

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.

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MENU ITEM	Servings per Portion	Calories per Serving	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Milk	Eggs	Peanut / Nuts / Tree Nuts	Fish	Shellfish	Soy	Wheat	Garlic	Ginger	Sesame Oil / Seeds	Gluten Free	Vegetarian
APPETIZERS																								
Asian Lettuce Wraps (4)	2	330	150	16	3	0	55	1610	33	2	19	13					X	X	X	X		X		
Chicken Dumplings Crispy (4)	1	300	150	5	1	0	15	304	16	2	2	5		X			X	X			X	X		
Chicken Dumplings Crispy (8)	2	300	150	5	1	0	15	304	16	2	2	5		X			X	X			X	X		
Chicken Dumplings Steamed (4)	1	115	40	4	1	0	12	304	16	2	2	5		X			X	X			X	X		
Chicken Dumplings Steamed (8)	2	115	40	4	1	0	12	304	16	2	2	5		X			X	X			X	X		
Chicken Egg Rolls (2)	2	180	40	5	1	0	15	260	20	1	3	7	X	X			X	X	X	X				
Cream Cheese Wontons (3)	1	250	150	17	6	0	30	310	19	1	1	5	X	X				X						
Cream Cheese Wontons (6)	2	250	150	17	6	0	30	310	19	1	1	5	X	X				X						
Edamame	2	150	35	4	0	0	0	105	14	2	3	15					X						X	X
Vegetable Spring Roll (1)	1	110	36	4	1	0	0	235	17	4	2	4						X	X			X		X
Vegetable Spring Rolls (2)	1	220	71	8	2	0	0	470	33	7	2	8						X	X			X		X
Vegetable Spring Rolls (4)	2	220	71	8	2	0	0	470	33	7	2	8						X	X			X		X
SOUPS																								
Wonton Soup Large	2	230	30	4	1	0	80	2470	24	2	10	23	X	X		X	X	X	X		X	X		
Wonton Soup Medium	1	130	15	2	0	0	40	1280	15	1	6	12	X	X		X	X	X	X		X	X		
Fried Crispy Noodles	1	70	5	0	0	0	0	180	15	1	0	3						X						
SALADS (with dressing)																								
Grilled Teriyaki Salmon	2	360	180	22	4	0	30	750	26	2	12	15		X		X		X	X	X	X			
Signature Chinese Chicken	2	370	120	20	4	0	65	750	26	2	12	10		X				X	X	X	X			
CHICKEN ENTREES																								
Chicken & Vegetables	2	120	35	5	1	0	20	1360	12	2	5	8	X					X		X		X	X	
Crispy Honey	2	390	130	14	3	0	50	1010	43	0	24	17						X	X	X				
Firecracker	2	650	310	34	8	0	95	1380	61	1	21	25						X	X					
Garlic	2	170	35	5	1	0	15	1010	27	2	15	7	X				X	X	X	X		X		
Grilled Bourbon	2	300	70	8	3	0	30	1240	30	3	27	29					X			X	X		X	
Grilled Teriyaki Chicken & Vegetables	2	250	50	6	2	0	35	900	25	2	17	24						X	X					
Honey Mango Chili Chicken	2	440	40	18	4	0	40	670	52	2	26	14				X	X	X	X	X	X			
Hot Honey	2	390	130	14	3	0	50	1120	43	0	24	17						X	X					
House Special	2	580	210	23	5	0	115	1640	60	0	34	31		X				X	X	X		X		
Kung Pao	2	448	210	23	4	0	75	1400	35	2	13	25		X	X		X	X	X	X	X	X		
Orange	2	420	40	18	4	0	40	620	47	1	20	14					X	X	X	X		X		
Thai Coconut Curry	2	300	80	20	11	0	16	880	22	4	11	8				X	X	X		X			X	
SPECIAL ORDERS with																								
WHITE MEAT CHICKEN (STEAMED)																								
Crispy Honey	2	180	35	4	1	0	15	530	26	0	26	5						X	X	X				
House Special	2	560	170	19	4	0	120	1630	53	0	34	41						X	X	X		X		
House Special Chicken w/ Vegetables	2	590	180	20	4	0	120	1650	59	2	36	43						X	X	X		X		
Kung Pao	2	300	110	12	2	0	15	1940	41	4	19	13			X		X	X	X		X	X		
STEAK ENTREES																								
Beef & Broccoli	2	460	160	32	6	0	80	1360	21	2	15	21		X			X	X		X	X		X	
Kung Pao	2	480	110	26	5	0	80	2120	40	2	18	21		X	X		X	X	X		X	X		
Mongolian	2	450	160	32	6	0	80	1350	19	0	15	20		X			X	X		X			X	
SHRIMP ENTREES																								
Crispy Firecracker	2	250	30	6	1	0	55	1010	40	2	15	10					X	X	X					
Crispy Honey	2	230	30	6	1	0	55	610	32	2	17	9					X	X	X	X				
Garlic	2	250	60	7	1	0	110	990	32	2	15	15	X	X			X	X	X	X		X		
Kung Pao	2	380	120	14	2	0	105	1900	47	4	19	19		X	X		X	X	X		X	X		
Shrimp & Vegetables	2	340	190	21	4	0	70	1570	32	2	4	14	X	X			X	X		X		X	X	
Thai Coconut Curry	2	370	100	23	11	0	105	860	27	4	9	16		X		X	X	X		X			X	
SALMON ENTREES																								
Grilled Teriyaki Salmon	2	130	50	5	1	0	25	550	10	2	4	12		X		X		X	X					
TOFU / VEGETABLE ENTREES																								
Crispy Honey Tofu	2	340	110	12	2	0	0	430	46	0	24	8						X	X	X				X
Firecracker Tofu	2	380	110	12	2	0	0	1100	58	1	21	9						X	X					X
House Tofu	2	450	110	12	2	0	0	1730	73	0	38	10						X	X	X		X		X
Kung Pao Tofu	2	300	50	6	1	0	0	1810	54	3	18	9			X		X	X	X		X	X		
Orange Tofu	2	360	110	12	2	0	0	610	50	0	26	8					X	X	X	X		X		
Teriyaki Tofu	2	300	100	12	2	0	0	880	41	2	18	8						X	X					X
Thai Coconut Curry Tofu	2	380	100	23	11	0	0	770	36	4	9	9				X	X	X		X			X	
All Entrées served with:																								
Steamed Brown Rice	2	190	15	5	0	0	0	0	40	0	0	4											X	X
Steamed White Rice	2	200	0	0	0	0	0	0	44	0	0	4											X	

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RICE AND NOODLES																								
Steamed Brown Rice	2	190	15	5	0	0	0	0	40	0	0	4											X	X
Steamed White Rice	2	200	0	0	0	0	0	0	44	0	0	4											X	X
Egg Fried Rice	2	400	90	10	2	0	80	1308	67	2	7	10	X	X			X	X	X	X		X		
Beef Fried Rice	2	540	130	21	4	0	120	1490	68	2	7	19	X	X			X	X	X	X		X		
Chicken Fried Rice	2	440	120	13	3	0	110	1430	60	2	5	19	X	X			X	X	X	X		X		
House Special Fried Rice	2	490	170	19	4	0	130	1455	59	2	5	20	X	X			X	X	X	X		X		
Shrimp Fried Rice	2	450	100	11	2	0	135	1440	70	2	5	16	X	X			X	X	X	X		X		
Vegetable Fried Rice	2	410	90	10	2	0	80	1440	69	3	7	11	X	X			X	X	X	X		X		
Chow Mein	2	360	30	3.5	0	0	0	1519	72	3	15	8		X			X	X	X	X		X		
Beef Chow Mein	2	570	180	20	3	0	35	1620	77	3	16	17		X			X	X	X	X		X		
Chicken Chow Mein	2	460	80	9	2	0	30	1540	76	3	16	16		X			X	X	X	X		X		
House Special Chow Mein	2	530	140	16	3	0	60	1680	75	2	15	18		X			X	X	X	X		X		
Shrimp Chow Mein	2	350	40	4.5	1	0	75	1560	62	2	16	12		X			X	X	X	X		X		
Vegetable Chow Mein	2	370	30	3.5	0	0	0	1520	74	3	16	9		X			X	X	X	X		X		
Chicken Bang Bang Noodles	2	610	250	32	6	0	15	1690	65	3	16	17						X	X	X		X		
Chicken Drunken Noodles	2	560	80	9	2	0	14	980	102	1	10	17				X	X	X	X	X				
Shrimp Drunken Noodles	2	620	80	9	2	0	105	970	108	1	10	25				X	X	X	X	X				
Steak Drunken Noodles	2	810	140	30	5	0	80	1180	104	1	10	31		X		X	X	X	X	X				
Tofu Drunken Noodles	2	630	80	9	1	0	0	880	117	2	10	18				X	X	X	X	X				
Chicken Korean BBQ Noodles	2	480	100	18	4	0	15	1270	64	4	16	15						X	X	X		X		
Shrimp Korean BBQ Noodles	2	530	110	19	4	0	105	1250	70	4	16	23		X			X	X	X	X		X		
Steak Korean BBQ Noodles	2	720	170	39	7	0	80	1460	66	4	16	29		X				X	X	X		X		
Tofu Korean BBQ Noodles	2	540	110	19	3	0	0	1160	79	4	16	16						X	X	X		X		
Chicken Pad Thai	2	720	240	25	6	0	120	1540	102	6	25	25		X	X	X		X		X			X	
Shrimp Pad Thai	2	740	130	16	3	0	185	1590	119	2	19	31		X	X	X	X	X		X			X	
Steak Pad Thai	2	940	190	37	6	0	160	1810	115	2	24	37		X	X	X		X		X			X	
KID'S MEALS																								
Chicken Dippers	1	440	250	28	5	0	26	0	26	2	0	22						X	X					
Crispy Honey Chicken	1	360	180	60	6	0	20	470	22	0	14	6						X	X	X				
Orange Chicken	1	480	230	26	6	0	70	690	41	0	20	20					X	X	X	X		X		
Grilled Teriyaki Chicken	1	270	70	8	3	0	15	900	20	0	16	30						X	X					
House Special Chicken	1	600	210	23	5	0	100	1930	68	0	41	28		X				X	X	X		X		
House Special Chicken w/ Vegetables	1	630	210	23	5	0	100	1950	74	2	43	30		X				X	X	X		X		
Served with:																								
Steamed Brown Rice	1	210	15	2	0	0	0	5	44	3	1	5											X	X
Steamed White Rice	1	220	0	0	0	0	0	0	48	1	0	5											X	X
Mandarin Oranges	1	35	0	0	0	0	0	5	9	1	9	1											X	X
DESSERTS																								
Chocolate Dipped Fortune Cookies (EA)	1	70		2.5	3			3	12	0		1	X	X				X	X					
Fortune Cookie	1	20	0	0	0	0	0	10	4	0	2	1		X				X	X					
Fudge Brownie	1	310	200	17	9	0	60	115	36	3	25	4	X	X				X	X					
SAUCES & DRESSINGS																								
Bang Bang Sauce																		X	X			X		
Black Base																	X	X	X			X		
Bourbon Sauce																	X			X	X		X	
Basil Cashew Sauce																X		X	X	X		X		
Drunken Noodle Sauce																X	X	X	X	X				
Firecracker Sauce																		X	X					X
Garlic Sauce													X				X	X	X	X		X		
Honey Sauce																		X	X	X				X
House Sauce																		X	X			X		X
Kung Pao Sauce																	X	X	X			X		
Mongolian Sauce																	X	X					X	
Minced Chicken Sauce																	X	X	X					
Orange Sauce																	X	X	X	X		X		
Pad Thai Sauce																X		X		X			X	
Teriyaki Sauce																		X	X					X
Thai Coconut Curry Sauce																X	X	X		X			X	
White Sauce													X					X				X	X	
Wonton Soup Base													X			X		X						
Chili Paste																								X
Dipping Sauce, Dumpling																		X	X		X	X		X
Dipping Sauce, Yellow Sweet & Sour																				X	X		X	X
Dressing, Citrus Vinaigrette																		X		X	X		X	X