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NUTRITION & ALLERGEN INFORMATION

Panda uses ingredients that contain all the major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, soy and wheat). Panda prepares its entrees fresh with shared cooking equipment and therefore allergens could be present in any entree. No MSG added except for that naturally occurring in certain ingredients.



Full Nutrition Info

Allergen Info



SIDES

CHOW MEIN	9.40	510	180	20	3.5	0	0	860				
CHOW MEIN - CUB MEAL	5.80	330	110	10	1	0	0	580				
 Home	 Rewards	 Account	 Order									
FRIED RICE - CUB MEAL	6.20	350	90	10	2	0	80	570	57	0	2	1
BROWN STEAMED RICE	10.40	420	35	4	1	0	0	15	86	4	1	9
BROWN STEAMED RICE - CUB MEAL	7.80	310	25	3	0.5	0	0	10	64	3	1	7
WHITE STEAMED RICE	8.10	380	0	0	0	0	0	0	87	0	0	7
WHITE STEAMED RICE - CUB MEAL	5.10	240	0	0	0	0	0	0	54	0	0	5
SUPER GREENS	7.00	90	25	3	0	0	0	260	10	5	4	6
SUPER GREENS - CUB MEAL	5.2	60	20	2	0	0	0	200	8	4	4	4
CHOW FUN	8.50	410	80	9	1	0	0	1110	73	1	6	9
CHOW FUN - CUB MEAL	6.20	300	60	6	0.5	0	0	810	53	1	4	6









VEGETABLES

SUPER GREENS ENTREE	3.50	45	15	2	0	0	0	130	5	3	2	3
SUPER GREENS - CUB MEAL ENTREE	2.60	30	10	1	0	0	0	95	4	2	2	2
EGGPLANT TOFU 	6.10	340	220	24	3.5	0	0	520	23	3	17	7
EGGPLANT TOFU - CUB MEAL 	4.60	250	160	18	2.5	0	0	390	17	2	13	5



SPECIALTY

BEYOND ORANGE CHICKEN 	4.75	440	200	22	5	0	0	810	47	5	15	13
BEYOND ORANGE CHICKEN - CUB MEAL 	3.60	330	155	17	4	0	0	610	36	4	11	10



CHICKEN

BLACK PEPPER CHICKEN 	6.30	280	170	19	3.5	0	55	1130	15	1	7	13
BLACK PEPPER CHICKEN - CUB MEAL	4.60	200	130	14	2.5	0	40	830	11	<1	5	10
KUNG PAO CHICKEN  	6.20	290	170	19	3.5	0	55	970	14	2	6	16
KUNG PAO CHICKEN - CUB MEAL 	4.40	200	120	14	2.5	0	40	690	10	2	4	11
GRILLED TERIYAKI CHICKEN 	6.00	275	90	10	3	0	160	470	14	0	9	33
GRILLED TERIYAKI CHICKEN - CUB MEAL	4.50	210	70	8	2.5	0	120	350	11	0	7	25
GRILLED ASIAN CHICKEN 	6.00	275	90	10	3	0	160	470	14	0	9	33
GRILLED ASIAN CHICKEN - CUB MEAL	4.50	210	70	8	2.5	0	120	350	11	0	7	25
TERIYAKI CHICKEN	6.00	340	110	13	3.5	0	195	630	14	3	10	41
TERIYAKI CHICKEN - CUB MEAL	4.50	250	90	10	2.5	0	145	470	10	0	8	31
ASIAN CHICKEN	6.00	340	110	13	3.5	0	195	630	14	3	10	41
ASIAN CHICKEN - CUB MEAL	4.50	250	90	10	2.5	0	145	470	10	0	8	31
MUSHROOM CHICKEN 	5.70	220	130	14	2.5	0	50	840	10	1	5	13
MUSHROOM CHICKEN - CUB MEAL	4.30	170	100	11	2	0	40	650	8	0	4	10
ORANGE CHICKEN	5.70	490	210	23	5	0	80	820	51	2	19	25
ORANGE CHICKEN - CUB MEAL	4.30	370	155	17	3.5	0	60	620	38	1	14	19
POTATO CHICKEN 	5.20	190	90	10	2	0	30	680	18	2	4	8
POTATO CHICKEN - CUB MEAL	3.90	140	70	8	0	0	20	0	15	1	0	0




CHICKEN BREAST

HONEY SESAME CHICKEN BREAST	5.30	340	135	15	2.5	0	45	540	35	1	16	16
HONEY SESAME CHICKEN BREAST - CUB MEAL	4.00	250	100	11	2	0	35	400	26	1	12	12
STRING BEAN CHICKEN BREAST 	5.60	210	110	12	2	0	30	560	13	5	5	12
STRING BEAN CHICKEN BREAST - CUB MEAL	4.20	160	80	9	1.5	0	25	420	10	4	4	9
SWEETFIRE CHICKEN BREAST 	5.80	360	135	15	3	0	45	370	40	2	19	15







CHICKEN

SWEETFIRE CHICKEN BREAST - CUB MEAL		4.40	270	100	11	2.5	0	35	280	30	2	14	11
SWEET & SOUR CHICKEN BREAST		5.50	300	110	12	3	0	25	260	40	1	24	10
SWEET & SOUR CHICKEN BREAST - CUB MEAL		4.10	270	90	10	2	0	20	220	35	1	21	9

BEEF

BEIJING BEEF		5.60	480	245	27	5	0	35	600	46	2	21	14
BEIJING BEEF - CUB MEAL		4.20	360	185	20	4	0	25	450	35	2	16	11
BLACK PEPPER ANGUS STEAK ENTREE		5.10	210	90	10	2.5	0	45	560	13	1	7	19
BLACK PEPPER ANGUS STEAK - CUB MEAL		3.85	160	70	8	2	0	35	420	10	1	5	14
BROCCOLI BEEF		5.40	150	70	7	1.5	0	12	520	13	2	7	9
BROCCOLI BEEF - CUB MEAL		4.10	110	50	6	1	0	10	400	10	2	5	7

SEAFOOD

CHILI CRISP SHRIMP		4.00	210	90	10	2	0	100	340	19	2	1	13
CHILI CRISP SHRIMP CUB MEAL	 	3.00	160	70	7.5	1.5	0	75	255	14	1.5	1	10
HONEY WALNUT SHRIMP		3.70	360	215	24	3.5	0	60	590	27	1	8	11
HONEY WALNUT SHRIMP - CUB MEAL		2.00	200	120	13	2	0	30	320	15	1	4	6
WOK-FIRED SHRIMP		6.00	190	45	5	1	0	140	1140	19	1	15	17
WOK-FIRED SHRIMP - CUB MEAL		4.50	140	36	4	0.5	0	105	860	15	1	11	13
GOLDEN TREASURE SHRIMP		5.00	360	160	18	3	0	100	440	35	2	14	14
GOLDEN TREASURE SHRIMP - CUB MEAL		2.75	210	90	10	1.5	0	60	250	20	1	8	8
STEAMED GINGER FISH		6.00	200	110	12	2.5	0	40	1990	8	0	6	15
STEAMED GINGER FISH - CUB MEAL		2.00	70	35	4	1	0	15	660	3	0	2	5

APPETIZERS

CHICKEN EGG ROLL (1 ROLL)		2.75	200	90	10	2	0	20	340	20	2	2	6
CHICKEN POTSTICKER (3 PCS)		3.30	160	60	6	1.5	0	20	250	20	1	2	6
CREAM CHEESE RANGOON (3 PCS)		2.40	190	70	8	5	0	35	180	24	2	1	5
VEGETABLE SPRING ROLL (2 ROLLS)		3.50	240	130	14	2	0	0	560	24	2	0	4

CUB MEALS




ORANGE CHICKEN CUB MEAL (WHITE RICE, SUPER GREENS, ORANGE CHICKEN, APPLE CRISPS, BOTTLED WATER)		9.5	580	160	17	4	0	60	705	84	5	30	22
GRILLED TERIYAKI CHICKEN CUB MEAL (CHOW MEIN, SUPER GREENS, GRILLED TERIYAKI CHICKEN, APPLE CRISPS, BOTTLED WATER)		9.3	400	140	16	3	0	120	700	36	5	16	28

BROCCOLI BEEF CUB MEAL (WHITE RICE, SUPER GREENS, BROCCOLI BEEF, APPLE CRISPS, BOTTLED WATER)	9.5	300	60	7	1	0	10	500	49	6	13	11
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MORE


TERIYAKI SAUCE	1.80	70	5	0	0	0	0	380	16	0	14	0
APPLE PIE ROLL	1.94	150	30	3	1	0	0	90	30	1	13	2
SWEET & SOUR SAUCE	1.80	70	0	0	0	0	0	115	21	0	20	0
CHILI SAUCE	0.25	10	0	0	0	0	0	125	2	0	2	0
SOY SAUCE	0.21	5	0	0	0	0	0	375	0	0	0	0
POTSTICKER SAUCE	0.40	10	0	0	0	0	0	290	3	0	2	0
HOT MUSTARD	0.25	10	10	1	0	0	0	115	0	0	0	0
PLUM SAUCE	0.25	15	0	0	0	0	0	55	3	0	3	0
FORTUNE COOKIE	0.18	20	0	0	0	0	0	0	5	0	2	0
CHOCOLATE CHUNK COOKIE	1.13	160	60	7	3	0	5	125	25	1	14	2
TREE TOP APPLE CRISPS	0.34	40	0	0	0	0	0	0	10	2	7	0

SOUP

HOT & SOUR SOUP - CUP 	12.20	120	40	5	0.5	0	65	880	14	1	4	7
HOT & SOUR SOUP - BOWL  	17.40	170	60	6	1	0	90	1260	20	1	6	10

BEVERAGES

BARQ'S ROOT BEER - LARGE	42.00	560	0	0	0	0	0	190	153	0	152	0
BARQ'S ROOT BEER - SMALL	22.00	290	0	0	0	0	0	95	80	0	80	0
BARQ'S ROOT BEER - KIDS	12.00	160	0	0	0	0	0	55	44	0	44	0
BLACK TEA - LARGE	40.00	10	0	0	0	0	0	35	3	0	0	0
BLACK TEA - MEDIUM	32.00	10	0	0	0	0	0	25	3	0	0	0
BLACK TEA - SMALL	22.00	5	0	0	0	0	0	20	2	0	0	0



Clear Search

	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)
CHERRY COCA-COLA - KIDS	12.00	150	0	0	0	0	0	40	42	0	42	0
COCA-COLA - LARGE	42.00	510	0	0	0	0	0	135	140	0	140	0
COCA-COLA - MEDIUM	30.00	370	0	0	0	0	0	95	100	0	100	0
COCA-COLA - SMALL	22.00	270	0	0	0	0	0	70	73	0	73	0
COCA-COLA - KIDS	12.00	150	0	0	0	0	0	40	40	0	40	0
COCA-COLA ZERO SUGAR - LARGE	42.00	0	0	0	0	0	0	140	1	0	0	0
COCA-COLA ZERO SUGAR - MEDIUM	30.00	0	0	0	0	0	0	100	0	0	0	0
COCA-COLA ZERO SUGAR - SMALL	22.00	0	0	0	0	0	0	75	0	0	0	0
COCA-COLA ZERO SUGAR - KIDS	12.00	0	0	0	0	0	0	40	0	0	0	0

DIET COKE - LARGE	42.00	0	0	0	0	0	0	170	1	0	0	0
DIET COKE - MEDIUM	30.00	0	0	0	0	0	0	125	1	0	0	0
DIET COKE - SMALL	22.00	0	0	0	0	0	0	90	1	0	0	0
DIET COKE - KIDS	12.00	0	0	0	0	0	0	50	0	0	0	0
DR PEPPER - LARGE	42.00	500	0	0	0	0	0	150	137	0	137	0
DR PEPPER - MEDIUM	30.00	360	0	0	0	0	0	110	98	0	98	0
DR PEPPER - SMALL	22.00	260	0	0	0	0	0	80	72	0	70	0
DR PEPPER - KIDS	12.00	140	0	0	0	0	0	45	39	0	38	0
FANTA FRUIT PUNCH - LARGE	42.00	530	0	0	0	0	0	200	145	0	143	0
FANTA FRUIT PUNCH - MEDIUM	30.00	380	0	0	0	0	0	150	104	0	102	0
FANTA FRUIT PUNCH - SMALL	22.00	280	0	0	0	0	0	105	76	0	75	0
FANTA FRUIT PUNCH - KIDS	12.00	150	0	0	0	0	0	60	42	0	41	0
FANTA ORANGE - LARGE	42.00	520	0	0	0	0	0	140	142	0	139	0
FANTA ORANGE - MEDIUM	30.00	370	0	0	0	0	0	100	101	0	99	0
FANTA ORANGE - KIDS	12.00	150	0	0	0	0	0	40	40	0	40	0
FANTA ORANGE (PR ONLY) - LARGE	42.00	570	0	0	0	0	0	200	147	0	147	0
FANTA ORANGE (PR ONLY) - MEDIUM	30.00	410	0	0	0	0	0	140	105	0	105	0
FANTA ORANGE (PR ONLY) - SMALL	22.00	300	0	0	0	0	0	105	77	0	77	0
FANTA ORANGE (PR ONLY) - KIDS	12.00	160	0	0	0	0	0	55	42	0	42	0
FANTA ORANGE - SMALL	22.00	270	0	0	0	0	0	75	74	0	73	0
FANTA STRAWBERRY - LARGE	42.00	550	0	0	0	0	0	290	150	0	149	0
FANTA STRAWBERRY - MEDIUM	30.00	390	0	0	0	0	0	210	107	0	106	0
FANTA STRAWBERRY - SMALL	22.00	290	0	0	0	0	0	150	79	0	78	0
FANTA STRAWBERRY - KIDS	12.00	160	0	0	0	0	0	85	43	0	73	0
FANTA STRAWBERRY (TX ONLY) - LARGE	42.00	570	0	0	0	0	0	140	155	0	154	0
FANTA STRAWBERRY (TX ONLY) - MEDIUM	30.00	410	0	0	0	0	0	105	111	0	110	0
FANTA STRAWBERRY (TX ONLY) - SMALL	22.00	300	0	0	0	0	0	75	81	0	81	0
FANTA STRAWBERRY (TX ONLY) - KIDS	12.00	160	0	0	0	0	0	40	44	0	44	0
FUZE LEMON BLACK TEA - LARGE	42.00	300	0	0	0	0	0	180	78	0	77	0
FUZE LEMON BLACK TEA - MEDIUM	30.00	210	0	0	0	0	0	125	56	0	55	0
FUZE LEMON BLACK TEA - SMALL	22.00	150	0	0	0	0	0	95	41	0	40	0
FUZE LEMON BLACK TEA - KIDS	12.00	80	0	0	0	0	0	50	22	0	22	0
FUZE RASPBERRY TEA - LARGE	42.00	300	0	0	0	0	0	180	78	0	78	0
FUZE RASPBERRY TEA - MEDIUM	30.00	210	0	0	0	0	0	125	56	0	55	0

[illegible]

<b>PEPSI NEXT GENERATION BLACK TEA - KIDS</b>	12.00	5	0	0	0	0	0	0	10	1	0	0	0
<b>POWERADE FRUIT PUNCH - LARGE</b>	42.00	280	0	0	0	0	0	0	400	75	0	250	0
<b>POWERADE FRUIT PUNCH - MEDIUM</b>	30.00	200	0	0	0	0	0	0	290	53	0	180	0
<b>POWERADE FRUIT PUNCH - SMALL</b>	22.00	150	0	0	0	0	0	0	210	39	0	130	0
<b>POWERADE FRUIT PUNCH - KIDS</b>	12.00	80	0	0	0	0	0	0	115	21	0	70	0
<b>POWERADE MOUNTAIN BERRY BLAST - LARGE</b>	42.00	290	0	0	0	0	0	0	390	77	0	77	0
<b>POWERADE MOUNTAIN BERRY BLAST - MEDIUM</b>	30.00	210	0	0	0	0	0	0	280	55	0	55	0
<b>POWERADE MOUNTAIN BERRY BLAST - SMALL</b>	22.00	150	0	0	0	0	0	0	210	40	0	40	0
<b>POWERADE MOUNTAIN BERRY BLAST - KIDS</b>	12.00	80	0	0	0	0	0	0	110	22	0	22	0
<b>SEAGRAM'S GINGER ALE - LARGE</b>	42.00	450	0	0	0	0	0	0	150	121	0	121	0
<b>SEAGRAM'S GINGER ALE - MEDIUM</b>	30.00	320	0	0	0	0	0	0	110	87	0	87	0
<b>SEAGRAM'S GINGER ALE - SMALL</b>	22.00	240	0	0	0	0	0	0	80	64	0	64	0
<b>SEAGRAM'S GINGER ALE - KIDS</b>	12.00	130	0	0	0	0	0	0	45	35	0	35	0
<b>SPRITE - LARGE</b>	42.00	470	0	0	0	0	0	0	240	129	0	128	0
<b>SPRITE - MEDIUM</b>	30.00	340	0	0	0	0	0	0	170	92	0	91	0
<b>SPRITE - SMALL</b>	22.00	250	0	0	0	0	0	0	125	68	0	67	0
<b>SPRITE - KIDS</b>	12.00	140	0	0	0	0	0	0	70	37	0	36	0
<b>SPRITE ZERO - LARGE</b>	42.00	10	0	0	0	0	0	0	160	0	0	0	0
<b>SPRITE ZERO - MEDIUM</b>	30.00	5	0	0	0	0	0	0	110	0	0	0	0
<b>SPRITE ZERO - SMALL</b>	22.00	5	0	0	0	0	0	0	80	0	0	0	0
<b>SPRITE ZERO - KIDS</b>	12.00	0	0	0	0	0	0	0	45	0	0	0	0
<b>SWEET TEA - LARGE</b>	40.00	510	0	0	0	0	0	0	30	129	0	126	0
<b>SWEET TEA - MEDIUM</b>	32.00	410	0	0	0	0	0	0	25	103	0	101	0
<b>SWEET TEA - SMALL</b>	22.00	280	0	0	0	0	0	0	15	71	0	69	0
<b>SWEET TEA - KIDS</b>	12.00	150	0	0	0	0	0	0	10	39	0	38	0

Entree selection may vary by location.

Nutrition information for the cup sizes and ice amounts are approximate values based on FDA-prescribed rounding rules. Actual nutritional values will vary based on cup fill level, type and precise amount of ice, and fountain equipment performance. Due to variations in sodium contributions from water, the sodium level of our fountain beverages may vary.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. These values are based on standard product formulation. Minor acceptable variations can be expected due to sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included.

**Ingredients** are based upon standardized recipes. Variations in

nutrition values may occur based upon regional and seasonal ingredient differences, packaging differences and menu items being individually hand served. Panda uses ingredients that contain all the major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, soy and wheat). Panda prepares its entrees fresh with shared cooking equipment and therefore allergens could be present in any entree. Panda Express does not have any vegetarian or gluten free dishes. No MSG added except for that naturally occurring in certain ingredients.

🌱 This menu item is part of the Kids LiveWell program and has been verified by the National Restaurant Association to meet specific nutrition criteria established by leading health organizations' scientific guidelines.

**For additional menu information, please contact us at (800) 877-8988 or [pandaexpress.com/contactus](https://pandaexpress.com/contactus)**

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