Protein

Allergens

Updated 1/07/2022

Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts	Coconut
Angus Beef	4 oz	259	137	15g	6g	94mg	88mg	0g	0g	0g	28g									
Chicken, Dark Meat	4 oz	220	110	12g	3g	145mg	380mg	0g	0g	0g	27g									
Chicken, White Meat	4 oz	190	35	4g	1g	95mg	85mg	0g	0g	0g	35g									
Cod	4 oz	80	27	3g	0g	60mg	470mg	0g	0g	0g	14g						x			
Pork	4 oz	230	90	10g	3.5g	95mg	60mg	0g	0g	0g	31g									
Shrimp	4 oz	110	5	0g	0g	215mg	125mg	0g	0g	0g	27g							x		
Tofu	4 oz	80	35	4g	0g	0mg	40mg	3g	1g	1g	9g			x						

Vegetables & Toppings

Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts	Coconut
Baby Corn	2 oz	10	0	0g	0g	0mg	120mg	2g	1g	0g	0g									
Bamboo Shoots	2 oz	32.8	0	0g	0g	0mg	3.6mg	5.8g	2.2g	0g	2.2g									
Bean Sprouts	2 oz	30	0	0	0g	0mg	5mg	6g	1g	0g	2g									
Bell Pepper (All)	2 oz	15	0	0	0g	0mg	0mg	4g	1g	2g	1g									
Broccoli	2 oz	20	0	0	0g	0mg	25mg	4g	2g	1g	1g									
Cabbage	2 oz	15	0	0	0g	0mg	0mg	3g	1g	2g	1g									
Carrots	2 oz	20	0	0	0g	0mg	35mg	5g	2g	2g	0g									
Celery, Raw	2 oz	10	0	0	0g	0mg	50mg	2g	1g	1g	0g									
Cilantro	2 oz	14	0	0	0g	0mg	28mg	1g	1g	0g	1g									
Green Onion	2 oz	5.7	0	0	0g	0mg	2.8mg	1.1g	.6g	0g	0g									
Jalapeños	2 oz	16	0	0	0g	0mg	2mg	4g	2g	2g	1g									
Kale	2 oz	90	8.1	.9g	0g	0mg	81mg	1.8g	3.6g	0g	5.4g									
Mushrooms	2 oz	15	0	0	0g	0mg	0mg	3g	1g	1g	1g									
Onions	2 oz	25	0	0	0g	0mg	0mg	6g	1g	3g	1g									
Peanuts	2 oz	321	251	28	4g	0mg	10mg	9g	5g	2g	15g								x	
Pineapple	2 oz	30	0	0	0g	0mg	0mg	7g	0g	6g	0g									
Edamame	2 oz	23.3	0	0	0g	0mg	0mg	4g	1.3g	2g	1.3g			x						
Spinach	2 oz	15	0	0	0g	0mg	40mg	2g	1g	0g	2g									
Water chestnuts	2 oz	20	0	0	0g	0mg	5mg	5g	0g	1g	0g									
Wontons, Fried	2 oz	190	30	5	1g	5mg	300mg	30g	1g	0g	5g									
Zucchini	2 oz	10	0	0	0g	0mg	0mg	2g	1g	1g	1g									

Soup

Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts	Coconut
Chicken Vegetable	4 fl oz	30	5	0.5g	0g	5mg	830mg	4g	0g	2g	2g									
Egg Drop	4 fl oz	70	15	2g	0g	15mg	1200mg	8g	1g	3g	5g		x	x		x				
Hot & Sour	4 fl oz	35	15	1.5g	0.5g	15mg	580mg	3g	0g	0g	3g		x	x		x				

Other Ingredients

Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts	Coconut
Chili Oil	0.5 fl oz	126	126	14g	2g	0mg	0mg	0g	0g	0g	0g									
Hot Mustard	0.5 fl oz	6	0	0g	0g	0mg	0mg	3g	0g	0g	0g									
Seasoning Salt	1 g	0	0	0g	0g	0mg	380mg	0g	0g	0g	0g									
Soy Sauce, gluten free	0.5 fl oz	10	0	0g	0g	0mg	920mg	1g	0g	1g	1g			x						
Soy Sauce	0.5 fl oz	10	0	0g	0g	0mg	846mg	1g	0g	1g	1g	x	x							
Hoisin												x	x	x						
7 Chili Spice																				
Sesame Seeds																				
Lemons																				

Sauces

Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts	Coconut
Sweet & Sour	2 oz	67	0	0	0	0	40	16	0	16	0									
Sweet & Sour, for Chips	2 oz	67	0	0	0	0	47	17	0	16	0									
Sesame Oil Blend	2 oz	240	240	28	4	0	0	0	0	0	0			x						
Garlic	2 oz	30	0	0	0	0	0	6	0	0	0									
Cooking Wine	2 oz	30	0	0	0	0	320	0	0	0	0									
Ginger	2 oz	0	0	0	0	0	0	0	0	0	0									
Blazin' Thai	2 oz	40	7	0	0	0	654	7	0	10	2	x	x	x			x			
House	4 oz	80	14	0	0	0	1307	13	0	11	3	x	x	x			x	x		x
Gluten Free House	2 oz	40	7	0	0	0	654	7	0	1	0			x			x	x		x
Vegan House	2 oz	40	7	0	0	0	654	7	0	10	0	x	x	x						x
Savory Mongolian	2 oz	40	7	0	0	0	654	7	0	10	2	x	x	x				x		
Spicy Hunan	2 oz	40	7	0	0	0	654	7	0	10	2	x	x	x			x	x		
Teriyaki	2 oz	0	0	0	0	0	0	0	0	0	0	x	x	x						
Lemon	2 oz	67	0	0	0	0	0	0	0	16	0									
Vinegar	2 oz	7	0	0	0	0	0	0	0	0	0									
Orange												x	x							

Black Pepper												x	x						
Sweet Heat												x	x						
Red Peanut Curry																			
Yellow Curry																			
Syrup																			

Starches

Item	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shelfish	Peanuts	Coconut
Noodles, Rice	0.5 cup	100	0	0g	0g	0mg	15mg	22g	1g	0g	1g									
Noodles, Chow Mein	0.5 cup	90	5	0g	0g	0mg	340mg	19g	1g	0g	4g	x	x							
Noodles, Lo Mein	0.5 cup	110	5	0.5g	0g	0mg	0mg	22g	1g	0g	4g	x	x							
Rice, Brown	0.5 cup	108	0	.9g	.2g	0mg	5mg	22.5g	1.8g	.3g	2.5g									
Rice, Fried	0.5 cup	110	5	1g	0g	0mg	0mg	23g	2g	0g	2g			x		x				
Rice, Steamed	0.5 cup	120	0	0g	0g	0mg	0mg	27g	0g	0g	2g									

Ice Cream

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Chocolate	0.5 cup	90	0	0g	0g	0mg	65mg	19g	0g	16g	1g			x	x					
Vanilla	0.5 cup	90	0	0g	0g	0mg	70mg	20g	0g	15g	1g			x	x					