

SAUCE BAR												
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)	Sauce Allergens
Bekter's Ginger®	1 fl. oz.	20	0	0	0	0	200	5	0	4	0	Soy, Shellfish, Wheat†
Black Thai Peanut™	1 fl. oz.	60	40	4.5	0	0	230	11	0	2	1	Soy, Peanut, Tree nut, Dairy, Fish
Burn-Your-Village BBQ®	1 fl. oz.	35	0	0	0	0	660	7	0	6	1	Soy, Wheat†
Feed the Hordes Hoisin™	1 fl. oz.	30	0	0	0	0	260	7	0	5	0	Soy, Wheat†
Five Village Fire Szechuan™	1 fl. oz.	15	0	0	0	0	280	3	0	2	0	Soy, Shellfish, Wheat†
Khan's Favorite™	1 fl. oz.	20	0.5	0	0	0	340	3	0	2	0	Soy, Shellfish, Wheat†
Khan's Revenge™	1 fl. oz.	35	5	0.5	0	0	570	7	0	6	<1	Soy
Kung Pao Yow®	1 fl. oz.	35	10	1	0	0	380	6	0	2	0	--
Mongol Mustard™	1 fl. oz.	50	15	0	0	0	330	8	0	6	0	Soy, Wheat†
Nomad's Green Curry®	1 fl. oz.	40	25	2.5	0	0	220	3	0	<1	<1	Dairy, Tree nut
Not-So-Sweet & Sour®	1 fl. oz.	40	0	0	0	0	280	10	0	9	0	--
Pillager's Red Curry™*	1 fl. oz.	45	25	3	0	0	440	4	0	1	1	Soy, Dairy, Tree nut, Shellfish
Samurai Teriyaki™	1 fl. oz.	35	0	0	0	0	700	7	0	5	1	Soy, Wheat†
Garlic Broth	1 fl. oz.	0	0	0	0	0	0	<1	0	0	0	--
Garlic Chili Sauce	1 fl. oz.	0	0	0	0	0	115	0	0	0	0	--
Garlic Oil	1/2 fl. oz.	110	110	12	1.5	0	0	0	0	0	0	--
Ginger Broth	1 fl. oz.	0	0	0	0	0	0	0	0	0	0	--
Hot Chili Oil	1/2 fl. oz.	120	110	12	2	0	0	1	<1	0	0	--
Jalapeno Juice	1 fl. oz.	0	0	0	0	0	360	0	0	0	0	--
Lemon Juice	1 fl. oz.	0	0	0	0	0	0	0	0	0	0	--
Lime Juice*	1 fl. oz.	0	0	0	0	0	0	1	0	0	0	--
Sesame Oil	1/2 fl. oz.	120	110	13	2	0	0	0	0	0	0	--
Sherry	1 fl. oz.	40	0	0	0	0	160	2	0	1	0	--
Soy Sauce	1 fl. oz.	10	0	0	0	0	920	0	0	0	2	Soy
Sweet Chili Sauce*	1 fl. oz.	15	0	0	0	0	95	4	0	3	0	--

†Wheat has been processed to meet FDA standards for Gluten Free foods.

Sauces listed in **dark gray** are vegetarian-friendly.
ALL LISTED SAUCES ARE GLUTEN FREE AND MSG FREE.

SOUP & 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)	Allergen
Asian Salad	as served	300	130	14	4.5	<5	610	41	2	32	3	Dairy, Soy, Wheat
Egg Drop Soup	8 fl. oz.	60	20	2	0	65	900	7	0	3	2	Egg
Garden Salad w/Ranch** (2 fl. oz.)	as served	300	230	26	4.5	20	570	12	1	3	4	Dairy, Soy, Wheat
HuHot & Sour Soup	8 fl. oz.	60	10	1	0	15	1330	13	0	9	<1	Egg, Soy, Wheat
Teriyaki Chicken Salad	as served	1340	690	77	15	120	4100	123	8	87	40	Wheat, Dairy, Soy, Tree nut

DESSERTS												
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)	Allergens
Cheese-cake with strawberry topping	as served	980	510	57	32	290	770	102	2	84	14	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Cheese-cake Rangoons with strawberry topping	5 ct.	1160	580	64	24	170	1000	123	3	54	19	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Khan's Cake*	as served	710	350	39	18	75	410	86	5	57	6	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Molten Muffin*	as served	780	420	47	28	275	125	83	4	64	11	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
S'mores	8 ct.	1050	360	40	20	20	610	172	6	100	14	Wheat, Soy, Dairy
Turtle Cheese-cake*	as served	770	440	49	28	150	540	77	2	56	9	Wheat, Dairy, Egg, Peanut, Tree nut

KID'S MEALS												
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)	Allergens
2 ct. Chicken Fingers/Fries	as served	480	290	32	6	25	740	34	4	<1	15	Wheat
2 ct. Chicken Fingers/Fruit Cup	as served	280	120	14	2	25	550	30	2	17	12	Wheat
Macaroni & Cheese/Fries	as served	570	240	27	6	15	740	66	5	8	14	Wheat, Dairy
Macaroni & Cheese/Fruit Cup	as served	380	80	9	2.5	15	560	62	3	24	11	Wheat, Dairy

*Availability may vary by location. For any menu item not listed, please inquire with the manager.

**Ranch dressing may contain MSG. Consult your local HuHot.



Allergy & Nutrition Information

HuHot strives to offer an environment where many Guests with food allergies, sensitivities, or dietary preferences can be comfortable eating. If you have a food allergy, sensitivity, or dietary preference, consider taking the following precautions:

1. Notify your server of any food allergies, sensitivities, or preferences and review written information. If you are unsure or need additional information, please ask to speak with a manager.
2. Ask an employee for assistance with getting fresh products from the cooler if you are sensitive to cross-contamination.
3. On request, Grill Warriors will clean an area of the grill for you, and use spatulas dedicated exclusively to your meal to minimize the risk of your product being cross-contaminated.

Keep in mind that, although we take precautions, due to the nature of our food line and cooking process, we cannot guarantee you will not come into contact with an allergen.

HuHot is committed to providing accurate nutritional and allergen information. This information is gathered from a combination of industry databases, manufacturer's information, and laboratory analysis and is based on HuHot standard ingredients and portions. Availability of HuHot standard ingredients may vary regionally or seasonally. The handcrafted nature of many items may also result in slight variations, as will the natural variability in ingredients.

Values stated for kids meals, soup, salad, appetizers, and desserts represent the product in its entirety. Any substitutions made to an item will affect the nutritional value. Values stated for Sauce Bar and Food Line items are based on the pre-cooked weight or volume of each item. Please ask a manager if you need additional information or contact customer_service@huhot.com.

APPETIZERS

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)	Allergens
Coconut Shrimp*	5 ct.	940	420	47	10	80	2320	93	4	41	31	Wheat, Soy, Dairy, Shellfish, Egg, Tree nut
Dragon Wings* (with Kung Pao Yow! sauce and ranch)	6 ct.	1310	880	98	19	215	3790	62	7	17	42	Wheat, Egg, Dairy
Egg Roll **	4 ct.	970	480	54	12	30	2540	100	6	33	18	Wheat, Soy, Fish, Egg
Egg Roll**	7 ct.	1550	850	94	21	55	3720	140	11	38	32	Wheat, Soy, Fish, Egg
Krab Rangoon	4 ct.	890	420	47	16	80	1810	99	2	30	14	Wheat, Soy, Dairy, Shellfish, Fish, Egg
Krab Rangoon	7 ct.	1420	750	83	28	140	2440	139	3	32	24	Wheat, Soy, Dairy, Shellfish, Fish, Egg
Mean Green Beans*	8 oz.	1650	620	69	11	35	700	212	27	110	52	Wheat, Soy, Dairy, Egg
Fried Potsticker	4 ct.	680	180	20	3.5	15	2340	110	2	43	2	Wheat, Soy
Fried Potsticker	7 ct.	950	320	35	6	30	2750	137	3	44	3	Wheat, Soy
Steamed Potsticker*	4 ct.	290	60	7	1.5	15	1560	46	2	7	3	Wheat, Soy, Shellfish
Steamed Potsticker*	7 ct.	460	100	11	2.5	30	1970	73	3	9	4	Wheat, Soy, Shellfish
Shrimp Wontons*	4 ct.	880	420	46	16	95	1700	96	2	30	15	Wheat, Dairy, Shellfish, Egg
Shrimp Wontons*	7 ct.	1740	750	83	28	165	2240	224	12	88	29	Wheat, Dairy, Shellfish, Egg
Spring Rolls*	4 ct.	690	310	35	6	0	1810	88	6	45	5	Wheat, Soy
Spring Rolls*	7 ct.	1100	580	65	11	0	2320	118	8	49	9	Wheat, Soy
Taste of the Bounty (Potstickers, Egg rolls, Krab Rangoons)	3 ea.	1570	820	91	24	95	3190	153	7	35	25	Wheat, Soy, Dairy, Shellfish, Fish, Egg

**Egg rolls contain MSG

FOOD LINE – vegetables & fruits

Item	Serving Size	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Asparagus*	1/4 cup	5	0	0	0	0	0	<1	<1	0	1
Baby Corn	1/4 cup	5	0	0	0	0	70	1	<1	0	<1
Bamboo Shoots	1/4 cup	5	0	0	0	0	10	<1	0	0	1
Bean Sprouts	1/4 cup	5	0	0	0	0	0	1	0	<1	<1
Black Beans*	1/4 cup	60	0	0	0	0	150	10	5	0	3
Broccoli	1/4 cup	0	0	0	0	0	0	<1	0	0	0
Cabbage	1/4 cup	5	0	0	0	0	0	1	0	<1	0
Carrots	1/4 cup	5	0	0	0	0	10	2	0	<1	0
Celery	1/4 cup	5	0	0	0	0	30	1	<1	0	0
Cilantro	1/4 cup	0	0	0	0	0	0	0	0	0	0
Corn*	1/4 cup	30	0	0	0	0	5	7	1	2	1
Edamame*	1/4 cup	60	15	1.5	0	0	15	5	2	1	5
Garbanzo Beans*	1/4 cup	50	5	1	0	0	140	9	2	1	3
Green Beans*	1/4 cup	10	0	0	0	0	0	2	<1	0	0
Green Onions*	1/4 cup	5	0	0	0	0	5	1	<1	<1	0
Jalapenos	1/4 cup	5	0	0	0	0	710	1	<1	0	0
Mandarin Oranges*	1/4 cup	30	0	0	0	0	0	7	0	7	0
Mangos*	1/4 cup	30	0	0	0	0	0	8	1	7	0
Mushrooms	1/4 cup	0	0	0	0	0	0	<1	0	0	1
Onions	1/4 cup	10	0	0	0	0	0	2	0	1	0
Peppers	1/4 cup	5	0	0	0	0	0	1	0	<1	0
Pineapple	1/4 cup	25	0	0	0	0	0	6	1	6	0
Red Potatoes*	1/4 cup	25	0	0	0	0	15	6	0	0	0
Snow Peas*	1/4 cup	10	0	0	0	0	0	1	0	<1	<1
Spinach*	1/4 cup	0	0	0	0	0	0	0	0	0	0
Tofu (SOY ALLERGEN)	2 oz.	70	30	3.5	.5	0	0	2	1	0	7
Tomatoes*	1/4 cup	10	0	0	0	0	0	2	<1	1	0
Water Chestnuts	1/4 cup	10	0	0	0	0	0	3	0	<1	0
Yellow Squash*	1/4 cup	5	0	0	0	0	0	1	<1	1	0
Zucchini	1/4 cup	0	0	0	0	0	0	<1	0	<1	0

FOOD LINE – proteins & noodles

Item	Serving Size	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Beef	2 oz.	100	50	6	2	35	35	0	0	0	11	--
Calamari*	2 oz.	50	5	1	0	130	25	2	0	0	9	Shellfish
Chicken	2 oz.	80	40	4.5	1.5	35	160	0	0	0	9	--
Cod	2 oz.	45	0	0	0	25	30	0	0	0	10	Fish
Hot Sausage	2 oz.	160	130	14	5	35	540	1	0	0	7	--
Krab*	2 oz.	50	0	0	0	<5	440	8	0	2	4	Wheat, Soy, Shellfish, Fish, Egg
Meatballs*	2 oz.	140	90	10	4	30	550	3	<1	1	9	Wheat, Soy, Dairy, Egg
Mild Sausage	2 oz.	180	140	16	6	35	540	3	0	1	6	--
Mussels	2 oz.	50	10	1.5	0	15	160	2	0	0	7	Shellfish
Pollock*	2 oz.	50	5	.5	0	40	50	0	0	0	11	Fish
Pork	2 oz.	90	45	5	1.5	30	150	0	0	0	10	--
Salmon*	2 oz.	80	30	3.5	0.5	30	25	0	0	0	11	Fish
Scallops*	2 oz.	40	0	0	0	15	220	2	0	0	7	Shellfish
Seafood Medley*	2 oz.	35	5	1	0	165	55	2	0	0	7	Shellfish
Shrimp*	2 oz.	35	0	0	0	45	125	0	0	0	8	Shellfish
Tilapia*	2 oz.	50	10	1	0	30	30	0	0	0	11	Fish
Chinese Noodles	1/4 cup	60	20	2	0	0	70	8	0	0	1	Wheat, Egg
Pad Thai Noodles	1/4 cup	60	0	0	0	0	10	15	1	0	1	--
Yakisoba Noodles	1/4 cup	50	0	0	0	0	70	11	0	0	2	Wheat
White Rice	1/4 cup	60	0	0	0	0	0	14	0	0	1	--

Due to the nature of the food line, some cross contamination of allergens may occur.
*Availability may vary by location. For any menu item not listed, please inquire with the manager.

