

NUTRITION INFORMATION



NOODLE 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 %	Dishes Contain
Dan Dan															
Lunch w/ Hokkien Noodles	310	2	0.3	0	0	770	56	5	7	18	20	80	8	35	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Lunch w/ Rice	170	1.5	0	0	0	640	35	3	5	6	20	80	8	15	
Regular w/ Hokkien Noodles	530	3.5	0.4	0	0	1300	97	8	12	30	40	160	15	60	
Regular 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															
Lunch w/ Hokkien Noodles	380	18	4.5	0	30	1300	85	6	25	31	20	90	10	40	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Lunch w/ Rice	250	17	4.5	0	30	1130	66	4	23	20	20	90	8	20	
Regular w/ Hokkien Noodles	650	34	9	0	65	2150	145	9	44	55	40	170	15	60	
Regular 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															
Lunch w/ Chow Mein Noodles	270	2.5	0.4	0	20	270	48	5	10	14	20	90	8	35	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Lunch w/ Rice	190	1.5	0	0	0	240	39	3	9	6	20	90	8	20	
Regular w/ Chow Mein Noodles	400	4	0.5	0	30	510	73	7	19	20	40	160	15	50	
Regular 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															
Lunch w/ Chow Mein Noodles	320	9	1.5	0	15	600	47	4	12	15	15	70	8	30	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Lunch w/ Rice	250	8	1	0	0	570	38	3	10	8	15	70	8	20	
Regular w/ Chow Mein Noodles	570	18	2.5	0	25	1270	81	8	25	26	35	150	15	50	
Regular 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															
Lunch w/ Ribbon Noodles	440	8	2	0	155	540	76	4	8	12	30	90	10	25	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Lunch w/ Rice	220	4.5	0.5	0	5	290	39	3	6	7	20	90	10	25	
Regular w/ Ribbon Noodles	820	13	3	0	305	1080	150	8	15	21	50	180	25	50	
Regular 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															
Lunch w/ Hokkien Noodles	470	12	2	0	0	1120	70	5	15	22	20	100	10	50	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Lunch w/ Rice	210	2	0.4	0	0	990	42	3	12	6	20	100	8	20	
Regular w/ Hokkien Noodles	600	5	0.5	0	0	1880	109	8	24	30	40	180	15	60	
Regular 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															
Lunch w/ Udon Noodles	340	2	0	0	0	390	66	4	19	15	20	80	6	35	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Lunch w/ Rice	210	1.5	0	0	0	210	46	2	17	4	20	80	6	15	
Regular w/ Udon Noodles	580	3.5	0	0	0	660	113	7	33	25	35	150	15	60	
Regular 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															
Lunch w/ Udon Noodles	340	1.5	0	0	0	460	66	5	17	17	20	90	8	35	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Lunch w/ Rice	210	1	0	0	0	280	46	3	15	6	20	90	8	20	
Regular w/ Udon Noodles	580	2.5	0	0	0	780	112	8	30	28	40	160	15	60	
Regular 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	

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 %	Dishes Contain
Breaded Crispy Chicken															
Lemon w/ Rice	701	10	3	0	185	189	79	0	33	67	0	20	4	16	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Orange w/ Rice	661	11	3	0	180	234	66	0	33	67	0	20	4	16	
Sweet & Sour w/ Rice	621	9	3	0	180	429	60	0	24	68	1	15	4	15	
Ginger Beef															
Regular w/ Rice	840	28	4	0.5	55	1620	117	3	34	30	10	30	4	50	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Sumo w/ Rice	1390	47	7	0.5	85	2740	198	4	59	49	15	50	6	90	
Indian Butter Chicken w/Naan															
Lunch w/ Rice	330	11	6	0.1	85	360	32	1	3	24	0	8	6	20	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Regular 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)															
Lunch w/ Rice	190	6	4	0	0	520	31	4	4	5	15	45	8	30	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Regular 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	



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NUTRITION INFORMATION



RICE BOX

	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	DISHES CONTAIN
Korean Beef Bulgogi															
Lunch w/ Rice	170	2.5	0.3	0	0	260	34	2	9	4	15	60	6	15	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Regular 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 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)															
Lunch w/ Rice	170	5	4	0	0	110	28	2	3	4	15	35	6	20	
Regular 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

	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	DISHES CONTAIN
BBQ Pork Asian Street Taco (2pcs)	370	19	4	0	45	370	33	3	7	24	10	2	2	30	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
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)

	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	DISHES CONTAIN
Cheesy Kimchi Fire Balls	464	19	4	0	32	844	80	0.4	26	12	52	13	12	6	Peanuts Tree Nuts Wheat Soy Eggs Milk Sesame Seeds Seafood
Green Onion Cakes	120	5	1	0	0	118	20	1	1	3	1	3	1	2	
Green Onion Cakes w/HK Spice	140	6	1	0	0	120	24	3	1	4	0	4	4	12	
Potstickers	20	6	1	0	16	975	29	3	0	10	0	4	2	10	
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

	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	DISHES CONTAIN
Breaded Crispy Chicken w/Rice	240	1.5	0.4	0	60	80	29	0	9	26	2	4	2	15	
Dragon Teriyaki 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

	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	DISHES CONTAIN
Bacon (2 strips)	17	12	4	0	31	486	0	0	0	10.5	0	0	0	0	
Caramel 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	
Steamed Rice (Small)	260	0	0	0	0	2	56	1	0	5	0	0	0	20	
Steamed Rice (Large)	520	0	0	0	0	4	112	2	0	11	0	0	0	40	

PROTEINS (REGULAR BOX)

	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	DISHES CONTAIN
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	

NOODLES

	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	DISHES CONTAIN
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	

SAUCES

	Calories	Total Fat (g)	Saturated Fat	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A%	Vitamin C%	Calcium %	Iron %	DISHES CONTAIN
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	0	
Sweet & Sour Sauce (1.5oz)	60	0	0	0	0	190	16	0	13	0.1	0	2	0	0	



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