

Nutrition Guide



	1 SERVING	CALORIES	CAL/FAT	FAT (g)	CHOLESTEROL (mg)	SODIUM	CARBS (g)	SUGARS (g)	PROTEIN (g)
BAO									
BBQ Berkshire Pork	1 bao	190	60	6	20	370	26	5	8
Teriyaki Chicken	1 bao	180	50	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	40	4.5	10	320	24	7	8
Spicy Kung Pao Chicken	1 bao	160	45	5	15	270	22	6	7
Whole Wheat Vegetable	1 bao	150	45	5	0	250	22	7	6
Coconut Custard	1 bao	200	60	7	30	120	30	11	5
Chocolate	1 bao	250	80	9	10	105	36	16	5
Egg, Bacon & Cheddar	1 bao	190	80	8	85	260	22	6	8
Egg & Spicy Sausage	1 bao	190	80	9	95	330	22	6	7
Egg, Spinach & Mushroom	1 bao	180	70	8	110	180	22	5	6
Cheeseburger	1bao	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	70	8	40	890	14	9	19
Orange Chicken	140g	266		11	79	540	25	23	17
All Vegetable	140g	180	70	8	0	670	14	5	8
Vegetable Fried Rice	142g	230		10	65	660	31	2	6
BOWLS - BASES									
Jasmine White Rice	255g	410	0	0	0	0	92	0	9
Lo Mein Noodles	210g	230	15	2	0	0	44	0	10
POTSTICKERS									
Ginger Chicken	6 pieces	270	114	10	50	530	29	1	14
Green Vegetable	5 pieces	239	102	7.5	3	263	30	2	6
DUMPLINGS									
Ginger Chicken	6 pieces	270	75	10	50	530	29	1	14
Green Vegetable	5 pieces	200	63	4.5	0	263	30	2	6

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Egg Rolls									
Crispy Chicken Egg Rolls	1 piece	160		3	20	81	26	8	7
SALADS - WITHOUT DRESSING									
Spicy Peanut Noodles	245g	320	73	13	188	338	34	10	28
Asian Vegetable	320g	190	50	6	60	420	8	2	27
SOUPS									
Thai Herb Broth	320g	40	0	0	0	1190	4	3	5
Dumpling Noodle - with chicken dumplings	480g	448	117	11	61	1758	54	4	30
Dumpling Noodle - with vegetable dumplings	492g	433	110	8	35	1631	58	4	25
SAUCES & DRESSINGS									
Soy Ginger									
Seasame Mustard									
Peanut Dressing	2oz	210	158	3	3.5	998	9	4	4
"WORLD'S BEST" OATMEAL									
"WORLD'S BEST" OATMEAL - NO TOPPINGS	320g	360	100	11	20	95	51	16	15
BEVERAGES									
Ginger Ale - Original	10 fl oz	90	0	0	0	10	23	20	0