

Nutritional Guide

The FDA identifies major food allergens as Milk, Eggs, Peanuts, Tree Nuts, Crustacean Shellfish, Soybeans and Wheat, as well as ingredients that contain protein derived from these foods. All of these food allergens are contained in our recipes. All of our foods are prepared in a common kitchen, therefore, allergens could be present in any dish. If you are allergic to these items listed, please use caution and your own judgment upon consumption. For general information on food allergens, we suggest you visit the Food Allergy & Anaphylaxis Network website at www.foodallergy.com.

MENU ITEM	Servings per Portion	Calories per Serving	Total Fat (g)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Milk	Eggs	Peanut	Fish	Shellfish	Soy	Wheat	Garlic	Ginger	Gluten Free	Vegetarian
APPETIZERS																			
Asian Lettuce Wraps (4)	2	230	4	14	1	32	1	790	X					X	X	X	X		
Chicken Dumplings Crispy (4)	1	300	17	25	2	11	5	570		X				X	X		X		
Chicken Dumplings Crispy (8)	2	300	17	25	2	11	5	570		X				X	X		X		
Chicken Dumplings Steamed (4)	1	200	11	18	1	8	4	320		X				X	X		X		
Chicken Dumplings Steamed (8)	2	200	11	18	1	8	4	320		X				X	X		X		
Chicken Egg Rolls (2)	2	180	4	20	1	7	1	260	X	X				X	X	X	X		
Cream Cheese Wontons (3)	1	250	17	19	1	5	6	310	X	X					X				
Cream Cheese Wontons (6)	2	250	17	19	1	5	6	310	X	X					X				
Edamame	2	150	4	14	2	15	0	105						X		X	X	X	X
Vegetable Spring Roll (1)	1	110	4	17	1	2	1	235							X		X		X
Vegetable Spring Rolls (2)	1	220	8	33	2	4	2	470							X		X		X
Vegetable Spring Rolls (4)	2	220	8	33	2	4	2	470							X		X		X
SOUPS																			
Wonton Soup Large	2	170	3.5	20	1	15	1	1360	X	X		X	X	X	X				
Wonton Soup Small	1	170	3.5	20	1	15	1	1380	X	X		X	X	X	X				
Fried Crispy Noodles	1	70	0	15	1	3	0	180							X				
SALADS (with dressing)																			
Chopped Asian Vinaigrette with Chicken	2	350	20	24	4	20	3	530	X	X		X				X	X	X	
Chopped Asian Vinaigrette with Salmon									X	X							X	X	X
Grilled Salmon Salad	2	260	20	11	1	11	1	390	X	X		X		X	X	X	X		
Signature Chinese Chicken	2	340	24	21	2	14	2	470	X	X				X	X	X	X		
Thai Peanut Chicken	2	420	18	31	5	21	3	550	X	X	X			X	X	X	X		
Thai Peanut Salmon									X	X									
CHICKEN ENTREES																			
Chicken & Vegetables	2	180	5	14	2	16	1	630	X					X		X			
Crispy Honey	2	680	33	70	2	25	6	1320				X		X	X	X			
Firecracker	2	460	17	55	5	22	4	500		X			X	X	X				
Garlic	2	220	5	26	2	16	1	990	X				X	X	X	X			
General Tso's	2	470	24	47	3	16	5	1300		X				X	X				
Grilled Bourbon	2	310	8	29	3	31	3	530				X							X
Grilled Teriyaki Chicken & Vegetables	2	370	11	30	7	34	4	1860						X	X	X	X		
House Special	2	620	27	55	0	38	5	1740		X				X	X	X	X		
Kung Pao	2	450	23	37	2	26	4	1510		X	X		X	X	X		X		
Orange	2	610	26	72	1	22	2	1100		X				X	X				
Sweet & Sour	2	500	20	69	4	15	4	780						X					
Thai Coconut Curry	2	210	9	13	2	16	1	950				X				X			X
Thai Sweet Chili	2	300	10	34	5	18	1	1550				X		X	X	X			
SPECIAL ORDERS with																			
WHITE MEAT CHICKEN (STEAMED)																			
Crispy Honey	2	280	4.5	43	0	17	1	420				X		X	X	X			
House Special	2	420	9	41	0	42	2	1710						X	X	X	X		
House Special Chicken w/ Vegetables	2	340	5	50	3	21	1	1690						X	X	X			
Kung Pao	2	300	12	28	2	22	2	1430		X	X		X	X	X		X		
Orange	2	290	5	44	1	23	1	1060						X	X				
Sweet and Sour	2	350	5	62	3	18	1	340											X
BEEF ENTREES																			
Beef and Broccoli	2	370	16	35	4	22	3	1070	X	X			X	X	X	X			
Kung Pao	2	440	22	37	2	25	4	1550		X	X		X	X	X		X		
Mongolian	2	500	19	42	2	26	4	1040		X			X	X	X	X			
SHRIMP ENTREES																			
Garlic	2	230	6	29	2	14	1	1660	X				X	X	X	X			
Kung Pao	2	290	12	33	2	17	2	2140			X		X	X	X		X		
Shrimp and Vegetables	2	180	5	17	2	13	1	1310	X				X	X	X	X			
Thai Sweet Chili	2	210	7	26	5	7	1	1610				X	X	X	X	X			
SALMON ENTREES																			
Grilled Teriyaki Salmon	2	290	6	45	4	16	1	580				X		X	X	X	X		
TOFU/VEGETABLE ENTREES																			
Firecracker Tofu	2	430	26	36	2	11	5	790						X	X				X
House Tofu	2	490	26	50	2	13	5	1200						X	X	X	X		X
Vegetable Feast - Dark Sauce	2	210	3.5	37	3	6	0	1440	X				X	X	X	X			
Vegetable Feast - Light Sauce	2	120	3	15	3	4	0	440	X					X	X	X			
RICE AND NOODLES																			
Steamed Brown Rice	2	160	1.5	33	3	4	0	5										X	X
Steamed White Rice	2	180	0	40	1	4	0	0										X	X
Egg Fried Rice	2	370	12	52	2	11	3	730	X	X			X	X	X				
Beef Fried Rice	2	490	19	57	2	21	4	790	X	X			X	X	X				
Chicken Fried Rice	2	470	18	55	2	19	4	760	X	X			X	X	X				
House Special Fried Rice	2	490	21	57	2	23	5	900	X	X			X	X	X				
Shrimp Fried Rice	2	410	13	54	2	16	3	1070	X	X			X	X	X				
Vegetable Fried Rice	2	380	12	54	2.5	12	3	740	X	X			X	X	X				
Chow Mein	2	380	3.5	75	3	10	0	1930		X			X	X	X	X			
Beef Chow Mein	2	490	11	78	3	20	2	1910		X			X	X	X	X			
Chicken Chow Mein	2	460	9	75	3	18	2	1750		X			X	X	X	X			
House Special Chow Mein	2	490	10	76	3	20	2	1880		X			X	X	X	X			
Shrimp Chow Mein	2	410	5	76	3	15	1	2190		X			X	X	X	X			
Vegetable Chow Mein	2	340	3.5	68	3	9	0	1780		X			X	X	X	X			
Chicken Pad Thai	2	670	25	90	5	25	5	2110		X		X					X		X
Chicken Thai Sweet Chili Noodles	2	490	12	79	7	18	3	1230				X		X	X	X			

MENU ITEM	Servings per Portion	Calories per Serving	Total Fat (g)	Carbohydrates (g)	Dietary Fiber (g)	Protein (g)	Saturated Fat (g)	Sodium (mg)	Milk	Eggs	Peanut	Fish	Shellfish	Soy	Wheat	Garlic	Ginger	Gluten Free	Vegetarian
KID'S MEALS																			
Chicken Dippers	1	490	31	24		19	5	950						X	X				
Crispy Honey Chicken	1	580	27	65	1	19	5	1099				X				X	X		
House Special Chicken	1	550	23	55	0	29	5	1870		X				X	X	X			
House Special Chicken w/ Vegetables	1	580	24	60	1	30	5	1890		X				X	X				
Served with:																			
Steamed Brown Rice	1	190	0	39	3	4	2	10										X	X
Steamed White Rice	1	220	0	48	1	5	0	0										X	X
Mandarin Oranges	1	35	0	9	1	1	0	5										X	X
DESSERTS																			
Chocolate Covered Fortune Cookies (EA)	1	70	2.5	12	0	1	3	3	X	X				X	X				
Fortune Cookie	1	35	0	7	0	1	0	10		X				X	X				
Fudge Brownie	1	430	22	57	3	6	6	260		X				X	X				
SAUCES & DRESSINGS																			
Black Base													X	X	X				
Bourbon Sauce													X					X	
Thai Curry Sauce												X						X	
Firecracker Sauce														X	X				X
Garlic Sauce									X				X	X	X				
Honey Sauce												X		X	X	X			
House Sauce														X	X				X
Kung Pao Sauce													X	X	X				
Orange Sauce														X	X				X
Pad Thai Sauce												X						X	
Sweet & Sour Sauce																		X	X
Teriyaki Sauce														X	X	X	X		X
Thai Sweet Chili Sauce												X		X	X	X			
White Sauce									X					X	X				
Wonton Soup									X					X	X				
Dipping Sauce, Pot Sticker														X	X	X			X
Dipping Sauce, Yellow Sweet & Sour																X	X	X	X
Dressing, Asian Vinaigrette														X	X	X	X	X	X
Dressing, Honey Ginger														X	X	X	X	X	X
Dressing, Thai Peanut											X			X	X	X	X	X	X
Chili Paste (Sambal)														X	X	X			X
CHICKEN COMBOS (entrée only)																			
Chicken and Vegetables	1	230	8	17	1	19	2	820	X					X	X	X			
Crispy Honey	1	660	29	81	2	20	5	1260				X		X	X	X			
Firecracker	1	590	22	71	6	28	5	640		X			X	X	X				
Garlic	1	310	7	41	2	20	2	1930	X				X	X	X	X			
General Tsao's	1	730	36	73	5	25	8	2000		X				X	X				
Grilled Bourbon	1	420	10	38	4	42	3	700					X						X
Grilled Teriyaki Chicken w/ Vegetables	1	480	15	39	9	45	5	2450						X	X	X	X		
House Special	1	830	36	77	0	48	36	2520		X				X	X	X			
Kung Pao	1	580	30	46	3	33	30	2000		X	X			X	X	X	X		
Orange	1	600	9	100	2	25	3	2650		X				X	X				
Sweet and Sour	1	700	27	98	4	20	5	1080						X					
Thai Coconut Curry	1	370	24	17	3	24	3	1150				X				X		X	
Thai Sweet Chili	1	310	11	34	28	19	2	1570				X		X	X	X			
BEEF COMBOS (entrée only)																			
Beef and Broccoli	1	570	24	57	4	3	5	2160	X	X			X	X	X	X			
House Special	1	910	39	83	0	55	8	2670		X				X	X	X			
Kung Pao	1	580	30	48	3	33	6	2070		X	X			X	X	X	X		
Mongolian	1	650	24	63	2	30	24	2040		X		X		X	X	X			
SHRIMP COMBOS (entrée only)																			
Garlic	1	340	8	47	2	18	2	2740	X				X	X	X	X			
Kung Pao	1	360	14	40	3	19	2	2760			X			X	X	X	X		
Shrimp and Vegetables	1	220	8	19	2	16	2	1470	X					X	X	X	X		
Thai Sweet Chili	1	240	3	37	5	15	1	2270				X		X	X	X	X		
TOFU/VEG COMBOS (entrée only)																			
Firecracker Tofu	1	500	28	48	2	11	5	1310						X	X				X
House Special Tofu	1	560	23	74	2	13	3	2390						X	X	X			X
Vegetable Feast - Dark Sauce	1	270	5	47	4	7	1	1920	X					X	X	X			
Vegetable Feast - Light Sauce	1	170	6	22	4	5	2	850	X					X	X	X			
SPECIAL ORDER COMBOS with WHITE MEAT CHICKEN (STEAMED)(entrée only)																			
Crispy Honey	1	210	4	29	0	13	1	290				X		X	X	X			
House Special	1	570	13	53	0	53	3	2480						X	X	X			
House Special Chicken w/ Vegetables	1	500	10	59	1	37	2	2460						X	X	X			
Kung Pao	1	360	15	33	3	26	3	1790			X			X	X	X	X		
Orange	1	410	9	56	1	27	2	1410						X	X				
Sweet and Sour	1	470	8	79	3	27	2	450											X
SIDES - COMBOS																			
Steamed Brown Rice	1	130	1	26	2	3	0	5										X	X
Steamed White Rice	1	150	0	32	0	3	0	0										X	X
Chicken Dumplings (2)	1	150	9	13	1	6	0	285		X			X	X			X		
Cream Cheese Wontons (2)	1	166	11	13	0.5	3	2.0	206	X										
Egg Fried Rice	1	160	5	22	1	5	1	310	X	X			X	X	X				
Plain Chow Mein	1	150	1.5	30	1	4	0	780		X			X	X	X	X			
Small Garden Salad	1	90	7	8	1	2	0	180						X	X	X	X		X
Vegetable Spring Roll (1)	1	110	4	17	1	2	1	235						X	X		X		X