

Nutritional Information

Meats Seafood Vegetables Starches

	Serving Size	Total Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Meats															
Chicken	3 oz	102	30	3.4	0	60	68	0	0	0	18	0	2%	2%	4%
Lamb	3 oz	126	60	6.8	0	55	55	0	0	0	17	0	0	0	8%
NY Strip	3 oz	79	11	1.22	.37	47	272	1.11	0	.71	16	0	0	3%	38%
Pork	3 oz	123	48	5.1	0	51	46	0	0	0	18	0	1%	1%	4%
Ribeye	3 oz	123	43	4.25	0	50	54	0	0	0	18	0	0	0	4%
Sausage	3 oz	273	231	26	9	53	880	<2	0	0	9	0	0	0	0
Turkey	3 oz	102	30	3.4	0	55	60	0	0	0	19	0	0	0	0
Seafood															
Calamari	3 oz	78	20	1.2	1.5	215	130	2.6	0	0	15	4%	<2%	2%	<2%
Cod	3 oz	69	6	<1	<1	37	46	0	0	0	15	0	1%	15%	2%
Crawfish	3 oz	80	20	2	1	125	100	0	0	0	15	15%	0	4%	6%
Krab (Surimi)	3 oz	85	<1	<1	0	9	771	9	0	0	10	0	0	0	0
Salmon	3 oz	156	83	10	<2	50	50	0	0	0	17	0	6%	1%	2%
Scallops	3 oz	84	8	<1	0	29	202	3	0	0	16	0	3%	2%	0
Shrimp	3 oz	65	0	0	0	65	550	0	0	0	14	0	0	6%	0
Tuna	3 oz	112	32	4	0	39	52	0	0	0	20	0	0	0	0
Vegetables															
Artichoke	1 oz	8	0	0	0	0	72	2	<1	<1	<1	0	3%	1%	1%
Bean Sprouts	1 oz	29	0	0	0	0	1	1.9	0	0	1.1	0	0	0	0
Beets	1 oz	10	0	0	0	0	71	<2	<1	<2	<1	0	0	0	0
Black Olives	1 oz	53	46	5	0	0	248	<2	0	0	0	0	0	0	0
Bok Choy	1 oz	2	<1	<1	0	0	9	.41	0	.41	.41	9%	11%	0	0
Broccoli	1 oz	8	<1	<1	0	0	8	1.5	0	.57	.84	17%	44%	1%	1%
Cabbage (Green)	1 oz	7	<1	<1	0	0	5	2	1	1	<1	0	15%	1%	1%
Cabbage (Red)	1 oz	6	<1	<1	0	0	3	1	<1	<1	<1	0	24%	0	0
Carrots	1 oz	12	<1	<1	<1	0	10	3	1	2	<1	159%	4%	0	1%
Celery	1 oz	5	<1	.04	.01	0	25	1	.48	.28	.21	0%	3%	1%	0%
Cheddar Cheese	1 oz	120	90	10	6	30	190	<1	0	0	7	6%	0	20%	0
Cilantro	1 tsp	0	0	0	0	0	0	0	1	n/a	0	0	0	0	0
Corn (Baby)	1 oz	5.7	0	0	0	0	64	1	.45	.23	.23	2%	0	0	0
CROUTON	7 pieces	35	15	1.5	0	0	90	4	0	0	<1	0	0	0	0
Cucumbers	1 oz	4	<1	<1	0	0	<1	<1	<1	<1	<1	1%	2%	0	0
Head Lettuce	1 leaf	1	0	0	0	0	1	0	0	0	0	0	0	0	0
Lemons	1 wedge	2	<1	0	0	0	0	1	.2	.2	0	0	6%	2%	0
Limes	1 lime	20	<2	<1	0	0	1	7	2	1.28	.47	0	32%	2%	2%
Mushrooms	1 oz	7	.7	<1	0	0	1	1	.34	.4	.8	0	1%	0	2%
Onions (Yellow)	1 oz	11	<1	<1	0	0	1	2	<1	2	<1	0	3%	0	0
Pea Pods	1 oz	11	<1	<1	0	0	2.45	2.5	<1	<1	<1	0	23%	1%	1%
Peppers (Green)	1 oz	8	0	.05	0	0	.6	2	<1	<1	<1	4%	42%	0	0
Peppers (Red)	1 oz	9	<1	<1	0	0	2	2	<1	<2	<1	4%	92%	0	1%
Pineapple	1 oz	14	0	0	0	0	2	3	<1	3	<1	0	4%	0	0
Romaine Lettuce	1 oz	1	0	0	0	0	1	0	0	0	0	0	0	0	0
Water Chestnuts	1 oz	9	0	0	0	0	5	2	<1	<1	<1	0	0	0	2%
Rice															
Rice	3/4 cup	160	0	0	0	0	0	35	0	2	3	0	0	0	8%
Noodles															
Pasta	2 oz	210	9	1	0	0	0	42	2	2	7	0	0	0	10%
Rice Noodle	2 oz	161	5	0.5	0.4	4.4	742	33	1.5	0	6	0	0	14%	47%
Tortillas															

Salad Dressings

	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A	Vitamin C	Calcium	Iron
Salad Dressings															
FAT FREE French	1 oz	30	0	0	0	0	310	8	1	5	0	0	0	0	0
Blue Cheese	1 oz	160	130	17	3	15	260	2	0	1	1	0	0	2%	0
Honey Mustard	1 oz	160	150	16	2.5	10	140	5	0	5	0	0	0	0	0
Balsamic Vinaigrette	1 oz	60	45	5	<1	0	190	4	0	3	0	0	0	0	0
Caesar	1 oz	150	140	16	<3	0	300	29	0	1	1	2%	0	2%	0
Raspberry Vinaigrette	1 oz	35	0	0	0	0	80	8	0	7	0	0	0	0	0
Greek Feta	1 oz	70	40	4.5	3	15	270	1	<1	0	5	4%	0	10%	0

Sauces & Soups

	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sauces											
Asian Black Bean	1 oz	33.5	10.4	.84	0	0	184	3.35	0	3.35	.84
Chili Garlic	1 oz	40.1	27.3	2.83	.46	0	840	3	1	2	0
Fajita	1 oz	26.8	17.9	1.85	.3	0	176	2.07	.07	.15	0
Kung Pao	1 oz	34.2	5.3	.58	0	0	362	6.63	.05	5.81	.55
Lemon	1 oz	22.7	0	0	0	0	85	5.67	0	4.82	0
Lite Soy	1 oz	10.1	0	0	0	0	613	1.01	0	0	1.01
Mongolian Ginger	1 oz	41.7	10	1.1	0	0	461	7.09	0	6.15	.81
Peanut	1 oz	95.7	70.7	7.78	1.35	.42	189	4.4	0	3.41	1.8
Mongo Marinara	1 oz	16.8	1.9	.21	0	0	189	2.94	.22	2.5	.63
Shanghai Barbeque	1 oz	41	3.61	.42	0	0	169	9.31	0	5.79	.42
Spicy Buffalo	1 oz	40.2	40.2	4.54	.74	0	369	0	0	0	0
Pad Thai	1 oz										
Sweet & Sour	1 oz	34.5	0	0	0	0	133	8.37	.05	5.27	.2
Teriyaki	1 oz	26.5	0	0	0	0	310	6.61	0	5.48	.38
*Sesame Oil	0.5 oz	120	120	14	2	0	0	0	0	0	0
<i>*The nutritional information provided is prior to cooking. The amount of oil absorbed by your meal is usually minimal because of the high cook temperature.</i>											
Soups											
T	8 oz										
Clam Chowder	8 oz	200	80	9	5	35	1110	18	<1	9	11
Country Potato	8 oz	220	90	10	4.5	35	880	21	1	8	10
	8 oz	60	5	5	0	0	910	12	2	2	3
	8 oz	90	35	4	.5	10	850	10	<1	2	4
	8 oz	220	140	15	8	50	720	18	2	5	5

The products listed above are produced in facilities that handle known allergens.

GLUTEN FREE SAUCES: Spicy Buffalo, Lemon, Mongo Marinara, Chili Garlic, Sweet & Sour

SAUCES CONTAINING MSG: Fajita, Lemon, Sweet & Sour

MSG is not added to our products. Please note, however, that although none of the ingredients in the sauces above specifically state MSG as a component, MSG can be found naturally in other ingredients. Products that are known to carry MSG are Plant Protein, Hydrolyzed Vegetable Protein, Kombu Extract, Hydrolyzed Plant Protein and Natural Flavorings or Seasoning. Because of the nature of our cooking process and how items are displayed on the buffet, it is possible that items containing the above allergen and preservative may unintentionally interact with products that are labeled to be allergen or MSG-free.



Nutritional Information

bd's Mini Desserts

	Serving Size	Total Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Proteins (g)	Vitamin A	Vitamin C	Calcium	Iron
Cheeseake Mini	1	220	120	13	8	40	140	23	0	12	3	4%	2%	4%	2%
Cookies and Cream Mini	1	330	160	18	11	25	240	40	1	31	5	4%	0	6%	6%
Peanut Butter Cup Mini	1	410	210	24	9	15	310	43	1	33	7	2%	0	4%	2%

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SAUCES CONTAINING MSG: Fajita, Lemon, Sweet & Sour

MSG is not added to our products. Please note, however, that although none of the ingredients in the sauces above specifically state MSG as a component, MSG can be found naturally in other ingredients. Products that are known to carry MSG are Plant Protein, Hydrolyzed Vegetable Protein, Kombu Extract, Hydrolyzed Plant Protein and Natural Flavorings or Seasoning. Because of the nature of our cooking process and how items are displayed on the buffet, it is possible that items containing the above allergen and preservative may unintentionally interact with products that are labeled to be allergen or MSG-free.



Sauce Ingredients

ASIAN BLACK BEAN: Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate {A Preservative}), Water, Cooked Black Beans, Mirin (Corn Syrup, Water, Alcohol, Rice, Salt), Sugar, White Wine Vinegar (Contains Potassium Metabisulfite {A Preservative}), Modified Food Starch, Fermented Black Beans, Sesame Oil, Contains 2% Or Less Of: Garlic, Green Onions, Ginger, Cilantro, Spices.

SHANGHAI BARBEQUE: Pineapple Juice (Water, Concentrated Pineapple Juice And Ascorbic Acid [Vitamin C]), Molasses (Selected Refiners Syrup And Invert Syrup), Fructose, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative), Tomato Paste, Water, Hoisin Sauce (Sugar, Vinegar, Soya Bean, Water, Salt, Wheat Flour, Garlic, Sesame Seed, Chili, Spices And Artificial Color, Fd & C Red #40), Rice Wine Vinegar, Garlic, Onions, Sesame Oil. Ginger Puree, Modified Food Starch, Dehydrated Orange Peel (Orange Peel, Sugar, Water, Orange Flavor Natural, Acidifier [Citric Acid E330], Preservative (Potassium Sorbate E202, Color [Beta Carotene E160 A]), Spices, Cilantro And Crushed Red Chillies. Barbeque Sauce: (High Fructose Corn Syrup, Water, Tomato Paste, Molasses, Vinegar, Less Than 2% Of Modified Food Starch, Salt, Natural Flavors, Spices, Dried Onion, Dried Garlic, Sodium Benzoate (As A Preservative), Xanthan Gum, Caramel Color.

CHILI GARLIC: Salted Chili Pepper (Chili, Salt), Garlic, Water, Sugar, Rice Vinegar (Contains Wheat), Modified Corn Starch, Acetic Acid, Liquid Margarine (Fully Refined Soybean Oil, Water, Salt, Partially Hydrogenated Soybean Oil, Mono Glycerides, And Lecithin. Sodium Benzoate [Added To Help Preserve Freshness]. Naturally Flavored. Artificially Colored With Beta-carotene. Vitamin A Palmitate And Artificial Flavor Added.)

FAJITA: (Chicken Stock, Roasted Red Bell Peppers, Tomatoes [Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid], Green Bell Peppers, Onions, Garlic, Lime Juice [Water, Lime Juice Concentrate, Lime Oil], Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate Riboflavin, Folic Acid], Modified Food Starch, Sugar, Salt, Jalapenos, Spices, Soybean Oil, Flavoring [Hydrolyzed Soy, Corn And Wheat Protein, Flavor, Salt, Caramel Color, Vegetable Oil, Corn Syrup Solids, Partially Hydrogenated Vegetable Oil, Smoke Flavoring, Thiamine Hydrochloride, Disodium Inosinate, Disodium Guanylate, Grill Flavor {From Vegetable Oil}], Chicken Flavor [Contains Chicken Fat, Flavoring], Water, Yeast Extract; Seasoning [Caramel Color, Water, Hydrolyzed Soy Protein, Salt], Dehydrated Onion, Liquid Smoke [Purified Natural Liquid Wood Smoke, Water].) Chili Garlic Sauce: Salted Chili Pepper (Chili, Salt), Garlic, Water, Sugar, Rice Vinegar (Contains Wheat), Modified Corn Starch, Acetic Acid, Liquid Margarine (Fully Refined Soybean Oil, Water, Salt, Partially Hydrogenated Soybean Oil, Mono Glycerides, And Lecithin. Sodium Benzoate [Added To Help Preserve Freshness]. Naturally Flavored. Artificially Colored With Beta-carotene. Vitamin A Palmitate And Artificial Flavor Added.)

KUNG PAO: Soy Sauce (Water, Wheat, Soybeans And Salt), Sugar, Rice Vinegar, Ginger, White Wine Vinegar, Water, Chili Garlic Sauce (Salted Chili Pepper [Chili, Salt], Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid), Vegetable Oil, Modified Food Starch, Sesame Oil, Minced Garlic (Garlic And Water), Roasted Minced Garlic (Garlic, Water, And Phosphoric Acid, Potassium Sorbate And Sodium Benzoate [To Preserve Freshness]), Toasted Sesame Seed, Anise Seed, Crushed Red Chillies, Spice Mix (Anise, Cinnamon, Star Anise, Ginger And Sulfiting Agents). Teriyaki Sauce (Water, Soy Sauce (Water, Wheat, Soybeans, Seasalt And Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative]), Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic And Spice. Marco Polo Sauce: Diced Tomatoes, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative]), Sugars Water, Onions, Soybean Oil, Minced Garlic (Garlic And Water), Sesame Oil,

Modified Food Starch, Fresh Parsley, Salt, Chili Garlic Sauce (Salted Chili Pepper [Chili, salt], Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid), Spices, Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Sun Dried Tomatoes (Sun Dried Tomatoes, Sulfur Dioxide [For Color Retention]), Toasted Sesame Seeds, Crushed Red Chillies. Tomato Sauce: Tomatoes, Corn Syrup, Salt, Onions, Peppers, Garlic Sweet Chili Sauce: (Water, Sugar, Chili Garlic Sauce (Salted Chili Pepper [Chili And Salt]), Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid), Salt, Vinegar, Crushed Red Chillies, Xanthan Gum, Dehydrated Onion, And Garlic Powder. Siracha Sauce: Water, Red Chili, Sugar, Garlic, Salt, Xanthan Gum, Acidic Acid, Sodium Benzoate.

LEMON: Water, Fructose, Pasteurized Lemon Juice (Water, Citric Acid, High Fructose Corn Sweetener, Lemon Juice Concentrate, Sodium Citrate, Glyceryl, Abieta Sodium Sorbate [Preservative], Caramel Color, Yellow #5) Pineapple Concentrated, Modified Food Starch, Chicken Base (Dextrose Salt, Chicken Flavor [Yeast Extract, Dried Soy Sauce {100% From Soybean}, Chicken Fat, Salt, Soybean Oil], Rendered Chicken Fat, Vegetable Shortening, Food Starch, Flavor, Sweet Whey, Disodium Inosinate, Disodium Guanylate, Oleoresin, Celery), Honey, Ginger, Salt, Lemon Pepper (Salt, Black Pepper, Citric Acid, Granulated Onion, Sugar, Garlic Powder, Calcium Stearate, Calcium Silicate [Added To Make Free Flowing], Celery Seed, Modified Food Starch, Lemon Oil, Fd&c Yellow #5 Lake), Yellow Color (Water, Fd&c Yellow #5, Citric Acid, Sodium Benzoate [A Preservative])

MONGO MARINARA: Tomatoes (Tomatoes, Salt, Tomato Juice, Calcium Chloride, Citric Acid), Water, Tomato Juice (Tomato Juice, Salt), Contains 2% Or Less Of: Vegetable Oil (Canola/olive Oil), Modified Food Starch, Garlic, Brown Sugar, Salt, Sugar, Natural Cheese Flavor (Maltodextrin, Whey, Parmesan Cheese (Milk, Starter Culture, Salt, Enzymes), Salt, Cream, Flavor), Dehydrated Onion, Dehydrated Garlic, Spices, Xanthan Gum, Dehydrated Parsley.

MONGOLIAN GINGER: Soy Sauce (Water, Wheat, Soybeans And Salt), Sugar, Rice Vinegar, Ginger, White Wine Vinegar, Water, Chili Garlic Sauce (Salted Chili Pepper [Chili, Salt], Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid), Vegetable Oil, Modified Food Starch, Sesame Oil, Minced Garlic (Garlic And Water), Roasted Minced Garlic (Garlic, Water, And Phosphoric Acid, Potassium Sorbate And Sodium Benzoate [To Preserve Freshness]), Toasted Sesame Seed, Anise Seed, Crushed Red Chillies, Spice Mix (Anise, Cinnamon, Star Anise, Ginger And Sulfiting Agents). Teriyaki Sauce (Water, Soy Sauce (Water, Wheat, Soybeans, Seasalt And Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative]), Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic And Spice.

MUSTARD: Water, Mustard Seed, Vinegar, Salt, Citric Acid, Sulfur Dioxide, Distilled Vinegar, #1 Mustard Seed, Tumeric, Spices

PEANUT: High Fructose Corn Syrup, Water, Peanut Butter (Roasted Peanuts And Peanut Oil, Corn Syrup, Hydrogenated Rapeseed And Cottonseed Oils, Salt), Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Soybean Oil (Contains Citric Acid), Seasoned Rice Vinegar (Rice Vinegar, Water, High Fructose Corn Syrup, Salt, Brown Sugar), Red Curry (Dried Red Chilli, Garlic, Lemongrass, Salt, Shallot, Galangal, Shrimp Paste (Shrimp), Kaffir Lime Peel, Pepper), Molasses, White Distilled Vinegar, Ginger Puree (Fresh Ginger, Water, Phosphoric Acid, Xanthan Gum), Sesame Seed Oil, Coconut Milk (Coconut Extract, Water, Citric Acid, Sodium Metabisulfite), Hoisin Sauce (Sugar, Water, Sweet Potato, Salt, Modified Cornstarch, Soybeans, Spices, Sesame Seeds, Caramel Color, Wheat Flour, Garlic, Chili Pepper, Acetic Acid, Red 40), Sesame Seeds, Chopped Garlic (Garlic,

Sauce Ingredients (cont..)

PEANUT (continued) Soybean Oil, Olive Oil, Citric Acid), Gum Blend (Xanthan Gum, Guar Gum, Sodium Alginate), Chili Oil (Soybean Oil, Chili Pepper Powder), Potassium Sorbate (Preservative), Sodium Benzoate (Preservative), Dehydrated Onions, Caramel Color, Fish Sauce (Anchovy Extract, Water, Salt, Fructose, & Hydrolysed Vegetable Protein), Cider Vinegar Flavor (Water, Apple Juice Concentrate, Natural And Artificial Flavors, Sugar, Cara

SZECHUAN Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Sugar, Modified Corn Starch, Diluted Red Vinegar (Water, Rice & Artificial Color [Fd&C Red #40]), Mirin Sauce (High Fructose Corn Syrup, Sugar, Water, Sake, Yeast Extract, Citric Acid), Sherry Wine (Sulfites), Red Wine Vinegar, Sesame Seed Oil, Beef Base (Roasted Beef And Concentrated Beef Stock, Salt, Hydrolyzed Soy Protein, Maltodextrin [Corn], Corn Oil, Sugar, Flavoring, Dried Whey [Milk], Caramel Color), Ginger, Dehydrated Onion, Roast Beef Type Flavor (Hydrolyzed Corn Gluten, Soy Protein And Wheat Gluten, Yeast Extract, Partially Hydrogenated Soybean And Cottonseed Oil, Dextrose, Disodium Inosinate And Guanylate), Crushed Red Pepper, Spices, Dehydrated Garlic.

SHIITAKE MUSHROOM Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Water, High Fructose Corn Syrup, Seasoned Rice Vinegar (Rice Vinegar, Water, High Fructose Corn Syrup, Salt, Brown Sugar), Shiitake Mushrooms, Hoisin Sauce (Sugar, Water, Sweet Potato, Salt, Modified Cornstarch, Soybeans, Spices, Sesame Seeds, Caramel Color, Wheat Flour, Garlic, Chili Pepper, Acetic Acid, Red 40), Sugar, Modified Corn Starch, Ginger Puree (Fresh Ginger, Water, Phosphoric Acid, Xanthan Gum), Minced Garlic (Garlic And Water), Chili Garlic Sauce (Salted Chili Peppers, Garlic, Sugar, Rice Vinegar, Water, Modified Cornstarch, Acetic Acid), Mushroom Flavor (Maltodextrin [Corn], Mushrooms, Natural Flavor), Salt, Hydrolyzed Soy Protein (Contains Partially Hydrogenated Soybean Oil), Seasoning (Spices, Sulfites).

SPICY BUFFALO: Aged Cayenne Red Peppers, Vinegar, Water, Salt, And Garlic Powder, Liquid Margarine (Fully Refined Soybean Oil, Water, Salt, Partially Hydrogenated Soybean Oil, Mono Glycerides, And Lecithin. Sodium Benzoate [Added To Help Preserve Freshness]. Naturally Flavored. Artificially Colored With Beta-carotene. Vitamin A Palmitate And Artificial Flavor Added.)

SWEET & SOUR: Water, Syrup (Corn Syrup, High Fructose Corn Syrup, Salt, Vanilla), Distilled White Vinegar, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [A Preservative]), Ketchup (Tomato Concentrate, Tomatoes, Vinegar, High Fructose Corn Syrup, Salt, Onion Powder, Spices, Natural Flavorings), Modified Food Starch, Onions, Green Bell Peppers, Chili Sauce (Chili, Vinegar, Garlic, Salt, Potassium Sorbate/ sodium Bisulfite [Preservatives]), Garlic, Sugar, Ginger, Roasted Red Bell Peppers, Orange Extract (Contains Oil Of Orange, Alcohol, Water.) Mandarin Orange Peel Sauce: Fructose, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate, [Less Than 1/10 Of 1 % As A Preservative]), Sugar, Orange Juice Concentrate, Water, Ketchup (Tomato Puree [Water, Tomato Paste], High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Onion Powder, Garlic Powder, Natural Flavors), White Vinegar. Minced Garlic (Garlic And Water), Modified Food Starch, Ginger (Fresh Ground Ginger, Water, Phosphoric Acid, And Xanthan Gum), Orange Peel, Chili Garlic Sauce: Salted Chill Pepper [Chili, Salt], Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch. Acetic Acid), Crushed Red Pepper.

TERIYAKI: Water, Soy Sauce (Water, Wheat, Soybeans, Seasalt And Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative]), Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic And Spice.

Soup Ingredients

CHICKEN NOODLE: Chicken Stock, Cooked Enriched Egg Noodles (Durum Flour, Eggs, Glyceryl Monostearate, Niacin, Ferrrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Onions, Carrots, Celery, Cooked White Chicken Meat, Contains 2% Or Less Of: Salt, Chicken Flavor (Contains Chicken Fat, Flavoring, Chicken Stock, Chicken Powder), Chicken Fat, Sugar, Modified Food Starch, Water, Parsley, Spices, Sodium Phosphates, Soy Protein Isolate, Dehydrated Parsley.

CLAM CHOWDER: Milk, Clams (Clams, Clam Juice, Salt, Natural Flavorings, Sodium Tripolyphosphate, Sodium Erythorbate, Calcium Disodium Edta, Disodium Inosinate), Clam Stock, Potatoes, Celery, Onions, Modified Food Starch, Bacon (Pork, Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Butter, Salt, Yeast Extract, Spices, Water, Onion Powder, Dehydrated Garlic.

COUNTRY POTATO: Milk, Potatoes, Chicken Stock, Onions, Bacon (Pork, Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Modified Food Starch, Cheese Base (Cheddar/romano/parmesan Cheeses [Cow's Milk, Cheese Cultures, Salt, Enzymes], Whey, Water, Natural Flavor, Salt, Disodium Phosphate), Chicken Fat, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Chicken Flavors (Contains Salt, Chicken Fat, Flavoring), Yeast Extract, Water, Dehydrated Garlic, Spices, Dehydrated Parsley, Turmeric (As Color).

HEARTY VEGETABLE: Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid), Carrots, Cooked Enriched Pasta (Semolina, Egg Whites, Niacin, Ferrrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Cooked Enriched Elbow Macaroni (Semolina, Glyceryl Monostearate, Niacin, Ferrrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Kidney Beans (Kidney Beans, Water, Sugar, Salt, Dextrose, Calcium Chloride/edta), Vegetable Stock (Water, Concentrated Juices Of Carrot, Celeriac, Onion, Mushroom, Garlic), Onions, Celery, Garbanzo Beans (Garbanzo Beans, Water, Salt, Edta/sodium Bisulfite), Spinach, Tomato Paste, Green Beans, Salt, Turnips, Zucchini, Modified Food Starch, Basil, Roasted Garlic (Garlic, Water, Canola Oil), Yeast Extract, Garlic, Olive Oil, Sugar, Water, Spices, Dehydrated Parsley.

HOT & SOUR: Chicken Stock, Mushrooms, White Wine Vinegar (Contains Potassium Metabisulfite [A Preservative]), Organic Tofu (Water, Certified Organic Soybeans, Nigari {An Extract Of Seawater}, Natural Calcium Sulfate), Bamboo Shoots, Modified Food Starch. Contains 2% Or Less Of: Oyster Sauce (Water, Sugar, Oyster Extractives, Modified Food Starch, Salt, Vinegar, Yeast Extract, Caramel, Stabilizer, Natural Flavoring), Chicken Flavor (Contains Salt), Sesame Oil, Onions, Liquid Eggs, Soy Sauce (Water Wheat, Soybeans, Salt, Sodium Benzoate {A Preservative}), Woodear Mushrooms, Salt, Shiitake Mushrooms, Garlic Puree (Contains Water), Sugar, Yeast Extract, Ginger Puree (Ginger, High Fructose Corn Syrup), Water, Dehydrated Egg Whites, Soybean Oil, Spices, Seasoning (Caramel Color, Water, Hydrolyzed Soy Protein, Salt).

MANGIA MANGIA MUSHROOM: Vegetable stock (water, concentrated juices of carrot, celeriac, onion, mushroom, garlic), milk, mushrooms, cooked cheese raviolletti (filling {ricotta cheese [pasteurized cow's milk, salt, lactic ferment, rennet], romano cheese [pasteurized sheep's milk, rennet, bacterial culture, salt], modified food starch, salt, pepper, spices}, pasta {semolina durum flour, eggs, water}), cream, roasted red bell peppers, carrots, porcini mushroom, celery, butter, modified food starch, shallots, garlic, portabella mushrooms, roasted mushroom flavor (contains salt, butter), salt, lemon juice (water, lemon juice concentrate, sodium bisulfite/sodium benzoate {preservatives}, lemon oil), soybean oil, brandy, water, sugar, yeast extract, tomato paste, parsley, spices, onion powder, garlic powder.

bd's mongolian barbeque & Grill attempts to provide nutrition and ingredient information regarding its products that is as complete as possible. Substitution of ingredients and in-house assembly of soups and sauces may alter nutritional values. Because of how items are displayed on the buffet, it is possible that separate items may unintentionally interact and affect nutritional values. Menu items and their ingredients may vary by location. Test items, test formulations or regional items have not been included. Although this data is based on standard portion product guidelines, variation can be expected due to sampling differences, seasonal influences, normal manufacturing tolerances, slight differences in product on a restaurant-by-restaurant basis and other factors.



Soup Ingredients (cont.)

MUSHROOM BISQUE: Milk, Mushrooms, Water, Onions, Celery, Margarine (Partially Hydrogenated Soybean Oil, Soybean Oil, Water, Salt, Whey, Soy Lecithin, Sodium Benzoate {A Preservative}, Artificial Flavor, Beta Carotene {As Color}, Vitamin A Palmitate), Modified Food Starch, Sherry Wine, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Roasted Mushroom Flavor (Contains Salt, Butter), Yeast Extract, Lemon Juice (Water, Lemon Juice Concentrate, Sodium Bisulfite/sodium Benzoate {Preservatives}, Lemon Oil), Porcini Mushrooms, Sugar, Parsley, Concentrated Vegetable Juice (Carrot, Celeriac, Onion, Mushroom, Garlic), Spices, Dehydrated Garlic, Tabasco Sauce (Vinegar, Red Pepper, Salt), Dehydrated Parsley.

TOMATO BISQUE: Chicken Stock, Cream, Tomato Paste, Sugar, Onions, Butternut Squash, Contains 2% or Less of Butter, Olive Oil, Salt, Basil Flavored Canola Oil, Garlic, Modified Food Starch, Roasted Tomato Flavor (Maltodextrin, Tomato Powder, Autolyzed Yeast Extract, Canola Oil, Dehydrated Tomato Flavor), Enriched Flour, (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Water, Chicken Flavor (Contains Chicken Fat, Flavoring), Onion Powder, Annatto (As Color).

VEGETARIAN CHILI: Vegetable Stock (Water, Concentrated Juices Of Carrot, Celeriac, Onion, Mushroom, Garlic), Tomatoes (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid), Pinto Beans (Pinto Beans, Water, Salt, Edta), Kidney Beans (Kidney Beans, Water, Sugar, Salt, Dextrose, Calcium Chloride/edta), Garbanzo Beans (Garbanzo Beans, Water, Salt, EDTA/ sodium Bisulfite), Black Beans (Black Beans, Water, Salt, Ferrous Gluconate/calcium Chloride/edta), Corn, Carrots, Cauliflower, Tomato Paste, Celery, Turnips, Onions, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Broccoli, Zucchini, Green Bell Peppers, Apple Cider Vinegar, Yeast Extract, Salt, Soybean Oil, Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate {A Preservative}), Modified Food Starch, Chili Seasoning (Chili Pepper, Salt, Cumin, Garlic, Oregano), Cilantro, Spices, Dehydrated Garlic, Jalapeños (Jalapeños, Water, Vinegar, Salt, Calcium Chloride, Onion Powder, Garlic Powder, Turmeric), Paprika, Dehydrated Parsley.

WISCONSIN CHEESE: Chicken Stock, Onions, Pasteurized Processed Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes, Water, Sodium Phosphate, Milkfat, Apocarotenal {As Color}), Modified Food Starch, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Parmesan Cheese (Skim Milk, Cheese Culture, Salt, Enzymes), Celery, Bacon (Pork, Water, Salt, Sodium Phosphate, Honey, Sodium Erythorbate, Flavoring, Sodium Nitrite), Salt, Vegetable Cheese Flavoring (Hydrolyzed Vegetable Protein, Water, Natural Cheese Flavor, Polysorbate 80, Caramel Color, Fatty Acids, Lactic Acid, Spice), Water, Sugar, Yeast Extract, Stilton Bleu Cheese (Milk, Cheese Cultures, Salt, Enzymes, Penicillium Roqueforti), Chicken Flavor (Contains Chicken Skins, Salt, Dextrin), Dehydrated Garlic, Liquid Smoke (Purified Natural Liquid Wood Smoke, Water), Spices, Annatto (As Color), Dehydrated Parsley.

Salad Dressings

BLUE CHEESE: Vegetable oil (soybean, canola), vinegar, blue cheese (pasteurized milk, salt, enzymes) water, egg yolk, sugar, salt, potassium sorbate, sodium benzoate and calcium disodium EDTA (as a preservative) natural flavor, lactic acid, xanthan gum, sour cream solids, garlic

BALSAMIC VINAIGRETTE: Water, red wine, vinegar, corn syrup, balsamic vinegar, soybean oil, olive oil, salt, garlic, xanthan gum, spices, sodium alginate, calcium disodium EDTA (as a preservative)

CAESAR: Vegetable oil (soybean, canola), vinegar, water, romano cheese, corn syrup, salt, garlic, spices, anchovy powder, carrageenan, xanthan gum, beta carotene

FAT FREE FRENCH: Water, vinegar, sugar, maltodextrin, tomato paste, salt, cellulose gel, cellulose gum, potassium sorbate and calcium disodium EDTA (as a preservative), xanthan gum, garlic, propleme glycol aliginate, lemon juice, spices, onion, yellow #6, red #40, blue #1

GREEK FETA: Water, vegetable oil (Soybean, Canola, Olive), vinegar, feta cheese, sugar, salt, black olives, spices, garlic, modified food starch, xanthan gum, lemon juice, calcium disodium EDTA (as a preservative)

HONEY MUSTARD: Soybean oil, prepared mustard (water, vinegar, mustard seed, salt, turmeric, and spices), vinegar, high fructose corn syrup, honey, invert syrup, egg yolk, water, salt, spice, xanthan gum, annatto, calcium disodium EDTA (as a preservative)

RANCH: Mayonnaise (vegetable oil (soybean, canola), water, distilled vinegar, egg yolk, corn syrup, salt, spice, calcium disodium EDTA [to protect flavor]), buttermilk, salt, monosodium glutamate, maltodextrin, garlic, spices, onions, carrageenan, calcium stearate, soybean oil

RASPBERRY VINAIGRETTE: Water, vinegar, corn syrup, sugar, cucumber juice, red raspberry juice, salt, xanthan gum, potassium sorbate, and calcium disodium EDTA (as a presevative), onion, red bell pepper, citric acid, artificial flavor, garlic, red #40, blue #1