



















# NUTRITION INFORMATION

NOODLE BOX (REG. BOX WITHOUT PROTEIN)															DISHES CONTAIN						
	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	Peanut	Tree Nut	Wheat	Soy	Eggs	Milk	Sesame Seed
<b>Singapore Cashew</b>	Stirfry topping (crisp onion) contain wheat. Please check with our staff.																				
W/ Rice	440	5	1	0	0	1992	88	5	24	9	50	114	10	8	•	•	•	•			•
W/ Hokkien Noodles	690	8	1	0	0	2545	137	7	24	21	50	164	13	19							
<b>Kung Pao</b>  																					
W/ Rice (Health Check Option W/Chicken)	690	7	1	0	66	700	114	3	14	39	50	110	11	31	•		•	•			
W/ Chow Mein Noodles	511	3	0	0	51	983	103	8	13	19	30	102	15	18							
<b>Pad Thai</b> 																					
W/ Rice	365	1	0	0	15	1207	77	6	12	8	32	115	18	53				•			•
W/ Ribbon Noodles	794	1	0	0	20	1605	182	16	15	17	33	120	27	61							
<b>Teriyaki</b>  																					
W/ Rice (Health Check Option W/Chicken)	600	3	0.8	0	66	750	109	4	32	37	50	112	13	33			•	•			
W/ Udon Noodles	545	3	0	0	0	870	372	11	32	12	50	112	15	18							
<b>Asian</b>  																					
W/ Rice (Health Check Option W/Chicken)	560	5	1	0	66	850	93	4	16	37	30	102	13	35			•	•			•
W/ Chow Mein Noodles	524	6	0	0	51	1307	95	8	20	20	30	103	15	22							
<b>Jungle Curry</b>   																					
W/ Rice	450	12	8	0	0	167	77	8	8	9	52	116	14	61		•					
W/ Hokkien Noodles	700	15	8	0	0	720	126	10	8	21	52	166	17	52							
<b>Dan Dan</b>  																					
W/ Rice	410	3	0	0	0	472	86	4	15	9	50	120	10	30			•	•			•
W/ Hokkien Noodles	660	6	0	0	0	1025	135	6	15	21	50	170	13	21							
<b>Mongolian</b>   																					
W/ Rice	480	4	0	0	0	1352	103	4	36	8	50	112	12	56				•			
W/ Udon Noodles	565	5	0	0	0	1350	377	11	36	11	50	112	15	42							
<b>Sichuan Pepper</b>   																					
W/ Rice	445	0	0	0	0	1597	100	4	34	8	30	102	14	58				•			
W/ Chow Mein Noodles	590	3	0	0	51	2318	122	8	44	19	30	103	18	54							

PROTEINS (REG. BOX)																					
<b>Beef (4oz)</b>	239	13	5	0	95	60	0	0	0	30	0	0	0	2							
<b>Tofu (4oz)</b>	110	7	1	0	0	0	2	0	0	12	0	0	2	10							
<b>Chicken (4oz)</b>	124	1	0	0	66	74	0	0	0	26	0	0	1	1							
<b>Shrimp (4oz)</b>	120	0	0	0	172	168	0	0	0	23	0	0	5	3							•

RICE BOX (REG. BOX)																					
<b>Indian Butter Chicken</b> W/ Rice and Naan	640	13	5	0	98	821	90	4	6	33	8	5	6	24			•				•
<b>Penang Shrimp &amp; Chicken</b> W/ Rice	744	5	0	0	228	2555	118	7	32	48	55	163	37	78			•	•			•
<b>Korean Beef Bulgogi</b> W/ Rice	564	14	5	0	95	2696	68	3	28	36	30	103	13	73				•			•
<b>Lemongrass Curry</b> Chicken W/ Rice	617	16	11	0	66	266	81	9	9	36	53	118	17	74		•					

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OF INTEREST:  
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# NUTRITION INFORMATION

RICE BOX (CONT.)															DISHERS CONTAIN								
	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	Peanut	Tree Nut	Wheat	Soy	Eggs	Milk	Sesame Seed	Seafood	
Thai Red Curry Chicken W/ Rice	617	15	11	0	73	1203	81	8	12	36	50	115	17	60		•							•
Honey Chicken W/ Rice	681	11	3	0	180	529	73	0	41	68	0	2	4	18			•	•					
Almond Chicken W/ Rice	621	12	3	0	180	2059	52	1	19	69	0	4	6	16	•		•	•					•
Lemon Chicken W/ Rice	701	10	3	0	185	189	79	0	43	67	0	10	4	14			•			•			
Orange Chicken W/ Rice	661	11	3	0	180	234	66	0	33	67	0	20	4	16			•	•					
Teriyaki Chicken W/ Rice	641	9	3	0	180	939	62	0	27	69	0	2	8	20			•	•					
Sweet & Sour Chicken W/ Rice	621	9	3	0	180	429	60	0	24	68	1	15	4	15			•						
Ginger Beef W/ Rice	743	26	9	0	190	633	54	4	21	64	55	120	8	23			•	•					

## SMALL BITES (FULL ORDER)

Spring Roll (5)	362	15	3	0	0	882	45	3	8	5	52	18	3	8		•	•				•	•
Chicken Pot Sticker (5)	200	6	1	0	16	975	29	3	0	10	0	4	2	10		•	•				•	
Green Onion Cake (6) 🌿	120	5	1	0	0	118	20	1	1	3	1	3	1	2		•						
Egg Roll (1) 🌿	120	3	1	0	5	380	21	1	2	3	15	8	2	10		•	•	•			•	
Samosa (4) 🌿 V	444	17	2	0	0	1084	60	4	4	12	44	28	8	28		•	•				•	
Crispy Noodle Shrimp (6)	205	5	1	0	89	670	24	2	3	14	1	5	7	8	•	•	•					•

## SOUP

Pho Soup (Large) 🌿	512	0	3	0	40	1548	87	9	2	22	0	0	4	10								
Pho Soup (Small) 🌿	410	0	2	0	32	1238	70	7	2	18	0	0	3	8								
Wonton Soup (Large)	648	13	4	0	59	2231	106	9	2	28	0	2	5	17			•					
Wonton Soup (Small)	518	10	3	0	47	1785	85	7	2	22	0	2	4	14			•					
Wor Wonton Soup	708	13	4	0	145	2315	106	9	2	39	0	2	8	19			•					•

## NAAN-WICH

Butter Chicken	562	17	6	0	77	1123	78	4	9	18	10	6	7	15			•			•		
Bulgogi	586	13	2	0	57	2114	90	5	20	19	15	51	6	41			•	•		•	•	

## KID'S MEAL

Dragon Teriyaki Chicken (Health Check Option W/Chicken)	420	9	1	0	45	460	66	2	13	20	4	4	6	8		•	•					
Jungle Noodles	230	5	3	0	0	360	44	4	4	6	20	40	4	25		•	•					
Breaded Crispy Chicken	410	13	2	0	40	770	52	3	10	20	0	2	6	25		•						

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# NUTRITION INFORMATION

GROUP SHARE															DISHERS CONTAIN							
	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	Peanut	Tree Nut	Wheat	Soy	Eggs	Milk	Sesame Seed	Seafood
Ginger Beef	943	39	14	0	285	1000	43	7	33	93	110	240	16	23			•	•				
Mongolian Beef & Broccoli 🍴	705	22	7	0	143	2093	78	9	52	55	11	306	24	96				•				
Thai Shrimp & Vegetables 🍴	405	4	0	0	281	2097	41	9	22	40	103	243	36	54				•				•
Hunan Chicken	486	5	0	0	99	1281	65	6	24	46	100	223	21	20			•	•				
Sichuan Chicken 🍴	556	2	0	0	99	3301	88	6	68	45	100	224	26	74				•				
Honey Chicken	928	20	5	0	361	689	48	1	41	131	1	13	14	13			•	•				
Almond Chicken	868	22	6	0	361	2219	27	2	19	132	1	15	16	11	•		•	•				•
Lemon Chicken	948	20	5	0	366	349	54	1	43	130	1	21	14	9			•		•			
Orange Chicken	908	20	5	0	361	394	41	1	33	130	1	31	14	11			•	•				
Teriyaki Chicken	888	19	5	0	361	1099	37	1	27	132	1	13	18	15			•	•				
Sweet & Sour Chicken	868	19	5	0	361	589	35	1	24	130	2	26	14	10			•					
Chop Suey 🌿 V	160	4	0	0	0	817	28	6	16	4	100	221	17	25			•	•				•
Fried Rice 🌿	1331	2	0	0	1	1887	284	4	0	31	1	3	13	101			•	•	•			•
Chow Mein 🌿 V	318	3	0	0	22	2099	60	5	21	9	55	122	11	51			•	•				•

## SIDE ORDERS

Steamed Rice (Small)	260	0	0	0	0	2	56	1	0	5	0	0	0	0								
Steamed Rice (Large)	520	0	0	0	0	4	112	2	0	11	0	0	0	0								
Naan Bread	180	5	0	0	7	581	32	2	5	0	0	0	0	0			•			•		

## RICE & NOODLES

Rice (3oz) 1 Scoop 🌿 V 🍴	130	0	0	0	0	1	28	0	0	3	0	0	0	10								
Rice (6oz) 2 Scoops 🌿 V 🍴	260	0	0	0	0	2	56	1	0	5	0	0	0	20								
Hokkien (7oz) 🌿 V	340	2	0	0	0	370	70	2	0	11	0	33	2	7			•					
Udon (7oz) 🌿 V	230	1	0	0	0	0	220	5	0	5	0	0	2	4			•					
Chow Mein (7oz) 🌿	553	4	0	0	79	335	102	8	0	24	0	0	4	10			•		•			
Ribbon (7oz) 🌿 V 🍴	666	0	0	0	0	33	156	10	0	13	0	0	7	20								

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