

Zi's Menu										Fall 2020
Location/Food	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Sides										
Steamed White Rice	4oz	140	0	32	1	3	✓	✓	✓	
Fried Rice	4oz	218	10	28	1	4		✓		Wheat, Soy, Egg
Noodles	4oz	322	4	60	2	12	✓	✓		Wheat
Vegetable Egg Roll	1.5oz	220	12	25	2	4		✓		Wheat, Barley, Egg, Soy, Sesame
Pork Egg Roll (Hidden Allergy-Fish)	1.5oz	251	15	24	2	6				Wheat, Barley, Egg, Soy, Sesame, Fish (Anchovy), Pork
Vegetables										
Summer Blend (Zucchini, Mushroom, Onion)	3oz	22	0	4	1	2	✓	✓	✓	
Winter Blend (Cabbage, Broccoli, Carrots)	3oz	32	0	6	2	2	✓	✓	✓	
Sauce										
Szechuan Sauce (Contains Gluten)	2oz	52		12		1	✓	✓		Wheat, Soy
Teriyaki (Gluten Free) Sauce	2oz	40	0	10	0	0	✓	✓	✓	Soy
Proteins										
Seared Beef	3oz	95	3	0	0	17				
Seared Chicken	3oz	93	1	0	0	21			✓	
Shrimp	3oz	57	1	0	0	12			✓	Shellfish
Tempura (Breaded) Chicken	3oz	186	16	0	0	11				Wheat, Soy, Corn
Tofu	3oz	102	6	2	0.5	10			✓	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										