

nutritional chart

ITEM	1 SERVING	CALORIES	CAL/FAT	FAT (G)	CHOLESTEROL (MG)	SODIUM	CARBS (G)	SUGARS (G)	PROTEIN (G)
Bao									
teriyaki chicken	1 bao	180	50	6	15	320	24	8	7
spicy kung pao chicken	1 bao	160	45	5	15	270	22	6	7
whole wheat edamame	1 bao	150	45	5	0	250	22	7	6
thai curry chicken	1 bao	160	45	5	20	300	22	7	7
spicy mongolian beef	1 bao	170	40	4.5	10	320	24	7	8
bbq pork	1 bao	190	60	6	20	370	26	5	8
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, and cheddar	1 bao	190	80	8	85	260	22	6	8
egg and spicy sausage	1 bao	190	80	9	95	330	22	6	7
egg, spinach, and mushroom	1 bao	180	70	8	110	180	22	5	6
Bowl Proteins									
teriyaki chicken	125g	200	45	5	80	700	20	16	19
mongolian beef	130g	230	90	11	50	1040	15	11	19
thai curry chicken	135g	190	60	7	40	1140	10	6	22
kung pao chicken	125g	200	70	8	40	890	14	9	19
vegetable	140g	180	70	8	0	670	14	5	8
egg and spicy sausage	365g	642	213	26	294	988	81	7	28
egg, bacon, and cheddar	115g	340	270	30	335	660	4	2	14
Served with									
jasmine rice	255g	410	0	0	0	0	92	0	9
multi-grain rice	255g	400	15	1.5	0	130	88	2	9
lo mein noodles	210g	230	15	2	0	0	44	0	10
chow fun noodles	215g	240	20	2	0	20	47	1	9
napa cabbage	125g	20	0	0	0	40	3	2	1
quinoa	215g	180	20	2.5	0	20	33	2	6
Potstickers									
chicken	5 pieces	264	114	13	47	475	23	1	15
green vegetable	5 pieces	239	102	7.5	3	263	30	2	6
Dumplings									
chicken	5 pieces	225	75	7.5	44	475	23	1	15
green vegetable	5 pieces	200	63	4.5	0	263	30	2	6
Soups									
thai herb broth	320g	40	0	0	0	1190	4	3	5
dumpling noodle - chicken	480g	448	117	11	61	1758	54	4	30
dumpling noodle - vegetable	492g	433	110	8	35	1631	58	4	25
thai chicken noodle	410g	190	35	3.5	20	1360	24	2	15
Entrée Salads (does not include dressing)									
peanut noodles	245g	320	73	13	188	338	34	10	28
pad thai	340g	384	108	11	84	133	41	1	30
asian vegetable	320g	190	50	6	60	420	8	2	27
chicken summer rolls	245g	290	45	5	35	390	40	0	21
vegetable summer rolls	265g	290	20	2.5	0	135	62	0	6
quinoa salad	255g	320	40	4.5	75	380	44	15	26
Side Salads (does not include dressing)									
peanut noodles	175g	214	50	3	2	18	34	10	7
pad thai	186g	192	57	6	2	19	28	0.5	6
asian vegetable	140g	30	0	0	0	40	5	2	2
peanut dressing	2oz	210	158	3	3.5	998	9	4	4
pad thai dressing	2oz	139	118	13	8	940	3	7	2
soy honey dressing	50g	90	30	3.5	10	1020	9	8	1
homemade ginger ale	10 fl oz	90	0	0	0	10	23	20	0
oatmeal (plain)	320g	360	100	11	20	95	51	16	15