



NUTRITION & ALLERGEN INFORMATION

Nutrition Facts

Allergens

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

SIDE

Chow Mein	9.4 oz	510	200	22	4	0	0	980	65	4	9	13	✓	✓						
Chow Fun*	8.5 oz	410	80	9	1	0	0	1110	73	1	6	9	✓	✓						✓
Fried Rice	9.3 oz	520	140	16	3	0	150	790	82	1	3	12	✓	✓					✓	
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								
Mixed Vegetables (Side)	8.6 oz	80	5	0.5	0	0	0	540	16	5	5	4	✓	✓						✓

VEGGIES

Country Style Bean Curd* 🌶️	5.7 oz	191	113	12	1.5	0	0	945	14	2	8	7	✓	✓						
Eggplant Tofu* 🌶️	6.1 oz	340	210	24	3.5	0	0	520	23	3	17	7	✓	✓						
Hot Szechuan Tofu* 🌶️	5.5 oz	140	70	8	1	0	0	580	10	2	5	6	✓	✓						
Mixed Veggies (Entree)	4.3 oz	35	0	0	0	0	0	280	8	3	2	2	✓	✓						✓

CHICKEN

Black Pepper Chicken 🌿	6.3 oz	280	165	19	3	0	52	1140	14	1	7	13	✓	✓						
Kung Pao Chicken 🌶️ 🌿	6.2 oz	290	170	19	3	0	53	970	14	2	6	16	✓	✓	✓					
Grilled Teriyaki Chicken 🌿	6 oz	300	120	13	4	0	185	530	8	0	8	36	✓	✓						
Grilled Asian Chicken 🌿	6 oz	300	120	13	4	0	185	530	8	0	8	36	✓	✓						
Teriyaki Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	✓	✓						



Spicy WOK SMART™ | 300 calories or less and at least 8g of protein.

Entree selections may vary by location.

*Regional Entrees / Limited time only.