



# NUTRITION & ALLERGEN INFORMATION

## Nutrition Facts

## Allergens

MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
<b>SIDE</b>																				
Chow Mein	9.4 oz	510	180	20	3.5	0	0	860	80	6	9	13	Y	Y						
Chow Fun*	8.5 oz	410	80	9	1	0	0	1110	73	1	6	9	Y	Y						Y
Fried Rice	9.3 oz	520	140	16	3	0	120	850	85	1	3	11	Y	Y					Y	
Brown Steamed Rice	10.4 oz	420	35	4	1	0	0	15	86	4	1	9								
White Steamed Rice	8.1 oz	380	0	0	0	0	0	0	87	0	0	7								
Super Greens (Side)	7 oz	90	22.5	2.5	0	0	0	260	10	5	4	6	Y	Y						
<b>VEGETABLES</b>																				
Eggplant Tofu*	6.1 oz	340	220	24	3.5	0	0	520	23	3	17	7	Y	Y						
Super Greens (Entree)	3.5 oz	45	13.5	1.5	0	0	0	130	5	3	2	3	Y	Y						
<b>CHICKEN</b>																				
Black Pepper Chicken	6.3 oz	280	160	19	3.5	0	55	1130	15	1	7	13	Y	Y						
Kung Pao Chicken	6.2 oz	290	170	19	3.5	0	55	970	14	2	6	16	Y	Y	Y					
Grilled Teriyaki Chicken	6 oz	300	120	13	4	0	185	530	8	0	8	36	Y	Y						
Grilled Asian Chicken	6 oz	300	120	13	4	0	185	530	8	0	8	36	Y	Y						
Teriyaki Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	Y	Y						
Asian Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	Y	Y						
Mushroom Chicken	5.7 oz	220	130	14	2.5	0	50	840	10	1	5	13	Y	Y						



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Orange Chicken 🌶️	5.7 oz	490	210	23	5	0	80	820	51	2	19	25	Y	Y					Y	Y
Potato Chicken* 🥬	5.2 oz	190	90	10	2	0	30	680	18	2	4	8	Y	Y						
CHICKEN BREAST																				
Honey Sesame Chicken Breast*	5.3 oz	420	200	22	4	0	45	480	40	2	19	16	Y	Y						
String Bean Chicken Breast 🥬	5.6 oz	190	80	9	2	0	34	590	13	4	4	14	Y	Y						
SweetFire Chicken Breast™ 🌶️	5.8 oz	380	140	15	3	0	35	320	47	1	27	13	Y							
Sweet & Sour Chicken Breast* 🥬	5.5 oz	300	110	12	3	0	25	260	40	1	24	10	Y							
BEEF																				
Beijing Beef™ 🌶️	5.6 oz	470	240	26	5	0	25	660	46	1	24	13	Y	Y						Y
Broccoli Beef 🥬	5.4 oz	150	70	7	1.5	0	12	520	13	2	7	9	Y	Y						
Shanghai Angus Steak	6.4 oz	310	170	19	4	0	40	790	17	1	11	19	Y	Y						
SEAFOOD																				
Honey Walnut Shrimp	3.7 oz	360	200	23	3.5	0	100	440	35	2	9	13	Y	Y		Y		Y	Y	Y
Golden Treasure Shrimp*	5 oz	360	160	18	3	0	100	440	35	2	14	14	Y	Y				Y		
Steamed Ginger Fish*	6 oz	200	110	12	2.5	0	40	1990	8	0	6	15	Y	Y			Y			Y
APPETIZERS																				
Chicken Egg Roll	2.75 oz / 1 roll	200	90	10	2	0	20	340	20	2	2	6	Y	Y					Y	Y



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Chicken Potsticker	3.3 oz / 3 pcs	160	60	6	1.5	0	20	250	20	1	2	6	Y	Y						
Cream Cheese Rangoon	2.4 oz / 3 pcs	190	70	8	5	0	35	180	24	2	1	5	Y						Y	Y
Vegetable Spring Roll	3.4 oz / 2 rolls	190	80	8	1.5	0	0	520	27	2	3	3	Y	Y						
<b>SOUP</b>																				
Hot & Sour Soup (Cup) 🌶️	12.2 oz	120	40	5	0.5	0	65	880	14	1	4	7	Y	Y					Y	
Hot & Sour Soup (Bowl) 🌶️ 🥗	17.4 oz	170	60	6	1	0	90	1260	20	1	6	10	Y	Y					Y	
<b>SAUCES &amp; COOKIES</b>																				
Teriyaki Sauce	1.8 oz	70	5	0	0	0	0	380	16	0	14	0	Y	Y						
Sweet & Sour Sauce	1.8 oz	70	0	0	0	0	0	115	21	0	20	0								
Chili Sauce	1 Packet (7g)	10	0	0	0	0	0	125	2	0	2	0								
Soy Sauce	1 Packet (6g)	5	0	0	0.0	0	0	375	0	0	0	0	Y	Y						
Potsticker Sauce	1 Packet (11.4g)	10	0	0	0	0	0	290	3	0	2	0	Y	Y						
Hot Mustard	1 Packet (7g)	10	10	1	0	0	0	115	0	0	0	0								
Plum Sauce	1 Packet (7g)	15	0	0	0	0	0	55	3	0	3	0								
Chocolate Chip Chunk Cookie	1.2 oz / 1 pc	160	60	7	3	0	5	125	25	<1	14	2	Y	Y					Y	Y



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<b>BEVERAGES</b>																				
Barq's Root Beer	22 oz	290	0	0	0	0	0	95	80	0	80	0								
Barq's Root Beer	30 oz	400	0	0	0	0	0	135	109	0	109	0								
Barq's Root Beer	42 oz	560	0	0	0	0	0	190	153	0	152	0								
Cherry Coca-Cola	22 oz	280	0	0	0	0	0	75	77	0	77	0								
Cherry Coca-Cola	30 oz	380	0	0	0	0	0	105	105	0	105	0								
Cherry Coca-Cola	42 oz	540	0	0	0	0	0	140	147	0	147	0								
Coca-Cola	22 oz	270	0	0	0	0	0	70	73	0	73	0								
Coca-Cola	30 oz	370	0	0	0	0	0	95	100	0	100	0								
Coca-Cola	42 oz	510	0	0	0	0	0	135	140	0	140	0								
Coca-Cola Zero Sugar	22 oz	0	0	0	0	0	0	75	0	0	0	0								
Coca-Cola Zero Sugar	30 oz	0	0	0	0	0	0	100	0	0	0	0								
Coca-Cola Zero Sugar	42 oz	0	0	0	0	0	0	140	1	0	0	0								
Diet Coke	22 oz	0	0	0	0	0	0	90	1	0	0	0								
Diet Coke	30 oz	0	0	0	0	0	0	125	1	0	0	0								
Diet Coke	42 oz	0	0	0	0	0	0	170	1	0	0	0								
Dr Pepper	22 oz	260	0	0	0	0	0	80	72	0	70	0								
Dr Pepper	30 oz	360	0	0	0	0	0	110	98	0	98	0								
Dr Pepper	42 oz	500	0	0	0	0	0	150	137	0	137	0								
Fanta Fruit Punch**	22 oz	280	0	0	0	0	0	105	76	0	75	0								
Fanta Fruit Punch**	30 oz	380	0	0	0	0	0	150	104	0	102	0								
Fanta Fruit Punch**	42 oz	530	0	0	0	0	0	200	145	0	143	0								



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MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
Fanta Orange	22 oz	270	0	0	0	0	0	75	74	0	73	0								
Fanta Orange	30 oz	370	0	0	0	0	0	100	101	0	99	0								
Fanta Orange	42 oz	520	0	0	0	0	0	140	142	0	139	0								
Fanta Orange (PR Only)	22 oz	300	0	0	0	0	0	105	77	0	77	0								
Fanta Orange (PR Only)	30 oz	410	0	0	0	0	0	140	105	0	105	0								
Fanta Orange (PR Only)	42 oz	570	0	0	0	0	0	200	147	0	147	0								
Fanta Strawberry	22 oz	290	0	0	0	0	0	150	79	0	78	0								
Fanta Strawberry	30 oz	390	0	0	0	0	0	210	107	0	106	0								
Fanta Strawberry	42 oz	550	0	0	0	0	0	290	150	0	149	0								
Fanta Strawberry (TX Only)	22 oz	300	0	0	0	0	0	75	81	0	81	0								
Fanta Strawberry (TX Only)	30 oz	410	0	0	0	0	0	105	111	0	110	0								
Fanta Strawberry (TX Only)	42 oz	570	0	0	0	0	0	140	155	0	154	0								
Fuze Lemon Black Tea**	22 oz	150	0	0	0	0	0	95	41	0	40	0								
Fuze Lemon Black Tea**	30 oz	210	0	0	0	0	0	125	56	0	55	0								
Fuze Lemon Black Tea**	42 oz	300	0	0	0	0	0	180	78	0	77	0								
Fuze Raspberry Tea**	22 oz	150	0	0	0	0	0	90	41	0	41	0								
Fuze Raspberry Tea**	30 oz	210	0	0	0	0	0	125	56	0	55	0								
Fuze Raspberry Tea**	42 oz	300	0	0	0	0	0	180	78	0	78	0								



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MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
Glaceau Vitaminwater Squeezed Zero**	22 oz	5	0	0	0	0	0	75	2	0	0	0								
Glaceau Vitaminwater Squeezed Zero**	30 oz	5	0	0	0	0	0	100	2	0	0	0								
Glaceau Vitaminwater Squeezed Zero**	42 oz	10	0	0	0	0	0	140	3	0	0	0								
Gold Peak Premium Unsweetened Tea**	22 oz	0	0	0	0	0	0	90	0	0	0	0								
Gold Peak Premium Unsweetened Tea**	30 oz	0	0	0	0	0	0	125	0	0	0	0								
Gold Peak Premium Unsweetened Tea**	42 oz	0	0	0	0	0	0	170	0	0	0	0								
Hi-C Flashin Fruit Punch**	22 oz	280	0	0	0	0	0	135	78	0	76	0								
Hi-C Flashin Fruit Punch**	30 oz	390	0	0	0	0	0	180	106	0	103	0								
Hi-C Flashin Fruit Punch**	42 oz	540	0	0	0	0	0	260	148	0	145	0								
Minute Maid Lemonade	22 oz	290	0	0	0	0	0	180	72	0	69	0								
Minute Maid Lemonade	30 oz	390	0	0	0	0	0	250	99	0	94	0								
Minute Maid Lemonade	42 oz	550	0	0	0	0	0	350	138	0	132	0								
Minute Maid Light Lemonade**	22 oz	10	0	0	0	0	0	80	4	0	0	0								
Minute Maid Light Lemonade**	30 oz	15	0	0	0	0	0	105	5	0	0	0								
Minute Maid Light Lemonade**	42 oz	20	0	0	0	0	0	150	7	0	0	0								



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POWERade Mountain Berry Blast**	22 oz	150	0	0	0	0	0	210	40	0	40									
POWERade Mountain Berry Blast**	30 oz	210	0	0	0	0	0	280	55	0	55									
POWERade Mountain Berry Blast**	42 oz	290	0	0	0	0	0	390	77	0	77									
Seagram's Ginger Ale**	22 oz	240	0	0	0	0	0	80	64	0	64	0								
Seagram's Ginger Ale**	30 oz	320	0	0	0	0	0	110	87	0	87	0								
Seagram's Ginger Ale**	42 oz	450	0	0	0	0	0	150	121	0	121	0								
Sprite	22 oz	250	0	0	0	0	0	125	68	0	67	0								
Sprite	30 oz	340	0	0	0	0	0	170	92	0	91	0								
Sprite	42 oz	470	0	0	0	0	0	240	129	0	128	0								
Sprite Zero**	22 oz	5	0	0	0	0	0	80	0	0	0	0								
Sprite Zero**	30 oz	5	0	0	0	0	0	110	0	0	0	0								
Sprite Zero**	42 oz	10	0	0	0	0	0	160	0	2	0	0								
Black Tea**	22 oz	5	0	0	0	0	0	20	2	0	0	0								
Black Tea**	30 oz	10	0	0	0	0	0	25	3	0	0	0								
Black Tea**	42 oz	10	0	0	0	0	0	35	3	0	0	0								
Lemon Green Tea**	22 oz	10	0	0	0	0	0	0	0	0	0	1								
Lemon Green Tea**	30 oz	10	0	0	0	0	0	0	0	0	0	2								
Lemon Green Tea**	42 oz	15	0	0	0	0	0	0	0	0	0	3								



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MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
Passion Fruit Mango Black Tea**	22 oz	5	0	0	0	0	0	20	2	0	0	0								
Passion Fruit Mango Black Tea**	30 oz	10	0	0	0	0	0	25	3	0	0	0								
Passion Fruit Mango Black Tea**	42 oz	15	0	0	0	0	0	35	4	0	0	0								
Sweet Tea**	22 oz	280	0	0	0	0	0	15	71	0	69	0								
Sweet Tea**	30 oz	410	5	0	0	0	0	25	103	0	101	0								
Sweet Tea**	42 oz	510	0	0	0	0	0	30	129	0	126	0								

Nutrition information for the cup sizes and ice amounts are approximate values based on FDA-prescribed rounding rules. Actual nutritional values will vary based on cup fill level, type and precise amount of ice, and fountain equipment performance. Due to variations in sodium contributions from water, the sodium level of our fountain beverages may vary.





# NUTRITION & ALLERGEN INFORMATION

## KID'S MEAL

### Nutrition Facts

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<b>SIDE</b>																				
Chow Mein	5.2 oz	280	110	12	2	0	0	540	36	2	5	7	Y	Y						
Chow Fun*	6.2 oz	300	60	6	0.5	0	0	810	53	1	4	6	Y	Y						Y
Fried Rice	6.2 oz	350	90	10	2	0	80	570	57	0	2	7	Y	Y					Y	
Brown Steamed Rice	7.8 oz	310	25	3	0.5	0	0	10	64	3	1	7								
White Steamed Rice	5.1 oz	240	0	0	0	0	0	0	54	0	0	5								
Super Greens (Side)	5.25 oz	60	18	2	0	0	0	200	7	4	3	4	Y	Y						
<b>VEGETABLES</b>																				
Eggplant Tofu*	4.6 oz	250	160	18	2.5	0	0	390	17	2	13	5	Y	Y						
Super Greens (Entree)	2.6 oz	30	9	1	0	0	0	95	4	2	2	2	Y	Y						
<b>CHICKEN</b>																				
Black Pepper Chicken	4.6 oz	200	120	14	2.5	0	40	830	11	<1	5	10	Y	Y						
Kung Pao Chicken	4.4 oz	200	120	14	2.5	0	40	690	10	2	4	11	Y	Y	Y					
Grilled Teriyaki Chicken	3.6 oz	180	70	8	2.5	0	110	320	5	0	5	22	Y	Y						
Grilled Asian Chicken	3.6 oz	180	70	8	2.5	0	110	320	5	0	5	22	Y	Y						
Teriyaki Chicken	3.6 oz	200	70	8	2	0	115	380	8	2	6	25	Y	Y						
Asian Chicken	3.6 oz	200	70	8	2	0	115	380	8	2	6	25	Y	Y						
Mushroom Chicken	4.4 oz	170	100	11	2	0	40	650	8	0	4	10	Y	Y						



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MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
Orange Chicken	4.3 oz	370	153	17	3.5	0	60	620	38	1	14	19	Y	Y					Y	Y
Potato Chicken*	3.9 oz	140	70	8	1.5	0	20	510	15	0	3	6	Y	Y						
<b>CHICKEN BREAST</b>																				
Honey Sesame Chicken Breast*	4 oz	320	150	17	3	0	30	360	30	2	14	12	Y	Y						
String Bean Chicken Breast	4.2 oz	140	60	7	1.5	0	26	440	10	3	3	11	Y	Y						
SweetFire Chicken Breast™	4.4 oz	280	100	12	2	0	25	240	35	1	20	10	Y							
Sweet & Sour Chicken Breast*	4.1 oz	270	90	10	2	0	20	220	35	1	21	9	Y							
<b>BEEF</b>																				
Beijing Beef™	4.2 oz	350	180	20	4	0	20	490	34	1	18	10	Y	Y						Y
Broccoli Beef	5.1 oz	110	50	6	1	0	10	400	10	2	5	7	Y	Y						
Shanghai Angus Steak	4.8 oz	230	126	14	3	0	30	590	13	1	8	14	Y	Y						
<b>SEAFOOD</b>																				
Honey Walnut Shrimp	2 oz	200	110	13	2	0	55	240	14	1	5	7	Y	Y		Y		Y	Y	Y
Golden Treasure Shrimp*	2.75 oz	210	90	10	1.5	0	60	250	20	1	8	8	Y	Y				Y		
Steamed Ginger Fish*	2 oz	70	35	4	1	0	15	660	3	0	2	5	Y	Y			Y			Y



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<b>BEVERAGES</b>																				
Barq's Root Beer	12 oz	160	0	0	0	0	0	55	44	0	44	0								
Cherry Coca-Cola	12 oz	150	0	0	0	0	0	40	42	0	42	0								
Coca-Cola	12 oz	150	0	0	0	0	0	40	40	0	40	0								
Coca-Cola Zero Sugar	12 oz	0	0	0	0	0	0	40	0	0	0	0								
Diet Coke	12 oz	0	0	0	0	0	0	50	0	0	0	0								
Dr Pepper	12 oz	140	0	0	0	0	0	45	39	0	38	0								
Fanta Fruit Punch**	12 oz	150	0	0	0	0	0	60	42	0	41	0								
Fanta Orange	12 oz	150	0	0	0	0	0	40	40	0	40	0								
Fanta Orange (PR Only)	12 oz	160	0	0	0	0	0	55	42	0	42	0								
Fanta Strawberry	12 oz	160	0	0	0	0	0	85	43	0	43	0								
Fanta Strawberry (TX Only)	12 oz	160	0	0	0	0	0	40	44	0	44	0								
Fuze Lemon Black Tea**	12 oz	80	0	0	0	0	0	50	22	0	22	0								
Fuze Raspberry Tea**	12 oz	80	0	0	0	0	0	50	22	0	22	0								
Glaceau Vitaminwater Squeezed Zero**	12 oz	0	0	0	0	0	0	40	1	0	0	0								
Gold Peak Premium Unsweetened Tea**	12 oz	0	0	0	0	0	0	50	0	0	0	0								
Hi-C Flashin Fruit Punch**	12 oz	150	0	0	0	0	0	75	42	0	41	0								
Minute Maid Lemonade	12 oz	160	0	0	0	0	0	100	39	0	38	0								



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MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
<b>BEVERAGES</b>																				
Minute Maid Light Lemonade**	12 oz	5	0	0	0	0	0	45	2	0	0	0								
POWERade Mountain Berry Blast**	12 oz	80	0	0	0	0	0	110	22	0	22	0								
Seagram's Ginger Ale**	12 oz	130	0	0	0	0	0	45	35	0	35	0								
Sprite	12 oz	140	0	0	0	0	0	70	37	0	36	0								
Sprite Zero**	12 oz	0	0	0	0	0	0	45	0	0	0	0								
Black Tea**	12 oz	5	0	0	0	0	0	0	1	0	0	0								
Lemon Green Tea**	12 oz	5	0	0	0	0	0	10	1	0	0	1								
Passion Fruit Mango**	12 oz	5	0	0	0	0	0	10	1	0	0	0								
Sweet Tea**	12 oz	150	0	0	0	0	0	10	39	0	38	0								

Nutrition information for the cup sizes and ice amounts are approximate values based on FDA-prescribed rounding rules. Actual nutritional values will vary based on cup fill level, type and precise amount of ice, and fountain equipment performance. Due to variations in sodium contributions from water, the sodium level of our fountain beverages may vary.



# NUTRITION & ALLERGEN INFORMATION



 Spicy  WOK SMART™ | 300 calories or less and at least 8g of protein. Entree selections may vary by location.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. These values are based on standard product formulation. Minor acceptable variations can be expected due to sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included.

Ingredients are based upon standardized recipes. Variations in nutrition values may occur based upon regional and seasonal ingredient differences, packaging differences and menu items being individually hand served. Panda uses ingredients that contain all the major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, soy and wheat). Panda prepares its entrees fresh with shared cooking equipment and therefore allergens could be present in any entree. Panda Express does not have any vegetarian or gluten free dishes. No MSG added except for that naturally occurring in certain ingredients.

**For additional menu information, please contact us at (800) 877-8988 or [pandaexpress.com/contactus](https://pandaexpress.com/contactus).**