




	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat/Gluten	Peanuts	Soybeans	
<b>Wok Entrées</b>																					
<b>Base (Includes all items except proteins + flavors)</b>																					
Bento Box w/ White Rice	590	31	16	0	0	1,060	77	5	16	1	10			■		■		■		■	
Noodle Bowl w/ Lo Mein Noodles	390	8	3	0	0	760	69	3	6	4	0					■		■		■	
Noodle Bowl w/ Udon Noodles	340	2	0	0	0	870	73	2	4	3	10	■						■		■	
Rice Bowl w/ Fried Rice	780	35	25	0	210	830	100	5	8	0	18			■		■		■		■	
Rice Bowl w/ White Rice	390	1	0	0	0	0	85	1	0	0	7	■									
<b>Wok Entrée Proteins (full portion)</b>																					
Chicken - Fried Dark	460	23	15	0	175	380	30	0	0	0	32			■							
Chicken - Fried White	430	11	6	0	150	320	33	1	0	0	46			■				■			
Chicken - Katsu	320	6	2	0	165	180	24	1	2	1	40			■				■		■	
Chicken - Teriyaki	310	9	3	0	215	270	10	0	10	10	45					■		■		■	
Chicken - White Meat Grilled	350	7	2	0	185	170	10	0	10	10	57										
Chicken - Wok	280	12	7	0	135	85	0	0	0	0	41			■							
Shrimp - Tempura	290	15	3	0	165	420	14	0	0	0	26					■		■		■	
Shrimp - Wok	140	7	6	0	125	510	0	0	0	0	19					■					
Steak - Wok	340	21	14	0	100	80	0	0	0	0	37										
Tofu - Katsu	250	8	2	0	50	85	27	4	2	1	16			■				■		■	
Tofu - Fried	360	35	24	0	0	15	3	3	0	0	12	■								■	
Veggies - Wok	70	1	0	0	0	55	14	5	7	0	5	■									
<b>Wok Entrée Flavors + Veggies</b>																					
Garlic Broccoli	80	1	0	0	0	200	16	5	5	0	5					■		■		■	
General Tso	180	4	1	0	0	250	36	2	33	30	1					■		■		■	
Gochujang Garlic	480	10	2	0	0	2,810	95	4	79	0	5	■						■		■	
Hibachi	60	2	0	0	0	105	10	3	4	0	4					■		■		■	
Katsu	20	1	0	0	0	50	3	1	1	0	1	■									
Korean	180	7	1	0	0	190	30	6	11	0	5	■						■		■	
Mongolian	210	5	1	0	0	960	37	3	22	0	5				■	■		■		■	
Orange	330	4	1	0	0	440	75	2	70	0	1	■						■		■	
Pao Pao	540	49	7	0	25	820	26	2	23	0	2			■	■	■		■		■	
Sweet + Sour	290	4	1	0	0	340	65	2	61	0	1	■									
Sesame Stir Fry	180	3	0	0	0	1,530	33	5	20	0	7	■						■		■	
Sichuan	170	1	0	0	0	1,660	38	5	26	20	6							■		■	
Teriyaki	130	1	0	0	0	610	30	1	25	0	2							■		■	
Veggie Stir Fry	70	1	0	0	0	180	15	5	7	0	5					■		■		■	
<b>Wok Signature Entrées (Includes all items except protein choice)</b>																					
Pad Thai Noodle Bowl	840	24	5	0	315	1,120	130	6	28	0	27			■				■	■	■	
Wok Fried Rice	780	35	25	0	210	830	100	5	8	0	18			■		■		■		■	



	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat/Gluten	Peanuts	Soybeans	
Shanghai Lo Mein	390	8	3	0	0	760	69	3	6	4	0					■		■		■	
Side Sauces 8 oz																					
General Tso Sauce	160	0	0	0	0	210	41	0	41	40	0					■		■		■	
Japanese BBQ Sauce	380	0	0	0	0	3,760	91	2	87	87	2	■						■		■	
Japanese Curry Sauce	150	9	3	0	0	201	16	1	7	6	4		■					■		■	
Orange Sauce	360	0	0	0	0	460	93	0	90	0	0	■						■		■	
Pao Pao Sauce	960	89	14	0	45	1,450	41	41	41	0	2			■	■	■		■		■	
Kids' Menu																					
Kids' Menu Base																					
Box w/ White Rice	250	7	1	0	0	310	40	1	3	1	4			■				■			
Box w/ Lo Mein Noodles	230	10	2	0	0	460	31	2	4	2	2					■		■		■	
Bowl w/ White Rice	195	0	0	0	0	0	43	1	0	0	4	■									
Bowl w/ Lo Mein Noodles	195	4	1	0	0	380	35	2	3	2	0					■		■		■	
Kids' Box Proteins																					
Katsu Chicken	160	3	1	0	83	90	12	1	1	1	20							■		■	
Katsu Tofu	125	4	1	0	25	43	14	2	1	1	8			■				■		■	
Pao Pao Chicken	485	30	7	0	88	570	30	2	12	0	24			■	■	■		■		■	
Pao Pao Shrimp	415	32	5	0	95	620	20	1	12	0	14			■	■	■		■		■	
Pao Pao Tofu	450	42	16	0	13	418	15	3	12	0	7			■	■	■		■		■	
Sweet + Sour Chicken	360	8	3	0	75	330	49	2	31	0	24			■				■			
Sweet + Sour Shrimp	290	10	2	0	83	380	40	1	31	0	14			■		■		■			
Sweet + Sour Tofu	325	20	12	0	0	178	34	3	31	0	7			■				■			
Teriyaki Chicken	155	5	1	0	108	135	5	0	5	5	23							■		■	
Classic Rolls (8 pieces)																					
Cali	190	2	0	0	5	800	37	2	8	1	6			■	■	■		■			
Chicken Tempura	440	147	5	2	40	940	41	1	6	0	1		■					■			
Florida	280	9	4	0	35	650	34	2	6	0	13		■		■						
Fried Avo	420	18	3	0	5	1,320	60	5	17	10	6			■				■		■	
Mex	310	7	1	0	55	1,280	50	2	15	10	12		■	■		■		■		■	
Mt Fuji	430	13	2	0	75	1,830	56	1	19	13	19			■	■	■		■		■	
Rainbow	280	6	2	0	25	820	38	3	8	1	16			■	■	■		■			
Special Mex	570	30	7	0	160	1,680	51	2	17	10	24		■	■	■	■		■		■	
Spicy Tuna	320	10	2	0	20	1,260	38	1	11	0	13				■	■		■		■	
Veggie	220	7	3	0	15	640	37	3	8	0	5	■	■								
Signature Rolls																					
Bamboo	460	15	2	0	65	1,590	61	5	23	15	21			■	■	■		■		■	

	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Veggie Friendly	Milk	Egg	Fish	Shellfish	Tree Nuts	Wheat/Gluten	Peanuts	Soybeans	
	Crunch	960	47	10	0	165	2,520	103	4	29	18	27		■	■	■	■		■		■
Hot Lava	1,050	80	15	0	140	2,560	51	3	12	3	26		■	■	■	■		■		■	
Miami	580	30	7	0	185	1,770	46	2	9	2	27		■	■	■	■		■		■	
Red Dragon	670	42	9	0	105	1,480	43	3	9	1	26		■	■	■	■		■		■	
TNT	560	32	5	0	50	1,430	40	2	12	0	24			■	■	■		■		■	
Volcano	900	71	14	0	80	1,930	42	3	10	2	21		■	■	■	■		■		■	
Sushi Combo Box																					
Base Box w/ Cali Roll	270	4	0	0	0	1,620	50	4	15	1	7			■	■	■		■		■	
Cali (4 pcs)	95	1	0	0	3	400	19	1	4	1	3			■	■	■		■			
Chicken Tempura (4 pcs)	220	74	3	1	20	470	21	1	3	0	1		■					■			
Florida (4 pcs)	140	5	2	0	18	325	17	1	3	0	7		■		■						
Fried Avo (4 pcs)	210	9	1	0	3	660	30	3	9	5	3			■				■		■	
Mex (4 pcs)	155	4	1	0	28	640	25	1	8	5	6		■	■		■		■		■	
Mt Fuji (4 pcs)	215	7	1	0	38	915	28	1	10	7	10			■	■	■		■		■	
Rainbow (4 pcs)	140	3	1	0	13	410	19	2	4	1	8			■	■	■		■			
Special Mex (4 pcs)	285	15	4	0	80	840	26	1	9	5	12		■	■	■	■		■		■	
Spicy Tuna (4 pcs)	160	5	1	0	10	630	19	1	6	0	7				■	■		■		■	
Veggie (4 pcs)	110	4	2	0	8	320	19	2	4	0	3	■	■								
Build-A-Poké Bowls																					
Build-A-Poké Bases (per selection)																					
Mixed Greens (regular)	10	0	0	0	0	8	2	1	1	0	1	■									
Mixed Greens (kids)	15	0	0	0	0	11	3	2	1	0	1	■									
White Sushi Rice (regular)	200	0	0	0	0	840	45	1	8	0	3	■									
White Sushi Rice (kids)	300	0	0	0	0	1,260	68	1	11	0	5	■									
Build-A-Poké Proteins (per selection)																					
Crispy Chicken Katsu	160	3	1	0	83	90	12	1	1	1	20			■				■			■
Crispy Chicken Tempura	120	3	2	0	40	90	9	0	0	0	13			■				■			
Fried Tofu	190	18	12	0	0	10	2	2	0	0	7	■									■
Fried Tofu - Spicy	250	18	12	0	0	890	11	2	9	0	7					■	■		■		■
Grilled Chicken Teriyaki	155	5	1	0	108	135	5	0	5	5	23					■		■			■
Krab Deluxe	120	8	1	0	20	440	6	0	2	2	5			■	■	■		■			■
Krab Sticks	40	0	0	0	5	320	5	1	2	2	5			■	■	■		■			
Salmon - Fried	260	7	2	0	25	100	33	1	3	1	15				■			■			■
Salmon - Poké Soy Marinated	130	7	2	0	25	360	4	0	3	0	11				■			■			■
Salmon - Spicy Marinated	130	7	2	0	25	470	5	0	5	0	10				■	■		■			■
Salmon (regular)	100	7	2	0	25	30	0	0	0	0	10				■						
Shrimp Steamed	40	0	0	0	75	170	0	0	0	0	9					■					





