



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



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.

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



NUTRITIONAL GUIDELINES

All calculations are listed per serving size

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

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

* 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

NUTRITIONAL GUIDELINES

All calculations are listed per serving size

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

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

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



NUTRITIONAL GUIDELINES

All calculations are listed per serving size

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

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

* 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

NUTRITIONAL GUIDELINES

All calculations are listed per serving size

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

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

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

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

NUTRITIONAL GUIDELINES

All calculations are listed per serving size

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

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

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

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

NUTRITIONAL GUIDELINES

All calculations are listed per serving size

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

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

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

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

All calculations are listed per serving size

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

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

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



NUTRITIONAL GUIDELINES

All calculations are listed per serving size

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

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

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



NUTRITIONAL GUIDELINES

All calculations are listed per serving size

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

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

* 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>Caramel Chicken</u>								
Chicken	2	490	23	4	27	44	5	2370
Chicken (stock velveted)	2	370	14	2.5	24	37	2	1650
Beef	2	570	31	6	19	54	4	1870
Beef (stock velveted)	2	360	12	2	17	36	2	1760
Vegetables & Tofu	2	420	21	3.5	12	45	6	1850
Vegetables & Tofu (stock velveted)	2	390	17	3	14	43	6	1810
Shrimp	2	360	17	3	9	40	4	1810
Shrimp (stock velveted)	2	310	12	2	13	36	2	1760