










NUTRITION INFORMATION









WOK BOX

Noodle Box																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 %	Peanuts	Tree Nuts	Wheat	Soy	Eggs	Milk	Sesame Seeds	Seafood
Dan Dan (without protein)																							
Half Box w/ Hokkien Noodles		310	2	0.3	0	0	770	56	5	7	18	20	80	8	35			•	•	•		•	
Half Box w/ Rice	 	170	1.5	0	0	0	640	35	3	5	6	20	80	8	15			•	•			•	
Regular Box w/ Hokkien Noodles		530	3.5	0.4	0	0	1300	97	8	12	30	40	160	15	60			•	•	•		•	
Regular Box w/ Rice	 	320	2	0.3	0	0	1080	66	5	9	9	40	160	15	30			•	•			•	
Sumo w/ Hokkien Noodles		840	5	0.5	0	0	2060	151	12	19	46	60	240	20	90			•	•	•		•	
Sumo w/ Rice	 	480	3.5	0.4	0	0	1720	99	7	13	13	60	240	20	45			•	•			•	

Firecracker (without protein)																							
Half Box w/ Hokkien Noodles		380	18	4.5	0	30	1300	85	6	25	31	20	90	10	40			•	•	•		•	•
Half Box w/ Rice		250	17	4.5	0	30	1130	66	4	23	20	20	90	8	20			•	•			•	•
Regular Box w/ Hokkien Noodles		650	34	9	0	65	2150	145	9	44	55	40	170	15	60			•	•	•		•	•
Regular Box 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 (without protein)																							
Half Box w/ Chow Mein Noodles		270	2.5	0.4	0	20	270	48	5	10	14	20	90	8	35			•	•	•			
Half Box w/ Rice	 	190	1.5	0	0	0	240	39	3	9	6	20	90	8	20			•	•				
Regular Box w/ Chow Mein Noodles		400	4	0.5	0	30	510	73	7	19	20	40	160	15	50			•	•	•			
Regular Box 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 (without protein)																							
Half Box w/ Chow Mein Noodles		320	9	1.5	0	15	600	47	4	12	15	15	70	8	30	•		•	•	•		•	
Half Box w/ Rice	 	250	8	1	0	0	570	38	3	10	8	15	70	8	20	•		•	•			•	
Regular Box w/ Chow Mein Noodles		570	18	2.5	0	25	1270	81	8	25	26	35	150	15	50	•		•	•	•		•	
Regular Box 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 (without protein)																							
Half Box w/ Ribbon Noodles		440	8	2	0	155	540	76	4	8	12	30	90	10	25	•			•	•			•
Half Box w/ Rice		220	4.5	0.5	0	5	290	39	3	6	7	20	90	10	25	•			•	•			•
Regular Box w/ Ribbon Noodles		820	13	3	0	305	1080	150	8	15	21	50	180	25	50	•			•	•			•
Regular Box w/ Rice		490	12	3	0	305	580	73	5	11	20	50	170	20	50	•			•	•			•
Sumo w/ Ribbon Noodles		1080	13	3	0	290	1470	209	10	20	24	70	250	30	60	•			•	•			•
Sumo w/ Rice		660	13	3	0	305	860	109	8	17	24	70	260	25	70	•			•	•			•

Singapore Cashew (without protein)																									
Half Box w/ Hokkien Noodles	470	12	2	0	0	1120	70	5	15	22	20	100	10	50	●	●	●	●	●				●		
Half Box w/ Rice	210	2	0.4	0	0	990	42	3	12	6	20	100	8	20	●	●	●	●				●			
Regular Box w/ Hokkien Noodles	600	5	0.5	0	0	1880	109	8	24	30	40	180	15	60	●	●	●	●	●			●			
Regular Box 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 (without protein)																							
Half Box w/ Udon Noodles	 	340	2	0	0	0	390	66	4	19	15	20	80	6	35			•	•				
Half Box w/ Rice	  	210	1.5	0	0	0	210	46	2	17	4	20	80	6	15				•				
Regular Box w/ Udon Noodles	 	580	3.5	0	0	0	660	113	7	33	25	35	150	15	60			•	•				
Regular Box w/ Rice	  	390	2	0.3	0	0	360	87	4	29	7	35	150	15	35				•				
Sumo w/ Udon Noodles	 	900	5	0.2	0	0	990	173	10	47	40	50	230	20	90			•	•				
Sumo w/ Rice	  	580	3	0.4	0	0	510	127	6	41	11	50	230	20	50				•				

Teriyaki (without protein)																							
Half Box w/ Udon Noodles	 	340	1.5	0	0	0	460	66	5	17	17	20	90	8	35			•	•				
Half Box w/ Rice	 	210	1	0	0	0	280	46	3	15	6	20	90	8	20			•	•				
Regular Box w/ Udon Noodles	 	580	2.5	0	0	0	780	112	8	30	28	40	160	15	60			•	•				
Regular Box w/ Rice	 	390	1.5	0.2	0	0	480	86	5	26	10	40	160	15	30			•	•				
Sumo w/ Udon Noodles	 	890	4	0	0	0	1160	170	12	42	43	60	240	20	90			•	•				
Sumo w/ Rice	 	570	2	0.3	0	0	670	125	7	37	14	60	240	20	45			•	•				

Noodles																							
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)	  	666	0	0	0	0	33	156	10	0	13	0	0	7	20								
Udon (240g)	 	413	2	0	0	0	307	75	3	3	22	0	0	0	6			•					

Proteins (REGULAR BOX PORTION)																				
Beef (4oz)		239	13	5	0	95	60	0	0	0	30	0	0	0	2					
Chicken (4oz)		148	4	1	0.1	91	397	3.4	0	2	25	0	0	0	0					
Shrimp (4oz)		120	0	0	0	172	168	0	0	0	23	0	0	5	3					
Tofu (4oz)	  	110	7	1	0	0	0	2	0	0	12	0	0	2	10					

WOK BOX

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

Crispy Chicken

Regular Box w/ Rice (Lemon Sauce)

701

10

3

0

185

189

79

0

33

67

0

20

4

16

Regular Box w/ Rice (Orange Sauce)

661

11

3

0

180

234

66

0

33

67

0

20

4

16

Regular Box w/ Rice (Sweet & Sour Sauce)

621

9

3

0

180

429

60

0

24

68

1

15

4

15

Ginger Beef

Regular 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

Regular 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

Regular 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

Regular 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

Regular 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

Regular 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

Sweet & Sour Sauce (1.5oz)

60

0

0

0

0

190

16

0

13

0.1

0

2

0

0



CAN BE GLUTEN FRIENDLY



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.