

INDIVIDUAL ITEMS	Weight of Portion Serving (oz)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Added Sugars (%)	Protein (g)	Vitamin D (%)	Potassium (%)	Calcium (%)	Iron (%)	Egg	Fish	Shellfish	Milk	Soy	Wheat	Peanut	Tree Nut	Sesame Seed	
Starch																										
White Rice	8	290	0.5	-	-	-	-	64	1	-	-	6	-	2	2	15	-	-	-	-	-	-	-	-	-	-
Brown Rice	8	230	1.5	-	-	-	10	49	2	-	-	5	-	4	2	6	-	-	-	-	-	-	-	-	-	-
Vegetable Fried Rice	8	270	5	-	-	-	790	49	3	3	-	7	-	4	2	10	-	-	-	-	x	x	-	-	-	-
Vegetable Lomein	8	270	8	-	-	-	1500	37	4	9	2	8	-	6	4	10	x	-	-	-	x	x	-	-	-	-
Side																										
Vegetable Egg Roll	3	140	4	1	-	-	450	22	2	2	-	4	-	-	2	6	x	-	-	-	-	x	-	-	-	-
Chicken Posticker (2)	35 grams	60	2	-	-	10	150	7	-	1	-	4	-	-	-	-	-	-	-	-	x	x	-	-	-	-
Korean Spicy Chicken Wing (3)	4	270	14	3	-	80	500	21	1	2	2	14	-	4	2	6	-	-	-	-	x	x	-	-	x	
BYOB																										
Lemongrass Beef	6	320	19	7	1	100	600	3	-	1	-	32	-	8	-	15	-	-	-	-	x	x	-	-	-	-
Thai Tofu	6	180	9	1	-	-	550	6	-	1	-	15	-	-	15	15	-	-	-	-	x	x	-	-	-	-
5 Spice Teriyaki Chicken	6	200	7	-	-	105	720	7	-	3	-	25	-	-	-	6	-	-	x	-	x	x	-	-	-	x
Featured Bowls																										
Thai Chili Steamed Tilapia	6	260	18	2	-	45	610	4	-	3	3	23	40	10	2	10	-	x	-	-	x	x	-	-	-	x
Philippino Kaldereta Beef	6	260	15	3	-	50	800	15	1	9	6	17	-	8	2	10	-	x	-	-	x	x	-	-	-	-
Honey Tempura Chicken With Sweet Potato	6	300	7	-	-	40	230	43	3	22	19	11	-	4	2	-	x	-	-	-	x	x	-	-	-	x
Beef Bulgogi	6	280	16	4	-	65	300	7	1	4	2	21	-	8	2	10	-	-	-	-	x	x	-	-	-	x
General Tso's Chicken	6	250	8	-	-	50	430	26	2	7	4	14	-	2	2	6	x	-	-	-	x	x	-	-	-	x
Korean Spicy Chicken	6	310	20	1.5	-	60	1140	14	1	3	1	17	-	2	4	10	-	-	-	-	x	x	-	-	-	x
Malaysian Chicken Laksa	6	240	16	6	-	45	1100	7	1	2	-	12	-	4	2	10	-	x	x	-	x	x	-	x	-	-
Orange Chicken	6	320	10	0.5	-	60	125	33	2	10	3	15	-	-	-	6	x	-	-	-	x	x	*	-	-	x
Sweet Pineapple Shrimp	6	190	5	1	-	90	490	24	1	10	-	11	-	4	4	6	x	-	x	-	x	x	-	-	-	x
Szechuan Beef	6	250	15	3	-	50	920	12	2	6	2	17	-	8	4	10	-	-	-	-	x	x	-	-	-	-
Tempura Chicken with Sweet Chili Sauce	6	370	16	2.5	-	80	290	29	2	4	-	17	-	-	2	6	x	-	-	-	x	x	-	-	-	x
Thai Green Curry Chicken	6	240	16	6	-	55	750	7	2	2	-	15	-	4	4	10	-	-	-	-	x	x	-	x	-	-
Celebration Bowls																										
Thai Red Curry Shrimp	6	160	12	7	-	85	830	7	3	3	-	10	-	4	6	10	-	-	x	-	-	-	-	x	-	-
Samurai Shrimp (Sweet Chili Shrimp)	6	330	18	3	-	95	610	31	1	6	-	10	-	4	6	6	-	-	x	-	x	x	-	-	-	-
Spicy Black Bean Chicken	6	270	11	1	-	55	810	16	3	7	4	17	-	6	2	10	-	-	-	-	x	x	-	-	-	x
Vietnamese Mango Beef	6	250	13	3	-	40	580	20	1	14	3	14	-	8	2	10	-	-	-	-	x	x	-	-	-	-
Salt & Pepper Tilapia	6	210	9	1	-	35	730	15	2	1	-	19	30	8	4	10	-	x	-	-	x	x	-	-	-	-
Korean Spicy Chicken Wing (6)	8	540	28	6	-	155	990	43	2	3	3	29	-	8	2	10	-	-	-	-	x	x	-	-	-	x
Asian Sweet & Sour Rib	6	460	38	11	-	115	760	7	-	5	3	23	15	8	2	6	-	-	-	-	x	x	-	-	-	-
Cumin Beef	6	300	19	4	-	60	560	9	1	5	3	20	-	8	2	10	-	-	-	-	x	x	-	-	-	x
Hunan Beef	6	310	20	4	-	65	700	9	1	2	1	21	-	10	2	10	-	-	x	-	x	x	*	-	-	-
Thai Basil Chicken	6	250	13	1	-	70	1040	12	1	5	-	19	-	2	2	6	-	-	x	-	x	x	*	-	-	-
Tikka Masala Chicken	6	200	12	1	-	60	510	8	1	3	-	14	-	2	2	6	-	-	-	x	x	x	-	-	-	-
Vegetables																										
Garlic Green Bean	2	50	3	-	-	-	440	5	1	2	1	1	-	2	2	6	-	-	-	-	x	x	-	-	-	-
Garlic Green Bean	6	160	9	0.5	-	-	1330	16	4	7	3	4	-	6	4	10	-	-	-	-	x	x	-	-	-	-
Vegetable Delight	6	130	5	-	-	-	180	21	3	14	10	2	-	8	4	6	-	-	-	-	x	x	-	-	-	-
Chili Garlic Tofu	6	140	8	1	-	-	460	9	1	3	-	9	-	4	8	10	-	-	-	-	x	-	-	-	-	-
Szechuan Tofu	6	180	7	0.5	-	-	180	21	1	16	13	7	-	2	8	10	-	-	-	-	x	x	-	-	-	-
Mixed Vegetables	2	30	1	-	-	-	360	5	1	3	1	1	-	2	2	-	-	-	-	-	x	x	-	-	-	-
Broccoli with Almonds	2	60	3.5	-	-	-	440	5	1	2	1	2	-	4	2	6	-	-	-	-	x	x	-	x	-	-
Aasian Green	2	45	2	-	-	-	410	6	1	3	1	1	-	2	-	-	-	-	-	-	x	x	-	-	-	-
Toppings																										
Stream Broccoli	1	10	-	-	-	-	10	1	1	-	-	1	-	2	2	-	-	-	-	-	-	-	-	-	-	-
Pickled Cucumber and Carrot	1	10	-	-	-	-	360	3	-	2	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Vegetable Salad	1	10	-	-	-	-	95	2	-	2	1	-	-	2	-	-	-	-	x	-	-	-	-	-	-	-
Sliced Jalapeno	1	10	-	-	-	-	2	1	1	-	-	-	-	2	-	-	-	-	-	-	-	-	-	-	-	-
Fried Onion	1	170	12	4	-	-	110	12	-	4	-	-	-	-	-	-	-	-	-	-	-	x	-	-	-	-
Edamame With Spicy Garlic Salad	1	25	1	-	-	-	130	3	1	1	-	2	-	2	-	-	-	-	-	-	x	x	-	-	-	-
Asian Slaw	1	10	-	-	-	-	5	2	1	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Lime Wedges (1/6 Medium size)	11 grams	5	-	-	-	-	-	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Spicy Chili Oil	1	200	21	2	-	-	5	2	1	-	-	1	-	4	4	6	-	-	-	-	-	-	-	-	-	x
Chili Lime Sauce	1	45	-	-	-	-	700	8	-	7	7	1	-	-	-	-	-	x	-	-	-	-	-	-	-	-

X - It contains this ingredient.
 * - Made in a facility that also processes peanuts.