



# Nutrition Guide

	1 SERVING	CALORIES	CAL/FAT	FAT (g)	CHOLESTEROL (mg)	SODIUM	CARBS (g)	SUGARS (g)	PROTEIN (g)
<b>BAO</b>									
BBQ Berkshire Pork	1 bao	190	60	6	20	370	26	5	8
Teriyaki Chicken	1 bao	180	50	6	15	320	24	8	7
Spicy Mongolian Beef	1 bao	170	40	4.5	10	320	24	7	8
Spicy Kung Pao Chicken	1 bao	160	45	5	15	270	22	6	7
Thai Curry Chicken	1 bao	160	45	5	20	300	22	7	7
Orange Chicken	1 bao	170.2		4	16	197	26	8	8
Whole Wheat Vegetable	1 bao	150	45	5	0	250	22	7	6
Coconut Custard	1 bao	200	60	7	30	120	30	11	5
Matcha Coconut	1 bao								
Chocolate	1 bao	250	80	9	10	105	36	16	5
Egg, Bacon & Cheddar	1 bao	190	80	8	85	260	22	6	8
Egg & Spicy Sausage	1 bao	190	80	9	95	330	22	6	7
Egg, Spinach & Mushroom	1 bao	180	70	8	110	180	22	5	6
<b>BOWLS - TOPPINGS</b>									
Teriyaki Chicken	125g	200	45	5	80	700	20	16	19
Spicy Kung Pao Chicken	125g	200	70	8	40	890	14	9	19
Thai Curry Chicken	135g	190	60	7	40	1140	10	6	22
Orange Chicken	140g	266		11	79	540	25	23	17
All Vegetable	140g	180	70	8	0	670	14	5	8
Bacon, Egg & Cheddar	115g	340	270	30	335	660	4	2	14
Spicy Sausage & Egg	365g	642	213	26	294	988	81	7	28
<b>BOWLS - BASES</b>									
Jasmine White Rice	255g	410	0	0	0	0	92	0	9
Lo Mein Noodles	210g	230	15	2	0	0	44	0	10
Lettuce Cups	125g	20	0	0	0	40	3	2	1
<b>POTSTICKERS</b>									
Ginger Chicken	5 pieces	264	114	13	47	475	23	1	15
Green Vegetable	5 pieces	239	102	7.5	3	263	30	2	6



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<b>DUMPLINGS</b>									
Ginger 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
<b>SALADS - WITHOUT DRESSING</b>									
Spicy Peanut Noodles	245g	320	73	13	188	338	34	10	28
Asian Vegetable	320g	190	50	6	60	420	8	2	27
<b>SOUPS</b>									
Thai Herb Broth	320g	40	0	0	0	1190	4	3	5
Dumpling Noodle - with chicken dumplings	480g	448	117	11	61	1758	54	4	30
Dumpling Noodle - with vegetable dumplings	492g	433	110	8	35	1631	58	4	25
<b>SAUCES &amp; DRESSINGS</b>									
Peanut Dressing	2oz	210	158	3	3.5	998	9	4	4
<b>"WORLD'S BEST" OATMEAL</b>									
"WORLD'S BEST" OATMEAL - NO TOPPINGS	320g	360	100	11	20	95	51	16	15
<b>BEVERAGES</b>									
Ginger Ale - Original	10 fl oz	90	0	0	0	10	23	20	0