

NUTRITION INFORMATION



GRILL/CURRIES/STIRFRIES	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)
Thai Green Chicken Curry	Curry, Rice, Asian Slaw	625	205	23	8	31	905	78	13	4	19
Jungle Curry	Curry, Rice, Asian Slaw	600	160	18	12	0	925	95	16	10	18
Thai BBQ Chicken	Chicken, Rice, Asian Slaw	400	100	11	2	88	490	56	2	1	25
Sesame Orange Chicken	Chicken, Rice, Asian Slaw	545	125	14	2	80	535	68	14	4	36
Teriyaki Chicken	Chicken, Rice, Asian Slaw	656	126	14	3	144	691	93	3	2	37
Tofu and Veggies Stirfry	Tofu Veggies, Rice, Asian Slaw	390	72	8	1	0	320	65	8	7	12
Pepper Beef	Beef, Rice, Asian Slaw	641	117	13	3	65	745	96	3	2	35
Beef with Broccoli	Beef, Rice, Green Beans	641	167	19	3	71	567	82	7	1	31
Caramel Ginger Chicken	Chicken, Rice, Green Beans	709	200	21	3	71	902	95	11	3	15
Mongolian Beef	Beef, Rice, Green Beans	580	122	14	2	51	708	84	9	3	22
General Tso Chicken	Chicken, Rice, Green Beans	682	117	13	3	94	923	90	5	1	36
Kung Pao Chicken	Chicken, Rice, Green Beans	748	189	21	5	148	900	99	10	3	30
Tandoori Chicken	Chicken, Rice, Green Beans	527	144	16	2	82	514	70	2	1	18
Sriracha Chicken	Chicken, Rice, Green Beans	524	72	8	1	41	821	85	11	1	8
Tikka Masala Chicken	Chicken, Rice, Green Beans	470	90	10	2	68	729	72	3	3	14
Beef Bulgogi	Beef, Rice, Green Beans	590	108	12	3	70	779	73	3	1	27
Chicken Korma	Chicken, Rice, Green Beans	505	117	13	4	94	508	70	2	2	22
Shrimp Yakisoba Noodle Stir Fry	Noodles	468	72	8	1	71	716	83	4	7	13
Sweet and Sour Pork	Pork, Rice, Green Beans	602	162	18	4	72	870	84	12	2	29
Ginger Chicken	Chicken, Rice, Green Beans	630	99	11	2	145	937	75	2	3	53
Ginger Orange Beef	Beef, Rice, Green Beans	569	90	10	2	45	823	81	8	3	25
Five Spice Chicken	Chicken, Rice, Green Beans	443	63	7	2	88	484	70	3	1	22
Caramel Ginger Pork	Pork, Rice, Green Beans	545	81	9	2	62	241	81	9	5	33
Chili Lime Chicken Wings	Wings, Rice, Green Beans	587	216	24	5	81	510	84	14	2	28
Ginger Caramel Chicken Wings	Wings, Rice, Green Beans	716	216	24	5	81	1345	82	16	2	28
SIDES	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)
Lo Mein Noodles	1 Serving	314	108	12	2	40	270	43	5	4	9
Vegetable Fried Rice	1 serving	268	63	7	1	50	193	43	3	3	7
Sweet Potato Fries	1 Serving	304	91	10	0	0	153	49	12	6	2
Potsticker, Chicken	1 Piece	40	15	2	0	5	75	4	0	0	2
Egg Roll, Vegetable	1 Piece	130	40	5	1	5	450	20	2	2	3

***The green highlighted section includes rotating specials.*

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SANDWICHES/SALADS	Description of Serving	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)
Ginger Sesame Chicken Salad	1 salad	575	P	37	5	70	765	26	14	5	36
Ginger Sesame Tofu Salad	1 salad	475	330	37	5	0	664	25	13	6	16
Tofu & Vegetable Banh Mi Sandwich	1 sandwich	305	45	5	1	0	475	55	4	4	10
Thai BBQ Chicken Banh Mi Sandwich	1 sandwich	500	180	20	4	93	970	57	5	3	30
Lemongrass Beef Sandwich	1 sandwich	445	135	15	3	65	870	46	7	3	24
ASIAN NOODLE SOUPS*	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)
Beef Pho	1 bowl	400	70	8	1.5	58	1610	58	8	3	22
Beef Pho — 50% broth	1 bowl/50%	365	55	6	1.5	53	850	54	6	3	22
Chicken Pho	1 bowl	410	60	6	1	67	1615	58	8	3	27
Chicken Pho — 50% broth	1 bowl/50%	375	45	5	1	64	855	54	6	3	27
Vegetarian Pho	1 bowl	370	75	8	1	0	1215	67	10	6	10
Vegetarian Pho — 50% broth	1 bowl/50%	340	60	7	1	0	675	63	8	6	9
Spicy Thai Beef	1 bowl	520	150	17	3	69	1810	64	13	3	24
Spicy Thai Beef — 50% broth	1 bowl/50%	416	120	14	2	64	956	60	11	3	23
Spicy Thai Chicken	1 bowl	530	140	15	3	77	1805	64	13	3	29
Spicy Thai Chicken — 50% broth	1 bowl/50%	424	112	12	3	72	902	60	11	3	28
Spicy Thai Tofu/Veggies	1 bowl	490	155	17	2.5	10	1656	75	15	6	12
SAUCES/DRESSINGS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)
Ginger Sesame Dressing	2 oz.	225	175	19	2	0	625	11	8	1	1
Yellow Curry Sauce	1.5 oz.	80	70	7.5	6	0	320	3.5	2	0	0.5

* In Asia, noodle soups are a beloved food and traditionally served with a generous amount of hot broth to flavor the noodles and to keep the bowl hot. Most of the time, only half of the broth is consumed. If you're concerned about sodium, you can still enjoy our authentic dish by consuming only half of the broth.

Revised 11-17-18