



Nutrition Guide

	1 SERVING	CALORIES	FAT (g)	CHOLESTEROL (mg)	SODIUM	CARBS (g)	SUGARS (g)	PROTEIN (g)
BAO								
BBQ Berkshire Pork	1 bao	190	6	20	370	26	5	8
Teriyaki Chicken	1 bao	180	6	15	320	24	8	7
Gluten Free Chicken Teriyaki	1 bao	242	5	55	300	41	10	7
Spicy Mongolian Beef	1 bao	170	4.5	10	320	24	7	8
Spicy Kung Pao Chicken	1 bao	160	5	15	270	22	6	7
Thai Curry Chicken	1 bao	160	5	20	300	22	7	7
Whole Wheat Vegetable	1 bao	150	5	0	250	22	7	6
Coconut Custard	1 bao	200	7	30	120	30	11	5
Chocolate	1 bao	250	9	10	105	36	16	5
Egg, Bacon & Cheddar	1 bao	190	8	85	260	22	6	8
Egg & Spicy Sausage	1 bao	190	9	95	330	22	6	7
Egg, Spinach & Mushroom	1 bao	180	8	110	180	22	5	6
Cheeseburger	1 bao	245	7.5	21	393	33	9	11.5
BOWLS - TOPPINGS								
Teriyaki Chicken	140g	246	12	< 1	692	19	15	16
Spicy Kung Pao Chicken	140g	200	8	40	890	14	9	19
Thai Curry Chicken	140g	190	7	40	1140	10	6	22
Orange Chicken	140g	266	11	79	540	25	23	17
Hunan Spicy Steak	140g	213	12	< 1	857	13	8	14
All Vegetable	140g	180	8	0	670	14	5	8
Bacon, Egg & Cheddar	140g	340	30	335	660	4	2	14
Spicy Sausage & Egg	140g	642	26	294	988	81	7	28
BOWLS - BASES								
Jasmine White Rice	255g	410	0	0	0	92	0	9
Lo Mein Noodles	210g	230	2	0	0	44	0	10
Cauliflower Rice	196g	56	0.69	< 2	512	8	4	4
Lettuce Cups	125g	20	0	0	40	3	2	1



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POTSTICKERS								
Ginger Chicken	6 pieces	270	10	50	530	29	1	14
Green Vegetable	5 pieces	239	7.5	3	263	30	2	6
DUMPLINGS								
Freebird All-Natural Chicken	6 pieces	270	10	50	530	29	1	14
Green Vegetable	5 pieces	200	4.5	0	263	30	2	6
SALADS - WITHOUT DRESSING								
Spicy Peanut Noodles	245g	320	13	188	338	34	10	28
Asian Vegetable	320g	190	6	60	420	8	2	27
SOUPS								
Thai Herb Broth	320g	40	0	0	1190	4	3	5
Dumpling Noodle - with chicken dumplings	480g	448	11	61	1758	54	4	30
Dumpling Noodle - with vegetable dumplings	492g	433	8	35	1631	58	4	25
SAUCES & DRESSINGS								
Peanut Dressing	2oz	210	3	3.5	998	9	4	4
"WORLD'S BEST" OATMEAL								
"WORLD'S BEST" OATMEAL - NO TOPPINGS	320g	360	11	20	95	51	16	15
BEVERAGES								
Ginger Ale - Original	10 fl oz	90	0	0	10	23	20	0