NUTRITION INFORMATION WOKEBOX.



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Hard Town Affice Neces 10 10 2 32 30 0 77 58 5 7 71 80 80 80 80 80 80 80 8	Noodle Box	Se Se	184	o de	, tel			(0)	. 6	(g) Jg	in (g)	Min A.	. E	, « , «	%	#	S Marie	? *≈		5	o offi	, 00 00 Se
Martin Row Martin Routies 0 110 2 0 0 0 0 0 0 0 0	Dan Dan (without protein)	Callo	lota	Sept	Tage	Chop	Soa	Cent	Flbr	Sug	Popla	TEN .	Tell .	Calc	tout	4	Ire.	Me o	1		Session	Sea
Start Block wild Start Misses Start St		310	2	0.3	0	0	770	56					80	8	35			•			•	
Full Davi Micro					-	-						-						•	•		•	
Series of Posser Microsement Series Series of Microsement Series of Mi	Full Box w/ Hokkien Noodles	530	3.5	0.4	0	0	1300	97	8	12	30	40	160	15	60			•	•		•	
Sum or Affale	Full Box w/ Rice	320	2	0.3	0	0	1080	66	5	9	9	40	160	15	30			•	•		•	
First Black of Machine Noodes		840	5	0.5	0	0	2060	151	12	19	46	60	240	20	90			•	•	,	•	
Intel Boar w Floride Section Section	Sumo w/ Rice	480	3.5	0.4	0	0	1720	99	7	13	13	60	240	20	45			•	•		•	
Field Black wife Needles																						
Fall Bas w/ Rose Fall Bas w/																		•	•	,		•
Full Blow Wife March Mar										-	-			-					•			
Samon w Mexican Noorlies				-	-				-			-							•	4	1	
Series of Rice																		-	_			
Hong Kong Spice memorane Hong Kong Michael Memorane Hong Spice memorane Hong Michael Michael Memorane Hong Michael Michael Memorane Hong Michael Michael Michael Memorane Hong Spice memorane Hong Michael Mic					-				-													
Mail Blow W Chew Main Noodles		0.0		. •			2.00															
Half Box W Chow Mini Noodles		270	2.5	0.4	0	20	270	48	5	10	14	20	90	8	35			•				
Full Bas w/ Flow Main Moodles	Half Box w/ Rice				-			-	-									•	•			
Sum or Chow Mein Noodles	Full Box w/ Chow Mein Noodles	400	4	0.5	0	30	510	73	7	19	20	40	160	15	50			•	•			
Sum ow Rice	Full Box w/ Rice	360	3	0.2	0	0	480	75	6	17	10	40	160	15	40			•	•			
Half Box w Chow Mein Noodles	Sumo w/ Chow Mein Noodles	550	4.5	1	0	50	200	99	10	10	31	60	240	20	80			•	•	,		
Half Bax wf Nove Mein Noodles	Sumo w/ Rice	530	4	0.3	0	0	720	112	8	26	14	60	240	20	60			•	•			
Half Back w Ricke	Kung Pao (without protein)																					
Full Box w/ Chew Mein Noodles	Half Box w/ Chow Mein Noodles	320	9	1.5	0	15	600	47	4	12	15	15	70	8	30	•		•	•	,		
Full Bax w/ Rice								38		-					20				_			
Sumo w/ Chow Mein Noodles					-				-											<u>'</u>		
Pad Thail-Instruct personal Pad						-																
Half Box w Ribbon Noodles					-									-								
Half Box w/ Flibbon Noodles		620	25	3.5	U	U	1940	120	10	30	20	50	220	25	00							
Half Box w Rice		440	0		0	155	E40	76	4		10	20	00	10	25							
Full Box w/ Ribbon Noodles					-																	
Full Box w/ Rice																						
Sumo w/ Rice																•			•	,		•
Half Box w/ Hokkien Noodles	Sumo w/ Ribbon Noodles @	1080	13	3	0	290	1470	209	10	20	24	70	250	30	60	•			•			•
Half Box w/ Hokkien Noodles	Sumo w/ Rice	660	13	3	0	305	860	109	8	17	24	70	260	25	70	•			• •	,		•
Half Box w/ Flice 210 2 0.4 0 0 990 42 3 12 6 20 100 8 20 0 0 0 0 0 970 42 3 12 6 20 100 8 20 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Singapore Cashew (without protein)																					
Full Box w/ Hokkien Noodles 600 5 0.5 0.0 1880 109 8 24 30 40 180 15 60 • • • • • • • • • • • • • • • • • •	Half Box w/ Hokkien Noodles	470	12	2	0	0	1120	70	5	15	22	20	100	10	50	•	•	•	•	,		•
Full Box w/ Rice						0																
Sumo w/ Hokkien Noodles 940 8 1 0 0 3000 170 12 37 47 60 270 25 100 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0																				'		
Sumo w/ Rice								-														
Half Box w/ Udon Noodles																						
Half Box w/ Udon Noodles		560	5	ı	U	U	2340	114	/	29	14	60	270	20	50	_						
Half Box w/ Rice		240	2	0	0	0	200	66	1	10	15	20	90	6	25							
Full Box w/ Udon Noodles																						
Full Box w/ Rice				-																		
Sumo w/ Udon Noodles ○ ○ ○ ○ ○ ○ 580 3 0.4 0 0 0 510 127 6 41 11 50 230 20 50 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0																			•			
Teriyaki (without protein) Half Box w/ Udon Noodles		900	5	0.2	0	0	990	173		47	40	50	230	20	90			•	•			
Half Box w/ Udon Noodles	Sumo w/ Rice	580	3	0.4	0	0	510	127	6	41	11	50	230	20	50				•			
Half Box w/ Rice	Teriyaki (without protein)																					
Full Box w/ Udon Noodles	Half Box w/ Udon Noodles 🕠 🕖	340	1.5	0	0	0	460	66	5	17	17	20	90	8	35			•	•			
Full Box w/ Rice		210	1	0	0	0	280	46	3	15	6	20	90	8	20			•	•			
Sumo w/ Udon Noodles ⊙ ⊘ 890 4 0 0 0 1160 170 12 42 43 60 240 20 90 ● ● ● ■			2.5	0	0	0		112	8	30	28	40	160	15	60			•	•			
Sumo w/ Rice ⊕ ⊙ 570 2 0.3 0 0 670 125 7 37 14 60 240 20 45 ● <																						
Noodles Chow Mein (150g)				-	-	-																
Chow Mein (150g) 263 2 0.5 0 28 32 46 2 2 14 0 0 15 4 •		5/0	2	0.3	U	U	6/0	125	/	3/	14	60	240	20	45							
Hokkien (240g)	Noodles																					
Ribbon (283g)	,	263	2	0.5	0	28	32	46	2	2	14	0	0	15	4			•				
Udon (240g) ⊕ Ø 413 2 0 0 0 307 75 3 3 22 0 0 0 6 ● ■ ■ Proteins (FULL BOX PORTION) Beef (4oz) ② 239 13 5 0 95 60 0 0 0 30 0 0 0 2 0 Chicken (4oz) ③ 148 4 1 0.1 91 397 3.4 0 2 25 0 0 0 0 0 Shrimp (4oz) ④ 120 0 0 0 172 168 0 0 0 23 0 0 5 3 0 ●	, ,,																	•	•)		
Proteins (FULL BOX PORTION) Beef (4oz) © 239 13 5 0 95 60 0 0 30 0 0 0 2 0 148 4 1 0.1 91 397 3.4 0 2 25 0 0 0 0 0 Shrimp (4oz) © 120 0 0 172 168 0 0 0 23 0 0 5 3 Image: Contraction of the contraction of					-																	
Beef (4oz) ③ 239 13 5 0 95 60 0 0 0 0 0 0 2 Chicken (4oz) ⑤ 148 4 1 0.1 91 397 3.4 0 2 25 0 0 0 0 Shrimp (4oz) ⑥ 120 0 0 0 172 168 0 0 0 23 0 0 5 3		413	2	0	0	0	307	75	3	3	22	0	0	0	6			•				
Chicken (4oz)	Proteins (FULL BOX PORTION)																					
Shrimp (4oz) © 120 0 0 0 172 168 0 0 0 23 0 0 5 3	Beef (4oz)	239	13	5	0	95	60	0	0	0	30	0	0	0	2							
		148	4	1	0.1	91	397	3.4	0	2	25	0	0	0	0							
Tofu (4oz)																						•
	Tofu (4oz) ① ⑤	110	7	1	0	0	0	2	0	0	12	0	0	2	10	Щ			<u>. </u>			





GP CAN BE GLUTEN FRIENDLY



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OF INTEREST: Everything is cooked to order, so there may be some variation in the above numbers. Our foods have no trans fats (except those which occur naturally in beef and dairy). We have peanuts, tree nuts, soy, milk, eggs, fish, shellfish and wheat in our restaurant, and there may be cross contact with your food. We periodically update this guide, therefore some changes may not be within this guide

NUTRITION INFORMATION WOKEBOX.



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Rice Box	્રહ્	Į, to					(0)	, @	. (<u>0)</u>	9	Jih A.	Viamin Co.	,	,	Sin	Muts	*	6) Jule S	Poo
Otto Obtobou	Calo	rota	Saft	Tan.	Chou	Soat	Carp	A LANGE	Suga	A TOUR	May	Vita	Calc	Iton	4 v		s of	£9gs	Milk	Sessi	Sea
Crispy Chicken			ı	I	I	I															
Full Box w/ Rice (Lemon Sauce)	701	10	3	0	185	189	79	0	33	67	0	20	4	16		•	•		•	_	
Full Box w/ Rice (Orange Sauce)	661	11	3	0	180	234	66	0	33	67	0	20	4	16		•	•		•		
Full Box w/ Rice (Sweet & Sour Sauce)	621	9	3	0	180	429	60	0	24	68	1	15	4	15		•	•		•		
Ginger Beef				ı	ı	l															
Full Box w/ Rice	840	28	4	0.5	55	1620	117	3	34	30	10	30	4	50		•	•			_	
Sumo w/ Rice	1390	47	7	0.5	85	2740	198	4	59	49	15	50	6	90		•	•				
Butter Chicken w/Naan																					
Half Box w/ Rice		11	6	0.1	85	360	32	1	3	24	0	8	6	20		•		•	•		
Full Box w/ Rice	620	22	12	0.2	145	700	64	2	6	37	0	15	15	35		•		•	•		
	900	32	19	0.3	200	1030	97	4	9	51	2	20	20	50		•					
Jungle Lemongrass (without protein)			ı	l	l	l															Щ,
Half Box w/ Rice	190	6	4	0	0	520	31	4	4	5	15	45	8	30							
Full Box w/ Rice	400	13	9	0	0	1140	67	7	8	9	30	90	15	60							
	620	20	14	0	0	1760	104	11	13	13	50	140	25	90							
Korean Beef Bulgogi																					
Half Box w/ Rice	170	2.5	0.3	0	0	260	34	2	9	4	15	60	6	15			•			•	
Full Box w/ Rice Sumo w/ Rice	370	4	0.5	0	0	540	77	4	18	8	35	150	15	40			•			•	
	540	5	0.5	0	0	750	113	6	26	12	50	230	20	60							
Mongolian Beef & Broccoli													[_	
Full Box w/ Rice ® Sumo w/ Rice ®		14	4.5	0	80	550	105	4	43	32	4	210	15	50			•				
	1030	21	6	0	120	840	162	8	66	50	8	420	25	80			•				
Thai Red (without protein)			ı	I	I	I															
Half Box w/ Rice		5	4	0	0	110	28	2	3	4	15	35	6	20							
Full Box w/ Rice Sumo w/ Rice ©	370	11	9	0	5	240	61	4	8	8	30	70	10	35							•
	580	17	14	0	5	370	95	5	12	12	50	100	15	50							
Soups & Stuff																					
Butter Chicken Naan-Wich	470	16	6	0.1	65	920	64	3	8	14	0	6	6	15		•		•	•		
Vietnamese Beef Pho (Small)	470	8	3	0	47	901	79	5	1	22	0	0	4	11						_	
Vietnamese Beef Pho (Large)	939	16	6	0	95	1802	158	10	2	43	0	0	7	22							
Wonton Soup (Small)	518	10	3	0	47	1785	85	7	2	22	0	2	4	14		•		•			•
Wonton Soup (Large)	648	13	4	0	59	2231	106	9	2	28	0	2	5	17		•		•			•
Wor Wonton Soup	708	13	4	0	1475	2315	106	9	2	39	0	2	8	19		•					
Sidekicks (FULL ORDER)																					
Cheesy Kimchi Fire Balls	464	19	4	0	32	844	80	0.4	26	12	52	13	12	6		•	•	•	•	•	•
Curry Spice Green Onion Cakes	140	6	1	0	0	120	24	3	1	4	0	4	4	12		•					
Green Onion Cakes	120	5	1	0	0	118	20	1	1	3	1	3	1	2		•					
Potstickers	240	7	1.5	0	35	600	29	0	2	13	6	20	2	6		•	•			•	
Samosas 00		17	2	0	0	813	45	3	3	9	33	21	6	21		•	•				
Spring Rolls ① ②	362	15	3	0	0	882	45	3	8	5	52	18	3	8		•	•			_	—П
Kids Meal																					
Crispy Chicken w/ Rice	240	1.5	0.4	0	60	80	29	0	9	26	2	4	2	15		•	•		•		
Dragon Chicken w/ Rice	200	1.5	0.3	0	25	170	33	22	12	14	2	90	4	15		•	•				
Jungle Noodles w/ Chow Mein 🕠 🕢	440	26	2	0	15	150	42	2	12	10	15	30	6	25		•	•	•			
Extras																					
Bacon (2 strips)	17	12	4	0	31	486	0	0	0	10.5	0	0	0	0							
Ginger Soy Egg	29	2	0.6	0	76.2	243	1	0	0.7	2.5	0	0	1	0			•				
Kimchi (1oz)	7.5	0	0	0	0	139	1.5	0.5	0	0.5	0	1	1	6							•
Naan Bread ②		5	0	0	70	581	32	2	5	0	0	0	0	0		•			•		
Rice (Small) ① ② @		0	0	0	0	2	56	1	0	5	0	0	0	20							
Rice (Large) ① ② 🙃		0	0	0	0	4	112	2	0	11	0	0	0	40							
Sauces																					
Dan Dan Sauce (1.5oz)	50	1	0.1	0	0	70	11	0	5.5	0.5	0	5	1	2							
Mongolian Sauce (1.5oz)	90	1	0	0	0	630	18.5	0	15.5	0.5	0	1	5	15							
Plum Sauce (1.5oz)	50	0	0	0	0	115	14	0	13	0.1	4	0	0	0							
Sweet & Sour Sauce (1.5oz)	60	0	0	0	0	190	16	0	13	0.1	0	2	0	0							









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