P.F. CHANG'S

Revised October, 2026

	Servings	Calories	Cals From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
MAIN MENU												
APPETIZERS												
Chang's Chicken Lettuce Wraps	1	660	240	26	6	0	30	1840	66	8	28	38
Veggie Lettuce Wraps	1	640	300	34	5	0	0	1700	76	8	32	14
Pork Belly Bao Buns (2)	1	1000	700	78	24	0	80	1840	62	2	28	14
Japanese Wok Fired Calamari	1	780	560	63	10	0	355	1470	29	1	7	24
BBQ Pork Spare Ribs (6)	1	840	200	22	12	0	190	1200	42	0	38	38
Northern Style Spare Ribs (6)	1	680	200	22	12	0	190	980	6	0	4	36
Crispy Green Beans	1	1000	700	78	12	0	20	1500	70	8	12	8
Duck Wings	1	880	430	48	9	0.5	225	2640	76	3	50	39
Edamame	1	400	160	16	3	0	0	1960	24	12	0	36
Dynamite Shrimp	1	710	490	55	9	0	80	1120	41	3	6	14
Chang's Chicken Lettuce Wraps Half Order	1	440	210	23	4.5	0	15	1170	38	4	17	19
Veggie Lettuce Wraps half order	1	500	270	29	4	0	0	1290	52	5	24	10
BBQ Pork Spare Ribs (3) Half Order	1	420	100	11	6	0	95	600	21	0	19	19
Northern Style Spare Ribs (3) half order	1	340	100	11	6	0	95	710	3	0	2	18
DIM SUM												
Vegetable Spring Rolls (1)	1	350	150	16	2.5	0	0	450	48	2	20	4
Vegetable Spring Rolls (3)	1	720	330	36	6	0	0	840	90	3	24	9
Pork Dumplings Pan Fried (6)	1	540	270	30	9	0	60	1380	42	0	12	18
Pork Dumplings Pan Fried (3) half order	1	270	135	15	4.5	0	30	780	24	0	6	9
Pork Dumpling Steamed (6)	1	480	180	21	6	0	60	1380	42	0	12	18
Pork Dumpling Steamed (3) half order	1	240	90	10.5	3	0	30	780	24	0	6	9
Shrimp Dumplings Pan Fried (6)	1	360	150	15	0	0	180	1620	36	0	12	24
Shrimp Dumplings Pan Fried (3) half order	1	210	75	9	0	0	90	900	21	0	6	12
Shrimp Dumplings Steamed (6)	1	300	60	6	0	0	180	1620	36	0	12	24
Shrimp Dumplings Steamed (3)half order	1	180	30	3	0	0	90	900	21	0	6	12
King Crab Gyoza (4)	1	300	150	16	9	0.5	60	930	24	1	5	12
Wagyu Egg Rolls (2)	1	1610	1210	135	28	3	90	1440	71	5	11	30
Pork Egg Rolls (2)	1	700	340	38	7	0	50	920	68	6	14	18
Crab Wontons (6)	1	600	270	30	12	0	0	1740	66	0	30	12
Crab Wontons (3) half order	1	210	90	10.5	1.5	0	0	780	27	0	24	0
MARKET SIDES												
Kung Pao Brussel Sprouts	1	480	220	24	3	0	0	980	64	8	46	8
Garlic Noodles	1	680	180	22	8	0	30	1500	106	4	18	16
Cold Cucumber Salad	1	520	400	46	7	0	0	920	28	2	20	4
Chili Garlic Green Beans	1	520	360	40	6	0	0	1700	38	10	24	8

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SALADS & SOUP												
Wonton Soup Bowl	1	480	120	14	4	0	160	2960	52	4	12	40
Wonton Soup Cup	1	130	30	3.5	1	0	35	770	14	1	2	9
Egg Drop Soup Bowl	1	280	60	6	0	0	180	3760	44	0	12	8
Egg Drop Soup Cup	1	40	10	1	0	0	30	560	6	0	2	1
Hot & Sour Soup Bowl	1	480	120	12	2	0	200	3720	60	4	8	28
Hot & Sour Soup Cup	1	70	15	2	0	0	30	580	9	0	1	4
Thai Peanut Salad To Share	1	580	300	34	5	0	0	1780	56	10	28	22
Thai Peanut Salad For One	1	280	160	16	2	0	0	900	28	4	14	12
Asian Caesar Salad To Share	1	420	260	30	7	0	20	880	22	4	2	16
Asian Caesar Salad For One	1	220	160	16	4	0	10	480	12	2	2	8
Mandarin Crunch Salad To Share	1	700	360	40	7	0	0	1520	74	6	38	12
Mandarin Crunch Salad For One	1	360	180	20	3	0	0	760	38	4	20	6
House Salad To Share	1	220	90	10	2	0	0	720	28	4	12	6
House Salad For One	1	160	70	8	1	0	0	520	20	4	8	4
Protein Options												
Chicken	1	220	120	12	2	0	80	110	2	0	2	24
Salmon*	1	320	240	26	4	0	70	440	0	0	0	22
SUSHI												
Dynamite Roll*	1	780	370	41	7	0	65	2630	85	5	25	19
California Roll*	1	400	120	14	2	0	20	1200	60	4	19	11
Shrimp Tempura Roll*	1	500	170	19	5	0	40	1410	71	4	21	13
Spicy Tuna Roll*	1	480	180	20	3	0	25	1570	57	4	19	19
Spicy Tuna Crispy Rice*	1	570	300	33	5	0	20	1080	53	6	15	17
Tiger Roll*	1	740	380	42	8	0	85	2510	73	7	20	19
Japanese Philly Roll*	1	950	530	58	13	0.5	50	1030	87	6	13	19
Kung Pao Dragon Roll*	1	490	170	19	3	0	35	1660	60	4	14	21
HOUSE SPECIALS- VALUES DO NOT INCLUDE RICE												
Hong Kong Beef	1	350	150	17	4.5	0	30	1750	26	3	13	24
Korean Sesame Chicken	1	550	240	27	5	0	45	1080	43	3	27	23
Chicken with Broccoli	1	350	90	10	2	0	60	1450	33	3	25	34
Mongolian Tofu	1	550	340	38	7	2.5	0	1260	40	2	23	13
SERVED WITH CHOICE OF…												
White Rice - individual serving (6oz)	1	220	0	0	0	0	0	0	49	1	1	4
Brown Rice - individual serving (6oz)	1	190	15	0	0	0	0	0	40	3	0	4
STARTER												
House Side Salad	1	100	45	5	0.5	0	0	320	12	2	6	2

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Hot & Sour Soup Cup	1	70	15	2	0	0	30	580	9	0	1	4
Egg Drop Soup Cup	1	40	10	1	0	0	30	560	6	0	2	1
CHEF'S FEAST/MEDIUM SIZED/MEAL DEALS ENTREES												
Mongolian Beef	1	510	220	24	7	0	45	2080	38	1	30	36
Beef with Broccoli	1	260	100	11	3	0	20	1030	23	2	16	19
Teriyaki Beef	1	720	220	25	6	0	35	2360	98	2	71	28
Pepper Steak	1	400	170	19	6	0	35	2020	28	3	16	28
Sesame Beef	1	650	210	23	6	0	35	2070	78	5	49	32
Kung Pao Beef	1	770	420	47	9	0	35	2190	50	7	23	42
Chang's Spicy Chicken	1	800	320	35	7	0	75	1590	66	2	61	33
Crispy Honey Chicken	1	1180	610	68	11	0	40	700	100	5	41	36
Sesame Chicken	1	860	370	41	8	0	75	1980	60	5	49	39
Orange Chicken	1	1060	540	60	10	0	40	1100	97	6	48	35
Chicken with Broccoli	1	410	100	11	2	0	70	1510	37	5	26	43
Sweet & Sour Chicken	1	730	300	34	5	0	80	480	83	3	45	24
Teriyaki Chicken	1	850	330	37	7	0	65	2230	82	2	71	31
Kung Pao Chicken	1	850	510	57	9	0	55	1820	31	7	20	41
Black Pepper Chicken	1	760	350	39	7	0	95	2110	77	6	40	24
Firecracker Shrimp	1	530	280	32	14	1	275	2300	28	6	18	35
Crispy Honey Shrimp	1	980	580	64	11	0	95	1760	71	5	38	24
Kung Pao Shrimp	1	680	430	48	7	0	70	2260	40	7	20	29
Stir-Fried Eggplant	1	400	220	25	4	0.5	0	1710	43	6	27	3
Mongolian Tofu	1	750	480	53	10	3	0	1580	53	3	30	17
Buddha's Feast	1	400	210	23	4	1	0	1390	35	9	13	13
Ma Po Tofu	1	730	380	42	6	0	0	2760	58	12	30	40
Mongolian Trio	1	700	280	31	7	0	70	3090	62	3	49	33
Teriyaki Trio	1	930	320	36	7	0	70	3190	111	3	92	34
NOODLES & RICE CHEF'S FEAST												
Pad Thai chefs feast	1	1320	420	46	9	1	370	3010	193	6	54	35
Chicken Pad Thai chefs feast	1	1450	470	52	10	1	415	3130	196	7	54	51
Tofu Pad Thai chefs feast	1	1590	630	70	13	2	370	3020	200	7	54	41
Beef Pad Thai chefs feast	1	1450	480	53	11	1	390	3200	195	6	54	48
Shrimp Pad Thai chefs feast	1	1400	440	49	9	1	455	3640	193	6	54	47
Fried Rice with Vegetable Chefs Feast	1	940	140	16	3.5	0	255	1920	162	8	23	33
Fried Rice with Beef Chefs Feast	1	970	200	22	6	0	205	1720	154	5	18	33
Fried Rice with Chicken Chefs feast	1	970	190	21	4.5	0	230	1640	155	6	18	36
Fried Rice with Shrimp chefs feast	1	890	140	16	3.5	0	255	1890	152	5	19	28

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Fried Rice with Tofu chefs feast	1	1060	300	33	7	1.5	185	1530	160	6	18	26
Lo Mein Vegetable Chefs feast	1	710	120	14	2.5	0	0	3080	124	10	28	22
Lo Mein Beef Chefs feast	1	780	180	21	4.5	0	20	3250	117	7	24	31
Lo Mein Chicken Chefs Feast	1	780	170	19	3.5	0	40	3180	118	7	24	34
Lo Mein Shrimp Chefs Feast	1	730	140	16	2.5	0	85	3690	115	7	24	30
Lo Mein Tofu Chefs feast	1	870	280	31	6	1.5	0	3070	122	7	24	24
MAIN ENTRÉES / TRADITIONAL SIZED												
Mongolian Beef	1	680	300	34	10	0	70	2340	40	2	30	54
NY Prime Strip Steak Tataki*	1	1100	730	82	35	1	195	2140	48	5	34	41
Crispy Roasted Duck	1	2980	1810	201	65	1	495	4300	169	10	104	93
Dashi Risooto w/ Scallops	1	1110	590	67	31	2	170	2950	78	2	5	49
Beef with Broccoli	1	600	240	26	8	0	50	2200	46	4	32	46
Teriyaki Beef	1	800	260	30	8	0	50	2480	98	2	70	36
Pepper Steak	1	600	280	30	9	0	60	2320	30	4	16	48
Black Pepper Filet*	1	1240	660	74	13	1	100	2850	99	12	68	46
Sesame Beef	1	820	300	32	9	0	60	2320	80	4	48	50
Kung Pao Beef	1	900	480	54	12	0	50	2380	52	6	22	56
Chang's Spicy Chicken	1	1060	460	52	10	0	110	1740	66	2	62	50
Crispy Honey Chicken	1	1380	740	82	14	0	50	780	112	6	42	44
Sesame Chicken	1	980	440	48	9	0	90	2060	60	4	48	48
Orange Chicken	1	1260	680	74	12	0	50	1160	108	6	48	44
Chicken with Broccoli	1	480	120	14	3	0	110	1300	30	6	20	60
Sweet & Sour Chicken	1	880	380	42	7	0	120	560	88	4	46	36
Teriyaki Chicken	1	980	400	44	8	0	80	2300	82	2	70	40
Kung Pao Chicken	1	1040	620	68	12	0	80	1920	30	6	20	54
Black Pepper Chicken	1	880	440	50	8	0	120	2480	76	6	32	30
Firecracker Shrimp	1	580	300	34	14	0	330	2720	28	6	18	44
Miso Glazed Salmon*	1	680	340	38	6	0	150	1200	32	4	20	52
Crispy Honey Shrimp	1	1180	720	80	14	0	120	2100	78	6	38	30
Kung Pao Shrimp	1	1020	620	70	12	0	170	3260	54	8	20	48
Stir-Fried Eggplant	1	530	320	35	5	0.5	0	1710	52	9	30	4
Mongolian Tofu	1	900	580	64	12	4	0	1600	58	4	30	22
Buddha's Feast	1	480	260	30	5	1	0	1400	38	10	14	16
Ma Po Tofu	1	980	540	62	9	0	0	2780	66	16	30	58
Oolong Chilean Seabass*	1	900	550	61	10	0.5	85	1370	56	13	27	39
Salt & Pepper Prawns	1	660	420	46	14	0	170	2460	38	4	12	28
Mongolian Trio	1	980	440	48	10	0	120	3560	66	4	50	54

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Teriyaki Trio	1	1200	480	54	12	0	120	3660	114	4	92	54
NOODLES & RICE TRADITIONAL SIZED												
Pad Thai	1	1320	420	46	9	0	370	3000	194	6	54	36
Chicken Pad Thai	1	1480	460	50	10	0	430	3220	194	6	54	64
Tofu Pad Thai	1	1680	680	76	14	3	370	3020	206	8	54	44
Beef Pad Thai	1	1520	520	58	12	0	400	3340	196	6	54	56
Shrimp Pad Thai	1	1440	460	50	10	0	510	4060	194	6	54	56
Combo Pad Thai	1	1600	540	60	12	0	480	3720	194	6	54	74
Fried Rice with Vegetables	1	900	140	16	3	0	190	1540	162	8	22	24
Fried Rice Combo	1	1100	240	26	7	0	290	2060	154	4	18	56
Fried Rice with Beef	1	1040	240	26	7	0	220	1840	154	4	18	42
Fried Rice with Chicken	1	1020	180	20	4	0	250	1760	152	4	18	54
Fried Rice with Shrimp	1	920	140	16	3	0	300	2140	152	4	18	34
Fried Rice with Tofu	1	1200	400	44	9	2	190	1540	164	6	18	30
Duck Fried Rice	1	1660	810	90	29	1.5	580	3290	155	8	30	53
Lobster & Prawn Fried Rice	1	1280	660	74	28	2	505	2480	106	5	15	48
Longlife Noodles & Prawns	1	1270	530	59	19	1	335	5290	131	7	39	56
Singapore Street Noodles	1	1220	120	14	3	0	100	2920	224	6	22	52
Lo Mein Vegetables	1	720	120	14	2	0	0	3100	126	10	28	22
Lo Mein Combo	1	920	240	26	6	0	110	3760	116	6	24	56
Lo Mein Beef	1	860	220	26	6	0	30	3380	118	6	24	40
Lo Mein Chicken	1	860	200	22	4	0	70	3260	120	8	24	44
Lo Mein Shrimp	1	780	160	18	3	0	140	4120	116	6	24	38
Lo Mein Tofu	1	1000	380	44	8	2	0	3080	128	8	24	28
ADD EXTRA PROTEIN												
Chicken - steamed	1	100	20	3	0	0	40	100	0	0	0	18
Chicken - wok fried	1	120	50	6	0	0	40	120	2	0	0	16
Chicken - wok fried w/ starch	1	200	100	12	2	0	30	110	0	0	0	12
Chicken - Crispy	1	240	120	14	2	0	20	110	16	2	0	12
Tofu	1	120	100	11	1.5	0	0	25	2	0	0	5
Beef - wok fried	1	120	60	7	2	0	20	190	2	0	0	12
Beef - wok fried w/ starch	1	140	60	7	2	0	20	190	6	0	0	12
Shrimp - Steamed	1	40	0	0	0	0	70	380	0	0	0	8
Shrimp - wok fried	1	80	30	3	0	0	90	560	0	0	0	12
Shrimp - wok fried w/ starch	1	120	70	8	2	0	40	300	4	0	0	6
SIDES												
White Rice - individual serving (6oz)	1	220	0	0	0	0	0	0	49	1	1	4

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Brown Rice - individual serving (6oz)	1	190	15	0	0	0	0	0	40	3	0	4
Fried Rice	1	430	130	15	3	0	185	790	59	2	8	11
Lo Mein Noodles	1	310	70	8	1	0	0	1150	51	2	7	8
LUNCH SPECIALS- VALUES DO NOT INCLUDE RICE												
Mongolian Beef	1	360	160	17	5	0	35	1320	23	1	18	27
Mongolian Tofu	1	500	310	35	6	2	0	1260	37	2	23	11
Chang's Spicy Chicken	1	550	250	27	5	0	55	990	34	1	32	25
Firecracker Shrimp	1	430	260	29	14	1	195	1440	22	4	14	22
Miso Glazed Salmon	1	410	200	22	3.5	0	75	1100	27	2	19	26
Sesame Chicken	1	580	250	27	5	0	45	1320	43	4	34	26
Beef & Broccoli	1	390	150	17	5	0	30	1600	34	3	24	26
Teriyaki Beef	1	470	160	18	4.5	0	25	1570	61	1	46	19
Teriyaki Chicken	1	610	260	29	5	0	45	1500	52	1	46	22
Crispy Honey Chicken	1	720	340	38	6	0	25	580	67	3	38	22
Orange Chicken	1	680	310	34	5	0	105	1010	55	3	31	34
Kung Pao Chicken	1	590	350	39	7	0	45	1290	19	3	13	29
SERVED WITH CHOICE OF…												
White Rice (8oz)	1	290	0	0	0	0	0	0	65	1	1	5
Brown Rice (8oz)	1	250	20	2	0	0	0	0	53	4	0	5
Fried Rice	1	500	130	15	3	0	185	800	76	2	9	13
Lo Mein Noodles	1	560	110	12	2	0	0	2280	97	3	12	15
STARTER												
House Side Salad	1	100	45	5	0.5	0	0	320	12	2	6	2
Hot & Sour Soup Cup	1	70	15	2	0	0	30	580	9	0	1	4
Egg Drop Soup Cup	1	40	10	1	0	0	30	560	6	0	2	1
Vegetable Spring Roll (1)	1	310	120	13	2.5	0	0	450	44	2	20	3
Pork Egg Rolls (1)	1	370	180	20	3.5	0	25	480	37	3	9	9
ADD A HALF APPETIZER												
Shrimp Dumplings Steamed (3)half order	1	180	30	3	0	0	90	900	21	0	6	12
Shrimp Dumplings Pan Fried (3) half order	1	210	75	9	0	0	90	900	21	0	6	12
Pork Dumpling Steamed (3) half order	1	240	90	10.5	3	0	30	780	24	0	6	9
Pork Dumplings Pan Fried (3) half order	1	270	135	15	4.5	0	30	780	24	0	6	9
Chang's Chicken Lettuce Wraps Half Order	1	440	210	23	4.5	0	15	1170	38	4	17	19
Veggie Lettuce Wraps Half Order	1	500	270	29	4	0	0	1290	52	5	24	10
BBQ Pork Spare Ribs (3) Half Order	1	420	100	11	6	0	95	600	21	0	19	19
Northern Style Spare Ribs (3) Half Order	1	340	100	11	6	0	95	710	3	0	2	18
SOUP & SALAD COMBO												

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Hot & Sour Soup Cup	1	70	15	2	0	0	30	580	9	0	1	4
Egg Drop Soup Cup	1	40	10	1	0	0	30	560	6	0	2	1
House Salad For One	1	160	70	8	1	0	0	520	20	4	8	4
Thai Peanut Salad For One	1	280	160	16	2	0	0	900	28	4	14	12
Asian Caesar Salad For One	1	220	160	16	4	0	10	480	12	2	2	8
Mandarin Crunch Salad For One	1	360	180	20	3	0	0	760	38	4	20	6
GLUTEN-FREE LUNCH - (VALUES DO NOT INCLUDE RICE)												
GF Mongolian Beef	1	350	160	17	5	0	35	1110	23	1	18	26
GF Beef with Broccoli	1	380	170	19	4	0	55	1040	31	3	24	22
GF Chang's Spicy Chicken	1	550	250	27	5	0	55	990	34	1	32	25
CHOOSE YOUR RICE												
GF White Rice (8oz)	1	290	0	0	0	0	0	0	65	1	1	5
GF Brown Rice (8oz)	1	250	20	2	0	0	0	0	53	4	0	5
GF Fried Rice (8oz)	1	420	130	15	3	0	185	520	58	2	7	11
KIDS MENU												
Kids Honey Chicken	1	420	180	20	3	0	61	360	39	0	23	18
Kids Orange Chicken	1	640	330	37	6	0	25	600	56	5	25	24
Kids Sweet & Sour Chicken	1	390	180	20	3	0	61	280	34	0	17	17
Kids Teriyaki Chicken	1	470	180	20	3.5	0	40	1150	45	3	38	19
Kids Teriyaki Beef	1	380	120	13	3.5	0	25	1260	47	3	38	20
Kids Chicken Lo Mein	1	400	110	13	2	0	30	1660	51	2	7	19
Kids Chicken Fried Rice	1	570	170	19	3.5	0	215	730	75	2	8	23
Baby Buddha's Feast Stir Fried	1	150	50	5	1	0	0	670	21	5	11	5
Baby Buddha's Feast Steamed	1	90	5	0.5	0	0	0	50	18	5	9	5
Kids California Roll	1	400	130	14	2	0	10	1350	58	4	17	11
GF Kids Chicken Fried Rice	1	570	170	19	3.5	0	215	730	75	2	8	23
Kids Avocado Roll	1	280	80	12	0	0	0	720	40	8	8	8
KIDS SIDES												
Kids Steamed Snap Peas	1	10	0	0	0	0	0	0	2	1	1	1
Kids Steamed Carrots	1	10	0	0	0	0	0	20	3	1	1	0
Kids Fruit Cup	1	30	0	0	0	0	0	5	7	1	6	0
Kids Steamed Broccoli	1	10	0	0	0	0	0	10	1	1	0	1
KIDS DRINKS												
Kids Milk 2%	1	180	70	7	4.5	0	30	170	18	0	18	12
Kids Apple Juice	1	170	5	0	0	0	0	15	42	1	36	0
Kids Orange Juice	1	170	5	0.5	0	0	0	0	39	1	31	3
Kids Lemonade	1	120	0	0	0	0	0	0	31	0	29	0

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P.F. CHANG'S

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	Servings	Calories	Cals From Fat	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Kids Strawberry Lemonade	1	110	0	0	0	0	0	0	30	0	27	0
Kids Soda	1	0-80		0		0	0	0-35	0-25	0	0-25	0
KIDS DESSERTS												
Kids Coconut Pineapple Ice Cream	1	250	110	12	8	0	45	85	32	0	24	4
Kids Vanilla Ice Cream	1	230	120	13	10	0	60	65	25	0	23	5
DESSERTS												
The Great Wall of Chocolate	1	1940	720	80	30	0	150	1580	308	16	230	20
Banana Spring Rolls	1	940	320	34	14	0	70	480	150	2	46	14
New York-Style Cheesecake	1	960	560	62	36	3	300	660	84	6	68	16
Chocolate Souffle	1	800	460	50	32	1	230	100	84	6	72	12
Butter Cake	1	670	210	23	15	0	160	540	108	1	69	9
Honey Sesame Crème Brulee	1	580	310	34	20	1	100	55	60	1	55	5
Red Velvet Cake	1	240	130	14	9	0	35	220	26	1	20	2
Key Lime Pie	1	270	120	13	11	0	15	100	33	0	29	3
Chocolate Peanut Butter Cream Pie	1	360	190	21	11	0	15	190	38	2	24	5
GLUTEN-FREE APPETIZERS												
GF Chang's Chicken Lettuce Wraps	1	480	180	20	3	0	80	1700	46	4	22	30
GLUTEN-FREE SOUP												
GF Egg Drop Soup cup	1	40	10	1	0	0	30	560	6	0	2	1
GF Egg Drop Soup Bowl	1	280	60	6	0	0	180	3760	44	0	12	8
GLUTEN-FREE ENTRÉES												
GF Chang's Spicy Chicken	1	1160	540	60	12	0	160	1900	96	4	62	78
GF Mongolian Beef	1	740	360	40	12	0	120	1960	28	2	24	66
GF Beef with Broccoli	1	680	300	32	9	0	90	2000	42	6	32	56
GF Ginger Chicken with Broccoli	1	500	120	14	3	0	140	1760	40	6	28	58
GLUTEN-FREE NOODLES & RICE												
GF Pad Thai Combo	1	1220	280	32	6	0	290	3020	184	8	50	50
GF Pad Thai Chicken	1	1260	300	34	6	0	270	2740	184	8	50	56
GF Pad Thai Shrimp	1	1180	280	30	5	0	320	3300	184	8	50	44
GF Pad Thai	1	1080	240	26	5	0	190	2540	184	6	50	26
GF Singapore Street Noodles	1	1220	120	14	3	0	100	2920	224	6	22	52
GF Fried Rice Combo	1	1200	300	34	8	0	320	2000	158	4	20	60
GF Fried Rice with Beef	1	1100	280	30	8	0	240	1680	154	4	20	46
GF Fried Rice with Shrimp	1	960	160	18	3	0	330	1980	154	4	20	36
GF Fried Rice with Vegetables	1	900	140	16	3	0	190	1300	164	10	22	26
GF Fried Rice with Chicken	1	1080	200	22	5	0	270	1560	164	8	22	54
GLUTEN-FREE SIDES												

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GF Fried Rice	1	510	130	15	3	0	185	670	77	2	10	13
GF DESSERT												
GF Chocolate Souffle	1	800	460	50	32	1	230	100	84	6	72	12

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