

<b>ChopStix Line</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Beef Teriyaki with Sauce	4oz	285	19	4	0	25				Wheat, Soy, Sesame
Orange Chicken (with Peppers and Onions)	4oz	423	15	56	2	16				Wheat, Milk, Soy, Sesame
Sesame Chicken	4oz	509	31	41	1	16.5				Wheat, Milk, Soy, Sesame
Spicy Shrimp (Fried/Breaded)	4oz	281	19	27	1	11				Wheat, Milk, Egg, Soy, Shellfish
Teriyaki Vegan Strips	4oz	51	2.5	6	1	28	✓	✓		Wheat (Barley), Soy
<b>Sides</b>	<b>Serving Size</b>	<b>Calories(g)</b>	<b>Fat(g)</b>	<b>Carbs(g)</b>	<b>Fiber(g)</b>	<b>Protein(g)</b>	<b>Vegan</b>	<b>Vegetarian</b>	<b>Gluten Free</b>	<b>Allergy/Contains</b>
Vegetable Egg Roll	3oz	177.5	9.5	20	2	3		✓		Wheat, Egg, Soy, Sesame
Pork Egg Roll (Hidden Allergy-Fish)	3oz	224	12	20	3	9				Wheat, Milk (Whey), Egg, Soy, Fish (Anchovy), Sesame Oil
Steamed Rice	4oz	140	0	32	0	3	✓	✓	✓	
Fried Rice	4oz	215	0.8	46	1	5		✓		Wheat, Egg, Soy
Sesame Noodles	3oz	466	15.5	70.5	3	11				Wheat, Soy, Sesame
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										