



NUTRITIONAL GUIDELINES

All calculations are listed per serving size

These values are not exact; since we cook each dish to order, there can be variances in the actual numbers versus recipe specifications.

Values below are per serving unless otherwise noted.

FIRST TASTES / ADD ONS	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
Minced Chicken with Cool Lettuce Wraps	2	310	11	2.5	17	36	4	980
<i>Served with - Lettuce Wrap Sauce</i>	2 oz vol	50	3	0	4	3	0	2080
Pei Wei Spring Rolls (2)	1	210	7	2	4	35	5	580
<i>Served with - Sweet Chile Sauce</i>	2 oz vol	140	0	0	0	17	1	800
Crab Wontons (2)	1	170	10	3.5	6	13	1	250
<i>Served with - Sweet Chile Sauce</i>	2 oz vol	140	0	0	0	17	1	800
Crispy Potstickers (2)	1	150	8	2.5	7	12	1	310
<i>Served with - Potsticker Sauce</i>	2 oz vol	30	1	0	3	3	0	1260
Edamame	2	160	7	1.5	15	9	9	490
Hot & Sour Soup (cup)	1	190	8	2	16	12	2	1640
Hot & Sour Soup (bowl)	2	310	13	3.5	27	20	3	2730
Thai Wonton Soup (cup)	1	180	8	2	9	18	1	860
Thai Wonton Soup (bowl)	2	200	8	2.5	9	21	1	1460



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WRAPS, SALADS & ROLLS	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
Minced Chicken with Cool Lettuce Wraps	2	310	11	2.5	17	36	4	980
<i>Served with - Lettuce Wrap Sauce</i>	2 oz vol	50	3	0	4	3	0	2080
Asian Chopped Chicken Salad	2	390	25	2.5	23	17	2	950
Asian Chopped Chicken Salad (without dressing)	2	170	4	1	22	12	2	160
Pei Wei Spicy Chicken Salad	2	560	24	3.5	23	62	5	1570
Pe Wei Spicy Shrimp Salad	2	430	19	2.5	8	56	4	1120
Pei Wei Spicy Chicken Salad (without dressing)	2	505	19	3	23	60	5	1210
Vietnamese Chicken Salad Rolls	3	130	7	0.5	9	9	1	410
<i>Served with - Sweet Chile Sauce</i>	2 oz vol	140	0	0	0	17	1	800
<i>Served with - Thai Peanut Sauce</i>	2 oz vol	160	10	5	4	16	1	360



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Calculations for our Noodle and Rice Bowls are inclusive of noodles or rice.

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* Denotes a dish cooked in vegetable stock ("Stock Velvet")

^ See Sauces and sides for nutritional adjustments of Brown & Fried Rice side

NOODLE & RICE BOWLS	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
<u>Fried Rice *</u>								
Chicken	2	500	12	2.5	29	66	2	1210
Beef	2	520	16	4	24	68	3	1380
Beef (stock velveted)	2	490	11	2	23	65	2	1290
Vegetables & Tofu	2	530	16	3	22	72	6	1360
Shrimp	2	460	11	2.5	23	65	2	1330
<u>Japanese Teriyaki Bowl with White Rice ^</u>								
Chicken	2	560	13	2	25	80	3	1390
Chicken (stock velveted)	2	530	9	1.5	25	78	3	1310
Beef	2	550	13	3	20	81	3	1480
Beef (stock velveted)	2	500	8	1.5	19	75	3	1220
Vegetables & Tofu	2	600	17	2.5	18	86	7	1500
Vegetables & Tofu (stock velveted)	2	560	13	2.5	19	84	6	1460
Shrimp	2	530	12	2	19	80	6	1590
Shrimp (stock velveted)	2	490	8	1.5	20	78	3	1430
<u>Pad Thai *</u>								
Chicken	2	720	20	3.5	35	105	3	2540
Beef	2	790	26	6	34	109	4	2790
Beef (stock velveted)	2	710	18	3	29	105	3	2610
Vegetables & Tofu	2	750	23	4	28	111	7	2680
Shrimp	2	680	18	3	29	105	3	2650

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NOODLE & RICE BOWLS (cont.)	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
<u>Dan Dan Noodles</u>								
Chicken	2	390	10	2.5	21	53	3	1590
<u>Lo Mein Noodles</u>								
Chicken	2	560	20	3.5	30	67	5	1170
Chicken (stock velvete)	2	520	16	3	30	65	5	1090
Beef	2	540	20	4.5	25	68	5	1260
Beef (stock velvete)	2	510	15	2.5	25	64	5	1160
Vegetables & Tofu	2	590	24	4	23	73	9	1280
Vegetables & Tofu (stock velvete)	2	550	20	3.5	24	71	8	1240
Shrimp	2	520	18	3	25	67	5	1370
Shrimp (stock velvete)	2	480	15	2.5	25	64	5	1210
<u>Thai Blazing Noodles *</u>								
Chicken	2	520	9	1.5	22	85	4	1790
Beef	2	590	15	4	22	89	4	2050
Beef (stock velvete)	2	510	8	1	16	84	3	1870
Vegetables & Tofu	2	550	13	2	16	91	7	1930
Shrimp	2	490	8	1.5	16	84	4	1910



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Calculations for our Signature Dishes do not include noodles or rice.

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* Denotes a dish cooked in vegetable stock ("Stock Velvet")

SIGNATURE DISHES	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
<u>Thai Dynamite</u>								
Chicken	2	330	17	3	22	24	6	830
Chicken (stock velveted)	2	230	10	1.5	24	12	2	570
Beef	2	260	15	3.5	18	15	2	800
Beef (stock velveted)	2	210	8	1.5	17	11	1	670
Vegetables & Tofu	2	280	17	2.5	11	20	6	750
Vegetables & Tofu (stock velveted)	2	240	13	2.5	13	18	6	720
Shrimp	2	350	20	3	14	24	4	1030
Shrimp (stock velveted)	2	160	8	1.5	13	11	1	670
<u>Mongolian *</u>								
Chicken	2	290	12	2	26	20	1	1170
Beef	2	320	17	4	20	23	2	1400
Beef (stock velveted)	2	280	10	1.5	19	19	1	1280
Vegetables & Tofu	2	310	16	2.5	15	26	5	1330
Shrimp	2	230	10	1.5	15	19	1	1280
<u>Lemon Pepper</u>								
Chicken	2	400	21	3.5	27	26	5	1390
Chicken (stock velveted)	2	280	12	2	25	19	2	670
Beef	2	480	29	6	19	36	4	900
Beef (stock velveted)	2	260	10	1.5	17	18	2	780
Vegetables & Tofu	2	330	20	3	12	27	6	810
Vegetables & Tofu (stock velveted)	2	290	16	2.5	14	26	6	830
Shrimp	2	260	16	2.5	10	21	4	810
Shrimp (stock velveted)	2	210	10	1.5	13	18	2	780

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SIGNATURE DISHES (cont.)	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
<u>Thai Coconut Curry *</u>								
Chicken	2	360	20	11	26	21	4	640
Beef	2	390	25	13	20	24	5	870
Beef (stock velveted)	2	350	19	11	19	20	4	740
Vegetables & Tofu	2	380	24	12	16	27	8	790
Shrimp	2	280	18	11	12	20	4	700
<u>Pei Wei Spicy</u>								
Chicken	2	530	22	3.5	27	56	5	1400
Chicken (stock velveted)	2	410	12	2	25	48	2	680
Beef	2	660	30	6	20	74	5	1130
Beef (stock velveted)	2	400	11	1.5	18	47	2	780
Vegetables & Tofu	2	460	20	3	12	57	6	870
Vegetables & Tofu (stock velveted)	2	430	16	3	14	55	6	830
Shrimp	2	400	16	2.5	10	51	5	840
Shrimp (stock velveted)	2	320	8	1.5	13	47	2	780
<u>Ginger Broccoli *</u>								
Chicken	2	290	12	2	27	17	2	1300
Beef	2	320	17	4	21	21	3	1530
Beef (stock velveted)	2	270	10	1.5	20	16	2	1400
Vegetables & Tofu	2	310	16	2.5	17	25	7	1460
Shrimp	2	220	10	1.5	16	16	2	1400

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SIGNATURE DISHES (cont.)	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
<u>Mandarin Kung Pao</u>								
Chicken	2	480	28	4.5	32	27	6	1910
Chicken (stock velveted)	2	350	19	3	29	17	3	1180
Beef	2	570	36	7	24	24	6	1580
Beef (stock velveted)	2	350	17	2.5	22	18	3	1290
Vegetables & Tofu	2	410	26	4	17	28	8	1380
Vegetables & Tofu (stock velveted)	2	380	22	3.5	19	26	8	1350
Shrimp	2	400	28	4	15	22	6	1350
Shrimp (stock velveted)	2	300	17	2.5	18	18	3	1290
<u>Orange Peel</u>								
Chicken	2	450	21	3.5	28	42	6	2000
Chicken (stock velveted)	2	330	12	2	25	35	3	1260
Beef	2	560	30	6	21	59	6	1990
Beef (stock velveted)	2	350	10	1.5	19	42	3	1870
Vegetables & Tofu	2	380	20	3	13	43	7	1480
Vegetables & Tofu (stock velveted)	2	340	15	2.5	14	41	6	1430
Shrimp	2	320	16	2.5	10	38	5	1440
Shrimp (stock velveted)	2	270	10	1.5	14	34	3	1390
<u>Honey Seared</u>								
Chicken	2	420	12	2	22	51	5	640
Chicken (stock velveted)	2	280	4	1	18	39	0	360
Beef	2	340	10	3	18	42	1	610
Beef (stock velveted)	2	300	3	0.5	17	38	0	480
Vegetables & Tofu	2	370	13	2	12	48	5	580
Vegetables & Tofu (stock velveted)	2	330	8	1.5	13	45	4	530
Shrimp	2	430	15	2.5	14	51	3	850
Shrimp (stock velveted)	2	230	2.5	0	10	38	0	440

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SIGNATURE DISHES (cont.)	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
<u>Spicy Korean *</u>								
Chicken	2	330	15	2.5	30	19	4	2360
Beef	2	360	20	4.5	24	22	4	2590
Beef (stock velveted)	2	310	13	2	23	18	3	2470
Vegetables & Tofu	2	340	18	3	19	26	7	2520
Shrimp	2	260	13	2	19	18	3	2470
<u>Sweet & Sour</u>								
Chicken	2	360	10	2	22	48	5	690
Chicken (stock velveted)	2	250	3	0.5	23	35	1	430
Beef	2	290	8	2.5	17	39	2	660
Beef (stock velveted)	2	240	1	0	16	34	1	540
Vegetables & Tofu	2	310	10	1.5	11	44	6	620
Vegetables & Tofu (stock velveted)	2	250	6	1	12	41	5	570
Shrimp	2	370	13	2	13	47	4	900
Shrimp (stock velveted)	2	170	1	0	9	34	1	500



NUTRITIONAL GUIDELINES

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Calculations for our Kid's Wei™ do not include noodles or rice.

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KID'S WEI™	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
<u>Kid's Wei Teriyaki</u>								
Chicken	2	245	11	1.5	13	20	0	970
Beef	2	235	10.5	2.5	10	21	0	1030
Shrimp	2	180	8	1	4	19	0	950
<u>Kid's Wei Honey Seared</u>								
Chicken	2	180	5	1	11	21	2	300
Beef	2	140	4	1.5	8	16	0	280
Shrimp	2	150	5	1	5	19	1	340
<u>Kid's Wei Lo Mein</u>								
Chicken	2	180	11	2	13	6	0	540
Beef	2	170	11	2.5	10	7	0	600
Shrimp	2	110	8	1.5	4	5	0	520

RICE & NOODLES for KID'S WEI™

Fried Rice (per serving)	2	320	17	3	8	32	1	830
Brown Rice (per serving)	2	100	0.5	0	2	20	2	0
White Rice (per serving)	2	110	0	0	2	24	0	0
Egg Noodles (per serving)	2	100	1.5	0	3	18	1	0
Rice Noodles (per serving)	2	60	0	0	0	14	0	0



NUTRITIONAL GUIDELINES

SAUCES & SIDES*

	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
Sweet Chile Sauce	2 oz vol	140	0	0	0	17	1	800
Thai Peanut Sauce	2 oz vol	160	10	5	4	16	1	360
Lettuce Wrap Sauce	2 oz vol	50	3	0	4	3	0	2080
Potsticker Sauce	2 oz vol	30	1	0	3	3	0	1260
Lime Vinaigrette	1oz vol	110	10	0	0	4	0	710
Sesame Ginger Dressing	2 oz vol	220	21	2	1	6	0	780
Rice Sticks (per 1 cup serving)	1 cup	130	0	0	0	33	0	5
Fried Wonton Strips (per serving)	1 cup	130	5	1	3	16	0	170
Side of Vegetables	6 oz	35	0	0	2	7	2	30

* Values are per 2 oz. serving unless otherwise noted.

RICE & NOODLES

Brown Rice (per serving)	2	170	1.5	0	4	37	3	0
White Rice (per serving)	2	200	0	0	4	44	0	0
Fried Rice (per serving)	2	410	17	3	10	52	1	830
Egg Noodles (per serving)	2	220	3	0.5	7	39	2	10
Rice Noodles (per serving)	2	130	0	0	0	31	0	5



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Calculations for our Gluten Free Dishes do not include noodles or rice.

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GLUTEN FREE	Servings (per dish)	Calories	Fat (grams)	Saturated Fat (grams)	Protein (grams)	Carbs	Dietary Fiber	Sodium (Milligrams)
Vietnamese Chicken Salad Rolls	3	130	7	0.5	9	9	1	410
Served with - Sweet Chile Sauce	2 oz vol	140	0	0	0	17	1	800
<i>NO Thai Peanut Sauce</i>								
Asian Chopped Chicken Salad	2	230	12	1	21	10	2	480
<i>SUBSTITUTE Lime Vinaigrette</i>	1oz vol	110	10	0	0	4	0	710
<i>NO Wonton Strips</i>								
<u>Pei Wei Spicy Salad</u>								
Chicken	2	550	24	3.5	22	60	5	1570
Shrimp	2	430	19	2.5	8	56	4	1120
<u>Pei Wei Spicy</u>								
Chicken	2	530	22	3.5	27	56	5	1360
Shrimp	2	390	16	2.5	10	52	5	800
<u>Sweet & Sour</u>								
Chicken	2	380	12	2	26	43	4	1150
Shrimp	2	240	7	1	8	39	4	590