



Calories **Total Fat (g)** **Sat. Fat (g)** **Cholesterol (mg)** **Carbs (g)** **Protein (g)** **Fiber (g)** **Sodium (mg)**

Bases (1 cup)	Brown Rice	216	1	0.3	0	45	5	4	10
	Jasmine Rice	173	1	0.1	0	39	3	0	4
	Veggie Salad	75	0	0.1	0	17	2	0	4
	Rice Noodles	150	0	0	0	35	3	0	5
Protein	4oz Chicken(w/ skin)	262	16	5	116	4	28	0	229
	4oz Chicken(no skin)	232	11.3	3.6	107	4	30	0	219
	3.5oz Pork	241	10.8	2.8	90	4	25	0	199
	3.5oz Beef	269	18	2.8	107	4	28	0	236
	4.5oz Tofu	233	12	6.3	0	5	22	1.2	181
	3.5oz Shrimp	249	0	0.3	146	9	25	0	384
Veggies	Steamed Veggies	23	0.2	0	0	4.7	1.5	1.8	24
	Wok Veggies	37	1.7	0.3	0	4.9	1.5	1.8	94
Toppers (2 tbsp)	Jalapeno	4	0.1	0	0	0.9	0.1	0	0.4
	Bean Sprouts	14	0.1	0	0	1.2	1.2	0	12
	Crispy Shallots	43.3	2.4	1	0	5.2	0.6	0.4	87
	Scallion Oil	148	16	1.9	0	1	0.2	0.2	1
	Chopped Peanuts	24	2.1	0.3	0	0.8	1.1	0.3	0.3
	Herbs	5	0.1	0	0	0.9	0.4	0	3.5
	Pickled Veggies	15	0.1	0	0	3	0.2	0.6	60
	Lime Squeeze	3	0	0	0	0.9	0.1	0.2	0
Caramel Egg	100	5.9	1.6	187	5.4	6.2	0	187	
Sauces (1 oz)	Tam. Vinaigrette	75	0.35	0	0	18	0	0	511
	No-Oil Fish Sauce	13	0	0	0	1.5	0.2	0	2826
	Hot Box It	33	0.1	0.1	0	2.7	0.21	0.3	160
	Ms. Jones' Sriracha	16	1.7	0.1	0	1.7	2.8	0.75	122
	Asian Street Dust	7	0.1	0	0	1.3	0.1	0	72
	Peanut Sauce	93	5.8	0.5	0	7.9	2.3	0.7	482
	Curry Sauce	56.3	4.8	0.5	0	2.3	0.9	0	150
Drinks (11 oz)	Iced Coffee	154	7.9	4.9	31	17.9	1.4	0	89
	Iced Tea	3	0	0	0	0.9	0	0	0
	Lemonade	136	0	0	0	35	0.2	0.4	14
Sides	Shrimp Rolls	247	6.7	0.9	83	37.35	8.9	1.8	270
	Tofu Rolls	246	6.7	1	0	41	5.3	1.2	302
	Glass Noodle	244	14.5	1.1	10	28.5	2	1.2	326