



# Allergen Guide

	CONTAINS:	WHEAT / GLUTEN*	PEANUTS	TREE NUTS	FISH	SHELLFISH	EGG	MILK	SESAME	SOY
<b>BAO</b>										
BBQ Pork		x						x	x	x
Teriyaki Chicken		x						x	x	x
Spicy Mongolian Beef		x						x	x	x
Spicy Kung Pao Chicken		x	x					x	x	x
Cheeseburger		x						x		x
Pizza (Sausage & Pepperoni)		x						x		
Vegetable (v)		x	x					x	x	x
Coconut Custard (v)		x		x (coconut)			x	x		
Chocolate (v)		x		x (coconut)				x		x
Apple Cinnamon		x						x		x
Chocolate Banana (v)		x		x (coconut)			x	x		
Egg, Bacon & Cheddar		x					x	x	x	x
Egg & Spicy Sausage		x					x	x	x	x
Egg, Spinach & Mushroom		x					x	x	x	x
<b>BOWLS - TOPPINGS</b>										
Teriyaki Chicken									x	x
Spicy Kung Pao Chicken		x	x						x	x
Citrus Glazed Chicken		x					x			x
All Vegetable (v)		x							x	x
Bacon, Egg & Cheddar							x	x	x	
Spicy Sausage & Egg		x					x		x	x
Spinach, Egg & Mushroom							x		x	x
<b>BOWLS - BASES</b>										
Jasmine White Rice (v)										
Lo Mein Noodles (v)		x					x (excluding Chicago)			
<b>POTSTICKERS   DUMPLINGS   EGG ROLLS</b>										
Ginger Chicken		x			x		x		x	x
Green Vegetable (v)		x							x	x
Chicken Egg Rolls		x				x			x	x
<b>FRIED RICE</b>										
Vegetable Fried Rice (v)		x					x		x	x



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<b>SALADS - WITHOUT DRESSING</b>										
Spicy Peanut Noodles - with dressing (v)		x	x				x (excluding Chicago)		x	x
Spicy Peanut Noodles - without dressing (v)		x					x (excluding Chicago)			
Asian Vegetable - with dressing (v)		x							x	x
Asian Vegetable - without dressing (v)		x (crunchies)					x (crunchies)			
Chopped Asian Chicken Salad			x					x		
<b>SOUPS</b>										
Thai Herb Bone Broth					x					
Dumpling Noodle - with chicken dumplings		x			x		x		x	x
Dumpling Noodle - with vegetable dumplings		x			x		x (excluding Chicago)		x	x
<b>SAUCES &amp; DRESSINGS</b>										
Soy Ginger										
Seasame Mustard										
Soy-Ginger Sauce (v)		x							x	x
Sesame-Mustard Sauce (v)		x					x		x	x
Chili Oil (v)		x							x	x
Peanut Dressing (v)		x	x						x	x
Sweet & Sour Sauce Packets										x
<b>"WORLD'S BEST" OATMEAL</b>										
"WORLD'S BEST" OATMEAL - NO TOPPINGS								x		
<b>BEVERAGES</b>										
Ginger Ale - Original										
<b>DESSERT</b>										
Mochi (v)								x		

(v) = vegetarian

\*Food items are not made or stored in a gluten free environment

WOW BAO. NOV 2022



# Nutrition Guide

	1 SERVING	CALORIES	CAL/FAT	FAT (g)	CHOLESTEROL (mg)	SODIUM	CARBS (g)	SUGARS (g)	PROTEIN (g)
<b>BAO</b>									
BBQ Pork	1 bao	190	60	6	20	370	26	5	8
Teriyaki Chicken	1 bao	180	50	6	15	320	24	8	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
Cheeseburger	1 bao	245		7.5	21	393	33	9	11.5
Coconut Custard	1 bao	200	60	7	30	120	30	11	5
Chocolate	1 bao	250	80	9	10	105	36	16	5
Apple Cinnamon Bao	1 bao	180		5	10	100	31	19	4
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
<b>BOWLS - TOPPINGS</b>									
Teriyaki Chicken	140g	246		12	< 1	692	19	15	16
Spicy Kung Pao Chicken	140g	200	70	8	40	890	14	9	19
Citrus Glazed Chicken	140g	266		11	79	540	25	23	17
All Vegetable	140g	180	70	8	0	670	14	5	8
<b>BOWLS - BASES</b>									
Jasmine White Rice	255g	410	0	0	0	0	92	0	9
Lo Mein Noodles	210g	230	15	2	0	0	44	0	10
<b>POTSTICKERS</b>									
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
<b>DUMPLINGS</b>									
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
<b>FRIED RICE</b>									
Vegetable Fried Rice	1 cup	160		6	30	590	23	1	4
<b>EGG ROLLS</b>									
Chicken Egg Roll	1 piece	160		3	20	810	26	8	7
<b>SALADS - WITHOUT DRESSING</b>									
Spicy Peanut Noodles	245g	320	73	13	188	338	34	10	28
Asian Vegetable	320g	190	50	6	60	420	8	2	27



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<b>SOUPS</b>									
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
<b>SAUCES &amp; DRESSINGS</b>									
Peanut Dressing	2oz	210	158	3	3.5	998	9	4	4
<b>"WORLD'S BEST" OATMEAL</b>									
"WORLD'S BEST" OATMEAL - NO TOPPINGS	320g	360	100	11	20	95	51	16	15
<b>BEVERAGES</b>									
Ginger Ale - Original	10 fl oz	90	0	0	0	10	23	20	0