

Khan's Mongolian Grill										Fall 2020
Stir Fry	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Special - Beef Stir Fry (without rice)	1 Serving	202	7.5	11.8	0.9	21.8				Wheat,Soy
Special - Vegetable Stir Fry (without rice)	1 Serving	151	4.7	22	2.8	5.2	✓	✓		Wheat, Soy, Sesame
Steamed Rice	4oz	140	0	32	0	3	✓	✓	✓	
Fried Rice	4oz	218	10	28	1	4		✓		Wheat, Soy, Egg
Cauliflower Fried Rice	4oz	201	5	24	6	15				Wheat, Soy,Egg
Cauliflower Steamed Rice	4oz	226	22	5	3	2		✓	✓	Soy
Build-Your-Own Wok	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Protein										
Beef-Marinated	4oz	132	6	0	0	18				Wheat, Soy
Breaded Chicken	4oz	111	3	0	0	21				Wheat
Shrimp	4oz	84	1	0	0	18			✓	Shellfish
Tofu (Non-Marinated)	4oz	77	5	2	0	9	✓	✓	✓	Soy
Grilled Chicken	4oz	179	1.1	35	2	6.6			✓	
Fried Boneless Wing	4oz	363	25	2.7	0.1	29.5				Wheat, Egg, Milk
Sauce (1oz) **	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Honey Soy	1oz.	56	0	14	0	1	✓	✓		Wheat, Soy
Sweet & Sour	1oz.	76	0	15	0	0	✓	✓		MINH- Single Serving Packages Are Gluten Free
Teriyaki	1oz.	43	1	8	0	1	✓	✓		Wheat, Soy
General Tso	1oz.	66	0	15	0	0	✓	✓		Wheat, Soy
Korean BBQ	1oz.	106	0	17	0	4	✓	✓		Wheat, Soy, Sesame
Soy	1oz.	15	0	2	0	1	✓	✓		Wheat, Soy
Pad Thai	1oz.	68	0	14	0	1	✓	✓		Wheat, Soy
Szechuan	1oz.	43	0.9	8.5	0	0.5	✓	✓		Wheat,Soy
Orange Stir Fry	1oz.	70	0	16	0	1	✓	✓		Wheat, Soy, Sesame
Garlic	1 tsp.	4	0	1	0	<1			✓	
**3oz. of sauce is added to each entrée unless specified										
Vegetables	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Bell Pepper	1oz.	6	0	1	<1	0	✓	✓	✓	
Broccoli	1oz.	5	0	1	<1	0	✓	✓	✓	
Celery	1oz.	4	0	1	<1	0	✓	✓	✓	
Carrot	1oz.	11	0	3	<1	0	✓	✓	✓	
Snap Peas	1oz.	12	0	2	<1	1	✓	✓	✓	
Sesame Seeds (1 Tablespoon)	1oz.	52	4	2	<1	2	✓	✓	✓	Sesame
Pineapple	1oz.	7	0	2	<1	0	✓	✓	✓	
Spinach	1oz.	7	0.1	1	0.6	0.8	✓	✓	✓	
Green Onion	1oz.	12	< 0.1	2.9	0.4	0.3	✓	✓	✓	
Carrot	1oz.	12	< 0.1	2.7	0.8	0.3	✓	✓	✓	
Jalapeno	1oz.	8	0.1	2	0.8	0.3	✓	✓	✓	
Cabbage	1oz.	7	< 0.1	1.6	0.6	0.4	✓	✓	✓	
Onion	1oz.	12	< 0.1	2.9	0.4	0.3	✓	✓	✓	
Mushroom	1oz.	6	< 0.1	0.9	0.3	0.9	✓	✓	✓	
Egg	1 each	72	4.8	0.4	0	6.3		✓	✓	Egg
Sides	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Pork Egg Roll	2 (1.5oz ea)	270	14	24	4	12				Wheat, Egg, Soy, Fish, Sesame, Pork (NO MSG)
Veggie Egg Roll	2 (1.5oz ea)	209	17	12	1	2		✓		Wheat, Egg, Soy, Sesame, (NO MSG)
Chicken Pot Sticker	3 per order	180	8	21	0	6				Wheat, Soy, Sesame
Cheese Wonton	3 per order	207	15	15	0	3		✓		Wheat, Soy, Milk, Egg
Steamed Rice	4oz	140	0	32	0	3	✓	✓	✓	
Fried Rice	4oz	218	10	28	1	4		✓		Wheat, Soy, Egg
Tofu (Non-Marinated)	4oz	89	5	2	0	9	✓	✓	✓	Soy
FettuccinePasta	4oz	175	1	35	2	6.6	✓	✓		Wheat✓
Bao Buns	Serving Size	Calories	Fat (g)	Carbs (g)	Fiber	Protein (g)	Vegan	Vegetarian	Gluten Free	Allergy/Contains:
Bao Bun	1 bun	172	3.5	30	4	5		✓		Wheat, Soy
Yes =✓										
Indicates a "Smart Choice" lower in fat and packed with nutrients.										
Allergy/Contains Column lists foods that may contain one of the big eight food allergies. Wheat, Milk, Soy, Eggs, Fish, Shell Fish, Peanuts, Tree Nuts, Pork and Sesame										