



# NUTRITION GUIDE

MENU ITEM	SERVING	CALS	FAT CALS	FAT (g)	SAT FAT (g)	TRANS FAT (g)	CHOL (mg)	SOD (mg)	CARB (g)	TOTAL FIBER (g)	SUGAR (g)	PROTEIN (g)
<b>APPETIZERS</b>												
Cream Cheese Rangoons	1 Each	50	25	3	1.5	0	5	95	5	0	1	1
Spring Roll	1 Each	120	110	13	1	0	0	170	15	1	2	2
Egg Roll	1 Each	140	50	6	1	0	10	310	16	2	1	5
<b>ENTREES</b>												
Beef & Broccoli	5 oz.	250	160	18	4.5	0	20	1590	14	2	7	10
Black Pepper Chicken	5 oz.	270	150	17	4	0	30	1820	14	1	8	15
Bourbon Chicken	5 oz.	350	100	11	2.5	0	70	1410	36	0	33	20
Chinese Green Beans	5 oz.	220	160	18	4	0	0	1370	13	3	7	3
Green Bean Chicken	5 oz.	230	130	15	3.5	0	50	300	5	1	2	18
Honey Chicken	5 oz.	430	180	20	6	0	40	470	49	0	35	13
Kung Pao Chicken	5 oz.	230	130	15	3	0	50	1410	11	2	5	15
Mixed Vegetables	5 oz.	200	160	19	2.5	0	0	250	8	3	3	2
Mongolian Chicken	5 oz.	320	90	11	2.5	0	70	1340	34	0	28	21
Orange Chicken	5 oz.	370	180	21	6	0	40	570	30	0	15	14
Pepper Steak	5 oz.	260	170	19	5	0	20	1500	14	1	8	9
Sesame Chicken	5 oz.	380	190	21	6	0	40	600	31	0	16	14
Thai Coconut Curry Chicken	5 oz.	190	90	10	5	0	55	430	9	8	7	17
Thai Sweet Chili Chicken	5 oz.	240	80	9	1.5	0	25	1300	29	1	24	11
<b>RICE &amp; NOODLES</b>												
Lo Mein	10 oz.	370	120	13	2	0	0	2660	51	3	13	11
Fried Rice	10 oz.	440	100	12	2	0	30	820	73	0	3	8
White Rice	10 oz.	370	5	0.5	0	0	0	0	81	3	1	7

2,000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE, BUT CALORIE NEEDS VARY

The nutritional information included in this guide was calculated using nutritional values sourced from nutrition analysis software (ESHA Research), suppliers, independent laboratories, and the USDA Agricultural Research Service Nutrient Data Laboratory. The rounding of figures is based on Food and Drug Administration guidelines.

While we strive to provide complete and accurate nutrition information, ingredient variations may occur due to natural variability within ingredients or variations that occur due to the hand-crafted nature of our menu items.

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](http://www.foodallergy.com).