



# NUTRITION & ALLERGEN INFORMATION

## Nutrition Facts

## Allergens

MENU ITEMS	Serving Size (oz)	Calories	Nutrition Facts										Allergens							
			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
<b>SIDE</b>																				
Chow Mein	9.4 oz	510	200	22	4	0	0	980	65	4	9	13	Y	Y						
Chow Fun*	8.5 oz	410	80	9	1	0	0	1110	73	1	6	9	Y	Y						Y
Fried Rice	9.3 oz	520	140	16	3	0	120	850	85	1	3	11	Y	Y					Y	Y
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 Vegetables (Side)	8.6 oz	80	5	0.5	0	0	0	540	16	5	5	4	Y	Y						Y
<b>VEGETABLES</b>																				
Country Style Bean Curd*	5.7 oz	191	113	12	1.5	0	0	945	14	2	8	7	Y	Y						
Eggplant Tofu*	6.1 oz	340	210	24	3.5	0	0	520	23	3	17	7	Y	Y						
Hot Szechuan Tofu*	5.5 oz	140	70	8	1	0	0	580	10	2	5	6	Y	Y						
Mixed Veggies (Entree)	4.3 oz	35	0	0	0	0	0	280	8	3	2	2	Y	Y						Y
<b>CHICKEN</b>																				
Black Pepper Chicken	6.3 oz	280	165	19	3	0	52	1140	14	1	7	13	Y	Y						
Kung Pao Chicken	6.2 oz	290	170	19	3	0	53	970	14	2	6	16	Y	Y	Y					
Grilled Teriyaki Chicken	6 oz	300	120	13	4	0	185	530	8	0	8	36	Y	Y						
Grilled Asian Chicken	6 oz	300	120	13	4	0	185	530	8	0	8	36	Y	Y						
Teriyaki Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	Y	Y						









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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									
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
<b>SIDE</b>																				
Chow Mein	5.2 oz	280	110	12	2	0	0	540	36	2	5	7	Y	Y						
Chow Fun*	6.2 oz	300	60	6	0.5	0	0	810	53	1	4	6	Y	Y						Y
Fried Rice	6.2 oz	350	90	10	2	0	80	570	57	0	2	7	Y	Y					Y	Y
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 Vegetables (Side)	6.4 oz	70	0	0	0	0	0	400	12	4	4	3	Y	Y						Y
<b>VEGGIES</b>																				
Country Style Bean Curd* 🌶️	4.1 oz	122	70	8	1	0	0	600	9	1	5	4	Y	Y						
Eggplant Tofu* 🌶️	4.6 oz	250	160	18	2.5	0	0	390	17	2	13	5	Y	Y						
Hot Szechuan Tofu* 🌶️	4.1 oz	100	50	6	0.5	0	0	430	7	1	4	4	Y	Y						
Mixed Veggies (Entree)	3.2 oz	30	0	0	0	0	0	200	6	2	2	2	Y	Y						Y
<b>CHICKEN</b>																				
Black Pepper Chicken	4.6 oz	200	120	14	2.5	0	40	830	11	<1	5	10	Y	Y						
Kung Pao Chicken 🌶️	4.4 oz	200	120	14	2.5	0	40	690	10	2	4	11	Y	Y	Y					
Grilled Teriyaki Chicken	3.6 oz	180	70	8	2.5	0	110	320	5	0	5	22	Y	Y						
Grilled Asian Chicken	3.6 oz	180	70	8	2.5	0	110	320	5	0	5	22	Y	Y						
Teriyaki Chicken	3.6 oz	200	70	8	2	0	115	380	8	2	6	25	Y	Y						



Entree selections may vary by location. \*Regional Entrees / Limited time only.





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## 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	
Steamed Ginger Fish*	2 oz	70	35	4	1	0	15	660	3	0	2	5	Y	Y			Y				Y
<b>BEVERAGES**</b>																					
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	110	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									
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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 Spicy  WOK SMART™ | 300 calories or less and at least 8g of protein. Entree selections may vary by location.

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.

**For additional menu information, please contact us at (800) 877-8988 or [pandaexpress.com/contactus](http://pandaexpress.com/contactus).**