

The Wok

Updated Spring 2023

Stir-Fry Entrees served with rice or noodles, veggies, & sauce										
Proteins	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Seared Beef	3oz	95	3	0	0	17			✓	
Seared Chicken	3oz	93	1	0	0	21			✓	
Sauteed Shrimp	3oz	57	1	0	0	12			✓	Shellfish
Tempura Chicken (Breaded)	3oz	186	16	0	0	11				Wheat, Soy, Corn
Tofu	3oz	102	6	2	0.5	10	✓	✓	✓	Soy
Vegetables	Serving Size	Calories	Fat	Carbs	Fiber	Protein	Vegan	Vegetarian	Gluten Free	Allergy/Contains
Summer Blend (Mushroom, Onion, Zucchini)	3oz	22	0	4	1	2	✓	✓	✓	
Mushroom	1oz	8	0	1	0	1	✓	✓	✓	
Onion	1oz	8	0	2	0	0	✓	✓	✓	
Zucchini	1oz	6	0	1	1	1	✓	✓	✓	
Total Winter Blend		22	0	4	1	2				
Winter Blend(Cabbage, Carrots, Broccoli)	3oz	29	0	6	2	2	✓	✓	✓	
Cabbage	1oz	10	0	2	0	1	✓	✓	✓	
Carrot	1oz	11	0	3	1	0	✓	✓	✓	
Broccoli	1oz	8	0	1	1	1	✓	✓	✓	
Total Summer Blend		29	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
Sides										
Fried Rice	4oz	218	10	28	1	4		✓		Wheat, Soy, Egg
White Rice	4oz	140	0	32	1	3	✓	✓	✓	
Noodles	4oz	322	4	60	2	12	✓	✓		Wheat
Vegetable Egg Roll	1.5oz	220	12	25	2	4		✓		Sesame
Pork Egg Roll (Hidden Allergy-Fish)	1.5oz	251	15	24	2	6				Wheat, Barley, Egg, Soy, Sesame, Fish (Anchovy), Pork
All Fried Items have been fried in Canola Fry Oil in Common Fryer with Dairy and Wheat Items										
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										