



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

U.S. Nutritional Information

	Serving (g)	Calories	Calories from fat	Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
Chicken Dishes												
Orange Chicken	142	400	190	21	3.5	0	55	700	42	1	24	15
Honey Garlic Chicken	142	430	190	21	3.5	0	60	940	50	0	31	16
Spicy Chicken	142	150	80	9	1.5	0	25	640	10	1	4	8
Oriental Grilled Chicken	142	240	80	9	1.5	0	70	1050	20	0	14	19
Black Pepper Chicken	142	170	100	11	1.5	0	25	660	9	1	3	9
Kung Pao Chicken	142	180	110	12	2.0	0	25	540	12	1	5	8
Sesame Chicken	142	370	130	14	3.0	0	55	940	46	0	29	15
General Tso's Chicken	142	360	190	21	3.5	0	50	880	31	1	12	14
Pineapple Chicken	142	170	80	9	1.5	0	20	260	19	1	14	6
Green Bean Chicken	142	160	90	10	1.5	0	25	580	10	2	3	8
Chicken with Snow Peas	142	140	80	9	1.5	0	20	710	11	2	5	7
Chicken & Mushrooms	142	160	100	11	1.5	0	25	750	8	0	4	7
Sweet & Sour Chicken Tenders	142	340	160	18	3.0	0	100	170	17	0	0	28
Beef Dishes												
Pepper Steak	142	170	110	12	2.5	0	10	510	10	1	4	7
Spicy Beef	142	180	130	14	3.0	0	10	560	10	1	4	7
Beef & Broccoli	142	180	120	13	2.5	0	10	710	12	2	5	7
Black Pepper Beef	142	180	130	14	3.0	0	10	590	8	1	4	7
Pork												
BBQ Pork	142	240	100	11	2.5	0	70	730	16	0	13	22
Sweet & Sour Pork	142	360	170	19	3.5	0	35	470	37	0	19	14
Rice & Noodles												
Steamed Rice	227	370	0	0	0.0	0	0	3	84	0	0	7
Fried Rice	227	410	120	13	2.5	0	95	1160	65	1	3	10
Noodles (Lo Mein)	227	300	150	17	3.0	0	20	850	33	4	5	7
Shanghai Noodles	227	410	130	14	2.0	0	50	1620	56	3	8	17
Appetizers												
Vegetable Egg Roll	70	150	50	6	1.0	0	5	380	20	1	0	4
Chicken Egg Roll	70	150	60	7	1.0	0	10	350	17	1	1	5
Seafood Rangoon	85	300	190	21	7.0	0.5	35	240	20	1	3	4
Vegetables												
Mixed Vegetables	142	130	90	10	1.5	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.