	31.68	0.54	3.24	2.484
Regular	=	213.84	898.56	6.912	2.808	0.864	38.016	0.648	3.888	2.9808
Large	=	249.48	1048.32	8.064	3.276	1.008	44.352	0.756	4.536	3.4776
Spicy Chips Toppings	=	Energy Values (Kcal)	Energy Values (KJ)	Protein (Nx5.25)	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	221.1	933.9	2.75	5.06	0.55	39.38	2.86	3.74	2.09
Regular	=	265.32	1120.68	3.3	6.072	0.66	47.256	3.432	4.488	2.508
Large	=	309.54	1307.46	3.85	7.084	0.77	55.132	4.004	5.236	2.926
Plain Chips Toppings	=	Energy Values (Kcal)	Energy Values (KJ)	Protein (Nx5.25)	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	107	451.5	1.45	2.25	0.25	19.35	0.05	1.85	0.62
Regular	=	128.4	541.8	1.74	2.7	0.3	23.22	0.06	2.22	0.744
Large	=	149.8	632.1	2.03	3.15	0.35	27.09	0.07	2.59	0.868



Saucy Dishes										
Malaysian Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	125	523	6.9	5.6	1	11	0.1	1.4	1.35
Regular	=	150	627.6	8.28	6.72	1.2	13.2	0.12	1.68	1.62
Large	=	175	732.2	9.66	7.84	1.4	15.4	0.14	1.96	1.89
Chilli Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	114.75	481.5	4.725	5.55	0.9	11.175	0.075	0.75	0.6375
Regular	=	137.7	577.8	5.67	6.66	1.08	13.41	0.09	0.9	0.765
Large	=	160.65	674.1	6.615	7.77	1.26	15.645	0.105	1.05	0.8925
Manchurian Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	134	561	8.1	5.9	1	11.5	0.1	1.2	1.22
Regular	=	160.8	673.2	9.72	7.08	1.2	13.8	0.12	1.44	1.464
Large	=	187.6	785.4	11.34	8.26	1.4	16.1	0.14	1.68	1.708
Sweet & Sour Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	139.2	583.2	6.88	5.92	1.04	14.24	1.36	0.8	0.488
Regular	=	167.04	699.84	8.256	7.104	1.248	17.088	1.632	0.96	0.5856
Large	=	194.88	816.48	9.632	8.288	1.456	19.936	1.904	1.12	0.6832
Blackbean Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	125.4	527.25	10.26	4.94	0.855	9.215	0.095	1.615	1.2445
Regular	=	150.48	632.7	12.312	5.928	1.026	11.058	0.114	1.938	1.4934
Large	=	175.56	738.15	14.364	6.916	1.197	12.901	0.133	2.261	1.7423
Katsu Chicken Curry	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	167.4	701.1	9.54	9.09	2.52	11.52	0.09	0.9	0.702
Regular	=	200.88	841.32	11.448	10.908	3.024	13.824	0.108	1.08	0.8424
Large	=	234.36	981.54	13.356	12.726	3.528	16.128	0.126	1.26	0.9828
Chilli Prawns	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	205.2	856.44	3.564	10.692	1.62	23.004	4.32	1.08	1.5876
Regular	=	307.8	1284.66	5.346	16.038	2.43	34.506	6.48	1.62	2.3814
Large	=	410.4	1712.88	7.128	21.384	3.24	46.008	8.64	2.16	3.1752
Chilli Fish	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	331.5	1386	7.35	17.1	3	36	16.35	2.1	2.775
Regular	=	397.8	1663.2	8.82	20.52	3.6	43.2	19.62	2.52	3.33
Large	=	464.1	1940.4	10.29	23.94	4.2	50.4	22.89	2.94	3.885
Vegetable Stir Fry	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	88.8	371.2	1.6	5.12	0.56	8.24	5.28	1.84	1.224
Regular	=	106.56	445.44	1.92	6.144	0.672	9.888	6.336	2.208	1.4688
Large	=	124.32	519.68	2.24	7.168	0.784	11.536	7.392	2.576	1.7136
Katsu Vegetable Curry	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	86.9	358.6	1.1	7.15	2.53	3.52	0.33	1.98	0.385
Regular	=	104.28	430.32	1.32	8.58	3.036	4.224	0.396	2.376	0.462
Large	=	121.66	502.04	1.54	10.01	3.542	4.928	0.462	2.772	0.539



Dry Dishes										
Caramel Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	154.5	647.5	6.2	6.8	1.25	16.7	6.35	0.85	0.41
Regular	=	185.4	777	7.44	8.16	1.5	20.04	7.62	1.02	0.492
Large	=	216.3	906.5	8.68	9.52	1.75	23.38	8.89	1.19	0.574
Salt & Pepper Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	176.8	740.8	9.92	8.16	1.68	15.28	0.64	1.28	0.992
Regular	=	212.16	888.96	11.904	9.792	2.016	18.336	0.768	1.536	1.1904
Large	=	247.52	1037.12	13.888	11.424	2.352	21.392	0.896	1.792	1.3888
Oodles Crispy Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	194.04	689.04	9.042	7.524	1.452	14.586	0.066	1.122	0.8316
Regular	=	232.848	826.848	10.8504	9.0288	1.7424	17.5032	0.0792	1.3464	0.99792
Large	=	271.656	964.656	12.6588	10.5336	2.0328	20.4204	0.0924	1.5708	1.16424
Teriyaki Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	153.12	641.52	8.844	6.93	1.254	13.332	0.066	0.99	0.6798
Regular	=	183.744	769.824	10.6128	8.316	1.5048	15.9984	0.0792	1.188	0.81576
Large	=	214.368	898.128	12.3816	9.702	1.7556	18.6648	0.0924	1.386	0.95172
Hot & Tangy Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	149.82	627.66	7.458	6.138	1.452	15.774	1.782	0.726	1.5444
Regular	=	179.784	753.192	8.9496	7.3656	1.7424	18.9288	2.1384	0.8712	1.85328
Large	=	209.748	878.724	10.4412	8.5932	2.0328	22.0836	2.4948	1.0164	2.16216
Fiery Garlic Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	136.5	573.3	7.77	5.6	0.98	13.16	3.01	1.26	1.414
Regular	=	163.8	687.96	9.324	6.72	1.176	15.792	3.612	1.512	1.6968
Large	=	191.1	802.62	10.878	7.84	1.372	18.424	4.214	1.764	1.9796
Kung Po Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	134.55	563.55	6.695	6.435	1.625	11.895	2.925	1.17	1.209
Regular	=	161.46	676.26	8.034	7.722	1.95	14.274	3.51	1.404	1.4508
Large	=	188.37	788.97	9.373	9.009	2.275	16.653	4.095	1.638	1.6926

Smoked BBQ Sauce Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	172.55	725.9	7.225	6.29	1.445	21.08	7.82	0.85	0.901
Regular	=	207.06	871.08	8.67	7.548	1.734	25.296	9.384	1.02	1.0812
Large	=	241.57	1016.26	10.115	8.806	2.023	29.512	10.948	1.19	1.2614
Wok-Fired Beef	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	118.8	494.4	8.34	8.04	0.72	2.64	0.78	1.26	1.152
Regular	=	142.56	593.28	10.008	9.648	0.864	3.168	0.936	1.512	1.3824
Large	=	166.32	692.16	11.676	11.256	1.008	3.696	1.092	1.764	1.6128
Oodles Crispy Prawns	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	162.52	679.32	3.604	7.412	1.224	19.652	2.448	1.224	0.9588
Regular	=	243.78	1018.98	5.406	11.118	1.836	29.478	3.672	1.836	1.4382
Large	=	325.04	1358.64	7.208	14.824	2.448	39.304	4.896	2.448	1.9176
Crispy Veg	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	105.75	438	1.8	7.575	0.75	6.15	0.975	2.775	0.6375
Regular	=	126.9	525.6	2.16	9.09	0.9	7.38	1.17	3.33	0.765
Large	=	148.05	613.2	2.52	10.605	1.05	8.61	1.365	3.885	0.8925
Schezuan Paneer	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value	=	190.8	792.9	7.74	12.24	5.22	11.34	3.42	1.98	1.107
Regular	=	228.96	951.48	9.288	14.688	6.264	13.608	4.104	2.376	1.3284
Large	=	267.12	1110.06	10.836	17.136	7.308	15.876	4.788	2.772	1.5498



Bento Box										
Bento Rice - Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Portion	=	808.83	3390.12	28.251	28.251	5.418	106.812	13.932	6.192	6.1533
Bento Rice - Paneer	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Portion	=	308.8	1297.6	9.28	10.88	3.36	42.24	6.24	2.4	2.752
Bento Rice - Beef	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Portion	=	539.875	2276.73	32.701	14.191	2.1595	68.1785	10.7975	4.6275	4.6892
Bento Rice - Prawns	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Portion	=	591.66	2491.2	16.262	15.224	2.768	94.804	13.84	4.844	4.9478
Bento Noodles - Chicken	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Portion	=	680.34	2858.21	32.453	24.633	5.474	79.373	18.768	5.474	5.865
Bento Noodles - Paneer	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Portion	=	721.82	3022.38	26.248	35.512	12.352	71.796	20.844	5.404	7.5656
Bento Noodles - Beef	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Portion	=	602.16	2539.88	30.88	16.598	2.702	80.288	21.23	4.632	7.8358
Bento Noodles - Prawn	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Portion	=	542.09	2276.06	17.232	14.719	2.513	82.57	21.899	4.308	7.0723



Sides										
Vegetable Spring Rolls	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x5 Pieces	=	176.25	741	3.225	4.65	0.525	29.1	2.1	2.4	0.9375
Jumbo Chicken Roll	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Single	=	252.35	1062.075	14.21	7.105	0.98	32.095	0.1225	1.47	1.28625
Torpedo Prawns	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x5 Pieces	=	167.2	877.04	6.308	7.828	1.444	27.588	0.912	1.368	0.7068
Plain Chips	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value Box	=	406.5	1705.5	4.2	15.75	3.3	60.6	0.45	2.7	1.53
Spicy Chips	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value Box	=	342	1436.4	3.648	13.376	3.04	49.704	13.528	4.256	3.344
Dry Salt & Pepper Chips	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
Value Box	=	465.76	1949.96	4.592	18.696	3.772	66.256	0.656	6.724	2.2468
Chicken Dumplings	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x 4 Pieces	=	173.01	724.89	8.468	6.424	1.533	19.345	1.898	1.825	0.7811
Vegetable Dumplings	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x 4 Pieces	=	185.73	779.915	5.436	7.1725	1.51	23.707	2.9445	2.3405	0.5738
Haloumi Fries	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x 4 Pieces	=	232.56	966.24	10.152	17.568	8.352	7.776	0.072	1.44	1.8792



Wok Wings										
Dry Salt & Pepper Wings	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x4 Wings	=	336.2	1402.2	31.488	20.008	4.756	6.724	0.164	1.64	1.23
Dry Salt & Pepper Wings & CHIPS	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x4 Wings & Chips	=	568.62	2383.83	45.927	25.758	5.832	36.207	0.243	4.374	2.5029
BBQ Wings	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x4 Wings	=	280	1170.4	31.5	14.84	3.64	4.48	0.98	1.4	0.742
BBQ Wings & CHIPS	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x4 Wings & Chips	=	685.1	2864.4	37.51	34.41	7.44	53.32	13.64	5.89	2.852
Teriyaki Wings	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x4 Wings	=	284.4	1186.58	30.02	16.274	3.792	3.476	0.158	1.896	1.106
Teriyaki Wings & CHIPS	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x4 Wings & Chips	=	630.3	2633.4	22.77	30.69	6.27	62.04	3.96	6.93	2.937
Wok Wings	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x4 Wings	=	366	1524	29.4	22.2	4	11.2	11.2	2	2.52
Wok Wings & CHIPS	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
x4 Wings & Chips	=	708	2964.75	35.695	34.22	6.785	60.77	6.49	7.375	4.071



Wraps										
Paneer Wrap	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Wrap	=	493.2	2059.2	13.14	25.92	8.82	49.68	11.34	3.96	2.7
Beef Wrap	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Wrap	=	408.6	1715.4	23.04	15.3	2.7	42.66	10.8	4.14	3.024
Salt & Pepper Wrap	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Wrap	=	414.4	1742.4	16.48	15.04	3.84	51.52	5.6	3.68	2.448
Smoked BBQ Wrap	=	Energy Values (Kcal)	Energy Values (KJ)	Protein	Fat	Saturated Fat	Available Carbohydrate	Total Sugars	Dietary Fibre AOAC	Salt
1 x Wrap	=	415.8	1744.05	16.5	15.84	4.29	50.325	6.27	2.805	2.046

*The nutritional details provided above is a reference to a perfect Oodles half-portion in your food container.

*Remember to add your chosen toppings and bases nutritional values when building your box

*Adults require around (8400kJ/2000kcal) per day

*Nutritional Data V03 Nutrition January 2025