



## Nutritional Information

MENU ITEM	CALORIES	FAT (grams)	SODIUM (mg)	CARBS (grams)	FIBER (grams)	PROTEIN (grams)	WWP Plus *	WWPs *
<b>DUMPLINGS</b>								
Vegetable Dumplings (4 pack)	190	2.5	550	36	3	6	5	3
Vegetable Dumplings (4 pack)	380	5	1100	72	6	12	10	7
Chicken Dumplings (4 pack)	180	2	530	28	2	10	4	3
Chicken Dumplings (8 pack)	360	4	1060	56	4	20	8	7
Pork Dumplings (4 pack)	260	11	610	27	1	12	7	6
Pork Dumplings (8 pack)	520	22	1220	54	2	24	14	12
<b>RICE BOWLS (Calculated With Jasmine Rice and Chicken)</b>								
Regular Thai Bowl	1030	22	932	128	1	76.4	27	22
Regular Masala Bowl	846	10	528	128	4	60	22	17
Regular Tokyo Bowl	941	5	1020	163	4	60	25	19
Regular Marco Polo Bowl (Brown Rice)	1003	33	99	116	7	61	26	22
Regular Hong Kong Fish	716	10	133	116	7	37	18	14
Regular Tuna Tower	656	18	1080	82	6	24	15	12
Regular Seoul Bowl	1435	51	2698	172	5.1	62	37	32
Regular Beijing Orange Bowl	861	3	894	153	3.6	52.5	22	17
Regular Garlic Chicken Bowl	782	2.5	575	132	3.6	52.8	20	15
Small Thai Bowl	549	11	474	64	0.5	46	14	12
Small Masala Bowl	457	5	272	64	2	38	12	9
Small Tokyo Bowl	504	3	519	82	2	38	13	10
Small Marco Polo Bowl (Brown Rice)	535	17	58	58	3	38	14	12
Small Hong Kong Fish	358	5	66	58	3	18	9	7
Small Tuna Tower	337	9	545	41	3	23	9	7
Small Seoul Bowl	795	30	1580	90	3	35	20	18
Small Beijing Orange Bowl	466	2	468	77	2	34	12	9
Small Garlic Chicken Bowl	427	1.6	309	66	1.8	34	11	8

<b>RICE BOWL MODIFICATIONS</b> (Add or Subtract from above values)	<b>CALORIES</b>	<b>FAT</b> (grams)	<b>SODIUM</b> (mg)	<b>CARBS</b> (grams)	<b>FIBER</b> (grams)	<b>PROTEIN</b> (grams)		<b>WWPs *</b>
Veggie Base Instead of Rice								
Large	-479	0.4	16	-109	3.5	-7.3	-13	-9
Small	-239	0.2	8	-54	1.7	-3.6	-6	-5
Lettuce Base	-520	0	-32	-117	0	-9.7	-13	-10
	-260		-16	-59		-4.9	-6	-5
Noodle Base	-20	0	17.5	-1.9	5	-2.2	-1	0
	-10		8.8	-1	2.5	-1.1	0	0
Tofu Instead of Chicken	-103	4	-36	0	0	-35	-1	-1
	-52	2	-18			-18	-1	-1
Shrimp Instead of Chicken	-82	-1.4	124	0	0	-15.1	-2	-2
	-105	-2.1	240			-18.2	-1	-1
Extra Chicken	62	0.7	37	0	0	13	1	1
	125	1.4	74			26	3	3

## SOUPS

Large soups (24oz) are exactly double the regular soups (12oz)

Wonton Soup	154.5	7.6	1273	12.2	0.7	9.1	4	4
Egg Drop Soup	70	1.8	777	10.1	0.6	2.8	2	1
Hot and Sour Soup	115	4.5	1316	12.5	0.8	4.4	3	3
Spring Roll Soup (Large - 24oz)	309	8.3	1472	40.7	0.1	18.5	8	7
Hot Drop Soup	92	3.1	1046	11.3	0.7	3.6	2	2
Miso Soup	37	1.7	759	2.3	0.9	3.6	1	1
Mulligatawny Soup	162	0.7	530	28.2	1.2	9.3	4	3
Coco-Matawny	253	14.5	787	17.25	0.6	10.25	6	6
Coconut Soup	344	28.3	1044	6.3	0	11.2	9	9
Vegetable Soup	152	1.7	429	29.1	4.3	5.4	4	2
Vietnamese Beef Pho (Large - 32oz)	448	8.6	3454	68	2.8	22.1	11	9
Vietnamese Vegetarian Pho (Large - 32oz)	379	6.1	3387	70	2.8	9.5	10	8

## SIDES

Vietnamese Spring Roll	195	0.6	221	31.5	0.2	15.2	5	4
Edamame	215	10.1	12	11.7	5	7.9	4	4
Side Salad	9	0.2	9	1.9	0.8	0.5	0	0
Entree Salad	84	0	63	23	4	2	2	1
Tuna Wraps	378	11	1245	34	4	36	10	8
Seaweed Salad	88	5.1	1002	11	2	2	3	2
Side of Steamed Vegetables	40.3	0.4	48.5	8.4	3.5	2.5	1	0
Side of Jasmine Rice	520	0	32	116.9	0	9.7	14	10

<b>SAUCES</b>								
Sweet Ginger Soy	30	0	1074	6.4	0	0.8	1	1
Spicy Ginger Soy	38	0	1054	8.6	0	0.8	1	1
Wasabi Teriyaki	57	0	783	13	0.1	0.8	1	1
Citrus Thai Chili	61	0.3	297	14.4	0.9	0	2	1
Peanut Sauce	90	3.8	567	8.4	0.2	1.5	2	2
Asian Sesame Dressing	390	33	1230	24	0	0	11	11
Mango Lime Dressing	172	11	562	21	0	0	5	4
Ginger Salad Dressing	137	14.3	382	2.5	0.2	0.4	4	4
<b>Iced Teas</b>								
Unsweet, Peach, Raspberry, Mango-Peach	0	0	0	0	0	0	0	0
Sweet Tea (20 oz)	173	0	0	45	0	0	5	3
Honey Ginger (20 oz)	197	0	0.8	52	0.1	0.1	6	4
Cranberry (20 oz)	181	0	8.8	47.5	0	0	5	4
Lemon Mint (20 oz)	71	0	0.2	18.8	0.1	0.1	2	1
<b>* Point values for a popular weight loss program.</b>								



# Kuai Food & Allergen Sensitivities Menu

ALLERGENS & GLUTEN	Eggs	Fish	Milk	Peanuts	Shellfish	Soy	Sesame	* Tree Nuts	Wheat & Gluten	Vegetarian	Pork
<b>Rice Bowls</b>											
Ahi Tuna Tower		✓				✓	✓		✓		
Thai Chicken Bowl		✓		✓	✓			✓			
Seoul Beef Bowl						✓	✓		✓		
Tokyo Chicken Bowl						✓	✓		✓	✓	
Masala Chicken Bowl			✓					✓		✓	
Marco Polo Chicken Bowl										✓	
Hong Kong Fish Bowl		✓									
Beijing Orange Chicken Bowl						✓			✓	✓	
Garlic Chicken Bowl						✓	✓		✓		
<b>Dumplings</b>											
Chicken Dumplings						✓	✓		✓		
Vegetable Dumplings						✓	✓		✓	✓	
Pork Dumplings						✓	✓		✓		✓
<b>Salads &amp; Wraps</b>											
Kuai Asian Salad						✓				✓	
Side Salad										✓	
Wakame Seaweed Salad						✓	✓		✓	✓	
Spicy Ahi Tuna Wraps		✓				✓	✓		✓		
<b>Soups</b>											
Hot & Sour Soup	✓					✓	✓		✓		✓
Hot Drop Soup	✓					✓	✓		✓		✓
Egg Drop Soup	✓								✓		
Wonton Soup					✓	✓	✓		✓		✓
Miso Soup		✓				✓					
Vegetable Soup										✓	
Spring Roll Soup					✓	✓	✓		✓		✓
Mulligatawny Soup									✓		
Coconut Soup		✓						✓	✓		
Coco-Matawny		✓						✓	✓		
Beef Pho Soup						✓			✓		
Vegetable Pho Soup						✓			✓	✓	
<b>Sides</b>											
Edamame						✓				✓	
Vietnamese Spring Roll					✓						
Side of Steamed Rice										✓	
Steamed Vegetables										✓	
Side of Beef						✓	✓		✓		
Side of Chicken											
Side of Tofu						✓				✓	
Side of Tuna		✓				✓	✓		✓		
<b>Sauces &amp; Dressings</b>											
Sweet Ginger Soy Sauce						✓			✓	✓	
Spicy Ginger Soy Sauce						✓			✓	✓	
Citrus Thai Chili Sauce										✓	
Wasabi Teriyaki Sauce						✓			✓	✓	
Peanut Sauce				✓		✓	✓	✓	✓	✓	
Ginger Dressing				✓		✓	✓		✓	✓	
Mango Lime Dressing										✓	
Asian Sesame Dressing							✓		✓	✓	

\* Coconut is considered a tree nut, and is the only tree nut used in our kitchen.