

# nutritional chart

ITEM	SERVING	CALORIES	CAL/FAT	FAT (g)	CHOLESTEROL	SODIUM	CARBOHYDRATES (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>Bao</b>										
teriyaki chicken	1 bao	185	53	6	16mg	339mg	25	2	8	7
spicy kung pao chicken	1 bao	170	46	5	16mg	286mg	23	2	7	8
whole wheat edamame	1 bao	156	49	5	1mg	214mg	21	11	4	6
thai curry chicken	1 bao	170	48	5	21mg	318mg	23	2	8	7
spicy mongolian beef	1 bao	170	46	5	13mg	285mg	23	5	4	8
bbq pork	1 bao	198	53	6	21mg	392mg	27	3	8	8
green vegetable	1 bao	166	53	6	0mg	296mg	24	5	5	6
egg, bacon and cheddar	1 bao	198	92	10	79mg	221mg	19	1	4	8
egg and spicy sausage	1 bao	198	89	10	82mg	286mg	20	1	6	8
<b>Rice Bowls</b>										
teriyaki chicken	398g	601	96	11	66mg	836mg	101	8	14	26
mongolian beef	363g	538	106	12	46mg	835mg	84	19	6	25
thai curry chicken	370g	600	103	13	62mg	826mg	90	9	13	26
kung pao chicken	375g	552	110	14	67mg	838mg	103	8	5	27
bbq pork	365g	706	122	15	73mg	966mg	106	11	17	28
egg and spicy sausage	365g	642	213	26	294mg	988mg	81	8	7	28
<b>Noodle Bowls</b>										
teriyaki chicken	348g	440	145	16	65mg	831mg	50	16	14	25
mongolian beef	313g	377	155	17	45mg	830mg	33	27	6	24
thai curry chicken	320g	439	152	18	61mg	821mg	39	17	13	25
kung pao chicken	325g	391	159	19	67mg	833mg	54	16	5	26
<b>Potstickers</b>										
chicken	5	264	114	13	47mg	475mg	23	2	1	15
green vegetable	5	239	102	13	3mg	263mg	30	2	2	6
<b>Dumplings</b>										
chicken	5	225	75	7.5	44mg	475mg	23	2	1	15
green vegetable	5	200	63	7.5	0mg	263mg	30	2	2	6
<b>Soups</b>										
thai herb broth	320g	40	0	0	0mg	1190mg	4	1	3	5
dumpling noodle	583g	290	49	3	33mg	1473mg	40	3	3	21
thai chicken noodle	410g	190	35	3.5	20mg	1360mg	24	0	2	15
<b>Salads</b>										
peanut noodles	175g	214	50	6	2mg	18mg	34	10	0	7
peanut noodles with chicken	245g	320	73	13	188mg	338mg	34	12	0	28
peanut sauce	2 oz	210	158	3	3.5mg	998mg	9	2.6	4	4
cool pad thai salad (combo)	186g	192	57	6	2mg	19mg	28	5	0.5	6
pad thai salad with chicken	340g	384	106	11	64mg	133mg	41	9	1	30
pad thai dressing	2 oz	139	118	13	6mg	940mg	3	0	7	2
<b>Beverages</b>										
homemade ginger ale	10 fl oz	90	0	0	0mg	10mg	23	2	20	0