

**Food Menu Report: Chinese**

Item Name	Serving Size	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
<b>Appetizers</b>											
Chicken Egg Roll	1 egg roll	180	9	2	0	5	380	19	2	2	6
Veggie Egg Roll	1 egg roll	170	9	1.5	0	0	380	20	2	1	4
Pork Egg Roll	1 egg roll	190	10	2.5	0	10	490	20	32	2	6
Vegetable Spring Roll	1 spring roll	50	1	0	--	0	80	9	1	1	1
Crab Rangoon	1 crab rangoon	160	9	3.5	0	15	150	15	0	2	3
Pot Sticker	1 pot sticker	100	8	1.5	0	5	60	5	0	1	2
Sugar Balls	1 sugar ball	120	4.5	1	0	0	180	17	0	8	1
<b>Soup</b>											
Hot & Sour Soup	8 oz	50	1.5	0	0	30	760	6	1	1	3
Egg Drop Soup	8 oz	60	1.5	0	0	55	340	10	1	1	2
<b>Poultry</b>											
Almond Chicken	6 oz	230	11	1	0	15	1180	24	2	13	10
Beijing Chicken	6 oz	270	11	2.5	0	80	750	20	1	15	22
Black Pepper Chicken	6 oz	170	7	1	0	15	1090	19	1	11	9
Black Pepper Duck	6 oz	180	7	1.5	0	30	1010	21	1	11	9
Cashew Chicken	6 oz	220	10	1.5	0	15	1180	25	2	13	10
Chicken Egg Noodles	6 oz	320	6	0.5	0	30	1600	51	2	12	14
Chicken with Broccoli	6 oz	190	6	1	0	15	1240	25	2	13	9
Chicken with Green Beans	6 oz	180	7	1	0	15	1080	21	2	12	9
Chicken with Vegetables	6 oz	180	6	1	0	15	1240	24	2	13	9
Five Spice Chicken	6 oz	240	5	1	0	85	870	30	1	26	19
Garlic Chicken	6 oz	180	6	1	0	15	1210	23	1	13	9
General Chicken	6 oz	340	16	2.5	0	40	1050	39	2	23	11
Hunan Chicken	6 oz	210	8	1	0	15	1370	26	2	15	9
Jalapeno Chicken	6 oz	170	7	1	0	15	880	18	2	9	9
Kung Pao Chicken- Spicy	6 oz	190	8	1	0	15	1150	23	2	13	8
Mongolian Chicken	6 oz	170	8	1	0	15	1030	17	2	11	10
Mushroom Chicken	6 oz	180	6	1	0	15	1200	22	1	12	10
Pineapple Chicken	6 oz	370	20	3.5	0	30	600	34	1	15	12
Sesame Chicken	6 oz	390	19	3	0	25	600	42	0	25	12
Snap Pea Chicken	6 oz	130	3.5	0	0	20	630	14	2	8	12

Spicy Orange Chicken	6 oz	360	18	3	0	25	1090	36	1	16	12
Sweet and Sour Chicken	6 oz	370	19	3.5	0	30	480	35	0	20	13
Sweet Orange Chicken	6 oz	400	18	3	0	25	460	46	0	28	12
Szechuan Chicken	6 oz	200	6	1	0	15	960	27	2	17	8
Yummy Chicken	6 oz	240	10	1.5	0	25	1390	25	1	18	13
Almond Chicken	8 oz	300	15	1.5	0	20	1570	32	3	17	13
Beijing Chicken	8 oz	360	15	3.5	0	105	1000	27	2	21	29
Black Pepper Chicken	8 oz	230	9	1.5	0	20	1460	26	1	14	13
Black Pepper Duck	8 oz	250	9	2	0	40	1340	28	1	14	13
Cashew Chicken	8 oz	300	14	2	0	20	1570	33	2	17	13
Chicken Egg Noodles	8 oz	430	9	1	0	45	2130	68	3	16	18
Chicken with Broccoli	8 oz	250	9	1	0	20	1660	33	3	17	12
Chicken with Green Beans	8 oz	240	10	1.5	0	20	1440	29	3	16	13
Chicken with Vegetables	8 oz	250	9	1	0	20	1650	31	2	17	12
Five Spice Chicken	8 oz	320	7	1.5	0	115	1160	40	1	35	25
Garlic Chicken	8 oz	240	8	1	0	20	1610	30	1	17	12
General Chicken	8 oz	460	22	3.5	0	55	1400	53	3	31	15
Hunan Chicken	8 oz	280	11	1.5	0	15	1830	35	2	20	12
Jalapeno Chicken	8 oz	230	10	1.5	0	20	1170	24	2	12	12
Kung Pao Chicken- Spicy	8 oz	250	10	1.5	0	15	1530	30	2	17	10
Mongolian Chicken	8 oz	230	10	1.5	0	25	1370	23	2	14	13
Mushroom Chicken	8 oz	240	9	1	0	20	1600	30	1	16	13
Pineapple Chicken	8 oz	500	27	4.5	0	35	800	45	1	21	16
Sesame Chicken	8 oz	530	25	4	0	35	800	56	0	34	16
Snap Pea Chicken	8 oz	180	4.5	0.5	0	25	850	18	2	10	16
Spicy Orange Chicken	8 oz	480	24	4.5	0	35	1460	48	1	21	17
Sweet and Sour Chicken	8 oz	490	25	4.5	0	40	640	46	0	26	17
Sweet Orange Chicken	8 oz	530	24	4.5	0	35	610	61	0	38	16
Szechuan Chicken	8 oz	260	9	1	0	20	1280	37	3	23	11
Yummy Chicken	8 oz	320	13	2	0	35	1860	34	1	24	17
Almond Chicken	12 oz	460	22	2.5	0	25	2360	48	5	25	20
Beijing Chicken	12 oz	540	22	5	0	155	1510	40	2	31	44
Black Pepper Chicken	12 oz	350	14	2	0	30	2190	39	2	21	19
Black Pepper Duck	12 oz	370	14	3	0	60	2010	42	2	21	19
Cashew Chicken	12 oz	450	21	3	0	25	2360	50	3	26	19

Chicken Egg Noodles	12 oz	640	13	1.5	0	65	3190	102	5	23	27
Chicken with Broccoli	12 oz	380	13	2	0	30	2490	50	4	26	18
Chicken with Green Beans	12 oz	370	14	2	0	30	2160	43	4	24	19
Chicken with Vegetables	12 oz	370	13	2	0	30	2480	47	3	26	18
Five Spice Chicken	12 oz	480	10	2	0	170	1740	60	1	53	37
Garlic Chicken	12 oz	360	13	2	0	30	2410	46	2	25	18
General Chicken	12 oz	690	33	5	0	80	2100	79	5	46	22
Hunan Chicken	12 oz	210	8	1	0	15	1370	26	2	15	9
Jalapeno Chicken	12 oz	340	15	2	0	30	1760	36	4	18	18
Kung Pao Chicken- Spicy	12 oz	380	16	2	0	25	2290	45	4	25	15
Mongolian Chicken	12 oz	350	16	2	0	35	2060	34	3	21	20
Mushroom Chicken	12 oz	350	13	2	0	30	2400	44	2	24	19
Pineapple Chicken	12 oz	750	41	7	0	55	1210	68	1	31	24
Sesame Chicken	12 oz	790	37	6	0	55	1200	84	0	51	24
Snap Pea Chicken	12 oz	270	7	1	0	40	1270	27	4	15	24
Spicy Orange Chicken	12 oz	720	36	6	0	55	2190	72	2	32	25
Sweet and Sour Chicken	12 oz	740	38	7	0	60	960	69	0	39	25
Sweet Orange Chicken	12 oz	800	36	6	0	55	920	91	0	57	24
Szechuan Chicken	12 oz	390	13	2	0	30	1920	55	4	35	16
Yummy Chicken	12 oz	480	19	2.5	0	50	2790	51	2	36	26
<b>Beef</b>											
Asparagus Beef	6 oz	190	10	2.5	0	25	790	16	1	8	9
Beef with Broccoli	6 oz	220	9	2	0	25	1160	26	2	13	9
Beef with Green Beans	6 oz	210	10	2.5	0	25	990	23	2	12	10
Beef with Vegetables	6 oz	210	9	2	0	25	1160	25	2	13	9
Mongolian Beef	6 oz	210	10	2.5	0	30	930	19	2	11	10
Mushroom Beef	6 oz	200	9	2	0	25	1120	24	1	12	10
Pepper Beef	6 oz	230	10	2.5	0	25	1290	27	1	14	9
Asparagus Beef	8 oz	250	13	3	0	35	1050	21	2	11	13
Beef with Broccoli	8 oz	290	12	3	0	30	1550	35	3	17	12
Beef with Green Beans	8 oz	290	13	3	0	35	1320	31	3	16	13
Beef with Vegetables	8 oz	280	11	3	0	30	1540	33	2	17	12
Mongolian Beef	8 oz	280	14	3.5	0	35	1240	25	2	14	13
Mushroom Beef	8 oz	270	11	3	0	30	1490	31	1	16	13
Pepper Beef	8 oz	310	13	3.5	0	35	1710	36	2	19	12

Asparagus Beef	12 oz	370	19	5	0	50	1570	32	3	17	19
Beef with Broccoli	12 oz	430	17	4.5	0	45	2320	53	4	26	18
Beef with Green Beans	12 oz	430	19	5	0.5	50	1980	46	4	24	19
Beef with Vegetables	12 oz	420	17	4.5	0	45	2310	50	3	26	18
Mongolian Beef	12 oz	420	21	5	0.5	55	1860	38	3	21	20
Mushroom Beef	12 oz	410	17	4.5	0	45	2230	47	2	24	19
Pepper Beef	12 oz	460	19	5	0.5	50	2570	53	2	28	18
<b>Pork</b>											
Black Pepper Pork	6 oz	180	6	1.5	0	30	930	19	1	11	14
Hot Braised Pork	6 oz	310	17	3.5	0	35	900	25	1	12	14
Hunan Pork	6 oz	220	7	1.5	0	25	1230	26	2	15	13
Mushroom Pork	6 oz	190	6	1.5	0	30	1050	22	1	12	14
Pork with Green Beans	6 oz	190	6	1.5	0	30	910	21	2	12	14
Pork with Vegetables	6 oz	190	6	1.5	0	30	1080	23	2	13	13
Szechuan Pork	6 oz	210	6	1.5	0	30	810	27	2	17	12
Twice Cooked Pork	6 oz	180	6	1.5	0	30	820	17	2	10	14
Black Pepper Pork	8 oz	240	8	2	0	40	1240	25	1	14	18
Hot Braised Pork	8 oz	410	22	4.5	0	45	1210	33	2	16	18
Hunan Pork	8 oz	290	10	2	0	35	1640	34	2	20	17
Mushroom Pork	8 oz	250	8	2	0	35	1390	29	1	16	18
Pork with Green Beans	8 oz	260	8	2	0	40	1210	28	3	16	19
Pork with Vegetables	8 oz	260	8	2	0	35	1450	31	2	17	17
Szechuan Pork	8 oz	270	8	2	0	35	1080	36	3	23	16
Twice Cooked Pork	8 oz	240	9	2	0	45	1090	22	3	13	19
Black Pepper Pork	12 oz	370	12	3	0	60	1860	37	2	21	28
Hot Braised Pork	12 oz	610	34	7	0	70	1810	49	3	24	27
Hunan Pork	12 oz	430	14	3	0	50	2460	52	4	30	25
Mushroom Pork	12 oz	370	11	2.5	0	55	2090	43	2	24	27
Pork with Green Beans	12 oz	390	13	3	0	65	1810	41	4	24	28
Pork with Vegetables	12 oz	390	11	2.5	0	55	2170	46	3	26	26
Szechuan Pork	12 oz	410	11	2.5	0	55	1610	53	4	35	24
Twice Cooked Pork	12 oz	360	13	3	0	65	1640	33	4	19	28
<b>Shrimp</b>											
Firecracker Shrimp	6 oz	310	14	2	0	35	1220	41	2	21	6
Kung Pao Shrimp - Spicy	6 oz	160	3	0	0	85	1070	22	2	13	9

Shrimp with Vegetables	6 oz	170	3.5	0	0	90	1150	23	2	13	10
Thai Chili Shrimp	6 oz	160	2.5	0	0	130	610	19	1	14	13
Triple Delight	6 oz	170	8	1.5	0	65	390	10	2	4	13
Walnut Shrimp	6 oz	360	16	2.5	0	0	170	41	1	24	11
Firecracker Shrimp	8 oz	420	19	3	0	45	1620	55	3	28	7
Kung Pao Shrimp - Spicy	8 oz	210	4	0.5	0	110	1420	29	2	17	12
Shrimp with Vegetables	8 oz	220	4.5	0.5	0	120	1540	30	2	17	13
Thai Chili Shrimp	8 oz	210	3.5	0	0	175	810	25	2	19	17
Triple Delight	8 oz	220	11	2	0	85	520	14	2	5	17
Walnut Shrimp	8 oz	480	21	3	0	0	230	55	1	32	14
Firecracker Shrimp	12 oz	630	28	4	0	65	2440	83	5	42	11
Kung Pao Shrimp - Spicy	12 oz	310	6	1	0	165	2130	44	4	25	18
Shrimp with Vegetables	12 oz	330	7	1	0	180	2300	46	3	25	20
Thai Chili Shrimp	12 oz	320	5	0	0	260	1220	37	3	28	26
Triple Delight	12 oz	340	17	3	0	125	780	20	4	7	26
Walnut Shrimp	12 oz	720	32	4.5	0	0	350	82	1	48	22
<b>Vegetarian</b>											
Garlic Green Kale	6 oz	180	9	1	0	0	1060	23	5	12	6
House Special Mix Vegetable	6 oz	90	3	0	0	0	610	15	2	8	2
Garlic Green Kale	8 oz	240	12	1.5	0	0	1410	31	6	16	8
House Special Mix Vegetable	8 oz	120	4	0.5	0	0	810	20	3	11	3
Garlic Green Kale	12 oz	370	18	2.5	0	0	2110	46	10	24	12
House Special Mix Vegetable	12 oz	190	6	1	0	0	1220	30	4	16	4
<b>Rice &amp; Noodles</b>											
Steamed Rice	6 oz	320	0	0	0	0	0	72	2	0	6
Vegetable Fried Rice	6 oz	340	4.5	0.5	0	15	440	67	2	0	6
Vegetable Lo Mein	6 oz	320	2.5	0	0	0	1550	65	3	15	7
Steamed Rice	8 oz	430	0	0	0	0	0	97	3	0	8
Vegetable Fried Rice	8 oz	450	6	1	0	20	590	89	2	0	8
Vegetable Lo Mein	8 oz	430	3.5	0.5	0	0	2060	86	4	20	10
Plain Rice Noodles	6 oz	370	13	2	0	55	980	49	4	2	5
Chicken Rice Noodles	6 oz	330	13	2	0	55	910	37	3	2	10
Pork Rice Noodles	6 oz	340	12	2.5	0	65	760	36	3	2	14
<b>Specialties</b>											
Crab Rangoon Dip	2 oz	80	7	5	0	30	160	2	0	2	1

Sweet and Sour Sauce	2 oz	80	0	0	0	0	25	19	0	19	0
Wonton Bowl	2 oz	80	5	1	0	0	45	6	0	0	1