



Trans Fat Free   Low in Cholesterol   Low in Saturated Fat   Spicy   Signature Dish   250 Calories or Less\*

## Canadian Nutritional Information

|                              | Serving (g) | Calories | Fat (g) | Sat. Fat (g) | Trans Fat | Cholesterol (mg) | Sodium (mg) | Carbohydrates (g) | Fibre (g) | Sugar (g) | Protein (g) |
|------------------------------|-------------|----------|---------|--------------|-----------|------------------|-------------|-------------------|-----------|-----------|-------------|
| <b>Chicken Dishes</b>        |             |          |         |              |           |                  |             |                   |           |           |             |
| Orange Chicken               | 142         | 420      | 22      | 3.0          | 0.3       | 35               | 650         | 45                | 0         | 24        | 13          |
| Honey Garlic Chicken         | 142         | 450      | 22      | 3.0          | 0.3       | 40               | 890         | 54                | 0         | 31        | 14          |
| Spicy Chicken                | 142         | 140      | 8       | 1.0          | 0         | 25               | 620         | 10                | 1         | 4         | 8           |
| Oriental Grilled Chicken     | 142         | 210      | 7       | 1.5          | 0         | 70               | 1000        | 20                | 0         | 14        | 17          |
| Black Pepper Chicken         | 142         | 160      | 10      | 1.5          | 0         | 25               | 640         | 8                 | 1         | 4         | 8           |
| Kung Pao Chicken             | 142         | 180      | 12      | 1.5          | 0         | 25               | 520         | 11                | 1         | 5         | 8           |
| Sesame Chicken               | 142         | 390      | 16      | 2.0          | 0.3       | 40               | 890         | 50                | 0         | 29        | 13          |
| General Tso's Chicken        | 142         | 380      | 22      | 3.0          | 0.3       | 30               | 840         | 34                | 0         | 12        | 12          |
| Pineapple Chicken            | 142         | 160      | 8       | 1.0          | 0         | 20               | 250         | 19                | 1         | 14        | 6           |
| Green Bean Chicken           | 142         | 150      | 9       | 1.0          | 0         | 25               | 560         | 10                | 2         | 3         | 8           |
| Chicken with Snow Peas       | 142         | 140      | 8       | 1.0          | 0         | 20               | 690         | 11                | 2         | 5         | 7           |
| Chicken & Mushrooms          | 142         | 150      | 10      | 1.0          | 0         | 25               | 730         | 8                 | 1         | 4         | 8           |
| Chicken Wings (4)            | 155         | 330      | 25      | 5.0          | 0.2       | 85               | 930         | 5                 | 0         | 0         | 20          |
| Chicken Balls (4)            | 94          | 240      | 14      | 1.5          | 0         | 20               | 790         | 17                | 1         | 2         | 13          |
| <b>Beef Dishes</b>           |             |          |         |              |           |                  |             |                   |           |           |             |
| Pepper Steak                 | 142         | 180      | 12      | 1.5          | 0         | 15               | 500         | 11                | 1         | 5         | 8           |
| Spicy Beef                   | 142         | 180      | 13      | 1.5          | 0         | 15               | 560         | 10                | 1         | 4         | 8           |
| Beef & Broccoli              | 142         | 190      | 12      | 1.5          | 0.1       | 15               | 700         | 13                | 2         | 5         | 8           |
| Black Pepper Beef            | 142         | 180      | 13      | 1.5          | 0         | 15               | 590         | 9                 | 1         | 4         | 8           |
| Ginger Beef                  | 142         | 350      | 22      | 2.5          | 0.2       | 40               | 670         | 28                | 0         | 7         | 13          |
| <b>Pork</b>                  |             |          |         |              |           |                  |             |                   |           |           |             |
| BBQ Pork                     | 142         | 250      | 11      | 2.0          | 0.1       | 70               | 730         | 16                | 0         | 13        | 22          |
| Sweet & Sour Pork            | 142         | 350      | 20      | 2.0          | 0.2       | 30               | 540         | 35                | 0         | 19        | 10          |
| <b>Seafood</b>               |             |          |         |              |           |                  |             |                   |           |           |             |
| Garlic Shrimp and Vegetables | 218         | 260      | 15      | 1.5          | 0         | 90               | 860         | 19                | 2         | 5         | 13          |
| <b>Rice &amp; Noodles</b>    |             |          |         |              |           |                  |             |                   |           |           |             |
| Steamed Rice                 | 227         | 370      | 0       | 0.0          | 0         | 0                | 3           | 84                | 0         | 0         | 7           |
| Fried Rice                   | 227         | 420      | 13      | 1.5          | 0         | 95               | 1160        | 66                | 1         | 3         | 9           |
| Noodles (Lo Mein)            | 227         | 350      | 17      | 1.5          | 0         | 10               | 870         | 43                | 4         | 5         | 8           |
| Shanghai Noodles             | 227         | 410      | 14      | 1.5          | 0         | 50               | 1620        | 56                | 3         | 8         | 17          |
| <b>Appetizers</b>            |             |          |         |              |           |                  |             |                   |           |           |             |
| Vegetable Egg Roll           | 70          | 150      | 6       | 1.0          | 0         | 5                | 380         | 20                | 1         | 0         | 4           |
| Chicken Egg Roll             | 70          | 150      | 7       | 1.0          | 0         | 10               | 350         | 17                | 1         | 1         | 5           |
| Seafood Rangoon              | 85          | 300      | 21      | 7.0          | 0.5       | 35               | 240         | 20                | 1         | 3         | 4           |
| <b>Vegetables</b>            |             |          |         |              |           |                  |             |                   |           |           |             |
| Mixed Vegetables             | 142         | 140      | 10      | 1.0          | 0         | 0                | 510         | 11                | 3         | 3         | 2           |

The Nutrient Data shown above are based on standard preparation methods and average concentrations in ingredients. Small variations due to seasonal variations in ingredients and preparation by different chefs can occur. \*WOK LITE items are 250 calories or less per single serving.