



Nutrition

Last Updated 2/02/2018

Protein

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)
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 (kcal)	Calories from fat (kcal)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Baby Corn	2 oz	10	0	0	0g	0mg	120mg	2g	1g	0g	0g
Bamboo Shoots	2 oz	11	0	0	0g	0mg	4mg	2g	1g	1g	1g
Bean Sprouts	2 oz	30	0	0	0g	0mg	5mg	6g	1g	0g	2g
Bell Pepper	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	18	0	0	0g	0mg	9mg	4g	2g	1g	1g
Jalapeños	2 oz	16	0	0	0g	0mg	2mg	4g	2g	2g	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
Pineapple	2 oz	30	0	0	0g	0mg	0mg	7g	0g	6g	0g
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)
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

Sauce 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)
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
Soy Sauce	0.5 fl oz	10	0	0g	0g	0mg	846mg	1g	0g	1g	1g

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)
Sweet and Sour	2 oz	67	0	0	0	0	40	16	0	16	0
Sweet and 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
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
Blazin' House	4 oz	80	14	0	0	0	1307	13	0	11	3
Savory Mongolian	2 oz	40	7	0	0	0	654	7	0	10	2
Spicy Sauce	2 oz	40	7	0	0	0	654	7	0	10	2
Teriyaki	2 oz	0	0	0	0	0	0	0	0	0	0
Lemon Sauce	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

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)
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
Noodles, Lo Mein	0.5 cup	110	5	0.5g	0g	0mg	0mg	22g	1g	0g	4g
Rice, Fried	0.5 cup	110	5	1g	0g	0mg	0mg	23g	2g	0g	2g
Rice, Steamed	0.5 cup	120	0	0g	0g	0mg	0mg	27g	0g	0g	2g

Ice Cream

Item	ServingSize	Calories(kcal)	Calories from Fat(kcal)	Fat(g)	Saturated Fat(g)	Cholesterol(mg)	Sodium(mg)	Carbs(g)	Fiber(g)	Sugar(g)	Protein(g)
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

Allergens

Protein

Item	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Beef								
Chicken, Dark Meat								
Chicken, White Meat								
Pork								
Shrimp							✓	
Tofu			✓					

Vegetables & Toppings

Item	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Baby Corn								
Bean Sprouts								
Bell Pepper								
Broccoli								
Cabbage								
Carrots								
Celery, Raw								
Cilantro								
Jalapeños								
Mushrooms								
Onions								
Peanuts	✓	✓	✓					✓
Pineapple								
Spinach								
Water chestnuts								
Wontons, Fried	✓	✓	✓					
Zucchini								

Soup

Item	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Chicken Vegetable			✓					
Egg Drop			✓		✓			
Hot & Sour			✓		✓			

Sauce Ingredients

Item	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Chili Oil			✓					
Hot Mustard								
Seasoning Salt								
Soy Sauce, gluten free			✓					
Soy Sauce	✓	✓	✓					

Sauces

Item	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Sweet and Sour								
Sweet and Sour, for Chips								
Sesame Oil Blend			✓					
Garlic								
Cooking Wine								
Ginger								
Blazin' Thai			✓			✓		
Blazin' House	✓	✓				✓	✓	
Savory Mongolian			✓				✓	
Spicy Sauce	✓	✓	✓			✓	✓	
Teriyaki			✓					
Lemon Sauce								
Vinegar								
Garlic Black Bean			✓					

Starches

Item	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Noodles, Rice			✓					
Noodles, Chow Mein	✓	✓						
Noodles, Lo Mein	✓	✓	✓					
Rice, Fried			✓		✓			
Rice, Steamed								

Ice Cream

Item	Wheat	Gluten	Soy	Dairy	Egg	Fish	Shellfish	Peanuts
Chocolate			✓	✓				
Vanilla			✓	✓				