PEI WEI®
ASIAN KITCHEN™

Small *
Regular **

	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
NOODLE & RICE BOWLS																			
Chicken Pad Thai	1490	390	42	7	0	300	4720	167	14	50	82	X			X		X		X
Chicken Lo Mein	1170	390	42	7	0	175	3600	123	8	23	70			X		X	X		X
Chicken Fried Rice	1106	239	27	5	0	275	2730	137	5	25	54	X				X	X		
Dan Dan Noodles	990	360	40	8	0	65	4110	110	6	25	46					X	X		X
SALAD BOWLS																			
Asian Chopped Chicken Salad w/ dressing	660	310	35	5	0	120	1850	44	6	13	46	X					X		X
Spicy Polynesian Poke Bowl w/ dressing	710	260	29	3	0	35	3330	88	3	42	25	X	X			X	X		X
Salad Dressings																			
Sesame Ginger Vinaigrette (2 oz)	173	153	17	1	0	0	887	6	0	5	1						X		X
Chili Paste (1 oz)	0	0	0	0	0	0	600	0	0	0	0								
Lime Vinaigrette (2 oz)	220		21	2	0	0	1400	11	0	9	0								
SHAREABLES																			
Steamed Vegetable & Chicken Dumplings (1)	30	9	1	1	0	3	78	4	1	1	1	X					X		X
Fried Vegetable & Chicken Dumplings (1)	75	37.5	3	1	0	3	76	4	1	1	1	X					X		X
Signature Chicken Lettuce Wraps	810	420	46	9	0	30	2540	66	7	21	34					X	X		X
Crab Wontons (1)	85	45	5	2	0	5	125	7	1	0	3	X		X		X	X		X
Pork Egg Rolls (1)	280	141	16	4	0	20	540	25	2	4	9	X					X		X
Small - Edamame	160	60	7	1	0	0	13	9	9	0	15						X		
Large - Edamame	320	120	13	3	0	0	27	19	19	1	30						X		
Vegetable Spring Rolls (1)	120	53	6	1	0	0	250	15	2	2	2	X					X		X
Thai Wonton Soup (cup)*	70	20	2	0	0	10	780	17	0	0	4			X			X		X
Thai Wonton Soup (bowl)**	140	35	4	1	0	15	2120	43	1	7	6			X			X		X
Additional Sauce (2 oz)																			
Dumpling Sauce	90	0	0	0	0	0	1571	19	1	1	3						X		X
Sweet Chile Sauce	80	0	0	0	0	0	530	20	0	19	1								
DESSERTS																			
Fudge Brownie	430	200	22	6	0	35	260	57	3	38	6	X		X	X		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					
CLASSIC ENTRÉES																			
Mongolian Steak*	580	380	43	8	0	20	1620	29	2	19	19	X				X	X		
Mongolian Steak**	760	440	49	10	0	30	2530	44	3	29	33	X				X	X		
Honey-Seared Chicken*	800	410	46	4	0	40	920	69	0	36	19	X					X		X
Honey-Seared Chicken**	1100	540	61	4	0	65	1270	94	9	45	33	X					X		X
Orange Chicken*	670	320	35	3	0	40	1050	66	1	43	19	X				X	X		X
Orange Chicken**	980	450	50	3	0	65	1500	94	10	56	34	X				X	X		X
Kung Pao Chicken*	788	508	56	8	0	40	1635	29	5	17	26				X	X	X		
Kung Pao Chicken**	975	534	60	9	0	90	2509	44	7	26	46				X	X	X		
Teriyaki Chicken*	728	348	38	6	0	40	2075	61	4	50	22						X		X
Teriyaki Chicken**	935	374	41	6	0	90	2839	84	6	68	42						X		X
Spicy General Tso's Chicken*	588	348	39	6	0	40	1225	27	2	16	20			X			X		X
Spicy General Tso's Chicken**	805	374	42	6	0	90	2439	48	5	31	40			X			X		X
ENTRÉES																			
Spicy Korean BBQ Steak*	620	340	38	7.5	0	20	900	26	3	17	18	X	X	X			X		X
Spicy Korean BBQ Steak**	780	400	45	10	0	30	1340	39	5	25	32	X	X	X			X		X
Spicy Thai Basil Cashew Chicken*	847	546	60	9	0	43	1512	31	5	18	28		X			X	X	X	X
Spicy Thai Basil Cashew Chicken**	1048	574	65	10	0	97	2321	47	8	28	49		X			X	X	X	X
Beef & Broccoli*	620	380	43	8	0	20	2290	38	5	20	21	X				X	X		
Beef & Broccoli**	790	440	49	10	0	30	3430	53	6	29	34	X				X	X		
Chicken & Broccoli*	486	213	23	4	0	40	2105	34	4	20	22					X	X		
Chicken & Broccoli**	666	239	27	4	0	90	3100	48	5	29	40					X	X		
Mongolian Chicken*	446	213	23	4	0	40	1435	25	1	19	20					X	X		
Mongolian Chicken**	636	239	27	4	0	90	2200	39	2	29	39					X	X		
Pei Wei Original Shrimp*	650	320	36	6	0	60	715	71	2	64	11	X		X		X	X		
Pei Wei Original Shrimp**	790	330	36	6	0	115	1020	98	3	87	21	X		X		X	X		
Kung Pao Shrimp*	630	440	49	8	0	60	1665	28	5	17	18	X			X	X	X		
Kung Pao Shrimp**	740	450	50	8	0	115	2570	42	6	26	29	X			X	X	X		
Sesame Chicken*	708	388	43	6	0	40	1955	39	3	28	21					X	X		X
Sesame Chicken**	895	424	47	7	0	90	2719	56	5	40	41					X	X		X
Sweet & Sour Chicken*	650	320	35	3	0	40	740	63	2	38	19	X					X		X
Sweet & Sour Chicken**	980	450	50	3	0	65	1170	97	11	58	33	X					X		X
Teriyaki (Fried)Tofu*	710	320	35	5	0	0	2280	73	5	55	29						X		X
Teriyaki (Fried)Tofu**	1060	470	52	7	0	0	3170	104	7	77	49						X		X
Thai Dynamite (Fried) Tofu*	560	320	35	5	0	0	1520	37	3	25	27						X		X
Thai Dynamite (Fried)Tofu**	890	470	52	7	0	0	2350	60	5	39	47						X		X
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		
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	220	35	4	1	0	20	410	40	1	1	7									X
Noodles - Regular	450	70	8	2	0	35	810	79	3	2	14									X
KID'S WEI																				
Teriyaki																				
Wok Fried Sliced Chicken	728	348	38	6	0	40	2075	61	4	50	22							X		X
Grass-Fed Steak	790	190	21	4	0	15	2190	58	3	49	17		X					X		X
Shrimp	760	170	19	3	0	100	2310	59	3	49	16		X				X	X		X
Steamed Shrimp	710	140	16	3	0	60	2100	57	2	49	14		X				X	X		X
Honey-Seared																				
Crispy Tempura Chicken	980	270	30	3	0	30	840	63	2	43	17		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
Five-Spice Tofu & Fresh Vegetables	760	120	14	2	0	0	980	61	8	49	16							X		X
Lo Mein (includes noodles)																				
Steamed Chicken	830	190	21	3	0	40	1260	57	4	10	27				X		X	X		X
Shrimp	840	210	23	3	0	60	1540	58	5	10	21		X		X		X	X		X
Five-Spice Tofu & Fresh Vegetables	660	300	33	5	0	20	1510	69	10	16	23				X		X	X		X
Sweet & Sour																				
Crispy Tempura Chicken	980	270	30	3	0	30	840	63	2	43	17		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
Five-Spice Tofu & Fresh Vegetables	760	120	14	2	0	0	980	61	8	49	16							X		X
Orange Chicken																				
Crispy Tempura Chicken	980	270	30	3	0	30	840	63	2	43	17		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
Five-Spice Tofu & Fresh Vegetables	760	120	14	2	0	0	980	61	8	49	16							X		X
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									
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									