



NUTRITION & ALLERGEN INFORMATION

Nutrition Facts													Allergens							
MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
SIDE																				
Chow Mein	9.4 oz	490	200	22	4	0	0	980	65	4	9	13	✓	✓						
Fried Rice	9.3 oz	530	170	16	3	0	150	790	82	1	3	12	✓	✓					✓	
Brown Steamed Rice	10.4 oz	420	35	4	1	0	0	15	86	4	1	9								
White Steamed Rice	8.1 oz	380	0	0	0	0	0	0	87	0	0	7								
Mixed Veggies (Side) 🌱	8.6 oz	70	5	0.5	0	0	0	540	16	5	5	4	✓	✓						✓
VEGGIES																				
Eggplant Tofu 🌶️	6.1 oz	310	210	24	3.5	0	0	520	23	3	17	7	✓	✓						
Mixed Veggies (Entree) 🌱	4.3 oz	35	0	0	0	0	0	270	8	3	3	2	✓	✓						✓
CHICKEN																				
Black Pepper Chicken 🌱	6.1 oz	200	160	18	3	0	50	1100	14	1	7	13	✓	✓						
Kung Pao Chicken 🌶️ 🌱	5.8 oz	240	160	18	3	0	50	910	13	2	6	15	✓	✓	✓					
Grilled Teriyaki Chicken	6 oz	300	120	13	4	0	185	530	8	0	8	36	✓	✓						
Grilled Asian Chicken	6 oz	300	120	13	4	0	185	530	8	0	8	36	✓	✓						
Teriyaki Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	✓	✓						
Asian Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	✓	✓						
Mushroom Chicken 🌱	5.9 oz	180	130	15	2.5	0	55	870	10	<1	5	13	✓	✓						
Orange Chicken 🌶️	5.7 oz	420	160	18	3.5	0	80	620	45	0	19	14	✓	✓					✓	✓
Potato Chicken 🌱	5.2 oz	190	130	15	2.5	0	35	690	20	2	5	9	✓	✓						



Spicy



WOK SMART™ entrees are 250 calories or less per single serving.

Entree selections may vary by location.



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MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
CHICKEN BREAST																				
Honey Sesame Chicken Breast	5.3 oz	420	200	22	4	0	45	480	40	2	19	16	✓	✓						
String Bean Chicken Breast 🌱	5.6 oz	160	120	13	2.5	0	40	730	13	2	6	15	✓	✓						
SweetFire Chicken Breast™ 🌶️	5.8 oz	440	140	15	3	0	35	320	47	1	27	13	✓	✓						
Sweet & Sour Chicken Breast	5.5 oz	380	130	14	2.5	0	30	300	46	1	28	12	✓	✓						
BEEF																				
Beijing Beef™ 🌶️	5.6 oz	690	320	35	6	0.5	50	770	59	3	32	21	✓	✓						✓
Broccoli Beef 🌱	5.4 oz	120	80	9	1.5	0	15	660	12	2	4	10	✓	✓						
Shanghai Angus Steak™ 🌱	5.4 oz	220	170	19	4	0	50	830	16	1	11	22	✓	✓						
SHRIMP																				
Crispy Shrimp	3.5 oz / 6 pcs	260	120	13	2	0	60	800	26	1	2	9	✓	✓				✓		✓
Honey Walnut Shrimp	3.7 oz	370	200	23	3.5	0	100	440	35	2	9	13	✓	✓		✓		✓	✓	✓
APPETIZERS																				
Chicken Egg Roll 🌱	3 oz / 1 roll	200	90	10	2	0	20	340	20	2	2	6	✓	✓					✓	✓
Chicken Potsticker 🌱	3.3 oz / 3 pcs	220	60	6	1.5	0	20	250	20	1	2	6	✓	✓						
Cream Cheese Rangoon 🌱	2.4 oz / 3 pcs	190	70	8	5	0	35	180	24	2	1	5	✓						✓	✓
Veggie Spring Roll 🌱	3.4 oz / 2 rolls	160	80	8	1.5	0	0	520	27	2	3	3	✓	✓						✓
SOUP																				
Hot & Sour Soup 🌶️ 🌱	12.15 oz	100	40	4.5	0.5	0	65	880	14	1	4	7	✓	✓					✓	✓



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SAUCES & COOKIES																				
Teriyaki Sauce	1.8 oz	70	5	0	0	0	0	380	16	0	14	0	✓	✓						
Sweet & Sour Sauce	1.8 oz	70	0	0	0	0	0	115	21	0	20	0								
Chili Sauce	1 Packet (7 g)	10	0	0	0	0	0	125	2	0	2	0								
Soy Sauce	1 Packet (7 g)	5	0	0	0	0	0	375	0	0	0	0	✓	✓						
Potsticker Sauce	1 Packet (11.4 g)	10	0	0	0	0	0	290	3	0	2	0	✓	✓						
Hot Mustard	1 Packet 7 g	10	10	1	0	0	0	115	0	0	0	0								
Plum Sauce	1 Packet 7 g	15	0	0	0	0	0	55	3	0	3	0								
Fortune Cookies	8 g / 1 pc	32	2	0	0	0	0	8	7	0	3	1	✓	✓						✓
BEVERAGES*																				
Pepsi® (Sm.)	22 oz	240	0	0	0	0	0	60	67	0	65	0								
Pepsi® (Med.)	30 oz	330	0	0	0	0	0	80	92	0	89	0								
Pepsi® (Lrg.)	42 oz	460	0	0	0	0	0	115	129	0	124	0								
Diet Pepsi® (Sm.)	22 oz	0	0	0	0	0	0	60	0	0	0	0								
Diet Pepsi® (Med.)	30 oz	0	0	0	0	0	0	80	0	0	0	0								
Diet Pepsi® (Lrg.)	42 oz	0	0	0	0	0	0	115	0	0	0	0								
Mountain Dew® (Sm.)	22 oz	260	0	0	0	0	0	85	70	0	70	0								
Mountain Dew® (Med.)	30 oz	360	0	0	0	0	0	115	95	0	95	0								
Mountain Dew® (Lrg.)	42 oz	510	0	0	0	0	0	160	133	0	133	0								
Dr Pepper® (Sm.)	22 oz	206	0	0	0	0	0	72	56	0	56	0								



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NUTRITION & ALLERGEN INFORMATION

Nutrition Facts

Allergens

MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
Dr Pepper® (Med.)	30 oz	281	0	0	0	0	0	98	76	0	76	0								
Dr. Pepper (Lrg.)	42 oz	394	0	0	0	0	0	138	106	0	106	0								
Mug Root Beer® (Sm.)	22 oz	240	0	0	0	0	0	35	63	0	63	0								
Mug Root Beer® (Med.)	30 oz	330	0	0	0	0	0	50	85	0	85	0								
Mug Root Beer® (Lrg.)	42 oz	460	0	0	0	0	0	70	119	0	119	0								
Sierra Mist® (Sm.)	22 oz	240	0	0	0	0	0	50	65	0	65	0								
Sierra Mist® (Med.)	30 oz	330	0	0	0	0	0	65	89	0	89	0								
Sierra Mist® (Lrg.)	42 oz	460	0	0	0	0	0	90	124	0	124	0								
Lipton No Calorie Brisk Peach® (Sm.)	22 oz	0	0	0	0	0	0	170	0	0	0	0								
Lipton No Calorie Brisk Peach® (Med.)	30 oz	0	0	0	0	0	0	230	0	0	0	0								
Lipton No Calorie Brisk Peach® (Lrg.)	42 oz	0	0	0	0	0	0	320	0	0	0	0								
Lipton Brisk Raspberry® (Sm.)	22 oz	190	0	0	0	0	0	60	51	0	51	0								
Lipton Brisk Raspberry® (Med.)	30 oz	260	0	0	0	0	0	80	69	0	69	0								
Lipton Brisk Raspberry® (Lrg.)	42 oz	370	0	0	0	0	0	115	96	0	96	0								
Sobe Lean® (Sm.)	22 oz	0	0	0	0	0	0	60	0	0	0	0								
Sobe Lean® (Med.)	30 oz	0	0	0	0	0	0	80	0	0	0	0								
Sobe Lean® (Lrg.)	42 oz	0	0	0	0	0	0	115	0	0	0	0								
Tropicana Fruit Punch® (Sm.)	22 oz	260	0	0	0	0	0	60	72	0	72	0								
Tropicana Fruit Punch® (Med.)	30 oz	360	0	0	0	0	0	80	98	0	98	0								
Tropicana Fruit Punch® (Lrg.)	42 oz	510	0	0	0	0	0	115	138	0	138	0								
Tropicana Lemonade® (Sm.)	22 oz	240	0	0	0	0	0	255	65	0	65	0								
Tropicana Lemonade® (Med.)	30 oz	330	0	0	0	0	0	345	89	0	89	0								



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Tropicana Lemonade® (Lrg.)	42 oz	460	0	0	0	0	0	480	124	0	124	0								
Tropicana Pink Lemonade® (Sm.)	22 oz	240	0	0	0	0	0	255	65	0	65	0								
Tropicana Pink Lemonade® (Med.)	30 oz	330	0	0	0	0	0	345	89	0	89	0								
Tropicana Pink Lemonade® (Lrg.)	42 oz	460	0	0	0	0	0	480	124	0	124	0								
China Mist Iced Tea® (Sm.)	22 oz	0	0	0	0	0	0	0	0	0	0	0								
China Mist Iced Tea® (Med.)	30 oz	0	0	0	0	0	0	0	0	0	0	0								
China Mist Iced Tea® (Lrg.)	42 oz	0	0	0	0	0	0	0	0	0	0	0								

*Nutrition information for the cup sizes and ice amounts are approximate values based on FDA-prescribed rounding rules. Actual nutritional values will vary based on cup fill level, type and precise amount of ice, and fountain equipment performance. Due to variations in sodium contributions from water, the sodium level of our fountain beverages may vary.



NUTRITION & ALLERGEN INFORMATION

KID'S MEAL

Nutrition Facts

Allergens

MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
SIDE																				
Chow Mein	5.2 oz	280	110	12	2	0	0	540	36	2	5	7	✓	✓						
Fried Rice	6.2 oz	350	90	11	2	0	100	530	55	0	2	8	✓	✓					✓	
Brown Steamed Rice	7.8 oz	310	25	3	0.5	0	0	10	64	3	1	7								
White Steamed Rice	5.1 oz	240	0	0	0	0	0	0	54	0	0	5								
Mixed Veggies (Side)	6.4 oz	70	0	0	0	0	0	400	12	4	4	3	✓	✓						✓
VEGGIES																				
Eggplant Tofu (🌶️)	4.6 oz	250	160	18	2.5	0	0	390	17	2	13	5	✓	✓						
Mixed Veggies (Entree)	3.2 oz	35	0	0	0	0	0	200	6	2	2	2	✓	✓						✓
CHICKEN																				
Black Pepper Chicken	4.6 oz	140	120	14	2.5	0	40	830	11	<1	5	10	✓	✓						
Kung Pao Chicken (🌶️)	4.4 oz	190	120	14	2.5	0	40	690	10	2	4	11	✓	✓	✓					
Grilled Teriyaki Chicken	3.6 oz	180	70	8	2.5	0	110	320	5	0	5	22	✓	✓						
Grilled Asian Chicken	3.6 oz	180	70	8	2.5	0	110	320	5	0	5	22	✓	✓						
Teriyaki Chicken	3.6 oz	200	70	8	2	0	115	380	8	2	6	25	✓	✓						
Asian Chicken	3.6 oz	200	70	8	2	0	115	380	8	2	6	25	✓	✓						
Mushroom Chicken	4.4 oz	130	100	11	2	0	40	650	8	0	4	10	✓	✓						
Orange Chicken (🌶️)	4.1 oz	290	120	13	2.5	0	60	450	32	0	14	10	✓	✓					✓	✓
Potato Chicken	3.9 oz	150	100	11	2	0	25	520	15	1	3	6	✓	✓						



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NUTRITION & ALLERGEN INFORMATION

KID'S MEAL

Nutrition Facts													Allergens							
MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholestrol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
CHICKEN BREAST																				
Honey Sesame Chicken Breast	4 oz	320	150	17	3	0	30	360	30	2	14	12	✓	✓						
String Bean Chicken Breast	4.2 oz	120	90	10	1.5	0	30	550	9	1	5	11	✓	✓						
SweetFire Chicken Breast™ ㊄	4.4 oz	330	100	12	2	0	25	240	35	1	20	10	✓	✓						
Sweet & Sour Chicken Breast	4.1 oz	290	90	10	2	0	20	220	35	1	21	9	✓	✓						
BEEF																				
Beijing Beef™ ㊄	4.2 oz	520	240	26	5	0	40	580	44	3	24	16	✓	✓						✓
Broccoli Beef	4.1 oz	100	60	7	1	0	10	500	9	2	3	7	✓	✓						
Shanghai Angus Steak™	4.1 oz	170	130	14	3	0	40	630	12	<1	8	17	✓	✓						
SHRIMP																				
Crispy Shrimp	2.3 oz / 4 pcs	170	80	8	1.5	0	40	520	17	1	1	6	✓	✓				✓		✓
Honey Walnut Shrimp	2 oz	200	110	13	2	0	55	240	14	1	5	7	✓	✓		✓		✓	✓	✓
BEVERAGES*																				
Pepsi® (Kids)	12 oz	130	0	0	0	0	0	35	37	0	35	0								
Diet Pepsi® (Kids)	12 oz	0	0	0	0	0	0	35	0	0	0	0								
Mountain Dew® (Kids)	12 oz	140	0	0	0	0	0	45	38	0	38	0								
Dr Pepper® (Kids)	12 oz	113	0	0	0	0	0	39	30	0	30	0								
Mug Root Beer® (Kids)	12 oz	130	0	0	0	0	0	20	34	0	34	0								
Sierra Mist® (Kids)	12 oz	130	0	0	0	0	0	25	35	0	35	0								



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NUTRITION & ALLERGEN INFORMATION

KID'S MEAL

Nutrition Facts

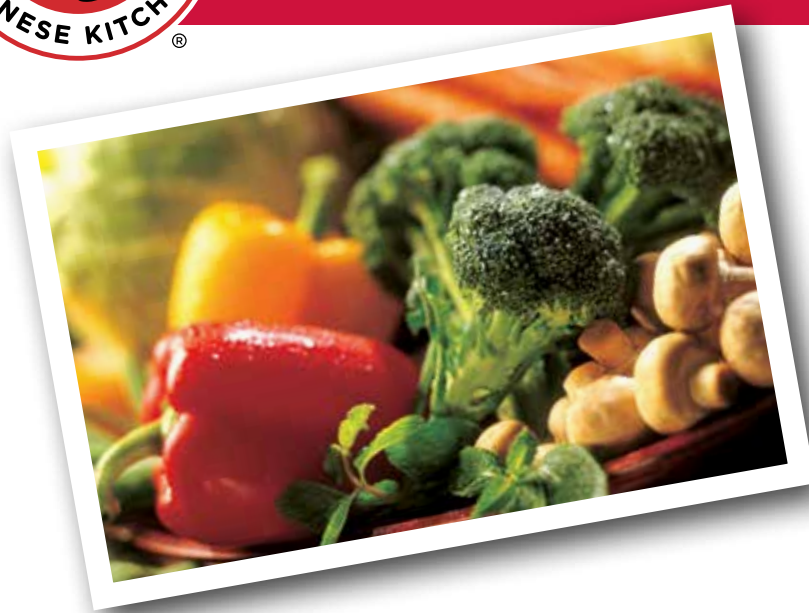
Allergens

MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Wheat	Soy	Peanuts	Treenuts	Fish	Shellfish	Eggs	Milk
Lipton No Calorie Brisk Peach® (Kids)	12 oz	0	0	0	0	0	0	90	0	0	0	0								
Lipton Brisk Raspberry® (Kids)	12 oz	110	0	0	0	0	0	35	28	0	28	0								
Sobe Lean® (Kids)	12 oz	0	0	0	0	0	0	35	0	0	0	0								
Tropicana Fruit Punch® (Kids)	12 oz	140	0	0	0	0	0	35	39	0	39	0								
Tropicana Lemonade® (Kids)	12 oz	130	0	0	0	0	0	140	35	0	35	0								
Tropicana Pink Lemonade® (Kids)	12 oz	130	0	0	0	0	0	140	35	0	35	0								
China Mist Iced Tea® (Kids)	12 oz	0	0	0	0	0	0	0	0	0	0	0								

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The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. These values are based on standard product formulation. Minor acceptable variations can be expected due to sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included.

Ingredients are based upon standardized recipes. Variations in nutrition values may occur based upon regional and seasonal ingredient differences, packaging differences and menu items being individually hand served. Panda uses ingredients that contain all the major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, soy and wheat). Panda prepares its entrees fresh with shared cooking equipment and therefore allergens could be present in any entree. Panda Express does not have any vegetarian or gluten free dishes. No MSG added except for that naturally occurring in certain ingredients.

Please contact Panda Guest Relations at (800) 877-8988 for more information.