

# NUTRITIONAL INFORMATION

## – Food Line –

Item	Serving Size	Calories	Total Fat (g)	Fiber (g)
Beef	1/4 cup	54	2	0
Chicken	1/4 cup	50	2	0
Pork	1/4 cup	59	3	0
Mild Sausage	1/4 cup	107	10	0
Spicy Sausage	1/4 cup	107	10	0
Calamari	1/4 cup	39	1	0
Cod	1/4 cup	35	0	0
Halibut	1/4 cup	47	1	0
Krab	1/4 cup	33	0	0
Mahi Mahi	1/4 cup	36	0	0
Salmon	1/4 cup	77	5	0
Scallops	1/4 cup	37	0	0
Shrimp	1/4 cup	32	0	0
Swordfish	1/4 cup	51	2	0
Chinese Noodles	1/4 cup	55	16	1
Pad Thai Noodles	1/4 cup	48	0	3
Yakisoba Noodles	1/4 cup	65	10	1
HuHot Rice Blend	1/4 cup	53	0	0

# NUTRITIONAL INFORMATION

## – Food Line –

(continued)

Item	Serving Size	Calories	Total Fat (g)	Fiber (g)
Baby Corn	1/4 cup	2	0	1
Bamboo Shoots	1/4 cup	10	0	0
Bean Sprouts	1/4 cup	2	0	0
Black Beans	1/4 cup	35	0	3
Broccoli	1/4 cup	7	0	1
Cabbage	1/4 cup	4	0	0
Carrots	1/4 cup	12	0	1
Celery	1/4 cup	4	0	1
Cilantro	1/4 cup	5	0	1
Green Peppers	1/4 cup	7	0	1
Mushrooms	1/4 cup	7	0	0
Peas	1/4 cup	29	0	2
Pineapple	1/4 cup	19	0	1
Red Potatoes	1/4 cup	29	0	1
Snow Peas	1/4 cup	7	0	0
Spinach	1/4 cup	1	0	1
Tofu	1/4 cup	44	3	1
Tomatoes	1/4 cup	6	0	0
Water Chestnuts	1/4 cup	18	0	1
Yellow Onions	1/4 cup	17	0	1
Yellow Squash	1/4 cup	5	0	0
Zucchini	1/4 cup	5	0	0

# NUTRITIONAL INFORMATION

## – Sauces –

Item	1 Ladle Serving Size (oz.)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Bekter's Ginger®	1 oz.	23	0	0	0	0	193	5	0	4	0
Black Thai Peanut™	1 oz.	59	38	4	0	0	222	4	0	2	1
Burn-Your-Village BBQ®	1 oz.	34	4	0.5	0	0	627	7	0	5	0
Feed the Hordes Hoisin™	1 oz.	30	0	0	0	0	282	7	0	5	0
Five Village Fire Szechuan™	1 oz.	15	2	0	0	0	258	3	0	2	0
Khan's Favorite™	1 oz.	17	4	0.5	0	0	294	3	0	2	0
Kung Pao... Yow!®	1 oz.	27	7	1	0	0	302	5	0	2	0
Mean Bean Garlic™	1 oz.	18	3	0.5	0	0	519	3	0	2	0
Mongol Mustard™	1 oz.	45	12	1.5	0	0	291	7	0	5	0
Not-So-Sweet and Sour®	1 oz.	40	0	0	0	0	272	9	0	8	0
Samurai Teriyaki™	1 oz.	26	3	0.5	0	0	533	5	0	4	0
Yellow Belly Curry™	1 oz.	46	32	3.5	0	0	215	3	0	1	1
Hot Chili Oil/Garlic Oil	1 oz.	211	206	23	4	0	0	1	0	0	0
Sweet Chili Sauce	1 oz.	18	0	0	0	0	100	4	0	4	0
Lemon Juice/Lime Juice	1 oz.	3	0	0	0	0	3	1	0	0	0
Garlic Chili Sauce	1 oz.	0	0	0	0	0	29	0	0	0	0
Sesame Oil	1 oz.	248	248	28	4	0	0	0	0	0	0
Sherry	1 oz.	41	25	0	0	0	214	12	0	7	0
Soy Sauce	1 oz.	8	25	0	0	0	780	1	0	0	1
Ginger Broth/Garlic Broth	1 oz.	2	0	0	0	0	0	0	0	0	0
Mongolian Sunburn™	1 oz.	46	1	0	0	0	181	11	0	10	0

All HuHot sauces are MSG free and Trans-Fat Free

# NUTRITIONAL INFORMATION

## – Appetizers –

All nutritional info calculated prior to cooking • All HuHot appetizers are trans-fat free

Item (Single Portion)	Serving Size(oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Eggroll	1.5	100	47	5	1.5	5	210	10	0.5	1	3
Potsticker	1	50	12	1.5	0.5	4	154	7	0.6	0	2.5
Krab Rangoon	1.2	146	91	10	6	34	147	10	0.3	0.3	2.5
Veggie Spring Roll	1.5	66	26	3	1	0	176	9	1	1	1
Shrimp Wonton	1.2	96	46	5	3	26	104	9	0.3	0.3	4
Mean Green Beans	4	100	44	5	1	0	388	12	1	1	1

## – Soups & Salads –

Item	Serving Size(oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Egg Drop Soup	6	20	n/a	0.5	0	20	320	3	0	1	1
HuHot and Sour Soup	8	59.5	5.4	0.6	0.1	0.4	830	13	0.2	4.5	0.5
Garden Salad w/o Dressing	8.5	120	n/a	2.5	0	0	130	21	4	6	4
Asian Salad with Dressing	12.8	570	n/a	30	9	25	560	71	7	32	8
Teriyaki Chicken Salad	17.4	1066	560	22	13	127	1275	89	7.7	56	40

# NUTRITIONAL INFORMATION

## – Desserts –

All nutritional info calculated prior to cooking • All HuHot appetizers are trans-fat free

Item	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Cheesecake	7.7	750	430	48	31	245	520	57	0	45	14
Cheesecake Rangoons (4)	4.3	364	112	13	8	63.5	297	49.8	0	12.7	9.6
Cheesecake Rangoons (7)	7.5	637	195	23	14	112	521	87	0	22	17
Molten Muffin	5	480	170	18	5	50	590	71	4	55	7
S'mores Total	7.1	840	272	32	16.5	20	412	141	4	103	10
Graham Crackers (8)	2	240	52	6	0.5	0	342	43	2	17	4
Marshmallows (8)	2	180	0	0	0	0	0	46	0	38	0
Hershey Bar (2)	3.1	420	220	26	16	20	70	52	2	48	6
Ice Cream	2.25	130	60	7	4	25	45	15	0	15	2
Khan's Cake	7.4	760	380	42	23	190	320	89	6	65	10

# ALLERGY INFORMATION

## – Sauces –

**Due to the nature of the food line, some cross contamination may occur.**

	Contains Wheat/Gluten	Soybean Allergen	Peanut Allergen	Tree Nut Allergen	Egg Allergen	Dairy Allergen	Fish Allergen	Shellfish Allergen
<b>Khan's Favorite™</b>	X	X						Mollusks
<b>Samurai Teriyaki™</b>	X	X						
<b>Bekter's Ginger®</b>	X	X						Mollusks
<b>Black Thai Peanut™</b>		X	X	Coconut		X	Anchovy	
<b>Yellow Belly Curry™</b>		X		Coconut		X	Anchovy	
<b>Five Village Fire Szechuan™</b>	X	X						Mollusks
<b>Mean Bean Garlic™</b>	X	X						Mollusks
<b>Kung Pao...Yow!®</b>								
<b>Not-So-Sweet &amp; Sour®</b>								
<b>Sweet &amp; Sour Dipping Sauce</b>								
<b>Feed the Hordes Hoisin™</b>	X	X						
<b>Burn-Your-Village BBQ®</b>	X	X						
<b>Mongol Mustard™</b>	X	X						
<b>Mongolian Sunburn™</b>	X	X						

**Sauces listed in green are vegetarian-friendly.**

**All HuHot sauces are MSG FREE.**

# ALLERGY INFORMATION

## Noodles

**Yakisoba** and **Chinese** noodles may or may not contain **WHEAT/GLUTEN** and/or **EGGS**. Please contact the manager.  
**Pad Thai** are rice-based and **WHEAT-FREE/GLUTEN-FREE** and **EGG-FREE**.

## Appetizers

All dipping sauces EXCEPT **Not-So-Sweet and Sour** contain **GLUTEN**.  
**All appetizers** contain **GLUTEN** and **SOYBEAN OIL**.  
**Shrimp Wontons** and **Krab Rangoons** contain **EGGS** and **DAIRY**.

## Soups

**Egg Drop** and **HuHot and Sour** soups contain **EGGS, SOY** and **GLUTEN**

## Salads

The **Asian Salad** contains **DAIRY** (ramen noodles toasted in butter), **SOY** (Asian vinaigrette dressing) and **GLUTEN** (Asian vinaigrette dressing).  
The **Teriyaki Chicken Salad** contains **DAIRY** (ramen noodles toasted in butter), **SOYBEAN, GLUTEN** and **NUTS** (almonds).

## Desserts

**Cheesecake** and **Cheesecake Rangoons** contain **GLUTEN** and **DAIRY**.  
**S'mores, Khan's Cake** and **Molten Muffin** contain **GLUTEN, DAIRY, SOY** and were manufactured in a facility that processes **TREE NUTS** and **PEANUTS**.

For any other menu item not listed please inquire with the manager.