




















NUTRITION INFORMATION

| STIRFRY (REG. BOX) | Nutrition Facts | | | | | | | | | | | | | | 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 | Seafood | |
| Kung Pao   | 415 | 0 | 0 | 0 | 0 | 757 | 93 | 4 | 13 | 9 | 30 | 102 | 12 | 32 | • | | • | • | | | | | |
| W/ Rice | 708 | 3.9 | 0 | 0 | 79 | 1110 | 139 | 10.9 | 13 | 27.7 | 30 | 102 | 16 | 22 | | | | | | | | | |
| W/ Chow Mein Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Teriyaki   | 460 | 2 | 0 | 0 | 0 | 872 | 98 | 4 | 32 | 9 | 50 | 112 | 12 | 32 | | | • | • | | | | | |
| W/ Rice | 430 | 3 | 0 | 0 | 0 | 870 | 262 | 5.3 | 32 | 9 | 50 | 112 | 14 | 16 | | | | | | | | | |
| W/ Udon Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Singapore Cashew | 440 | 5 | 1 | 0 | 0 | 1992 | 88 | 5 | 24 | 9 | 50 | 114 | 10 | 8 | • | • | • | • | | | | | • |
| W/ Rice | 520 | 6.5 | 0.5 | 0 | 0 | 2360 | 102 | 5.7 | 24 | 15 | 50 | 147 | 12 | 15 | | | | | | | | | |
| W/ Hokkien Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Asian   | 395 | 3 | 0 | 0 | 0 | 837 | 80 | 4 | 16 | 9 | 30 | 102 | 12 | 34 | | | • | • | | | | • | |
| W/ Rice | 688 | 6.9 | 0.3 | 0 | 79 | 1190 | 129 | 10.9 | 16 | 27.7 | 30 | 102 | 16 | 24 | | | | | | | | | |
| W/ Chow Mein Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Pad Thai  | 365 | 1 | 0 | 0 | 15 | 1207 | 77 | 6 | 12 | 8 | 32 | 115 | 18 | 53 | | | | • | | | | | • |
| W/ Rice | 829 | 0.5 | 0 | 0 | 15 | 1241 | 190 | 15.8 | 12 | 17.4 | 32 | 115 | 25 | 51 | | | | | | | | | |
| W/ Ribbon Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Sichuan Pepper    | 445 | 0 | 0 | 0 | 0 | 1597 | 100 | 4 | 34 | 8 | 30 | 102 | 14 | 58 | | | | • | | | | | |
| W/ Rice | 738 | 3.9 | 0 | 0 | 79 | 1950 | 146 | 10.9 | 34 | 26.7 | 30 | 102 | 18 | 48 | | | | | | | | | |
| W/ Chow Mein Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Black Bean   | 400 | 3 | 0 | 0 | 0 | 952 | 80 | 6 | 13 | 11 | 50 | 112 | 10 | 32 | | | • | • | | | | | |
| W/ Rice | 370 | 3.5 | 0 | 0 | 0 | 950 | 244 | 5.5 | 13 | 11 | 50 | 112 | 12 | 16 | | | | | | | | | |
| W/ Udon Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Mongolian    | 480 | 4 | 0 | 0 | 0 | 1352 | 103 | 4 | 36 | 8 | 50 | 112 | 12 | 56 | | | | • | | | | | |
| W/ Rice | 450 | 4.5 | 0 | 0 | 0 | 1350 | 267 | 5.5 | 36 | 8 | 50 | 112 | 14 | 40 | | | | | | | | | |
| W/ Udon Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Jungle Curry    | 450 | 12 | 8 | 0 | 0 | 167 | 77 | 8 | 8 | 9 | 52 | 116 | 14 | 61 | | • | | | | | | | |
| W/ Rice | 530 | 13.5 | 8 | 0 | 0 | 535 | 91 | 8.7 | 8 | 15 | 52 | 149 | 16 | 48 | | | | | | | | | |
| W/ Hokkien Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Dan Dan   | 410 | 3 | 0 | 0 | 0 | 472 | 86 | 4 | 15 | 9 | 50 | 120 | 10 | 30 | | | • | • | | | | • | |
| W/ Rice | 490 | 5 | 0 | 0 | 0 | 840 | 100 | 4.7 | 15 | 15 | 50 | 153 | 12 | 17 | | | | | | | | | |
| W/ Hokkien Noodles | | | | | | | | | | | | | | | | | | | | | | | |
| Butter Chicken | 890 | 23 | 12 | 0 | 165 | 1230 | 112 | 4 | 7 | 56 | 23 | 15 | 20 | 50 | | | • | | | • | | | |
| W/ Rice | | | | | | | | | | | | | | | | | | | | | | | |

| PROTEINS (REG. BOX) | | | | | | | | | | | | | | | | | | | | | | | |
|----------------------|-----|------|-----|---|-----|-----|---|---|---|------|---|---|---|----|--|--|--|--|--|--|--|--|--|
| Beef (4oz) | 239 | 12.5 | 4.6 | 0 | 95 | 60 | 0 | 0 | 0 | 29.5 | 0 | 0 | 0 | 2 | | | | | | | | | |
| Tofu (4oz) | 110 | 7 | 1 | 0 | 0 | 0 | 2 | 0 | 0 | 12 | 0 | 0 | 2 | 10 | | | | | | | | | |
| Chicken (4oz) | 124 | 1.4 | 0 | 0 | 66 | 74 | 0 | 0 | 0 | 26 | 0 | 0 | 1 | 1 | | | | | | | | | |
| Shrimp (4oz) | 120 | 0 | 0 | 0 | 172 | 168 | 0 | 0 | 0 | 23 | 0 | 0 | 5 | 3 | | | | | | | | | |

 I can be Vegetarian  I can be Vegan  I am Wheat free

OF INTEREST: Everything is cooked to order, so there may be some variation in the above numbers. Our foods have no trans fats (except those which occur naturally in beef and dairy). We have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat in our restaurant, and there may be cross contact with your food. We periodically update this guide therefore some changes may not be within this guide.

