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duck is amazing dishes are of good
standard excellent service had dim sum
lunch there as part of birthday
celebration reserve 2023
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web jan 24 2022 daily this runner
consumes carbohydrates 35 of total
daily fuel these carbohydrates are a mix
that includes run of the mill carbs such

as bread and oatmeal dairy such as
yogurt and milk and fruit such as
berries and bananas protein 35 of total
daily fuel healthy fats 15 of total daily
fuel