



# 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
Asian Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	✓	✓						
Mushroom Chicken	5.7 oz	170	80	9	2	0	41	750	11	1	4	12	✓	✓						
Orange Chicken	5.7 oz	380	160	18	3.5	0	80	620	45	0	19	14	✓	✓					✓	✓
Potato Chicken*	5.2 oz	190	90	10	2	0	30	680	18	2	4	8	✓	✓						
CHICKEN BREAST																				
String Bean Chicken Breast	5.6 oz	190	80	9	2	0	34	590	13	4	4	14	✓	✓						
SweetFire Chicken Breast™	5.8 oz	380	140	15	3	0	35	320	47	1	27	13	✓	✓						
Sweet & Sour Chicken Breast*	5.5 oz	300	110	12	3	0	25	260	40	1	24	10	✓	✓						
BEEF																				
Beijing Beef™	5.6 oz	470	240	26	5	0	25	660	46	1	24	13	✓	✓						✓
Broccoli Beef	5.4 oz	150	70	7	1.5	0	12	520	13	2	7	9	✓	✓						
Shanghai Angus Steak™	5.4 oz	310	170	19	4	0	50	830	16	1	11	22	✓	✓						
PORK																				
Chinese Spare Ribs*	5 pc	370	230	25	9	0	90	740	7	1	7	28	✓	✓						
SEAFOOD																				
Crispy Shrimp (Entree)	3.5 oz / 6 pcs	260	120	13	2	0	60	800	26	1	2	9	✓	✓				✓		✓
Honey Walnut Shrimp	3.7 oz	360	200	23	3.5	0	100	440	35	2	9	13	✓	✓		✓		✓	✓	✓
Golden Treasure Shrimp*	5 oz	360	160	18	3	0	100	440	35	2	14	14	✓	✓				✓		



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

Entree selections may vary by location.

\*Regional Entrees / Limited time only.