

Protein

Allergens

Item	Serving Size	Calories	Calories from Fat	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Alaskan Cod	4 oz	93	6.8	.8g	.1g	48.8mg	61.2mg	0g	0g	0g	20.2g						✓		
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								
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							✓	
Tofu	4 oz	80	35	4g	0g	0mg	40mg	3g	1g	1g	9g			✓					

Vegetables & Toppings

Item	Serving Size	Calories	Calories from Fat	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Baby Corn	2 oz	10	0	0g	0g	0mg	120mg	2g	1g	0g	0g								
Bean Sprouts	2 oz	30	0	0g	0g	0mg	5mg	6g	1g	0g	2g								
Bell Pepper	2 oz	15	0	0g	0g	0mg	0mg	4g	1g	2g	1g								
Broccoli	2 oz	20	0	0g	0g	0mg	25mg	4g	2g	1g	1g								
Brussel Sprouts	2 oz	24.4	1.5	.2g	0g	0mg	14.2mg	5.1g	2.2g	1.2g	1.9g								
Cabbage	2 oz	15	0	0g	0g	0mg	0mg	3g	1g	2g	1g								
Carrots	2 oz	20	0	0g	0g	0mg	35mg	5g	2g	2g	0g								
Celery, Raw	2 oz	10	0	0g	0g	0mg	50mg	2g	1g	1g	0g								
Cilantro	2 oz	14	0	0g	0g	0mg	28mg	1g	1g	0g	1g								
Edamame	2 oz	624	25.9	2.9g	0g	0mg	3.2mg	5.8g	2.9g	0g	5.8g			✓					
Green Onions, Raw	2 oz	20	0	0g	0g	0mg	10mg	4g	1g	1g	1g								
Jalapeños	2 oz	16	0	0g	0g	0mg	2mg	4g	2g	2g	1g								
Mushrooms	2 oz	15	0	0g	0g	0mg	0mg	3g	1g	1g	1g								
Onions	2 oz	25	0	0g	0g	0mg	0mg	6g	1g	3g	1g								
Peanuts	2 oz	321	251	28g	4g	0mg	10mg	9g	5g	2g	15g			✓					✓
Pineapple	2 oz	30	0	0g	0g	0mg	0mg	7g	0g	6g	0g								
Spinach	2 oz	15	0	0g	0g	0mg	40mg	2g	1g	0g	2g								
Water chestnuts	2 oz	20	0	0g	0g	0mg	5mg	5g	0g	1g	0g								
Wontons, Fried	2 oz	190	30	5g	1g	5mg	300mg	30g	1g	0g	5g	✓	✓	✓					
Zucchini	2 oz	10	0	0g	0g	0mg	0mg	2g	1g	1g	1g								

Soup

Item	Serving Size	Calories	Calories from Fat	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
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			✓		✓			
Hot & Sour	4 fl oz	35	15	1.5g	0.5g	15mg	580mg	3g	0g	0g	3g			✓		✓			
Wonton	4 fl oz	70	15	2g	.1g	15mg	1200mg	8g	3g	1g	5g	✓	✓	✓					

Ice Cream

<i>Item</i>	<i>Serving Size</i>	<i>Calories</i>	<i>Calories from Fat</i>	<i>Fat</i>	<i>Saturated Fat</i>	<i>Cholesterol</i>	<i>Sodium</i>	<i>Carbs</i>	<i>Fiber</i>	<i>Sugar</i>	<i>Protein</i>	<i>Wheat</i>	<i>Gluten</i>	<i>Soy</i>	<i>Dairy</i>	<i>Egg</i>	<i>Fish</i>	<i>Shellfish</i>	<i>Peanuts</i>
Chocolate	0.5 cup	90	0	0g	0g	0mg	65mg	19g	0g	16g	1g			✓	✓				
Vanilla	0.5 cup	90	0	0g	0g	0mg	70mg	20g	0g	15g	1g			✓	✓				