

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 & Tofu															
Chicken	3 oz	102	30	3	0	60	68	0	0	0	18	0%	2%	2%	4%
Lamb	3 oz	126	60	7	0	55	55	0	0	0	17	0%	0%	0%	8%
Strip Steak	3 oz	79	11	1	0	47	272	1	0	1	16	0%	0%	3%	38%
Pork	3 oz	123	48	5	0	51	46	0	0	0	18	0%	1%	1%	4%
Ribeye	3 oz	123	43	4	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%
Tofu	1 tsp.	10	0	0	0	0	920	0	0	0	2	0%	0%	0%	0%
Seafood															
Calamari	3 oz	78	20	1	2	215	130	3	0	0	15	4%	<2%	2%	<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%
Vegetables															
Bean Sprouts	1 oz	29	0	0	0	0	1	2	0	0	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	0	0	0	0	9%	11%	0%	0%
Broccoli	1 oz	8	1	1	0	0	8	2	0	1	1	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	0	0	0	25	1	0	0	0	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	6	0	0	0	0	64	1	0	0	0	2%	0%	0%	0%
Crouton	7 pieces	35	15	2	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%
Egg	1 egg	70	40	5	1.6	213	66	1	0	0	5	6%	0%	2%	4%
Green Onions	1 oz	5	0	1	0	0	0	0	0	0	0	0%	0%	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	0	0	0	0%	6%	2%	0%
Mushrooms	1 oz	7	1	1	0	0	1	1	0	0	0	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	3	1	1	1	0%	23%	1%	1%
Peppers (Green)	1 oz	8	0	0	0	0	1	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%
Red Skin Potato	3 oz	60	0	0	0	0	10	13	1	0	2	0%	15%	0%	2%
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%
Brown Rice	3/4 cup	150	10	1	0	0	0	32	1	0	3	0%	0%	0%	0%
Noodles															
Pasta	2 oz	210	9	1	0	0	0	42	2	2	7	0%	0%	0%	10%
Rice Noodle	2 oz	200	0	0	0	0	20	46	2	0	3	0%	0%	2%	6%
Tortillas															
	1 ea	90	20	3	1	0	200	16	2	0	3	0%	0%	600%	6%

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)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Salad Dressings															
Balsamic Vinaigrette	1 oz	60	45	5	1	0	190	4	0	3	0	0	0	0	0
Blue Cheese	1 oz	160	130	17	3	15	260	2	0	1	1	0	0	2%	0
Caesar	1 oz	150	140	16	3	0	300	29	0	1	1	2%	0	2%	0
FAT FREE French	1 oz	30	0	0	0	0	310	8	1	5	0	0	0	0	0
Greek Feta	1 oz	70	40	5	3	15	270	1	1	0	5	4%	0	10%	0
Honey Mustard	1 oz	160	150	16	3	10	140	5	0	5	0	0	0	0	0
Ranch	1 oz	140	130	14	3	10	260	2	0	1	1	0	0	2%	0
Raspberry Vinaigrette	1 oz	35	0	0	0	0	80	8	0	7	0	0	0	0	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	30	20	3	0	0	470	1	0	0	0
Chili Garlic	1 oz	41	28	3	1	0	670	3	1	2	0
Fajita	1 oz	10	0	0	0	0	600	2	0	2	0
Kung Pao	1 oz	35	5	1	0	0	400	7	0	6	0
Lemon	1 oz	30	0	0	0	0	100	7	0	6	0
Lite Soy	1 oz	9	0	0	0	0	530	1	0	0	1
Mandarin Orange	1 oz	70	0	0	0	0	290	16	0	14	1
Mongo Marinara	1 oz	30	10	1	0	0	170	5	1	3	0
Mongolian Ginger	1 oz	38	10	1	0	0	535	8	0	7	1
Mustard	1 oz	0	0	0	0	0	210	0	0	0	0
Pad Thai	1oz	15	0	0	0	0	910	2	0	1	1
Peanut	1 oz	100	60	7	1	0	410	9	0	7	2
Ponzu	1 oz	60	10	1	0	0	55	11	0	10	0
Szechwan	1 oz	27	0	0	0	0	560	5	0	3	1
Shanghai Barbeque	1 oz	45	0	0	0	0	220	10	0	3	0
Shiitake Mushroom	1 oz	45	0	0	0	0	610	10	0	8	1
Spicy Buffalo	1 oz	41	41	5	1	0	45	0	0	0	0
Sweet & Sour	1 oz	45	0	0	0	0	150	12	0	11	0
Teriyaki	1 oz	16	0	0	0	0	360	4	0	2	1
*Sesame Oil	0.5tsp	20	20	3	0	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											
Clam Chowder	8 oz	160	40	4	3	25	950	15	2	2	10
Golden Broccoli Cheese	8 oz	190	90	10	4	20	1120	17	4	2	8
Rosemary Chkn & Dumpl	8 oz	80	10	1	1	15	680	12	1	2	5
Tomato Bisque	8 oz	320	180	20	11	50	870	29	3	15	5
Wisconsin Cheese	8 oz	200	110	12	6	35	850	16	2	8	8

The nutritional information in this brochure is derived from published resources or from information provided by our suppliers. The products listed above are produced in facilities that handle known allergens.

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.



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
Cheesecake 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%

Limited Time Offerings

	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
Beef Pot Roast Soup	8 oz	120	40	4.5	2	10	1000	13	2	3	8	10%	0%	2%	4%
Tenderloin	3 oz	170	70	8	3	70	55	0	0	0	24	0%	0%	0%	0%
Asparagus	3 oz	80	10	1	0	45	430	2	0	<1	15	2%	2%	0%	0%
Cheese Tortelloni	3 oz	200	50	6	3	35	370	26	2	1	9	30%	2%	15%	4%

ITEM	Questions			ALLERGENS							
	Vegetarian	Gluten Free	MSG Possible Sauces	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Beef Pot Roast Soup	No	No	Yes	No	No	No	No	No	Yes	No	Yes
Tenderloin	No	Yes	No	No	No	No	No	No	No	No	No
Asparagus	Yes	Yes	No	No	No	No	No	No	No	No	No
Cheese Tortelloni	No	No	No	Yes	No	Yes	No	No	No	No	Yes

Beef Pot Roast Soup

INGREDIENTS: Water, Seasoned Cooked Beef Chunks and Binder Product (Beef, Water, Seasoning [Salt, Dextrose, Onion Powder, Corn Syrup Solids, Beef Stock, Garlic Powder, Soybean Oil, Natural Flavor], Modified Corn Starch, Whey Protein, Concentrate (Milk), Salt, Sodium Phosphate]Carrots, Celery, Onions, Potatoes, Modified Corn Starch, Beef Fat, Tomatoes, Tomato Puree, Tomato Paste, Concentrated Chicken Broth, Salt, Beef Extract, Autolyzed Yeast Extract, Sugar, Natural Flavor, Hydrolyzed Soy Protein, Beef Stock, Soy Lecithin, Hydrolyzed Wheat Protein, Hydrolyzed Corn Gluten, Caramel Color, Hydrolyzed Corn Protein, Autolyzed Yeast, Spice, Carrot Powder, Carrot Juice Concentrate, Leek Juice Concentrate, Whey, BHA and Propylgallate (Used to Protect Quality).

Tenderloin

INGREDIENTS: Beef Loin, Tenderloin (Full Side Muscle off, Defatted)

Striped Cheese Tortelloni

INGREDIENTS Pasta (Semolina Flour [Wheat], Water, Whole Eggs, Spinach Powder, Beta Carotene, Carmine Powder) Filling (Ricotta Cheese [Pasteurized milk, Pasteurized Whey, Pasteurized Cream, Vinegar, Salt, Stabilizers {Xanthan Gum, Locust Bean gum, Guar Gum}], Parmesan Cheese [Pasteurized part-skim milk, Cheese Cultures, Salt, Enzymes and Cellulose {to prevent caking}], Low Moisture Park Skim Mozzarella Cheese [Pasteurized Park Skim Milk, Cheese, Cultures, Salt, Enzymes, Powdered Cellulose {to prevent caking}, Mataycin {to protect flavor}, Bread Crumbs [Wheat Flour, Dextrose, Yeast, Salt], Romano Cheese (Sheep's Milk, Cheese Rennet, Salt, Cellulose [Anti-Cacking Agent], Grana Cheese [Part-Skimmed Cows Milk, Cheese Cultures, Rennet, Salt, Egg White Lysozyme], Salt, Canola Oil, Sodium Alginate, Nutmeg, Black Pepper)

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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.

CHILI GARLIC: Salted Chili Pepper, Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (A Preservative), Citric Acid, Natural & Artificial Flavor, Calcium Disodium EDTA Added To Protect Flavor, Beta Carotene (Color), Vitamin A Palmitate Added

FAJITA: Water, Soy Sauce, (Water, Wheat, Soybeans, Salt), High Fructose Corn Syrup, Lime Juice From Concentrate, Red Wine Vinegar, Salt, Modified Food Starch, Spices (Including Chili Peppers and Cumin), Soybean Oil, Autolyzed Yeast Extract, Caramel Color, Xanthan Gum, Potassium Sorbate and Sodium Benzoate Used To Protect Quality, Natural Flavors, Natural Smoke Flavor

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. Mongo Marinara: Tomato Puree (Water, Tomato Paste), Diced Tomatoes In Tomato Juice, Corn Syrup, Vegetable Oil (Corn And/Or Cottonseed And/Or Canola), Salt, Onion Powder, Spices (Basil, Oregano, Spice), Dehydrated Garlic, Citric Acid, Dehydrated Parsley and Flavoring. Siracha Sauce: Water, Red Chili, Sugar, Garlic, Salt, Xanthan Gum, Acidic Acid, Sodium Benzoate. Sweet Chili Sauce: Water Sugar, Chili Garlic Sauce (Salted Chili Pepper [Chili, Salt], Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid, Salt, Vinegar, Crushed Red Chillies, Xanthan Gum, Dehydrated Onion and Garlic Powder

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])

MANDARIN ORANGE PEEL: 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, Orange Peel, Ginger (Fresh Ground Ginger, [Water, Phosphoric Acid and Xanthan Gum], Water, Salt, Xanthan Gum), Chili Garlic Sauce (Chili Pepper, Garlic, Water, Salt, Sugar, Rice Vinegar, Acetic Acid, Modified Food Starch), Crushed Red Chili Pepper.

MONGO MARINARA: Tomato Puree (Water, Tomato Paste), Diced Tomatoes In Tomato Juice, Corn Syrup, Vegetable Oil (Corn And/Or Cottonseed And/Or Canola), Salt, Onion Powder, Spices (Basil, Oregano, Spice), Dehydrated Garlic, Citric Acid, Dehydrated Parsley and Flavoring.

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, Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt, Fennel, Citric Acid, Potassium Metabisulfite, Turmeric)

PAD THAI: Soy Sauce (Water, Wheat, Soybeans, Seasalt And Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative]), Sugar, Water, White Vinegar, Ketchup (Tomato Concentrate Made From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring), Unseason Rice Vinegar, Red Chili Paste (Chili, Salt, Distilled Vinegar, Potassium Sorbate, And Sodium Bisulfite As Preservatives), Ground Ginger (Ginger, Water, Phosphoric Acid and Xanthan Gum) And Salt.

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 Chili, Garlic, Lemongrass, Salt, Shallot, Galangal, Shrimp Paste (Shrimp), Kaffier Lime Peel, Pepper), Molsasses, White Distilled Vinegar, Ginger Puree (Fresh Ginger, Water, Phosphoric Acid, Xanthan Gum), Sesame Seed Oil, Coconut Milk (Coconut Extract, Water, Citric Acid, Dodium Metabisulfite), Hoisin Sauce (Sugar, Water, Sweet Potato, Salt, Modified Cornstarch, Soybeans, Garlic, Spices, Sesame Seeds, Caramel Color, Wheat Flour, Chili Pepper, Acetic Acid, Red 40), Sesame Seeds, Chopped Garlic (Garlic, Soybean Oil, Olive Oil, Citric Acid), Gum Blend (Xanthan Gum, Guar Gum, (Garlic, 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, Caramel Color, Sodium Benzoate), Dehydrated Garlic, Dehydrated Chives

bd's Mongolian Grill & barbeque 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.

Modified 11/1/11



Sauce Ingredients (cont..)

PONZU: Fructose, Soy Sauce, (Water, Wheat, Soybeans, And Salt), Rice Vinegar, Cooking Wine, Water, Pineapple Juice Concentrate (Water, Concentrated Pineapple Juice and Ascorbic Acid [Vitamin C]), Green Onion, Sesame Oil, Modified Food Starch, Caramel Color, Sesame Seeds, Spices, Cilantro, Crushed Red Peppers.

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.

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 Chilies. 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.

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, Sugar, Pineapple Juice Concentrate, Modified Food Starch, Vinegar, Salt, Dehydrated Red Bell Pepper, Dehydrated Green Bell Pepper, Citric Acid, Paprika

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

CLAM CHOWDER: Clam Chopped (Ocean Clams and Ocean Clam Juice, Salt Sodium Tripolyphosphate And Calcium Disodium EDTA), Clam Juice (Ocean Clam Juice And Salt) Water, Onion, Potato, Celery, Tomato Paste, Butter (Pasteurized Cream, Natural Flavors and Lactic Acid Added), Modified Corn Starch, Minced Garlic (Garlic and Water), Broth Chicken (Chicken Broth, Salt and Flavoring), And Spices

Sauce Allergan Information

Are These Sauces...				Do These Sauces Contain...							
	Vegetarian	Gluten Free	MSG Possible Sauces	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Asian Black Bean	Yes	No	No	No	No	No	No	No	Yes	No	Yes
Chili Garlic	Yes	Yes	Yes	No	No	No	No	No	Yes	No	No
Fajita	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Lemon	No	Yes	No	No	No	Yes	No	No	Yes	No	No
Lite Soy	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Mandarin Orange	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Mongo Marinara	Yes	Yes	Yes	No	No	No	No	No	No	No	No
Mongolian Ginger	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Mustard	Yes	Yes	No	No	No	No	No	No	No	No	No
Pad Thai	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Peanut	No	No	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes
Ponzu	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Shanghai BBQ	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Shiitake Mushroom	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes
Spicy Buffalo	Yes	Yes	No	No	No	No	No	No	Yes	No	No
Sweet & Sour	Yes	Yes	No	No	No	No	No	No	Yes	No	No
Szechwan	No	No	Yes	No	No	Yes	No	No	Yes	No	Yes
Teriyaki	Yes	No	Yes	No	No	No	No	No	Yes	No	Yes

bd's Mongolian Grill & barbeque 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.



GOLDEN BROCCOLI AND CHEESE: Water, Skim Milk, Broccoli, Pasteurized Process, American Cheese (American Cheese [Milk, Cheese Cultures, Salt, Enzymes], Water, Cream, Sodium Phosphate, Salt, Annatto For Color), Modified Food Starch, Corn Oil, Contains Less Than 2% Of The Following Ingredients: Cream, (Milk), Swiss Cheese (Part Skim Milk, Cheese Culture, Salt, Enzyme), Salt, Gelatin, Sugar, Spice, Enzyme Modified Cheddar Cheese (Cheddar Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Disodium Phosphate), Dehydrated Onions, Beta Carotene For Color, Oleoresin Turmeric.

ROSEMARY CHICKEN AND DUMPLING: Chicken Stock, Cooked White Chicken Meat, Dumplings (Water, Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid], Whole Egg, Salt, Oleoresin Turmeric), Carrots, Celery, Onions, Modified Food Starch, Water, Spinach, Contains Less Than 2% Of The Following Ingredients: Sweet Red Peppers, Chicken Base (Chicken Meat With Natural Chicken Juices, Salt, Maltodextrin, Chicken Fat, Sugar, Dried Whey [Milk], Natural Flavoring, Turmeric), Salt, Sauteed Vegetables (Celery, Onion And Carrots), Chicken Fat, Sugar, Chicken Flavor, Soy Protein Concentrate, Hydrolyzed Yeast Protein, Yeast Extract, Onion Powder, Corn Syrup Solids, Disodium Inosinate, Disodium Guanylate, Rosemary, Beef Fat, Corn Oil, Maltodextrin, Sodium Phosphates, Cornstarch, Autolyzed Yeast Extract, Spice, Dehydrated Garlic, Dehydrated Parsley, Dextrose, Chicken Flavor (Contains Chicken Stock, Chicken Powder, Chicken Fat), Spice Extract, Chicken Broth, Powder, Flavoring

TOMATO BISQUE: Chicken Stock, Cream, Tomato Paste, Contains 2% Or Less Of Sugar, Butternut Squash, Onions, Butter (Milk), Olive Oil, Salt, Canola Oil, Garlic, Modified Food Starch, Roasted Tomato Flavor (Maltodextrin, Tomato Powder, Canola Oil, Autolyzed Yeast Extract, Natural Flavor, Hydrolyzed Soy Protein), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Spices, Chicken Fat, Water, Nisin Preparation, Chicken Flavor, Onion Powder, Annatto (As Color), Natural Flavor.

WISCONSIN CHEESE: Cheddar Cheese (Cultured Milk, Salt, Enzymes and Annatto), Skim Milk, Cream (Milk), Modified Food Starch, Green Peppers, Celery, Sugar, Bleached Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains Less Than 2% of the Following Bacon (Cured With Water, Salt, Sugar, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite), Bacon Bits (Cured With Water, Salt, Sodium Phosphate, Sodium Nitrite, Smoke Flavoring, May Also Contain: Sugar, Sodium Erythorbate, Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose), Butter (Milk), Vegetable Oil (Corn, Canola, Cottonseed Or Partially Hydrogenated Soybean Oil), Salt, Parmesan Cheese Flavor Base (Granular And Parmesan Cheese [Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Salt, Lactic Acid, Citric Acid), Flavoring (Natural Flavors Including Dairy Products And Autolyzed Yeast Extract, Disodium Phosphate), Dried Dairy Blend (Whey, Calcium And Sodium Caseinate (Milk), Milk Flavor (Milk, Flavoring), Flavoring (Hydrolyzed Wheat Gluten, Autolyzed Yeast Extract, Partially Hydrogenated Cottonseed Soybean Oil), Disodium Inosinate, Disodium Guanylate, Natural Smoke Flavoring, Flavoring (Pork, Water, Wheat Starch, Salt, Smoke Flavoring), Sodium Phosphate, Spice, Dehydrated Parsley, Beta Carotene For Color.

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, propylene glycol alginate, 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 preservative), onion, red bell pepper, citric acid, artificial flavor, garlic, red #40, blue #1

