



PEI WEI
ASIAN KITCHEN™

	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Dairy	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
BUILD YOUR OWN																			
General Tso's Small	250	140	16	3	0	0	1120	24	2	15	2			X		X	X		X
General Tso's Regular	340	140	16	3	0	0	2250	44	3	29	4			X		X	X		X
Honey-Seared Small	470	230	26	4	0	0	680	49	0	36	1						X		X
Honey-Seared Regular	520	230	26	4	0	0	850	60	0	45	1						X		X
Pei Wei Original Small	470	180	20	3	0	0	590	71	2	64	2			X		X	X		
Pei Wei Original Regular	570	180	20	3	0	0	770	97	3	87	3			X		X	X		
Thai Dynamite Small	240	140	15	3	0	0	1220	24	2	20	3						X		X
Thai Dynamite Regular	310	140	15	3	0	0	1830	37	3	30	5						X		X
Sweet & Sour Small	320	140	15	3	0	0	500	43	2	38	1						X		
Sweet & Sour Regular	400	140	15	3	0	0	750	63	2	58	1						X		
Ginger Broccoli Small	330	180	20	3	0	0	2010	33	4	20	5					X	X		
Ginger Broccoli Regular	380	180	20	3	0	0	2920	45	4	29	5					X	X		
Sesame Small	370	180	20	3	0	0	1860	38	3	28	4					X	X		X
Sesame Regular	440	190	21	3	0	0	2530	53	4	40	6					X	X		X
Mongolian Small	290	180	20	3	0	0	1340	24	1	19	3					X	X		
Mongolian Regular	350	180	20	3	0	0	2020	36	1	29	4					X	X		
Kung Pao Small	450	300	33	5	0	0	1540	28	5	17	9				X	X	X		
Kung Pao Regular	520	300	34	5	0	0	2320	41	6	26	11				X	X	X		
Teriyaki Small	380	140	15	3	0	0	1990	58	3	49	5						X		X
Teriyaki Regular	470	140	16	3	0	0	2660	79	4	67	7						X		X
Korean Spicy Small	230	140	15	3	0	0	620	21	2	17	2						X		X
Korean Spicy Regular	270	140	16	3	0	0	830	31	3	25	3			X			X		X
Fried Rice Small (includes brown rice)	590	200	22	4	0	185	2370	82	7	15	14	X				X	X		
Fried Rice Small (includes white rice)	760	20	23	4	0	185	2550	115	9	23	19	X				X	X		
Fried Rice Regular (includes brown rice)	640	180	20	4	0	185	2370	95	4	17	14	X				X	X		
Fried Rice Regular (includes white rice)	820	180	20	4	0	185	2550	134	4	25	19	X				X	X		



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Protein - Small																			
Wok Fried Sliced Chicken	260	160	18	3	0	55	105	1	0	0	23	X					X		
Crispy Tempura Chicken	330	180	20	0	0	40	240	20	0	0	18	X					X		X
Steamed Chicken	120	25	3	1	0	55	105	1	0	0	23	X					X		
Grass-Fed Steak	290	200	23	5	0	20	280	5	1	0	16	X					X		
Fresh-Wok Cooked Shrimp	180	140	16	3	0	60	125	0	0	0	9	X				X	X		
Fresh-Cooked Crispy Shrimp	250	160	17	0	0	60	450	15	0	0	9	X				X	X		X
Steamed Shrimp	60	5	1	0	0	80	170	1	0	0	12	X				X	X		
Five-Spice Tofu & Fresh Vegetables (Fried)	310	170	19	3	0	0	240	17	3	8	19						X		
Five-Spice Tofu & Fresh Vegetables (Steamed)	170	35	4	0	0	0	240	17	3	8	19						X		
Five-Spice Tofu Only (Fried)	320	180	20	3	0	0	300	13	1	5	24						X		
Five-Spice Tofu Only (Steamed)	190	40	5	0	0	0	300	13	1	5	24						X		
Protein - Regular																			
Wok Fried Sliced Chicken	350	180	20	4	0	105	190	3	1	0	41	X					X		
Crispy Tempura Chicken	580	310	35	0	0	65	420	34	9	0	32	X					X		X
Steamed Chicken	220	45	5	1	0	105	190	3	1	0	41	X					X		
Grass-Fed Steak	410	260	29	7	0	30	510	8	2	0	29	X					X		
Fresh-Wok Cooked Shrimp	220	150	16	3	0	115	250	1	0	0	18	X				X	X		
Fresh-Cooked Crispy Shrimp	500	310	34	0	0	115	890	30	0	0	18	X				X	X		X
Steamed Shrimp	110	15	2	0	0	155	330	1	0	0	24	X				X	X		
Five-Spice Tofu & Fresh Vegetables (Fried)	350	180	20	3	0	0	320	20	3	9	25						X		
Five-Spice Tofu & Fresh Vegetables (Steamed)	220	45	5	1	0	0	320	20	3	9	25						X		
Five-Spice Tofu Only (Fried)	580	330	37	5	0	0	520	23	2	9	42						X		
Five-Spice Tofu Only (Steamed)	330	70	8	0	0	2	520	23	2	9	42						X		
Greens or Grains																			
Cauliflower Rice	120	70	8	1	0	0	70	11	5	5	5						X		
Cauliflower Fried Rice	470	250	27	5	0	185	2430	41	7	28	15	X				X	X		
Zoodles	230	140	15	3	0	0	0	30	5	5	3						X		
Mixed Salad Greens	30	0	0	0	0	0	65	0	0	2	1								
Lettuce Cups	30	0	0	0	0	0	20	6	2	4	2								
White Rice - Small	330	0	0	0	0	0	0	74	2	2	6								
White Rice - Regular	400	0	0	0	0	0	0	90	2	2	7								
Brown Rice - Small	290	20	3	0	0	0	0	60	5	0	6								
Brown Rice - Regular	350	25	3	0	0	0	0	73	6	0	7								
Fried Rice - Small	640	180	20	4	0	185	2180	95	4	17	14	X				X	X		
Fried Rice - Regular	750	180	20	4	0	185	2360	118	4	25	18	X				X	X		
Noodles - Small	300	50	5	1	0	15	540	53	2	1	9								X
Noodles - Regular	450	70	8	2	0	35	810	79	3	2	14								X
Quinoa Blend - Small	470	230	26	4	0	0	1100	45	8	12	13					X	X		
Quinoa Blend - Regular	520	240	27	4	0	0	1110	54	10	13	16					X	X		



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FEATURED ENTRÉES																			
Cauli Flower Power Bowl	750	330	37	7	0	330	2620	44	9	21	61	X				X	X		X
Wei Better Orange Small																			
<i>Crispy Tempura Chicken</i>	650	300	34	3	0	35	1030	64	1	43	19	X				X	X		X
<i>Steamed Chicken</i>	460	160	18	3	0	60	920	47	1	43	25	X				X	X		X
Wei Better Orange Regular																			
<i>Crispy Tempura Chicken</i>	1020	430	48	3	0	65	1750	109	1	71	33	X				X	X		X
<i>Steamed Chicken</i>	680	180	20	4	0	95	1530	79	1	71	41	X				X	X		X
Wei Veggies Orange Small																			
<i>Crispy Tempura Chicken</i>	690	310	34	3	0	35	1060	73	3	47	20	X				X	X		X
<i>Steamed Chicken</i>	510	160	18	3	0	60	950	57	3	47	26	X				X	X		X
Wei Veggies Orange Regular																			
<i>Crispy Tempura Chicken</i>	1070	440	48	3	0	65	1770	118	3	75	35	X				X	X		X
<i>Steamed Chicken</i>	720	180	20	4	0	95	1560	88	4	75	42	X				X	X		X
Cauliflower Fried Rice Small																			
<i>Steamed Chicken</i>	510	270	30	6	0	240	1100	27	7	14	34	X				X	X		
Cauliflower Fried Rice Large																			
<i>Steamed Chicken</i>	730	410	46	8	0	280	1300	30	8	15	51	X				X	X		
NOODLE BOWLS - Noodles Included																			
Dan Dan Noodles	990	360	40	8	0	65	4110	110	6	25	46					X	X		X
Chicken Chow Mein	1160	380	42	7	0	175	3620	123	8	25	72	X		X		X	X		X
Chow Mein w/o Chicken	940	210	24	4	0	65	3220	114	6	25	20			X		X	X		X
Chicken Pad Thai	1470	380	42	7	0	305	4730	167	14	52	84	X			X		X		X
Pad Thai w/o Chicken	1120	330	37	6	0	185	4510	164	13	52	38	X			X		X		X
Japanese Steak & Shrimp Chile Ramen	1600	370	41	9	0	175	7220	196	9	99	63	X	X		X		X	X	X



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KID'S WEI																			
Kid's Teriyaki																			
Crispy Tempura Chicken	840	200	23	4	0	55	2150	60	3	49	27	X					X		X
Steamed Chicken	760	150	17	3	0	40	2070	57	3	49	22	X					X		X
Grass-Fed Steak	790	190	21	4	0	15	2200	60	3	49	17	X					X		X
Shrimp	760	170	19	3	0	100	2320	59	3	49	16	X				X	X		X
Steamed Shrimp	710	140	16	3	0	60	2110	57	2	49	14	X				X	X		X
Five-Spice Tofu & Fresh Vegetables	900	260	29	5	0	0	2310	69	8	55	19						X		X
Five-Spice Tofu & Fresh Vegetables (Steamed)	840	210	23	4	0	0	2250	66	8	55	20						X		X
Kid's Honey-Seared																			
Crispy Tempura Chicken	980	270	30	3	0	30	840	63	2	43	17	X					X		X
Steamed Chicken	760	150	17	3	0	40	740	50	3	43	20	X					X		X
Grass-Fed Steak	780	190	21	5	0	15	870	52	3	43	15	X					X		X
Shrimp	920	290	32	3	0	60	1100	63	2	43	12	X				X	X		X
Steamed Shrimp	710	140	16	3	0	60	780	49	2	43	12	X				X	X		X
Five-Spice Tofu & Fresh Vegetables	760	120	14	2	0	0	980	61	8	49	16						X		X
Five-Spice Tofu & Fresh Vegetables (Steamed)	710	70	8	2	0	0	920	59	8	49	18						X		X
Kid's Lo Mein (includes noodles)																			
Steamed Chicken	900	200	23	4	0	40	1420	71	4	11	29	X		X		X	X		X
Grass-Fed Steak	930	240	26	5	0	15	1560	73	5	11	25	X		X		X	X		X
Shrimp	910	220	25	4	0	125	1680	72	5	11	23	X		X		X	X		X
Steamed Shrimp	860	190	21	4	0	85	1470	70	4	11	21	X		X		X	X		X
Five-Spice Tofu & Fresh Vegetables	740	310	34	5	0	25	1680	83	10	17	26	X		X		X	X		X
Five-Spice Tofu & Fresh Vegetables (Steamed)	680	260	29	5	0	25	1620	80	10	17	27	X		X		X	X		X
Kid's Sweet & Sour																			
Crispy Tempura Chicken	880	310	34	3	0	35	620	99	3	27	23	X					X		X
Steamed Chicken	660	150	17	3	0	40	480	32	3	26	19	X					X		X
Grass-Fed Steak	690	190	21	5	0	15	610	35	3	26	14	X					X		X
Shrimp	660	170	19	3	0	100	720	83	4	27	17	X				X	X		X
Steamed Shrimp	610	140	16	3	0	60	520	32	2	26	11	X				X	X		X
Five-Spice Tofu & Fresh Vegetables	800	260	29	5	0	0	720	44	8	32	15						X		X
Five-Spice Tofu & Fresh Vegetables (Steamed)	740	210	23	4	0	0	660	41	8	32	17						X		X
Kid's Wei Better Orange																			
Chicken	920	270	30	3	0	30	1020	67	3	45	17	X				X	X		X
Steamed Chicken	760	160	17	3	0	40	920	53	3	45	20	X				X	X		X
Grass-Fed Steak	960	320	35	7	0	40	1090	64	3	43	18	X				X	X		X
Shrimp	920	290	33	3	0	60	1280	67	3	45	12	X				X	X		X
Steamed Shrimp	710	140	16	3	0	60	960	52	3	45	12	X				X	X		X
Five-Spice Tofu & Fresh Vegetables	900	260	29	5	0	0	1160	65	9	51	17					X	X		X
Five-Spice Tofu & Fresh Vegetables (Steamed)	840	210	23	4	0	0	1100	62	8	51	18					X	X		X
Fresh Vegetables Only	380	140	15	3	0	0	830	55	3	47	3					X	X		X



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BEVERAGES																			
Regular Soft Drinks (22oz)																			
Coke	270	0	0	0	0	0	85	72	0	72	0								
Diet Coke	0	0	0	0	0	0	85	0	0	0	0								
Coke Zero	0	0	0	0	0	0	75	0	0	0	0								
Sprite	280	0	0	0	0	0	125	72	0	72	0								
Diet Sprite	0	0	0	0	0	0	60	0	0	0	0								
Pibb Xtra	280	0	0	0	0	0	85	72	0	72	0								
Minute Maid Lemonade	270	0	0	0	0	0	115	71	0	71	0								
Dr. Pepper	295	0	0	0	0	0	95	74	0	74	0								
Large Soft Drinks (32oz)																			
Coke	390	0	0	0	0	0	125	105	0	105	0								
Diet Coke	0	0	0	0	0	0	120	0	0	0	0								
Coke Zero	0	0	0	0	0	0	105	0	0	0	0								
Sprite	400	0	0	0	0	0	180	104	0	104	0								
Diet Sprite	0	0	0	0	0	0	85	0	0	0	0								
Pibb Xtra	400	0	0	0	0	0	120	104	0	104	0								
Minute Maid Lemonade	390	0	0	0	0	0	160	104	0	104	0								
Dr. Pepper	430	0	0	0	0	0	140	108	0	108	0								
Other Beverages																			
Mandarin Orange Green Tea	0	0	0	0	0	0	0	0	0	0	0								
Chai Spice Black Tea	0	0	0	0	0	0	0	0	0	0	0								
Sweet Tea	40	0	0	0	0	0	0	10	0	10	0								
Bud Light (12oz)	110	0	0	0	0	0	11	7	0	0	1								X
Shock Top Belgian White (12oz)	168	0	0	0	0	0	0	15	0	0	2								X
Kirin Ichinab Lager (22oz)	266	0	0	0	0	0	0	22	0	0	0								X
Benvolio - Pinot Grigio (5oz)	110	0	0	0	0	0	4	1	0	0	0								
Kendal Jackson - Chardonnay (5oz)	120	0	0	0	0	0	0	5	0	0	0								
Kendall Jackson - Cabernet (5oz)	125	0	0	0	0	0	0	3	0	0	0								
DESSERTS																			
Chocolate Chunk Cookie	270	130	14	8	0	40	160	37	2	21	3	X		X	X		X	X	X
Snickerdoodle Cookie	260	100	11	5	0	0	200	40	1	24	2	X		X	X		X	X	X
Fudge Brownie	430	200	22	6	0	35	260	57	3	38	6	X		X	X		X	X	X
Fortune Cookie (1)	25	0	0	0	0	0	0	5	0	2	0	X					X		X
Thai Donuts	500	170	19	7	0	20	550	74	2	48	9	X		X			X		X
Donut Dipping Sauce (2 oz)	260	60	6	4	0	20	70	44	0	44	6			X					
Bento Box																			
Kung Pao	450	300	33	5	0	0	1540	28	5	17	9				X	X	X		
Pei Wei Original	470	180	20	3	0	0	590	71	2	64	2			X		X	X		
Fried Rice (includes brown rice) w/ chicken	590	200	22	4	0	185	2370	82	7	15	14	X				X	X		
Fried Rice (includes white rice) w/ chicken	760	20	23	4	0	185	2550	115	9	23	19	X				X	X		
Cauliflower Fried Rice	390	245	28	6	0	185	995	26	7	14	11	X				X	X		
Cauliflower Power Bowl	630	305	35	7	0	275	2515	43	9	21	38	X				X	X		X
General Tso's	250	140	16	3	0	0	1120	24	2	15	2			X		X	X		X
Thai Dynamite	240	140	15	3	0	0	1220	24	2	20	3					X	X		
Sweet & Sour	320	140	15	3	0	0	500	43	2	38	1					X	X		
Ginger Broccoli	330	180	20	3	0	0	2010	33	4	20	5					X	X		



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CATERING MENU																			
APPETIZER PLATTERS																			
Signature Chicken Lettuce Wraps	3645	1890	207	41	0	135	11430	297	32	95	153					X	X		X
Vegetable Spring Rolls (1) sauce not included	120	53	6	1	0	0	250	15	2	2	2	X					X		X
Crab Wontons (1) sauce not included	85	45	5	2	0	5	125	7	1	0	3	X		X		X			X
SALAD																			
Asian Chopped Salad w/ dressing	1410	645	93	11	0	0	3870	129	9	39	24	X					X		X
Asian Chopped Chicken Salad w/ dressing	1980	930	105	15	0	360	5550	132	18	39	138	X					X		X
SUSHI PLATTERS																			
Mango California Roll (per piece)	48	13	1	0	0	1	188	7	1	3	2	X	X			X	X		X
Spicy Tuna Roll (per piece)	45	13	2	0	0	4	160	6	1	2	2	X	X			X	X		X
Wasabi Crunch Roll (per piece)	80	35	4	1	0	6	298	8	1	4	3	X	X			X	X		X
BUILD YOUR OWN BUFFET																			
Build your own Buffet Recipe Choice																			
General Tso's	1360	560	64	10	0	0	9000	176	12	116	16			X		X	X		X
Honey Seared	2080	920	104	14	0	0	3400	240	0	180	4						X		X
Pei Wei Original	2280	720	80	12	0	0	3080	388	12	348	12			X		X	X		X
Thai Dynamite	1240	560	60	10	0	0	7320	148	12	120	20						X		X
Sweet & Sour	1600	560	60	10	0	0	3000	252	8	232	4						X		X
Ginger Broccoli	1520	720	80	12	0	0	11680	180	16	116	20					X	X		X
Sesame	1760	760	84	12	0	0	10120	212	16	160	24					X	X		X
Mongolian	1400	720	80	12	0	0	8080	144	4	116	16					X	X		X
Kung Pao	2080	1200	136	20	0	0	9280	164	24	104	44				X	X	X		X
Teriyaki	1880	560	64	10	0	0	10640	316	16	268	28						X		X
Korean Spicy	1080	560	64	10	0	0	3320	124	12	100	12		X				X		X
Build your own Buffet Protein Choice																			
Wok Fried Sliced Chicken	1040	640	72	12	0	220	420	4	0	0	92	X					X		X
Crispy White Meat Fried Chicken	1320	720	80	0	0	160	960	80	0	0	72	X		X			X		X
Steamed Chicken	480	100	10	2	0	220	420	4	0	0	92	X					X		X
Grass-Fed Steak	1160	800	92	20	0	80	1120	20	4	0	64	X					X		X
Fresh-Wok Cooked Shrimp	720	560	64	10	0	240	500	0	0	0	36	X				X	X		X
Fresh-Cooked Crispy Shrimp	1000	640	68	0	0	240	1800	60	0	0	36	X		X		X	X		X
Steamed Shrimp	240	20	4	0	0	320	680	4	0	0	48	X				X	X		X
Five-Spice Tofu & Fresh Vegetables	960	680	76	12	0	0	560	40	16	20	32						X		X
Five-Spice Tofu & Fresh Vegetables (Steamed)	440	140	16	4	0	0	560	40	16	20	32						X		X
Build your own Buffet Side Choice																			
White Rice	1200	0	0	0	0	0	270	6	6	6	21								X
Brown Rice	1050	75	9	0	0	0	219	18	0	0	21								X
Noodles	1350	210	24	5	0	105	2430	237	9	6	42						X		X
Fried Rice	2250	540	60	12	0	555	7080	354	12	75	54	X				X	X		X
Cauliflower Rice	360	210	24	3	0	0	210	33	15	15	15						X		X
Cauliflower Fried Rice	1410	750	81	15	0	555	7290	123	21	84	45	X				X	X		X
Quinoa Blend	1560	720	81	12	0	0	3330	162	30	39	48					X	X		X



PEI WEI
ASIAN KITCHEN™

	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Egg	Fish	Dairy	Peanuts	Shellfish	Soy	Tree Nuts	Wheat
ENTRÉES																			
Wei Better Orange Chicken																			
Crispy Tempura Chicken	3060	1290	144	8	0	195	5250	327	3	213	99	X		X		X	X		X
Chicken (<i>steamed</i>)	2040	540	60	11	0	285	4590	237	3	213	123	X				X	X		X
Wei Veggie Orange Chicken																			
Crispy Tempura Chicken	3210	1320	144	8	0	195	5310	354	9	225	105	X		X		X	X		X
Chicken (<i>steamed</i>)	2160	540	60	11	0	285	4680	264	12	225	126	X				X	X		X
NOODLE BOWLS																			
Dan Dan Noodles	2970	1080	120	24	0	195	12330	330	18	75	138					X	X		X
Chicken Chow Mein	3480	1140	126	21	0	525	10860	369	24	75	216	X		X		X	X		X
SIDES																			
Vegetable Medley	540	420	45	8	0	0	75	27	9	15	6								X
<i>with Teriyaki</i>	1950	960	588	548	540	540	8520	777	552	741	561								X
<i>with Thai Dynamite</i>	1315	890	578	546	540	540	5115	633	548	615	553								X
Five-Spice Tofu & Fresh Vegetables	870	540	60	11	0	0	660	48	18	27	36								X
Fried Rice	2250	540	60	12	0	555	7080	354	12	75	54	X				X	X		X
<i>w/ Steamed Chicken</i>	2910	675	75	15	0	870	7650	363	15	75	177	X		X		X	X		X
<i>w/ Steamed Shrimp</i>	2580	585	65	12	0	1020	8070	357	12	75	126	X		X		X	X		X
<i>w/ Grass-Fed Steak</i>	3480	1920	213	42	0	615	12390	393	30	75	303	X		X		X	X		X
Edamame	960	360	39	8	0	0	80	56	56	3	90								X
Noodles	1350	210	24	5	0	105	2430	237	9	6	42								X
White Rice	1200	0	0	0	0	0	0	270	6	6	21								
Brown Rice	1050	75	9	0	0	0	0	219	18	0	21								
Cauliflower Rice	360	210	24	3	0	0	210	33	15	15	15								X
Cauliflower Fried Rice	1410	750	81	15	0	555	7290	123	21	84	45	X				X	X		X
<i>w/ Steamed Chicken</i>	2070	885	96	18	0	870	7860	132	24	84	168	X		X		X	X		X
<i>w/ Steamed Shrimp</i>	1740	795	86	15	0	1020	8280	126	21	84	117	X		X		X	X		X
<i>w/ Grass-Fed Steak</i>	2640	1530	168	36	0	645	8820	147	27	84	132	X		X		X	X		X
Quinoa Blend	1560	720	81	12	0	0	3330	162	30	39	48					X	X		

