



# NUTRITION INFORMATION



DISHES CONTAIN

## Rice Box

	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
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### Crispy Chicken

Full Box w/ Rice (Lemon Sauce)	701	10	3	0	185	189	79	0	33	67	0	20	4	16			•	•		•		
Full Box w/ Rice (Orange Sauce)	661	11	3	0	180	234	66	0	33	67	0	20	4	16			•	•		•		
Full Box w/ Rice (Sweet & Sour Sauce)	621	9	3	0	180	429	60	0	24	68	1	15	4	15			•	•		•		

### Ginger Beef

Full Box 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			•	•				

### Butter Chicken w/Naan

Half Box w/ Rice	330	11	6	0.1	85	360	32	1	3	24	0	8	6	20			•		•	•		
Full Box w/ Rice	620	22	12	0.2	145	700	64	2	6	37	0	15	15	35			•		•	•		
Sumo w/ Rice	900	32	19	0.3	200	1030	97	4	9	51	2	20	20	50			•		•	•		

### Jungle Lemongrass (without protein)

Half Box w/ Rice	190	6	4	0	0	520	31	4	4	5	15	45	8	30								
Full Box w/ Rice	400	13	9	0	0	1140	67	7	8	9	30	90	15	60								
Sumo w/ Rice	620	20	14	0	0	1760	104	11	13	13	50	140	25	90								

### Korean Beef Bulgogi

Half Box w/ Rice	170	2.5	0.3	0	0	260	34	2	9	4	15	60	6	15				•			•	
Full Box w/ Rice	370	4	0.5	0	0	540	77	4	18	8	35	150	15	40				•			•	
Sumo w/ Rice	540	5	0.5	0	0	750	113	6	26	12	50	230	20	60				•			•	

### Mongolian Beef & Broccoli

Full Box w/ Rice	670	14	4.5	0	80	550	105	4	43	32	4	210	15	50				•				
Sumo w/ Rice	1030	21	6	0	120	840	162	8	66	50	8	420	25	80				•				

### Thai Red (without protein)

Half Box w/ Rice	170	5	4	0	0	110	28	2	3	4	15	35	6	20								•
Full Box w/ Rice	370	11	9	0	5	240	61	4	8	8	30	70	10	35								•
Sumo w/ Rice	580	17	14	0	5	370	95	5	12	12	50	100	15	50								•

## Soups & Stuff

Butter Chicken Naan-Wich	470	16	6	0.1	65	920	64	3	8	14	0	6	6	15			•		•	•		
Vietnamese Beef Pho (Small)	470	8	3	0	47	901	79	5	1	22	0	0	4	11								
Vietnamese Beef Pho (Large)	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)

Cheesy Kimchi Fire Balls	464	19	4	0	32	844	80	0.4	26	12	52	13	12	6			•	•	•	•	•	•
Curry Spice Green Onion Cakes	140	6	1	0	0	120	24	3	1	4	0	4	4	12			•					
Green Onion Cakes	120	5	1	0	0	118	20	1	1	3	1	3	1	2			•					
Potstickers	240	7	1.5	0	35	600	29	0	2	13	6	20	2	6			•	•				•
Samosas	333	17	2	0	0	813	45	3	3	9	33	21	6	21			•	•				
Spring Rolls	362	15	3	0	0	882	45	3	8	5	52	18	3	8			•	•				

## Kids Meal

Crispy Chicken w/ Rice	240	1.5	0.4	0	60	80	29	0	9	26	2	4	2	15			•	•		•		
Dragon Chicken w/ Rice	200	1.5	0.3	0	25	170	33	22	12	14	2	90	4	15			•	•				
Jungle Noodles w/ Chow Mein	440	26	2	0	15	150	42	2	12	10	15	30	6	25			•	•	•			

## Extras

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			•			•		
Rice (Small)	260	0	0	0	0	2	56	1	0	5	0	0	0	20								
Rice (Large)	520	0	0	0	0	4	112	2	0	11	0	0	0	40								

## Sauces

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								

CAN BE VEGAN

CAN BE VEGETARIAN

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.