NUTRITION INFORMATION — WOK BOX

NOODLE BOX

Allergen columns (DISHES CONTAIN): Peanuts | Tree Nuts | Wheat | Soy | Eggs | Milk | Sesame Seeds | Seafood. A ✦ indicates the dish contains that allergen. Diet key: Veg = can be vegetarian, V = can be vegan, GF = can be gluten friendly.

Dan Dan

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Hokkien Noodles	Veg	310	2	0.3	0	0	770	56	5	7	18	20	80	8	35			✦	✦	✦		✦	
Lunch w/ Rice	Veg V	170	1.5	0	0	0	640	35	3	5	6	20	80	8	15			✦	✦			✦	
Regular w/ Hokkien Noodles	Veg	530	3.5	0.4	0	0	1300	97	8	12	30	40	160	15	60			✦	✦	✦		✦	
Regular w/ Rice	Veg V	320	2	0.3	0	0	1080	66	5	9	9	40	160	15	30			✦	✦			✦	
Sumo w/ Hokkien Noodles	Veg	840	5	0.5	0	0	2060	151	12	19	46	60	240	20	90			✦	✦	✦		✦	
Sumo w/ Rice	Veg V	480	3.5	0.4	0	0	1720	99	7	13	13	60	240	20	45			✦	✦			✦	

Firecracker

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Hokkien Noodles		380	18	4.5	0	30	1300	85	6	25	31	20	90	10	40			✦	✦	✦			✦
Lunch w/ Rice		250	17	4.5	0	30	1130	66	4	23	20	20	90	8	20			✦	✦				✦
Regular w/ Hokkien Noodles		650	34	9	0	65	2150	145	9	44	55	40	170	15	60			✦	✦				✦
Regular w/ Rice		450	32	9	0	60	1880	117	6	39	36	40	160	15	35			✦	✦				✦
Sumo w/ Hokkien Noodles		990	51	13	0	95	3230	224	13	68	83	60	240	20	90			✦	✦	✦			✦
Sumo w/ Rice		670	49	13	0	95	2750	178	8	63	54	60	240	20	50			✦	✦				✦

Hong Kong Spice

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Chow Mein Noodles		270	2.5	0.4	0	20	270	48	5	10	14	20	90	8	35			✦	✦	✦			
Lunch w/ Rice		190	1.5	0	0	0	240	39	3	9	6	20	90	8	20			✦	✦				
Regular w/ Chow Mein Noodles		400	4	0.5	0	30	510	73	7	19	20	40	160	15	50			✦	✦				
Regular w/ Rice		360	3	0.2	0	0	480	75	6	17	10	40	160	15	40			✦	✦				
Sumo w/ Chow Mein Noodles		550	4.5	1	0	50	200	99	10	10	31	60	240	20	80			✦	✦	✦			
Sumo w/ Rice		530	4	0.3	0	0	720	112	8	26	14	60	240	20	60			✦	✦				

Kung Pao

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Chow Mein Noodles		320	9	1.5	0	15	600	47	4	12	15	15	70	8	30	✦		✦	✦	✦			
Lunch w/ Rice		250	8	1	0	0	570	38	3	10	8	15	70	8	20	✦		✦	✦				
Regular w/ Chow Mein Noodles		570	18	2.5	0	25	1270	81	8	25	26	35	150	15	50	✦		✦	✦	✦			
Regular w/ Rice		600	18	2.5	0	0	1400	93	8	26	19	40	160	15	45	✦		✦	✦				
Sumo w/ Chow Mein Noodles		940	28	4	0	45	2000	135	13	39	42	50	220	25	80	✦		✦	✦	✦			
Sumo w/ Rice		820	25	3.5	0	0	1940	128	10	36	26	50	220	25	60	✦		✦	✦				

Pad Thai

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Ribbon Noodles	GF	440	8	2	0	155	540	76	4	8	12	30	90	10	25	✦			✦	✦			✦
Lunch w/ Rice	GF	220	4.5	0.5	0	5	290	39	3	6	7	20	90	10	25	✦			✦	✦			✦
Regular w/ Ribbon Noodles	GF	820	13	3	0	305	1080	150	8	15	21	50	180	25	50	✦			✦	✦			✦
Regular w/ Rice	GF	490	12	3	0	305	580	73	5	11	20	50	170	20	50	✦			✦	✦			✦
Sumo w/ Ribbon Noodles	GF	1080	13	3	0	290	1470	209	10	20	24	70	250	30	60	✦			✦	✦			✦
Sumo w/ Rice	GF	660	13	3	0	305	860	109	8	17	24	70	260	25	70	✦			✦	✦			✦

Singapore Cashew

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Hokkien Noodles		470	12	2	0	0	1120	70	5	15	22	20	100	10	50	✦	✦	✦	✦	✦			✦
Lunch w/ Rice		210	2	0.4	0	0	990	42	3	12	6	20	100	8	20	✦	✦	✦	✦				✦
Regular w/ Hokkien Noodles		600	5	0.5	0	0	1880	109	8	24	30	40	180	15	60	✦	✦	✦	✦				✦
Regular w/ Rice		380	3.5	0.5	0	0	1670	78	5	20	10	40	180	15	35	✦	✦	✦	✦				✦
Sumo w/ Hokkien Noodles		940	8	1	0	0	3000	170	12	37	47	60	270	25	100	✦	✦	✦	✦	✦			✦
Sumo w/ Rice		560	5	1	0	0	2340	114	7	29	14	60	270	20	50	✦	✦	✦	✦				✦

Sweet Mongolian

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Udon Noodles	Veg V	340	2	0	0	0	390	66	4	19	15	20	80	6	35			✦	✦				
Lunch w/ Rice	Veg V GF	210	1.5	0	0	0	210	46	2	17	4	20	80	6	15				✦				
Regular w/ Udon Noodles	Veg V	580	3.5	0	0	0	660	113	7	33	25	35	150	15	60			✦	✦				
Regular w/ Rice	Veg V GF	390	2	0.3	0	0	360	87	4	29	7	35	150	15	35				✦				
Sumo w/ Udon Noodles	Veg V	900	5	0.2	0	0	990	173	10	47	40	50	230	20	90			✦	✦				
Sumo w/ Rice	Veg V GF	580	3	0.4	0	0	510	127	6	41	11	50	230	20	50				✦				

Teriyaki

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Udon Noodles	Veg V	340	1.5	0	0	0	460	66	5	17	17	20	90	8	35			✦	✦				
Lunch w/ Rice	Veg V	210	1	0	0	0	280	46	3	15	6	20	90	8	20			✦	✦				
Regular w/ Udon Noodles	Veg V	580	2.5	0	0	0	780	112	8	30	28	40	160	15	60			✦	✦				
Regular w/ Rice	Veg V	390	1.5	0.2	0	0	480	86	5	26	10	40	160	15	30			✦	✦				
Sumo w/ Udon Noodles	Veg V	890	4	0	0	0	1160	170	12	42	43	60	240	20	90			✦	✦				
Sumo w/ Rice	Veg V	570	2	0.3	0	0	670	125	7	37	14	60	240	20	45			✦	✦				

RICE BOX

Breaded Crispy Chicken

Item	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lemon w/ Rice	701	10	3	0	185	189	79	0	33	67	0	20	4	16			✦	✦		✦		
Orange w/ Rice	661	11	3	0	180	234	66	0	33	67	0	20	4	16			✦	✦		✦		
Sweet & Sour w/ Rice	621	9	3	0	180	429	60	0	24	68	1	15	4	15			✦	✦		✦		

Ginger Beef

Item	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Regular w/ Rice	840	28	4	0.5	55	1620	117	3	34	30	10	30	4	50			✦	✦				
Sumo w/ Rice	1390	47	7	0.5	85	2740	198	4	59	49	15	50	6	90			✦	✦				

Indian Butter Chicken w/Naan

Item	Diet	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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Lunch w/ Rice	Veg	330	11	6	0.1	85	360	32	1	3	24	0	8	6	20			✦			✦	✦	
Regular w/ Rice	Veg	620	22	12	0.2	145	700	64	2	6	37	0	15	15	35			✦			✦	✦	
Sumo w/ Rice	Veg	900	32	19	0.3	200	1030	97	4	9	51	2	20	20	50			✦			✦	✦	

Jungle Lemongrass (without protein)

Item	Diet	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 %
Lunch w/ Rice	Veg V GF	190	6	4	0	0	520	31	4	4	5	15	45	8	30
Regular w/ Rice	Veg V GF	400	13	9	0	0	1140	67	7	8	9	30	90	15	60
Sumo w/ Rice	Veg V GF	620	20	14	0	0	1760	104	11	13	13	50	140	25	90

🌱 I CAN BE VEGETARIAN

V I CAN BE VEGAN

GF I CAN BE GLUTEN FRIENDLY

! PLEASE REMEMBER TO INFORM OUR STAFF IF YOU HAVE AN ALLERGY TO SPECIFIC FOOD GROUPS.

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.

NUTRITION INFORMATION — WOK BOX

RICE BOX

Item		Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Korean Beef Bulgogi																							
Lunch w/ Rice	GF	170	2.5	0.3	0	0	260	34	2	9	4	15	60	6	15			✦				✦	
Regular w/ Rice	GF	370	4	0.5	0	0	540	77	4	18	8	35	150	15	40			✦				✦	
Sumo w/ Rice	GF	540	5	0.5	0	0	750	113	6	26	12	50	230	20	60			✦				✦	
Mongolian Beef & Broccoli																							
Regular w/ Rice	GF	670	14	4.5	0	80	550	105	4	43	32	4	210	15	50				✦				
Sumo w/ Rice	GF	1030	21	6	0	120	840	162	8	66	50	8	420	25	80				✦				
Thai Red (without protein)																							
Lunch w/ Rice	GF	170	5	4	0	0	110	28	2	3	4	15	35	6	20								✦
Regular w/ Rice	GF	370	11	9	0	5	240	61	4	8	8	30	70	10	35								✦
Sumo w/ Rice	GF	580	17	14	0	5	370	95	5	12	12	50	100	15	50								✦

SOUPS & STUFF

Item		Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
BBQ Pork Asian Street Taco (2pcs)		370	19	4	0	45	370	33	3	7	24	10	2	2	30	✦		✦	✦			✦	✦
Butter Chicken Naan-Wich	🌶	470	16	6	0.1	65	920	64	3	8	14	0	6	6	15			✦		✦	✦		
Vietnamese Beef Pho (Small)	GF	470	8	3	0	47	901	79	5	1	22	0	0	4	11								
Vietnamese Beef Pho (Large)	GF	939	16	6	0	95	1802	158	10	2	43	0	0	7	22								
Wonton Soup (Small)		518	10	3	0	47	1785	85	7	2	22	0	2	4	14			✦		✦			✦
Wonton Soup (Large)		648	13	4	0	59	2231	106	9	2	28	0	2	5	17			✦		✦			✦
Wor Wonton Soup		708	13	4	0	1475	2315	106	9	2	39	0	2	8	19			✦		✦			✦

SIDEKICKS (FULL ORDER)

Item		Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Cheesy Kimchi Fire Balls		464	19	4	0	32	844	80	0.4	26	12	52	13	12	6			✦	✦	✦	✦	✦	✦
Green Onion Cakes	🌶 V	120	5	1	0	0	118	20	1	1	3	1	3	1	2			✦					
Green Onion Cakes w/HK Spice	🌶 V	140	6	1	0	0	120	24	3	1	4	0	4	4	12			✦					
Potstickers		240	7	1.5	0	35	600	29	0	2	13	6	20	2	6			✦	✦			✦	
Samosas	🌶 V	333	17	2	0	0	813	45	3	3	9	33	21	6	21			✦	✦				
Spring Rolls	🌶 V	362	15	3	0	0	882	45	3	8	5	52	18	3	8			✦	✦				

KIDS MEAL

Item		Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Breaded Crispy Chicken w/ Rice		240	1.5	0.4	0	60	80	29	0	9	26	2	4	2	15			✦	✦		✦		
Dragon Teriyaki Chicken w/ Rice	GF	200	1.5	0.3	0	25	170	33	22	12	14	2	90	4	15			✦	✦				
Jungle Noodles w/ Chow Mein	🌶 V	440	26	2	0	15	150	42	2	12	10	15	30	6	25			✦	✦	✦			

EXTRAS

Item		Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Bacon (2 strips)		17	12	4	0	31	486	0	0	0	10.5	0	0	0	0								
Ginger Soy Egg		29	2	0.6	0	76.2	243	1	0	0.7	2.5	0	0	1	0				✦				
Kimchi (1oz)		7.5	0	0	0	0	139	1.5	0.5	0	0.5	0	1	1	6								✦
Naan Bread	🌶	180	5	0	0	70	581	32	2	5	0	0	0	0	0			✦			✦		
Steamed Rice (Small)	🌶 V GF	260	0	0	0	0	2	56	1	0	5	0	0	0	20								
Steamed Rice (Large)	🌶 V GF	520	0	0	0	0	4	112	2	0	11	0	0	0	40								

PROTEINS (REGULAR BOX)

Item		Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Beef (4oz)	GF	239	13	5	0	95	60	0	0	0	30	0	0	0	2								
Chicken (4oz)	GF	148	4	1	0.1	91	397	3.4	0	2	25	0	0	0	0								
Shrimp (4oz)	GF	120	0	0	0	172	168	0	0	0	23	0	0	5	3								✦
Tofu (4oz)	🌶 V GF	110	7	1	0	0	0	2	0	0	12	0	0	2	10				✦				

NOODLES

Item		Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Chow Mein (150g)		263	2	0.5	0	28	32	46	2	2	14	0	0	15	4			✦		✦			
Hokkien (240g)		437	2	0.2	0	0	219	79	3	3	24	0	0	24	6			✦		✦			
Ribbon (283g)	🌶 V GF	666	0	0	0	0	33	156	10	0	13	0	0	7	20								
Udon (240g)	🌶 V	413	2	0	0	0	307	75	3	3	22	0	0	0	6			✦					

SAUCES

Item		Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Dan Dan Sauce (1.5oz)		50	1	0.1	0	0	70	11	0	5.5	0.5	0	5	1	2								
Mongolian Sauce (1.5oz)		90	1	0	0	0	630	18.5	0	15.5	0.5	0	1	5	15								
Plum Sauce (1.5oz)		50	0	0	0	0	115	14	0	13	0.1	4	0	0	0								
Sweet & Sour Sauce (1.5oz)		60	0	0	0	0	190	16	0	13	0.1	0	2	0	0								

DISHES CONTAIN allergen columns: Peanuts, Tree Nuts, Wheat, Soy, Eggs, Milk, Sesame Seeds, Seafood

🌶 **I CAN BE VEGETARIAN**

V **I CAN BE VEGAN**

GF **I CAN BE GLUTEN FRIENDLY**

! PLEASE REMEMBER TO INFORM OUR STAFF IF YOU HAVE AN ALLERGY TO SPECIFIC FOOD GROUPS.

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.