



NUTRITION & ALLERGEN INFORMATION

Nutrition Facts

Allergens

Nutrition Facts													Allergens							
Menu Items	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
RICE & NOODLES																				
Chow Mein	9.4 oz	490	200	22	4	0	0	1060	65	4	8	13	✓	✓						
Fried Rice	9.3 oz	530	140	16	3	0	150	820	82	1	3	12	✓	✓						✓
Steamed Rice	8.1 oz	380	0	0	0	0	0	0	86	0	0	7								
VEGGIES																				
Eggplant & Tofu 🌶️	6.1 oz	310	220	24	3.5	0	0	570	20	3	13	7	✓	✓						
Mixed Veggies (Side) 🌱	8.6 oz	70	5	0.5	0	0	0	530	13	5	4	4	✓	✓						✓
Mixed Veggies (Entree) 🌱	4.3 oz	35	0	0	0	0	0	260	7	3	2	2	✓	✓						✓
CHICKEN																				
Black Pepper Chicken 🌱	6.1 oz	200	90	10	2	0	65	1050	13	1	5	15	✓	✓						
Kung Pao Chicken 🌶️ 🌱	5.8 oz	240	130	14	2.5	0	55	900	13	1	5	15	✓	✓	✓					
Mandarin Chicken	5.8 oz	310	150	16	4	0	115	740	8	0	8	34	✓	✓						
Mushroom Chicken 🌱	5.9 oz	180	80	9	1.5	0	55	840	10	1	4	14	✓	✓						
Orange Chicken 🌶️	5.7 oz	420	180	21	4	0	95	620	43	0	18	15	✓	✓					✓	✓
Potato Chicken 🌱	5.2 oz	190	80	9	1.5	0	35	820	19	2	5	9	✓	✓						
CHICKEN BREAST																				
String Bean Chicken Breast 🌱	5.6 oz	160	50	6	1	0	35	770	12	2	6	15	✓	✓						
SweetFire Chicken Breast™ 🌶️	5.8 oz	440	160	18	3.5	0	45	370	53	1	27	17	✓	✓						
Sweet & Sour Chicken Breast	5.5 oz	380	150	17	3	0	40	320	40	1	23	15	✓	✓						



"La" (Spicy)



WOK SMART™ entrees are 250 calories or less per single serving.

Entree selections may vary by location.



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BEEF																				
Beijing Beef™ 🍖	5.6 oz	690	360	40	8	0.5	65	890	57	4	25	26		✓					✓	
Broccoli Beef 🥬	5.4 oz	120	35	4	0.5	0	10	660	13	3	3	9	✓	✓						
Shanghai Angus Steak™ 🥬	5.4 oz	220	60	7	2	0	50	910	19	1	13	21	✓	✓						
PORK																				
BBQ Pork	4.6 oz	360	180	19	8	0	120	1310	13	1	12	34	✓	✓						
Sweet & Sour Pork	6.2 oz	390	190	21	3	0	15	460	44	2	26	10	✓	✓						
SHRIMP																				
Crispy Shrimp	3.5 oz / 6 pcs	260	120	13	2.5	0	60	810	26	1	2	9	✓	✓				✓		
Golden Treasure Shrimp™ 🍖	5 oz	390	170	19	3	0	115	500	39	2	15	16	✓	✓				✓		
Honey Walnut Shrimp	3.7 oz	370	210	23	4	0	110	470	27	2	9	14	✓	✓		✓		✓	✓	✓
Peppercorn Shrimp 🥬	5.1 oz	170	45	5	1	0	95	800	18	1	11	12	✓	✓				✓		✓
APPETIZERS																				
Chicken Egg Roll 🥬	3 oz / 1 roll	200	100	12	4	0	20	390	16	2	2	8	✓	✓						✓
Chicken Potsticker 🥬	3.3 oz / 3 pcs	220	100	11	2.5	0	20	280	23	1	2	7	✓	✓						
Cream Cheese Rangoon 🥬	2.4 oz / 3 pcs	190	70	8	5	0	35	180	24	2	1	5	✓						✓	✓
Veggie Spring Roll 🥬	3.4 oz / 2 rolls	160	60	7	1	0	0	540	22	4	2	4	✓	✓						✓
SOUP																				
Hot & Sour Soup 🍖 🥬	10.6 oz	100	30	3.5	0.5	0	65	930	12	1	4	4	✓	✓					✓	

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MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	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
SAUCES & COOKIES																				
Mandarin Sauce	1.8 oz	160	0	0	0	0	0	340	40	0	40	0	✓	✓						
Sweet & Sour Sauce	1.8 oz	70	0	0	0	0	0	115	21	0	20	0								
Fortune Cookies	8 g / 1 pc	32	2	0	0	0	0	8	7	0	3	1	✓	✓					✓	✓
BEVERAGES																				
Pepsi® (Kids)	12 oz	130	0	0	0	0	0	35	37	0	35	0								
Pepsi® (Sm.)	22 oz	240	0	0	0	0	0	60	67	0	65	0								
Pepsi® (Med.)	30 oz	330	0	0	0	0	0	80	92	0	89	0								
Pepsi® (Lrg.)	42 oz	460	0	0	0	0	0	115	129	0	124	0								
Diet Pepsi® (Kids)	12 oz	0	0	0	0	0	0	35	0	0	0	0								
Diet Pepsi® (Sm.)	22 oz	0	0	0	0	0	0	60	0	0	0	0								
Diet Pepsi® (Med.)	30 oz	0	0	0	0	0	0	80	0	0	0	0								
Diet Pepsi® (Lrg.)	42 oz	0	0	0	0	0	0	115	0	0	0	0								
Mountain Dew® (Kids)	12 oz	140	0	0	0	0	0	45	38	0	38	0								
Mountain Dew® (Sm.)	22 oz	260	0	0	0	0	0	85	70	0	70	0								
Mountain Dew® (Med.)	30 oz	360	0	0	0	0	0	115	95	0	95	0								
Mountain Dew® (Lrg.)	42 oz	510	0	0	0	0	0	160	133	0	133	0								
Dr Pepper® (Kids)	12 oz	113	0	0	0	0	0	39	30	0	30	0								
Dr Pepper® (Sm.)	22 oz	206	0	0	0	0	0	72	56	0	56	0								
Dr Pepper® (Med.)	30 oz	281	0	0	0	0	0	98	76	0	76	0								
Dr. Pepper (Lrg.)	42 oz	394	0	0	0	0	0	138	106	0	106	0								



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<div><div><div><div></div><div>PERMET CHINESE</div><div></div></div></div><div>Nutrition Facts</div></div>													Allergens							
MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
BEVERAGES																				
Mug Root Beer® (Kids)	12 oz	130	0	0	0	0	0	20	34	0	34	0								
Mug Root Beer® (Sm.)	22 oz	240	0	0	0	0	0	35	63	0	63	0								
Mug Root Beer® (Med.)	30 oz	330	0	0	0	0	0	50	85	0	85	0								
Mug Root Beer® (Lrg.)	42 oz	460	0	0	0	0	0	70	119	0	119	0								
Sierra Mist® (Kids)	12 oz	130	0	0	0	0	0	25	35	0	35	0								
Sierra Mist® (Sm.)	22 oz	240	0	0	0	0	0	50	65	0	65	0								
Sierra Mist® (Med.)	30 oz	330	0	0	0	0	0	65	89	0	89	0								
Sierra Mist® (Lrg.)	42 oz	460	0	0	0	0	0	90	124	0	124	0								
Lipton No Calorie Brisk Peach® (Kids)	12 oz	0	0	0	0	0	0	90	0	0	0	0								
Lipton No Calorie Brisk Peach® (Sm.)	22 oz	0	0	0	0	0	0	170	0	0	0	0								
Lipton No Calorie Brisk Peach® (Med.)	30 oz	0	0	0	0	0	0	230	0	0	0	0								
Lipton No Calorie Brisk Peach® (Lrg.)	42 oz	0	0	0	0	0	0	320	0	0	0	0								
Lipton Brisk Raspberry® (Kids)	12 oz	110	0	0	0	0	0	35	28	0	28	0								
Lipton Brisk Raspberry® (Sm.)	22 oz	190	0	0	0	0	0	60	51	0	51	0								
Lipton Brisk Raspberry® (Med.)	30 oz	260	0	0	0	0	0	80	69	0	69	0								
Lipton Brisk Raspberry® (Lrg.)	42 oz	370	0	0	0	0	0	115	96	0	96	0								
Sobe Lean® (Kids)	12 oz	0	0	0	0	0	0	35	0	0	0	0								
Sobe Lean® (Sm.)	22 oz	0	0	0	0	0	0	60	0	0	0	0								
Sobe Lean® (Med.)	30 oz	0	0	0	0	0	0	80	0	0	0	0								
Sobe Lean® (Lrg.)	42 oz	0	0	0	0	0	0	115	0	0	0	0								



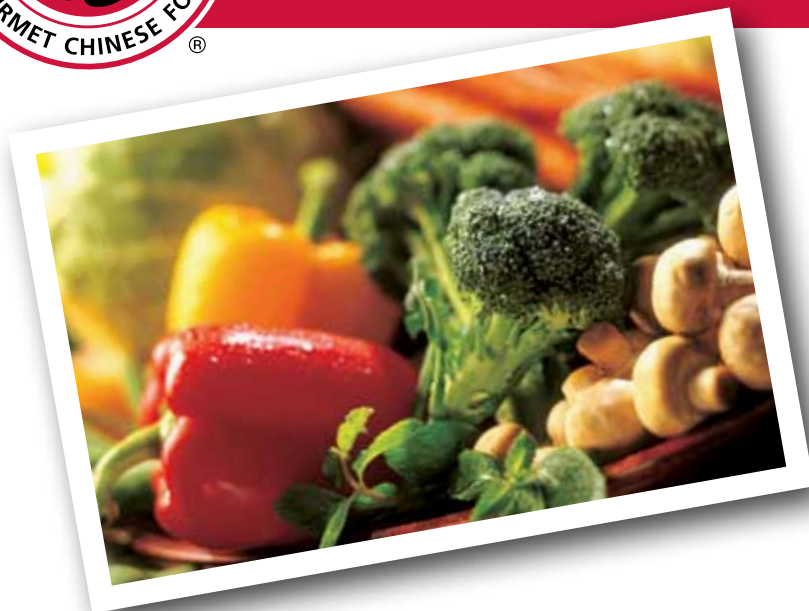
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<div><div><div></div><div>MET CHINESE</div></div></div> Nutrition Facts													Allergens							
MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
BEVERAGES																				
Tropicana Fruit Punch® (Kids)	12 oz	140	0	0	0	0	0	35	39	0	39	0								
Tropicana Fruit Punch® (Sm.)	22 oz	260	0	0	0	0	0	60	72	0	72	0								
Tropicana Fruit Punch® (Med.)	30 oz	360	0	0	0	0	0	80	98	0	98	0								
Tropicana Fruit Punch® (Lrg.)	42 oz	510	0	0	0	0	0	115	138	0	138	0								
Tropicana Lemonade® (Kids)	12 oz	130	0	0	0	0	0	140	35	0	35	0								
Tropicana Lemonade® (Sm.)	22 oz	240	0	0	0	0	0	255	65	0	65	0								
Tropicana Lemonade® (Med.)	30 oz	330	0	0	0	0	0	345	89	0	89	0								
Tropicana Lemonade® (Lrg.)	42 oz	460	0	0	0	0	0	480	124	0	124	0								
Tropicana Pink Lemonade® (Kids)	12 oz	130	0	0	0	0	0	140	35	0	35	0								
Tropicana Pink Lemonade® (Sm.)	22 oz	240	0	0	0	0	0	255	65	0	65	0								
Tropicana Pink Lemonade® (Med.)	30 oz	330	0	0	0	0	0	345	89	0	89	0								
Tropicana Pink Lemonade® (Lrg.)	42 oz	460	0	0	0	0	0	480	124	0	124	0								
China Mist Iced Tea® (Kids)	12 oz	0	0	0	0	0	0	0	0	0	0	0								
China Mist Iced Tea® (Sm.)	22 oz	0	0	0	0	0	0	0	0	0	0	0								
China Mist Iced Tea® (Med.)	30 oz	0	0	0	0	0	0	0	0	0	0	0								
China Mist Iced Tea® (Lrg.)	42 oz	0	0	0	0	0	0	0	0	0	0	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.



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 "La" (Spicy)  WOK SMART™ entrees are 250 calories or less per single serving.

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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. Before placing your order, please inform your server if a person in your party has a food allergy. 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 dishes. No MSG added except for that naturally occurring in certain ingredients.

Please contact Panda Guest Relations at (800) 877-8988 for more information.