

MEIN BOWL NUTRITIONALS

Rev. May 13, 2015

Item	Portion Size	Calories	Carbs	Protein	Fat	Sat. Fat	Sodium	Fiber
5 Spice Sauce	1 oz Ladle	30	8	0	0	0	270	0
5 Spice Teriyaki Chicken	4 oz	120	4	17	4	1	150	0
5 Spice Teriyaki Chicken Brown Rice Bowl	1 Bowl	560	91	26	10	2	710	5
5 Spice Teriyaki Chicken Salad Bowl	1 Bowl	350	36	23	14	2	1090	8
Asian Greens	4 oz	70	6	2	5	0	450	2
Beef and Broccoli	8 oz	360	18	25	21	4	1750	2
Black Pepper Beef	8 oz	360	20	24	20	4	1860	2
Broccoli with Almonds	4 oz	120	12	4	7	1	690	3
Brown Rice	1 Cup	340	70	7	3	1	10	3
Brown Sauce for Mein Bowl	1 oz Ladle	70	17	2	0	0	960	0
Caramelized Ginger Chicken	8 oz	320	37	23	8	1	840	1
Caramelized Ginger Sauce	1 oz Ladle	40	11	1	0	0	280	0
Chicken Pot Stickers	2 Pot Stickers	260	13	6	21	2	270	0
Chili Lime Sauce	1 oz Ladle	40	9	1	0	0	860	0
Chinese Eggplant	4 oz	130	10	1	11	1	820	2
Crispy Shrimp	3 oz	110	12	15	1	0	360	0
Cucumber Salad	1 oz	10	2	0	0	0	20	0
Customer's Choice Cold Veggie Toppings	1 Portion	10	2	0	0	0	30	1
Customer's Choice Sauces (Mein Bowl)	1 Portion	10	2	1	0	0	980	0
Five Spice Teriyaki Chicken Rice Bowl	1 Bowl	570	98	26	8	1	710	4
Fried Shallots	1/4 oz	5	1	0	0	0	0	0
Gai Lan (Broccoli) with Mushroom	4 oz	130	14	3	8	1	490	2
Garlic Green Beans	4 oz	110	13	3	6	1	660	3
General Tso Chicken	8 oz	400	38	16	22	2	1340	3
Ginger Onion Mix	1 oz Ladle	10	3	0	0	0	1	0
Ginger Pork	4 oz	210	19	13	10	3	460	1
Ginger Snow Peas and Mushrooms	4 oz	130	13	4	8	1	810	2
Herb Slaw	4 oz	30	7	2	0	0	30	3
Jasmine Rice	1 Cup	350	77	7	1	0	10	1
Korean BBQ Beef	4 oz	170	1	23	7	2	130	0
Korean Marinade	1 oz Ladle	80	10	1	4	1	460	1
Korean Spinach and Kale	1 oz	30	2	1	3	0	170	1
Kung Pao Chicken	8 oz	370	41	18	15	1	1000	2
Lemongrass Beef	4 oz	190	1	24	10	4	150	0
Lemongrass Beef Brown Rice Bowl	1 Bowl	610	82	33	16	5	940	5
Lemongrass Beef Noodle Bowl	1 Bowl	720	86	37	25	5	2080	6
Lemongrass Beef White Rice Bowl	1 Bowl	630	89	33	14	4	940	3

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Lemongrass Chicken & Snap Pea	1 Stir Fry (8 oz)	340	16	17	23	2	1240	3
Lemongrass Shrimp & Snap Pea	1 Stir Fry (8 oz)	370	24	17	24	2	880	3
Marinated Top Round	4 oz	210	2	22	11	3	580	0
Mixed Vegetables	4 oz	50	7	2	2	0	290	2
Mongolian Beef	8 oz	370	19	25	21	4	1820	2
Orange Chicken Breast	8 oz	390	53	13	15	1	530	1
Orange Chicken Brown Rice Bowl	1 Bowl	750	125	21	19	2	540	5
Orange Chicken White Rice Bowl	1 Bowl	760	132	20	17	1	530	3
Pickled Carrots	1 oz	10	4	0	0	0	40	1
Pork Egg Rolls	1 Egg Roll	310	19	5	24	3	420	2
Salad Mix for Salad Bowls	4 oz	30	7	2	0	0	30	3
Sauteed Onions & Shiitake Mushrooms	1 oz	40	4	1	2	0	200	0
Stir Fried Rice	1 Cup	330	63	7	5	1	410	2
Sweet and Sour Pork	8 oz	370	43	12	18	2	810	1
Thai Chicken Curry	8 oz	220	18	15	10	7	1220	2
Thai Tofu	4 oz	80	4	8	4	1	70	1
Thai Yellow Curry Sauce	1 oz Ladle	40	5	0	3	2	330	0
Toasted Almonds	1 oz	170	5	6	15	1	10	3
Tofu Veggie Brown Rice Bowl	1 Bowl	580	95	19	15	4	980	9
Tofu Veggie White Rice Bowl	1 Bowl	590	102	18	13	4	980	7
Tossed Veggie Noodles	8 oz	440	74	11	12	1	1150	4
Vegetable Egg Rolls	1 Egg Roll	290	20	3	22	2	450	2
Vietnamese Chicken Curry w/ Sweet Potato	8 oz	250	24	15	11	7	1220	3
Yellow Squash and Spinach	1 Stir Fry (4 oz)	110	10	2	6	1	770	1