

bd's Mongolian Grill

Nutritional Information

Updated 3/17

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.

V vegetarian

GF gluten free

***** MSG possible

BUFFET // MEAT

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Bacon	GF	1/4 cup	120	4	0	0	420	8	40	8
Bison	GF	1/2 cup	100	1	0	0	50	17	50	3
Chicken	GF	1/2 cup	110	0	0	0	70	25	60	2
Diced Beef	GF *	1/2 cup	130	3	0	0	0	15	55	7
Beef, Ribeye	GF	1/2 cup	160	4	0	0	0	18	55	9
Duck	GF	1/2 cup	80	0	0	0	320	17	80	0
Egg	GF	1 each	60	2	0	0	60	6	165	4
Egg, Hard Cooked	GF	1/4 cup	50	1	0	0	40	4	125	4
Ham	GF *	1/2 cup	90	1	0	3	710	13	45	3
Lamb	GF	1/2 cup	100	1	0	0	50	17	50	4
Meatballs	*	1/2 cup	230	6	0	7	230	10	50	18
Pork	GF *	1/2 cup	150	3	0	0	240	17	50	8
Sausage		1/2 cup	210	7	2	3	860	9	65	17

Brown Sugar Marinated Pork	*	1/2 cup	210	2	8	10	870	23	60	7
Fajita Marinated Chicken	GF	1/2 cup	210	2	0	1	560	24	60	12
Fajita Seasoned Beef	GF *	1/2 cup	130	3	0	1	190	15	45	7
Montreal Seasoned Diced Beef	GF *	1/2 cup	130	3	0	1	340	15	45	7
Montreal Seasoned Ribeye	GF *	1/2 cup	160	4	0	1	220	18	55	9
Southwestern Marinated Pork	GF *	1/2 cup	150	3	0	0	560	17	50	8
Sriracha Marinated Chicken		1/2 cup	200	2	5	6	370	24	60	8
Tuscan Marinated Chicken	GF	1/2 cup	160	1	0	1	770	26	65	6

BUFFET // SEAFOOD

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Calamari	GF	1/2 cup	200	1	0	7	95	34	500	3
Krab (Surimi)	GF	1/2 cup	100	0	2	15	500	8	10	0
Tilapia	GF	1/2 cup	120	1	0	0	65	24	60	2

Scallops	GF	1/2 cup	90	0	0	4	500	15	30	0
Shrimp	GF	1/2 cup	140	0	0	1	180	26	180	3
Swai	GF	1/2 cup	60	0	0	0	550	14	30	1

BUFFET // VEGETABLES & CONDIMENTS

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Asian Slaw	V GF	1 cup	20	0	2	4	15	1	0	0
Banana Pepper Rings	V GF	1/4 cup	0	1	0	1	610	0	0	0
Bean Sprouts	V GF	1/4 cup	10	0	1	2	0	1	0	0
Beets	V GF	1/4 cup	20	0	3	4	125	1	0	0
Black Beans	V GF	1/4 cup	45	1	1	8	220	3	0	0
Black Olives	V GF	1/4 cup	50	0	0	2	240	0	0	4
Bok Choy	V GF	1/4 cup	0	0	0	0	0	0	0	0
Broccoli	V GF	1/4 cup	5	0	0	1	0	1	0	0
Butternut Squash	V GF	1/4 cup	15	0	1	4	0	0	0	0
Cabbage (Green)	V GF	1/4 cup	5	0	0	1	0	0	0	0
Cabbage (Red)	V GF	1/4 cup	5	0	1	1	0	0	0	0
Carrots	V GF	1/4 cup	5	0	1	2	10	0	0	0
Cauliflower	V GF	1/4 cup	5	0	1	1	5	1	0	0
Celery	V GF	1/4 cup	5	0	0	1	20	0	0	0
Cheddar Cheese	V GF	1/4 cup	120	6	0	1	200	7	30	10

Cilantro	V GF	1 TBSP.	0	0	0	0	0	0	0	0
Corn (Baby)	V GF	1/4 cup	5	0	0	1	80	1	0	0
Corn (Kernal)	V GF	1/4 cup	35	0	1	9	50	1	0	0
Cottage Cheese	V GF	1/2 cup	100	3	4	4	450	12	20	5
Crouton	V *	6 pieces	30	0	0	5	90	1	0	2
Cucumbers	V GF	1/4 cup	5	0	0	1	0	0	0	0
Edamame	V GF	1/4 cup	80	0	2	6	10	7	0	4
Garbanzo Beans	V GF	1/4 cup	45	0	1	8	170	3	0	1
Lettuce Cup	V GF	1 leaf	0	0	0	0	0	0	0	0
Jalapeno, Raw	V GF	1/4 cup	5	0	1	1	0	0	0	0
Leeks	V GF	1/4 cup	15	0	1	3	0	0	0	0
Lemons	V GF	1 wedge	0	0	0	1	0	0	0	0
Limes	V GF	1 wedge	5	0	0	1	0	0	0	0
Mandarin Oranges	V GF	1/4 cup	25	0	6	6	0	0	0	0
Meatless Beef	V *	1/2 cup	110	0	0	4	270	20	0	2
Meatless Chicken	V *	1/2 cup	120	0	0	10	250	10	0	5
Mushrooms	V GF	1/4 cup	5	0	0	1	0	1	0	0
Onion (Green)	V GF	1/4 cup	5	0	1	1	0	0	0	0
Onions (Red and/or Yellow)	V GF	1/4 cup	15	0	2	4	0	0	0	0
Parmesan Cheese	V GF	1/4 cup	120	5	0	1	470	11	20	8

Parsley	V GF	1 TBSP.	0	0	0	0	0	0	0	0
Peas	V GF	1/4 cup	25	0	1	5	25	2	0	0
Pea Pods	V GF	1/4 cup	15	0	0	3	0	1	0	0
Peppers (Green)	V GF	1/4 cup	5	0	0	2	0	0	0	0
Peppers (Red)	V GF	1/4 cup	10	0	1	2	0	0	0	0
Red Peppers Canned	V GF	1/4 cup	15	0	1	2	70	1	0	0
Pineapple	V GF	1/4 cup	30	0	7	8	5	0	0	0
Red Skin Potatoes	V GF	1/4 cup	25	0	0	6	5	1	0	0
Romaine Lettuce	V GF	1 cup	10	0	1	2	0	1	0	0
Salad Mix	V GF	1 cup	15	0	1	3	20	1	0	0
Spinach	V GF	1 cup	15	0	0	2	45	1	0	0
Sunflower Seeds	V GF	1 TBSP	100	1	1	4	70	3	0	9
Squash and Zucchini	V GF	1/4 cup	10	0	1	2	0	1	0	0
Tofu	V GF	1/2 cup	70	0	0	3	0	9	0	2
Tomato	V GF	1/4 cup	15	0	2	3	100	1	0	0
Veggie Power Blend	V GF	1 cup	20	0	1	0	20	1	0	0
Water Chestnuts	V GF	1/4 cup	25	0	2	6	15	1	0	0

BUFFET // RICE

	cholesterol								
servicing size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	(g)	total fat (g)	

Rice White	V GF	2/3 cup	130	0	0	29	200	3	0	0
Rice Brown	V GF	2/3 cup	140	0	0	29	250	3	0	1

BUFFET // NOODLES

		serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Pasta	V *	1/2 cup	230	1	2	42	530	7	0	4
Canton Noodle	V	1/2 cup	160	0	1	31	240	4	0	2
Rice Noodle	V GF	1/2 cup	210	0	0	48	25	3	0	0
Yakisoba	V	1/2 cup	230	0	1	45	250	8	0	3

TORTILLAS

		serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Tortillas	V	1 each	80	1	0	12	180	2	0	2

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***** MSG possible

SAUCES

		serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Asian Black Bean	V *	3/4 oz.	25	0	1	1	500	1	0	2
Beijing BBQ	V *	3/4 oz.	30	0	6	6	180	0	0	0
Cherry Vinaigrette	V GF *	3/4 oz.	30	0	5	7	70	0	0	0
Chili Garlic	V GF *	3/4 oz.	30	0	2	3	540	0	0	2
Fajita	V GF *	3/4 oz.	15	0	1	2	20	0	0	0
Gochujang	V *	3/4 oz.	40	0	7	9	260	0	0	0
Korean BBQ	V *	3/4 oz.	25	0	3	4	250	1	0	1
Kung Pao	V *	3/4 oz.	20	0	2	4	260	0	0	0
Lemon	GF *	3/4 oz.	25	0	4	6	95	0	0	0
Mandarin Orange	V *	3/4 oz.	35	0	7	8	210	0	0	0
Mongolian Ginger	V *	3/4 oz.	30	0	5	6	410	1	0	1
Mongo Marinara	V GF	3/4 oz.	10	0	1	1	100	1	0	0
Mustard	V GF *	3/4 oz.	5	0	0	0	250	0	0	0

Pad Thai	V *	3/4 oz.	25	1	4	4	520	1	0	0
Thai Peanut	*	3/4 oz.	60	0	6	7	180	1	0	4
Savory Bacon	GF	3/4 oz.	25	0	3	5	150	0	0	0
Sesame Ginger	V *	3/4 oz.	20	0	3	4	140	0	0	0
Shiitake Mushroom	*	3/4 oz.	25	0	4	5	390	1	0	0
Soy	V *	3/4 oz.	10	0	0	1	510	1	0	0
Spicy Buffalo	V GF *	3/4 oz.	35	0	0	0	120	0	0	4
Sweet & Sour	V GF *	3/4 oz.	30	0	8	8	85	0	0	0
Teriyaki	V *	3/4 oz.	30	0	5	7	300	0	0	0
Yum Yum Sauce	V	3/4 oz.	140	3	1	1	90	0	10	15
Oil	V	1 TSP	40	1	0	0	0	0	0	5

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bd's mongolian barbeque & Grill attempts to provide nutrition and ingredient information regarding it's 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 itmes 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.

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SPICES

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Cajun	V GF	1 TSP	0	0	0	0	0	0	0	0
Cayenne	V GF	1 TSP	5	0	0	1	0	0	0	0
Chili Powder	V GF	1 TSP	0	0	0	0	0	0	0	0
Coconut Flakes	V GF	1 TSP	15	2	0	0	0	0	0	2
Cracked Black Pepper	V GF	1 TSP	0	0	0	1	0	0	0	0
Crushed Red Pepper	V GF	1 TSP	5	0	0	1	0	0	0	0
Curry Powder	V GF *	1 TSP	0	0	0	0	20	0	0	0
Dill	V GF	1 TSP	5	0	0	1	0	0	0	0
Fresh Garlic	V GF	1 TSP	5	0	0	1	0	0	0	0
Garlic Powder	V GF	1 TSP	10	0	0	2	0	1	0	0
Ginger Powder	V GF	1 TSP	5	0	0	1	0	0	0	0
Jamaican Jerk	V GF *	1 TSP	0	0	0	0	240	0	0	0
Lemon Pepper	V GF	1 TSP	0	0	0	0	460	0	0	0

Mixed Herb	V GF	1 TSP	0	0	0	0	0	0	0	0
Peanuts	V GF	1 TSP	50	1	0	1	0	0	0	5
Rosemary	V GF	1 TSP	5	0	0	1	0	0	0	0
Seasoning Salt	V GF *	1 TSP	0	0	0	0	1560	0	0	0
Sesame Seeds	V GF	1 TSP	15	0	0	0	0	0	0	0

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MADE TO ORDER

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Asian Slaw	V GF	Side	160	0	28	37	700	4	0	37
French Fries w/ Ketchup	V GF *	Side	570	7	12	58	1290	5	0	37
White Rice	V GF	2/3 cup	130	0	0	29	200	3	0	0
Brown Rice	V GF	2/3 cup	140	0	0	29	250	3	0	1
Tortilla, 6 inch	V	1 each	80	1	0	12	180	2	0	2

ASIAN STREET TACOS

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Five-Spice Pork	*	Meal	1180	19	17	106	420	39	90	67
Hoisin Beef	*	Meal	1250	16	48	133	70	34	75	63
Fish	*	Meal	1380	22	39	126	0	32	65	85
Sriracha Chicken, Fried	*	Meal	1570	23	37	156	3760	40	90	88
Sriracha Chicken, Grilled	*	Meal	1250	16	38	124	3140	58	135	59

BD'S FAMOUS FRIED RICE BOWL

		servings	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Fried Rice Bowl w/ Bacon (4 oz)	*	Meal	1360	21	26	151	6730	62	490	49
Fried Rice Bowl w/ Chicken (6 oz)	*	Meal	1060	5	26	151	5140	68	425	19
Fried Rice Bowl w/ Shrimp (6 oz)	*	Meal	1060	5	26	153	5270	64	570	20
Fried Rice Bowl w/ Veggies (6 oz)	V*	Meal	880	5	26	151	5030	29	325	17

BD'S ORIGINAL SIGNATURE STIR-FRY

		servings	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Kung Pao Bowl, Beef 8 oz	*	Meal	580	10	10	27	1710	48	140	28
Kung Pao Bowl, Beef 6 oz	*	Meal	480	8	10	27	1670	37	105	23
Kung Pao Bowl, Chicken 8 oz	*	Meal	410	1	10	27	1720	56	130	9

Kung Pao Bowl, Chicken 6 oz	*	Meal	350	1	10	27	1680	43	100	8
Kung Pao Bowl, Pork 8 oz	*	Meal	540	8	10	27	2150	44	120	26
Kung Pao Bowl, Pork 6 oz	*	Meal	440	7	10	27	2010	34	90	21
Kung Pao Bowl, Shrimp 8 oz	*	Meal	410	1	10	29	1890	50	325	10
Kung Pao Bowl, Shrimp 6 oz	*	Meal	350	1	10	28	1810	39	245	9
Kung Pao Bowl, Tofu 8 oz	V*	Meal	360	2	10	35	1570	29	0	12
Kung Pao Bowl, Tofu 6 oz	V*	Meal	310	2	10	33	1570	23	0	10
Mongolian Ginger Bowl, Beef 8 oz	*	Meal	650	11	27	40	2780	50	140	30
Mongolian Ginger Bowl, Beef 6 oz	*	Meal	550	8	27	40	2750	39	105	25
Mongolian Ginger Bowl, Chicken 8 oz	*	Meal	490	2	27	40	2790	57	130	11
Mongolian Ginger Bowl, Chicken 6 oz	*	Meal	430	2	27	40	2750	44	100	10
Mongolian Ginger Bowl, Pork 8 oz	*	Meal	610	9	27	40	3230	46	120	28
Mongolian Ginger Bowl, Pork 6 oz	*	Meal	520	7	27	40	3080	36	90	23

Mongolian Ginger Bowl, Shrimp 8 oz	*	Meal	490	2	27	42	2960	52	325	12
Mongolian Ginger Bowl, Shrimp 6 oz	*	Meal	420	2	27	41	2880	40	245	11
Mongolian Ginger Bowl, Tofu 8 oz	V*	Meal	430	2	27	48	2640	31	0	14
Mongolian Ginger Bowl, Tofu 6 oz	V*	Meal	390	2	27	46	2640	24	0	13
Spicy Chili Garlic Bowl, Beef 8 oz	GF*	Meal	610	11	10	21	2770	47	140	35
Spicy Chili Garlic Bowl, Beef 6 oz	GF*	Meal	510	9	10	21	2730	36	105	14
Spicy Chili Garlic Bowl, Chicken 8 oz	GF*	Meal	450	2	10	21	2780	54	130	16
Spicy Chili Garlic Bowl, Chicken 6 oz	GF*	Meal	390	2	10	21	2740	41	95	15
Spicy Chili Garlic Bowl, Pork 8 oz	GF*	Meal	570	9	10	21	3220	43	120	33
Spicy Chili Garlic Bowl, Pork 6 oz	GF*	Meal	480	7	10	21	3070	33	90	28
Spicy Chili Garlic Bowl, Shrimp 8 oz	GF*	Meal	450	2	10	23	2950	49	325	17
Spicy Chili Garlic Bowl, Shrimp 6 oz	GF*	Meal	390	2	10	22	2870	37	245	16
Spicy Chili Garlic Bowl, Tofu 8 oz	V GF*	Meal	400	3	10	29	2630	28	0	18

Spicy Chili Garlic Bowl, Tofu 6 oz	V GF *	Meal	350	3	10	27	2630	22	0	17
Teriyaki, Beef 8 oz	*	Meal	630	10	0	43	2210	49	140	27
Teriyaki, Beef 6 oz	*	Meal	530	8	30	43	2170	38	105	22
Teriyaki, Chicken 8 oz	*	Meal	470	1	30	43	2220	57	130	8
Teriyaki, Chicken 6 oz	*	Meal	410	1	30	43	2180	44	95	7
Teriyaki, Pork 8 oz	*	Meal	590	8	30	43	2650	45	120	25
Teriyaki, Pork 6 oz	*	Meal	500	6	30	43	2510	35	90	20
Teriyaki, Shrimp 8 oz	*	Meal	470	1	30	45	2390	51	325	9
Teriyaki, Shrimp 6 oz	*	Meal	410	1	30	45	2310	40	345	8
Teriyaki, Tofu 8 oz	V *	Meal	420	2	30	51	2070	30	0	11
Teriyaki, Tofu 6 oz	V *	Meal	370	2	30	49	2070	34	0	9

PAD THAI

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Pad Thai, Beef 8 oz	*	Meal	1220	13	0	137	4780	69	310	41
Pad Thai, Beef 6 oz	*	Meal	1120	11	35	137	4750	58	275	35
Pad Thai, Chicken 8 oz	*	Meal	1050	4	35	137	4790	77	300	21
Pad Thai, Chicken 6 oz	*	Meal	990	4	35	137	4760	64	265	20

Pad Thai, Pork 8 oz	*	Meal	1180	11	35	137	5230	65	290	38
Pad Thai, Pork 6 oz	*	Meal	1090	10	35	137	5080	55	260	33
Pad Thai, Shrimp 8 oz	*	Meal	1060	4	35	139	4970	71	495	22
Pad Thai, Shrimp 6 oz	*	Meal	1000	4	35	138	4890	60	410	21
Pad Thai, Tofu 8 oz	V*	Meal	1000	5	35	145	4640	50	170	24
Pad Thai, Tofu 6 oz	V*	Meal	960	5	35	143	4640	44	170	23

OTHER MADE TO ORDER DISHES

		servings	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Fire Roasted Hoisin BBQ Ribs	*	Meal	2200	37	113	1	7580	110	425	122
Sweet & Sour Chicken, Fried	*	Meal	1160	7	70	15	3030	35	55	38
Sweet & Sour Chicken, Grilled	*	Meal	900	3	64	0	1880	49	95	13
Wild Berry Chicken Salad	GF	Meal	310	3	11	4	710	34	70	12

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V vegetarian

GF gluten free

***** MSG possible

APPETIZERS

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Shortening used for frying	V GF	1 TBSP.	120	2	0	0	0	0	0	14
Chicken Tenders w/ Ranch	*	App.	810	11	8	33	1790	33	80	62
Chicken Tenders w/ Spicy Buffalo Sauce and Ranch	*	App.	940	13	8	33	2250	33	80	76
Chicken Tenders w/ Korean BBQ Sauce and Ranch	*	App.	910	12	19	49	2720	35	80	64
Chicken Tenders w/ Mongolian Ginger and Ranch	*	App.	930	12	26	55	3320	35	80	64
Crab Rangoons	*	App.	460	7	20	60	830	10	40	22
Egg Rolls	*	App.	570	9	11	47	1620	15	40	37
Fried Rice w/ Bacon	*	App.	730	11	14	76	3400	32	270	29

Fried Rice w/ <i>Chicken</i>	*	App.	610	4	14	76	2620	42	255	14
Fried Rice w/ <i>Shrimp</i>	*	App.	610	4	14	77	2710	39	350	15
Fried Rice w/ <i>Veggies</i>	V*	App.	490	4	14	76	2550	16	190	13
Jalapeno Mozzarella Sticks	V*	App.	790	17	4	39	1690	27	70	61
Potstickers	*	App.	460	5	16	49	1620	16	35	22
Spinach Artichoke Wontons	V*	App.	480	12	0	28	600	8	20	38
Sriracha Chicken Bites	*	App.	770	11	3	57	2020	18	55	54
The Shareable Trio (<i>Chicken Sriracha Bites, Egg Rolls and Crab Rangoons</i>)	*	App.	1350	21	26	105	2500	33	105	91
Shareable Chicken Tenders w/ <i>Ranch</i>	*	3 each	550	8	6	21	1160	20	50	44
Shareable Chicken Tenders <i>tossed in Korean BBQ w/ Ranch</i>	*	3 each	620	8	13	32	1780	21	50	46
Shareable Chicken Tenders <i>tossed in Mongolian Ginger w/ Ranch</i>	*	3 each	630	8	17	36	2180	21	50	45

Shareable Chicken Tenders tossed in <i>Spicy Buffalo w/ Ranch</i>	*	3 each	640	9	6	21	1470	20	50	53
Shareable Trio <i>Crab Rangoons only</i>	*	3 each	270	4	10	35	450	6	25	13
Shareable Trio <i>Egg Rolls only</i>	*	2 each	510	6	15	51	1790	15	40	28
Shareable Trio <i>Jalapeno Mozzarella Sticks only</i>	v*	3 each	500	11	3	21	950	14	40	42
Shareable Trio <i>Potstickers only</i>	*	3 each	270	3	11	30	1130	9	20	12
Shareable Trio <i>Spinach and Artichoke Wontons only</i>	v*	2 each	240	6	0	14	300	4	10	19
Shareable Trio <i>Sriracha Chicken Bites only</i>	*	5 each	580	8	17	38	1270	13	40	42

***Nutritional Values displayed reflect after frying with designated amount of shortening used for frying factored into each recipe. Time in shortening, temperature of shortening and temperature of product at time preparation could cause an increase or decrease of shortening amounts in each product. Value may vary at time of preparation.**

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bd's Mongolian Grill

Nutritional Information

Updated 3/17

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***** MSG possible

DESSERTS

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Ice Cream, Vanilla	V GF	2/3 cup	190	5	17	23	75	3	65	9
Cheesecake, Triple Vanilla Bean	V *	1 piece	670	39	39	56	290	7	155	49
Chips Galore Ice Cream Cookie Sandwich	V	Dessert	310	8	27	43	220	4	30	14
Chocolate Layer Cake	V	Dessert	870	13	100	145	540	10	110	34
Fried Oreos	V	Dessert	700	16	49	74	440	4	20	46
Strawberry Lemon Parfait	V	Dessert	700	30	55	71	290	4	95	45
bd's Sundae Hot Fudge	V GF	Dessert	620	21	60	78	300	10	95	32
bd's Sundae Strawberry	V GF	Dessert	500	13	53	64	105	8	95	24
Sundae Kids Caramel	V GF	Dessert	320	10	36	46	140	3	65	14
Sundae Kids Hot Fudge	V GF	Dessert	340	13	26	46	170	4	65	17
Sundae Kids Strawberry	V GF	Dessert	280	9	33	40	70	3	65	13

Caramel Topping	V GF	1 oz	120	1	19	25	95	1	5	2
Hot Fudge Topping	V GF	1 oz	110	4	15	19	100	1	0	4
Strawberry Topping	V GF	1 oz	50	0	11	12	0	0	0	0
Whipped Topping	V GF	2 TBSP	25	2	2	2	0	0	0	2

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SOUPS

		serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
4 Pepper Chili	*	1/2 cup	70	1	3	8	360	5	10	2
Beer Cheese	V *	1/2 cup	180	8	1	7	430	4	35	15
Butternut Squash	V GF *	1/2 cup	20	0	1	4	300	0	0	0
Chicken Mushroom and Ginger	*	1/2 cup	20	0	0	1	510	3	5	1
Chicken Princess	*	1/2 cup	100	3	1	6	580	4	15	8
Chicken Tortilla	GF *	1/2 cup	90	1	1	8	800	7	15	4
Crema Andaluz	V GF *	1/2 cup	140	8	2	6	490	2	35	12
Garden Leek Vegetable	V GF *	1/2 cup	25	0	1	5	310	1	0	0
Hunter's Stew	*	1/2 cup	40	0	1	5	500	2	5	1
Seafood Chowder	*	1/2 cup	80	3	1	6	460	3	15	6
Southwest Corn Chowder	GF *	1/2 cup	140	6	1	9	620	4	30	11
Steak and Mushroom	*	1/2 cup	90	2	1	5	500	3	10	6

Thai Coconut Curry	*	1/2 cup	60	3	2	8	370	1	0	3
Tomato Parmesan	v	1/2 cup	100	3	7	12	570	7	10	4

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bd's mongolian barbeque & Grill attempts to provide nutrition and ingredient information regarding it's 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 itmes 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.

bd's Mongolian Grill

Nutritional Information

Updated 3/17

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1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,200 to 2,000 calories for children ages 9-13 years, but calorie needs vary.

V vegetarian

GF gluten free

***** MSG possible

KIDS

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Chicken Tenders w/ Ranch	*	Meal	530	1	6	21	1160	20	50	41
Mac and Cheese	V	Meal	1330	8	7	78	2640	63	225	86
Cheese Quesadilla	V GF	Meal	950	0	1	42	1700	47	180	65
Ketchup	V GF *	1.5 fl oz	60	0	12	15	480	1	0	0
Ranch	V GF *	1.5 fl oz	210	3	2	3	390	2	15	21
Mott's Original Apple Sauce, 4 oz	V GF	1 each	90	1	22	24	0	0	0	0
Mott's Strawberry Apple Sauce, 4 oz	V GF	1 each	90	8	21	23	0	0	0	0
Broccoli	V GF	1/2 cup	10	0	0	2	10	1	0	0
Cottage Cheese	V GF *	1/2 cup	100	0	0	4	460	16	10	2
French Fries (no Ketchup)	V *	6 oz	510	3	0	43	1290	4	0	37

Mandarin Oranges	V GF	1/2 cup	45	6	9	11	0	1	0	0
White Rice	V GF	1/3 cup	70	2	0	15	100	1	0	0
Brown Rice	V GF	1/3 cup	70	3	0	14	125	1	0	0
Apple Juice, Box	V GF	1 box	100	3	23	24	10	0	0	0
Yoo Hoo, Box <small>(note: contains 1mg of natural occurring caffeine)</small>	V GF	1 box	100	3	19	22	150	1	0	1

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SALAD DRESSINGS

		-serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Balsamic Vinaigrette	V GF *	3/4 oz	45	0	3	3	140	0	0	4
Bleu Cheese	V GF *	3/4 oz	120	2	1	1	170	1	100	13
Cherry Vinaigrette	V GF *	3/4 oz	50	0	10	13	95	0	0	0
French California (<i>Fat Free</i>)	V GF	3/4 oz	25	0	5	7	250	0	0	0
Honey Mustard	GF	3/4 oz	100	2	3	4	85	0	5	10
Hot Bacon	GF *	3/4 oz	45	0	6	9	230	1	0	0
Italian (<i>Fat Free</i>)	V GF *	3/4 oz	10	0	2	3	490	0	0	0
Ranch	V GF *	3/4 oz	80	2	1	1	105	1	5	9
Raspberry Vinaigrette (<i>Fat Free</i>)	V GF	3/4 oz	25	0	5	6	60	0	0	0
Sesame Ginger	V	3/4 oz	30	0	6	7	200	1	0	0

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other ingredients. Products that are known to carry MSG are Plant Protein, Hydrolyzed Vegetable Protein, Kombu Extract, Hydrolyzed Plant Protein and Natural Flavors or Seasoning. Because of the nature of our cooking process and how items are displayed on the buffet, it is possible that items containing allergens and/or MSG may unintentionally interact with products that are labeled to be allergen or MSG free.

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BUFFET // MEAT ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Bacon	No	No	No	No	No	No	No	No	No	No	No
Bison	No	No	No	No	No	No	No	No	No	No	No
Chicken	No	No	No	No	No	No	No	No	No	No	No
Diced Beef	No	No	Yes	No	No	No	No	No	No	No	No
Beef, Ribeye	No	No	No	No	No	No	No	No	No	No	No
Duck	No	No	No	No	No	No	No	No	No	No	No
Egg	No	No	No	Yes	No	No	No	No	No	No	No
Egg, Hard Cooked	No	No	No	Yes	No	No	No	No	No	No	No
Ham	No	No	Yes	Yes	No	No	No	No	No	No	No
Lamb	No	No	No	No	No	No	No	No	No	No	No
Meatballs	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Pork	No	No	Yes	No	No	No	No	No	No	No	No
Sausage	No	Yes	No	No	No	No	No	No	No	No	No
Brown Sugar Marinated Pork	No	Yes	Yes	No	No	No	No	No	Yes	No	No

Fajita Marinated Chicken	No	No	No	No	No	No	No	No	No	No	No
Fajita Seasoned Beef	No	No	Yes	No	No	No	No	No	No	No	No
Montreal Seasoned Diced Beef	No	No	Yes	No	No	No	No	No	No	No	No
Montreal Seasoned Ribeye	No	No	Yes	No	No	No	No	No	No	No	No
Southwestern Marinated Pork	No	No	Yes	No	No	No	No	No	No	No	No
Sriracha Marinated Chicken	No	Yes	No	No	No	No	No	No	Yes	No	Yes
Tuscan Marinated Chicken	No	No	No	No	No	No	No	No	No	No	No

BUFFET // SEAFOOD ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Calamari	No	No	No	Yes	No	No	No	Yes	No	No	No
Krab (Surimi)	No	No	No	Yes	No	No	No	Yes	Yes	No	No
Tilapia	No	No	No	Yes	Yes	No	No	Yes	No	No	No
Scallops	No	No	No	Yes	No	No	No	Yes	No	No	No
Shrimp	No	No	No	No	No	No	No	No	No	No	No
Swai	No	No	No	No	Yes	No	No	Yes	No	No	No

BUFFET // VEGETABLES & CONDIMENTS ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Asian Slaw	Yes	No	No	No	No	No	No	No	No	No	No
Banana Pepper Rings	Yes	No	No	No	No	No	No	No	No	No	No
Bean Sprouts	Yes	No	No	No	No	No	No	No	No	No	No
Beets	Yes	No	No	No	No	No	No	No	No	No	No
Black Beans	Yes	No	No	No	No	No	No	No	No	No	No
Black Olives	Yes	No	No	No	No	No	No	No	No	No	No
Bok Choy	Yes	No	No	No	No	No	No	No	No	No	No
Broccoli	Yes	No	No	No	No	No	No	No	No	No	No
Butternut Squash	Yes	No	No	No	No	No	No	No	No	No	No
Cabbage (Green)	Yes	No	No	No	No	No	No	No	No	No	No
Cabbage (Red)	Yes	No	No	No	No	No	No	No	No	No	No
Carrots	Yes	No	No	No	No	No	No	No	No	No	No
Cauliflower	Yes	No	No	No	No	No	No	No	No	No	No
Celery	Yes	No	No	No	No	No	No	No	No	No	No
Cheddar Cheese	Yes	No	No	No	No	Yes	No	No	No	No	No
Cilantro	Yes	No	No	No	No	No	No	No	No	No	No
Corn (Baby)	Yes	No	No	No	No	No	No	No	No	No	No
Corn (Kernal)	Yes	No	No	No	No	No	No	No	No	No	No
Cottage Cheese	Yes	No	No	No	No	Yes	No	No	No	No	No

Peppers (Red)	Yes	No	No	No	No	No	No	No	No	No	No	No
Red Peppers Canned	Yes	No	No	No	No	No	No	No	No	No	No	No
Pinapple	Yes	No	No	No	No	No	No	No	No	No	No	No
Red Skin Potatoes	Yes	No	No	No	No	No	No	No	No	No	No	No
Romaine Lettuce	Yes	No	No	No	No	No	No	No	No	No	No	No
Salad Mix	Yes	No	No	No	No	No	No	No	No	No	No	No
Spinach	Yes	No	No	No	No	No	No	No	No	No	No	No
Sunflower Seeds	Yes	No	No	No	No	No	Yes	No	Yes	No	No	No
Squash and Zucchini	Yes	No	No	No	No	No	No	No	No	No	No	No
Tofu	Yes	No	No	No	No	No	No	No	Yes	No	No	No
Tomato	Yes	No	No	No	No	No	No	No	No	No	No	No
Veggie Power Blend	Yes	No	No	No	No	No	No	No	No	No	No	No
Water Chestnuts	Yes	No	No	No	No	No	No	No	No	No	No	No

BUFFET // RICE ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Rice White	Yes	No	No	No	No	No	No	No	No	No	No
Rice Brown	Yes	No	No	No	No	No	No	No	No	No	No

BUFFET // NOODLE ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Pasta	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Canton Noodle	Yes	Yes	No	Yes	No	No	No	No	Yes	No	Yes
Rice Noodle	Yes	No	No	No	No	No	No	No	No	No	Yes
Yakisoba	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes

BUFFET // TORTILLA ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Tortillas	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes

BUFFET // SAUCE ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Asian Black Bean	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Beijing BBQ	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Cherry Vinaigrette	Yes	No	Yes	No	No	No	No	No	No	No	No
Chili Garlic	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Fajita	Yes	No	Yes	No	No	No	No	No	No	No	No
Gochujang	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes

Korean BBQ	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Lemon	No	No	Yes	No	No	Yes	No	No	Yes	No	No
Mandarin Orange	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongo Marinara	Yes	No	No	No	No	No	No	No	No	No	No
Mustard	Yes	No	Yes	No	No	No	No	No	No	No	No
Pad Thai	Yes	Yes	Yes	No	No	No	No	No	Yes	No	No
Thai Peanut	No	Yes	Yes	No	No	No	Yes	Yes	Yes	No	Yes
Savory Bacon	No	No	No	No	No	No	No	No	No	No	No
Sesame Ginger	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Shiitake Mushroom	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Soy	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Spicy Buffalo	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Sweet & Sour	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Teriyaki	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Yum Yum Sauce	Yes	No	No	Yes	No	No	No	No	Yes	No	No
Oil	Yes	No	No	No	No	No	No	No	Yes	No	No

BUFFET // SPICE ALLERGENS

Vegetarian Contains Gluten MSG Possible Eggs Fish Milk Peanuts Shellfish Soybeans Treenuts Wheat

Cajun	Yes	No	No	No	No	No	No	No	No	No	No	No
Cayenne	Yes	No	No	No	No	No	No	No	No	No	No	No
Chili Powder	Yes	No	No	No	No	No	No	No	No	No	No	No
Coconut Flakes	Yes	No	No	No	No	No	No	No	No	No	No	No
Cracked Black Pepper	Yes	No	No	No	No	No	No	No	No	No	No	No
Crushed Red Pepper	Yes	No	No	No	No	No	No	No	No	No	No	No
Curry Powder	Yes	No	Yes	No	No	No	No	No	No	No	No	No
Dill	Yes	No	No	No	No	No	No	No	No	No	No	No
Fresh Garlic	Yes	No	No	No	No	No	No	No	No	No	No	No
Garlic Powder	Yes	No	No	No	No	No	No	No	No	No	No	No
Ginger Powder	Yes	No	No	No	No	No	No	No	No	No	No	No
Jamaican Jerk	Yes	No	Yes	No	No	No	No	No	No	No	No	No
Lemon Pepper	Yes	No	No	No	No	No	No	No	No	No	No	No
Mixed Herb	Yes	No	No	No	No	No	No	No	No	No	No	No
Peanuts	Yes	No	No	No	No	No	No	No	No	No	No	No
Rosemary	Yes	No	No	No	No	No	No	No	No	No	No	No
Seasoning Salt	Yes	No	Yes	No	No	No	No	No	No	No	No	No
Sesame Seeds	Yes	No	No	No	No	No	No	No	No	No	No	No

MADE TO ORDER // SIDE ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Asian Slaw	Yes	No	No	No	No	No	No	No	No	No	No
French Fries w/ Ketchup	Yes	No	Yes	No	No	No	No	No	Yes	No	No
White Rice	Yes	No	No	No	No	No	No	No	No	No	No
Brown Rice	Yes	No	No	No	No	No	No	No	No	No	No
Tortilla, 6 inch	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes

MADE TO ORDER // ASIAN STREET TACOS ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Five-Spice Pork	No	Yes	Yes	No	No	Yes	No	No	Yes	No	Yes
Hoisin Beef	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Fish	No	Yes	Yes	No	Yes	Yes	No	No	Yes	No	Yes
Sriracha Chicken, Fried	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Sriracha Chicken, Grilled	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes

MADE TO ORDER // BD'S FAMOUS FRIED RICE BOWL ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Fried Rice Bowl w/ Bacon (4 oz)	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes

Fried Rice Bowl w/ Chicken (6 oz)	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Fried Rice Bowl w/ Shrimp (6 oz)	No	Yes	Yes	Yes	No	No	No	Yes	Yes	No	Yes
Fried Rice Bowl w/ Veggies (6 oz)	Yes	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes

MADE TO ORDER // BD'S ORIGINAL SIGNATURE STIR-FRY ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Kung Pao Bowl, Beef 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao Bowl, Beef 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao Bowl, Chicken 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao Bowl, Chicken 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao Bowl, Pork 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao Bowl, Pork 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao Bowl, Shrimp 8 oz	No	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes

Kung Pao Bowl, Shrimp 6 oz	No	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes
Kung Pao Bowl, Tofu 8 oz	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Kung Pao Bowl, Tofu 6 oz	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger Bowl, Beef 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger Bowl, Beef 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger Bowl, Chicken 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger Bowl, Chicken 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger Bowl, Pork 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger Bowl, Pork 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger Bowl, Shrimp 8 oz	No	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes
Mongolian Ginger Bowl, Shrimp 6 oz	No	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes
Mongolian Ginger Bowl, Tofu 8 oz	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Mongolian Ginger Bowl, Tofu 6 oz	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes

Spicy Chili Garlic Bowl, Beef 8 oz	No	No	Yes	No	No	No	No	No	Yes	No	No
Spicy Chili Garlic Bowl, Beef 6 oz	No	No	Yes	No	No	No	No	No	Yes	No	No
Spicy Chili Garlic Bowl, Chicken 8 oz	No	No	Yes	No	No	No	No	No	Yes	No	No
Spicy Chili Garlic Bowl, Chicken 6 oz	No	No	Yes	No	No	No	No	No	Yes	No	No
Spicy Chili Garlic Bowl, Pork 8 oz	No	No	Yes	No	No	No	No	No	Yes	No	No
Spicy Chili Garlic Bowl, Pork 6 oz	No	No	Yes	No	No	No	No	No	Yes	No	No
Spicy Chili Garlic Bowl, Shrimp 8 oz	No	No	Yes	No	No	No	No	Yes	Yes	No	No
Spicy Chili Garlic Bowl, Shrimp 6 oz	No	No	Yes	No	No	No	No	Yes	Yes	No	No
Spicy Chili Garlic Bowl, Tofu 8 oz	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Spicy Chili Garlic Bowl, Tofu 6 oz	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Teriyaki, Beef 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Teriyaki, Beef 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Teriyaki, Chicken 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Teriyaki, Chicken 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes

Teriyaki, Pork 8 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Teriyaki, Pork 6 oz	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Teriyaki, Shrimp 8 oz	No	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes
Teriyaki, Shrimp 6 oz	No	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes
Teriyaki, Tofu 8 oz	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Teriyaki, Tofu 6 oz	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes

MADE TO ORDER // PAD THAI ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Pad Thai, Beef 8 oz	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes
Pad Thai, Beef 6 oz	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes
Pad Thai, Chicken 8 oz	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes
Pad Thai, Chicken 6 oz	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes
Pad Thai, Pork 8 oz	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes
Pad Thai, Pork 6 oz	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes
Pad Thai, Shrimp 8 oz	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes
Pad Thai, Shrimp 6 oz	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes
Pad Thai, Tofu 8 oz	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes
Pad Thai, Tofu 6 oz	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes

MADE TO ORDER // OTHER MADE TO ORDER ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Fire Roasted Hoisin BBQ Ribs	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Sweet & Sour Chicken, Fried	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Sweet & Sour Chicken, Grilled	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Wild Berry Chicken Salad	No	No	No	No	No	Yes	No	No	Yes	No	No

APPETIZER ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Shortening used for frying	Yes	No	No	No	No	No	No	No	Yes	No	No
Chicken Tenders w/ Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Chicken Tenders w/ Spicy Buffalo Sauce and Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Chicken Tenders w/ Korean BBQ Sauce and Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes

Chicken Tenders w/ Mongolian Ginger and Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Crab Rangoons	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes
Egg Rolls	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Fried Rice w/ Bacon	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Fried Rice w/ Chicken	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Fried Rice w/ Shrimp	No	Yes	Yes	Yes	No	No	No	Yes	Yes	No	Yes
Fried Rice w/ Veggies	Yes	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Jalapeno Mozzarella Sticks	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Potstickers	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Spinach Artichoke Wontons	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Sriracha Chicken Bites	No	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes
The Shareable Trio (Chicken Sriracha Bites, Egg Rolls and Crab Rangoons)	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes
Shareable Chicken Tenders w/ Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes

Shareable Chicken Tenders tossed in Korean BBQ w/ Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Shareable Chicken Tenders tossed in Mongolian Ginger w/ Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Shareable Chicken Tenders tossed in Spicy Buffalo w/ Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Shareable Trio Crab Rangoons only	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes
Shareable Trio Egg Rolls only	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Shareable Trio Jalapeno Mozzarella Sticks only	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Shareable Trio Potstickers only	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Shareable Trio Spinach and Artichoke Wontons only	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes

Shareable Trio <i>Sriracha</i> Chicken Bites only	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
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DESSERT ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Ice Cream, Vanilla	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Cheesecake, Triple Vanilla Bean	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Chips Galore Ice Cream Cookie Sandwich	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes	Yes
Chocolate Layer Cake	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes
Fried Oreos	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes
Strawberry Lemon Parfait	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes
bd's Sundae Hot Fudge	Yes	No	No	Yes	No	Yes	Yes	No	No	No	No
bd's Sundae Strawberry	Yes	No	No	Yes	No	Yes	Yes	No	No	No	No
Sundae Kids Caramel	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Sundae Kids Hot Fudge	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Sundae Kids Strawberry	Yes	No	No	Yes	No	Yes	No	No	No	No	No
Caramel Topping	Yes	No	No	No	No	Yes	No	No	No	No	No
Hot Fudge Topping	Yes	No	No	No	No	Yes	No	No	No	No	No

Strawberry Topping	Yes	No	No	No	No	No	No	No	No	No	No
Whipped Topping	Yes	No	No	No	No	Yes	No	No	No	No	No

SOUP ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
4 Pepper Chili	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Beer Cheese	Yes	Yes	Yes	No	No	Yes	No	No	Yes	No	Yes
Butternut Squash	Yes	No	Yes	No	No	No	No	No	No	No	No
Chicken Mushroom and Ginger	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Chicken Princess	No	Yes	Yes	No	No	Yes	No	No	Yes	No	Yes
Chicken Tortilla	No	No	Yes	No	No	Yes	No	No	Yes	No	No
Crema Andaluz	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Garden Leek Vegetable	Yes	No	Yes	No	No	No	No	No	No	No	No
Hunter's Stew	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Seafood Chowder	No	Yes	Yes	No	No	Yes	No	Yes	Yes	No	Yes
Southwest Corn Chowder	No	No	Yes	No	No	No	No	No	No	No	No
Steak and Mushroom	No	Yes	Yes	No	No	Yes	No	No	Yes	No	Yes
Thai Coconut Curry	No	Yes	Yes	No	Yes	No	No	No	Yes	No	Yes

Yoo Hoo, Box
(note: contains 1mg of natural occurring caffeine)

Yes	No	No	No	No	No	Yes	No	No	Yes	No	No
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SALAD DRESSING ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Balsamic Vinaigrette	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Bleu Cheese	Yes	No	Yes	Yes	No	Yes	No	No	Yes	No	No
Cherry Vinaigrette	Yes	No	Yes	No	No	No	No	No	No	No	No
French California <i>(Fat Free)</i>	Yes	No	No	No	No	No	No	No	No	No	No
Honey Mustard	No	No	No	Yes	No	No	No	No	Yes	No	No
Hot Bacon	No	No	Yes	No	No	No	No	No	No	No	No
Italian <i>(Fat Free)</i>	Yes	No	Yes	No	No	No	No	No	No	No	No
Ranch	Yes	No	Yes	Yes	No	Yes	No	No	Yes	No	No
Raspberry Vinaigrette <i>(Fat Free)</i>	Yes	No	No	No	No	No	No	No	No	No	No
Sesame Ginger	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes

bd's Mongolian Grill

Nutritional Information

Updated 3/17

The nutritional information is valid at participating U.S.A. restaurants only. Some items may vary by restaurant and may not be available at all locations.

INGREDIENTS

ASIAN SLAW

Red Cabbage, Green Cabbage, Carrots, Cilantro Leaves

BEEF, DICED MARINATED

Beef, Marinade (Water, Salt, Trehalose, Yeast Extract, Natural Flavor, Injected up to 10%)

BANANA PEPPER RINGS

Fresh Banana Peppers, Water, Vinegar, Salt, Malic and Lactic Acid, Calcium Chloride, Sodium Benzoate and Sodium Metabisulfite [Preservatives], Yellow 5

BEETS

Beets, Water, Salt

BLACK BEANS

Black Beans, Water, Salt and Calcium Chloride

CALAMARI

Squid, Water and Salt

CHEDDAR CHEESE, SHREDED

Culture Pasteurized Milk, Salt, Enzymes, Color Added, Anticake (Potato Starch, Powdered Cellulose), Natamycin (A Natural Mold Inhibitor)

COTTAGE CHEESE

Skim Milk, Milk, Cream, Lactose, Salt, Stabilizer (Maltodextrin, Guar Gum, Mono and Diglycerides, Xanthan Gum, Carrageenan, Carob Bean Gum), Citric Acid, Carbon Dioxide and Potassium Sorbate (Maintain Freshness), Cheese Cultures

GARBANZO BEANS

Chick Peas, Water, Salt and Disodium EDTA (To Preserve Color)

HAM

Cured With: Water, Dextrose, Salt and contains 2% or less of the following ingredients:

Sodium Lactate, Sodium Phosphate, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite,

and Natural Flavors.

IMITATION KRAB

Krab (Threadfin Bream, Water, Potato Starch, Modified Tapioca Starch, Salt, Sugar, Mirin, Soybean Oil, Soybean Protein, Sorbitol, Crab Extract, Artificial Crab Flavor, Color Added [Carmine and Paprika Oleoresin])

MANDARIN ORANGES

Mandarin Oranges, Water, Sugar, Citric Acid

MEATBALLS ASIAN

Pork, Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Eggs, Minced Ginger, Garlic Puree (Garlic, Citric Acid), Minced Scallions, Dried Soy Sauce (Soybeans, Wheat, Salt), Maltodextrin, Sesame Oil, Spice, Flavoring, Soy Lecithin (Used as Processing Aid)

MEATLESS BEEF

Water, Vital Wheat Gluten, Soy Protein Isolate, Natural Flavors (From Plant Sources), Malted Barley Extract, Yeast Extract, Garlic Powder, Expeller Pressed/ Canola Oil, Onion Powder, Organic Cane Sugar, Sea Salt, Pea Protein, Molasses, Carrot Fiber, Organic Beetroot Fiber, Spices.

MEATLESS CHICKEN

Water, Soy Protein isolate, Vital Wheat Gluten, Expeller Pressed/ Canola Oil, Natural Flavors (From Plant Sources), Modified Vegetable Gum, Organic Ancient Grains Flour (Kamut, Amaranth, Millet, Quinoa), Yeast Extract, Organic Cane Sugar, Potato Starch, Sea Salt, Vinegar, Pea Protein, Carrot Fiber, Organic Beetroot Fiber, Garlic Powder, Onion Powder, Extractives of Paprika & Turmeric. Batter (Water, Wheat Flour, Modified Corn Starch, Wheat Gluten, Sugar, Cream of Tartar, Salt, Onion Powder, Spice, Baking Soda, Garlic Powder).

NOODLES, CANTON

Wheat Flour, Water, Whole Egg, Salt, Corn Starch, FD&C Yellow #5 and #6. Less than 0.1 of 1% Calcium Propionate as a Preservative.

SHORTENING (Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added)

NOODLES, RICE

Rice Flour and Water

NOODLES, ROTINI

Semolina (Wheat), Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin and Folic Acid

SHORTENING (Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added)

NOODLES, YAKISOBA

Enriched Unbleached Wheat Flour (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic Acid), Water, Salt, Soybean Oil, Potassium Carbonate, Phosphoric Acid, FD&C Yellow #5 and #6

SHORTENING (Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added)

PARMESAN CHEESE

Culture Pasteurized Milk, Salt, Enzymes, Anticake (Potato Starch, Powdered Cellulose), Natamycin (A Natural Mold Inhibitor)

PORK, SLICED MARINATED

Pork, Marinade (Water, Salt, Trehalose, Yeast Extract, Natural Flavor injected up to 10%)

RED PEPPERS

Peppers, Water, Vinegar, Salt, Sugar

RICE BROWN

Long Grain or Medium Grain Natural Brown Rice

RICE LONG GRAIN WHITE

Enriched Long Grain Rice, Iron, (Ferric Orthophosphate), Niacin, Thiamin, (Thiamin Mononitrate) and Folic Acid

SALAD MIX

Ice berg Lettuce, Romaine Lettuce and Spring Mix

SAUSAGE, SMOKED

Pork, Water, Modified Food Starch, Dextrose, Salt, Potassium Lactate, Beef, Sodium Phosphates, Sodium Diacetate, Sodium Erythorbate, Sodium Nitrite, Flavorings

SHRIMP

Shrimp, Salt, and Sodium Try Polyphosphate

SUNFLOWER SEEDS

Sunflower Kernels, Vegetable Oil (Peanut, Cottonseed, Partially Hydrogenated Soybean and/or Sunflower Seed), Sea Salt

TORTILLA

Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)
Water, vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and / Or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes
Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols Ascorbic Acid), Cellulose Gum, Dough Conditioners (Dumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).

MARINADED/ SEASONED MEATS

BOURBON AND BROWN SUGAR MARINATED PORK TENDERLOIN

Pork Tenderloin (Pork, Water, Potassium Lactate, Sodium Phosphates, Salt, Sodium Diacetate), Soy Sauce (Water, Soybeans, Salt, Lactic Acid, Sodium Benzoate, less than 1/10th of 1% as a preservative)
Bourbon Alcohol, Brown Sugar, Whole Grain Dijon Mustard, Water, Mustard Seeds, Vinegar, Salt, Fennel, Citric Acid, Potassium Metabisulfite, Turmeric, Vegetable Oil (Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added to Protect Flavor, Dimethylpolysiloxane [An Anti-Foaming Agent Added]), Sweet Chili Sauce (Water, Sugar, Chili Garlic Sauce [Salted Chili Pepper {Chili Peppers, Salt}, Garlic, Sugar, Rice Vinegar {Water, Rice, Sugar}, Water, Modified Corn Starch, Acetic Acid], Vinegar, Contains 2% or Less of: Salt, Xanthan Gum, Spices, Paprika Extractives [Color], Dehydrated Onion and Garlic, Citric Acid), Water

Cholula Sauce Hot Original, Garlic Powder, Black Pepper, Red Chili Pepper Flakes.

FAJITA MARINATED CHICKEN

Chicken Tender Sliced, Water, Vegetable Oil (Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added to Protect Flavor, Dimethylpolysiloxane [An Anti-Foaming Agent Added]), Garlic Powder, Salt, Black Pepper

FAJITA SEASONED BEEF

Beef Diced and Marinated (Beef, Water, Sodium Phosphates, Hydrolyzed Beef Protein, Salt, Sodium Bicarbonate, Beef Flavor [Autolyzed Yeast Extract, Beef Flavor, Beef Extract, Salt, Beef Stock]), Garlic Powder, Black Pepper, Cayenne Pepper, Mixed Herbs (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil)

MONTREAL SEASONED RIBEYE

Sliced Beef, Montreal Steak Seasoning (Coarse Salt, Spices, [Including Black Pepper and Red Pepper], Garlic, Sunflower Oil, Natural Flavor and Extractives of Paprika), Garlic Powder.

MONTREAL SEASONED DICED BEEF

Beef, Marinade (Water, Salt, Trehalose, Yeast Extract, Natural Flavor, Injected up to 10%)

Montreal Steak Seasoning (Coarse Salt, Spices, [Including Black Pepper and Red Pepper], Garlic, Sunflower Oil, Natural Flavor and Extractives of Paprika), Garlic Powder.

SRIRACHA MARINATED CHICKEN

Chicken tender sliced, Sriracha Sauce (Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite and Xanthan Gum), Vegetable Oil (Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added to Protect Flavor, Dimethylpolysiloxane [an anti-foaming agent added]), Soy Sauce (Water, Soybeans, Salt, Lactic Acid, Sodium Benzoate, Less than 1/10 of 1% as a preservative), Brown Sugar, Water, Garlic Powder, Black Pepper, Ground Ginger, Red Chili Pepper Flakes, Vegetable Base (Sautéed Pureed Carrots, Celery, and Onions [With Canola Oil]), Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch-Modified, Carrot Powder, Turmeric [Color], Spice Extractives, Citric Acid), Corn Starch.

SOUTHWESTERN MARINATED PORK

Pork Sliced (Pork, Water, Salt, Trehalose, Yeast Extract, Natural Flavor), Kosher Salt, Chili Powder (Chili Peppers, Salt, Cumin, Oregano, Garlic Powder, and Silicon Dioxide [Free Flowing Agent]), Garlic Powder, Ground Cumin Seeds)

TUSCAN CHICKEN

Chicken Tender Sliced, Olive Oil, Salt, Garlic, Lemon Pepper (Salt, Black Pepper, Citric Acid, Onion Garlic, Tri Calcium Phosphate and Silicon Dioxide [Free Flowing Agent]), Celery Seed, Lemon Oil and FD&C Yellow #5 Lake), Dried Rosemary, Mixed Herbs (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil)

CAJUN SEASONING

Salt, Paprika (Color), Black Pepper, Cayenne Pepper, Oregano, Garlic, Onion, Thyme and Silicon Dioxide (to make free flowing)

CHILI POWDER

Red Chili, Garlic, Cumin and Oregano

COCONUT FLAKES

Coconut and Sodium Metabisulfite added to retain whiteness

CURRY POWDER

Spices (Including Turmeric for Spice color, Coriander, Fenugreek, Fennel, Chillies, Cumin, Cloves and Black Pepper), Onion, Garlic, Salt and Monosodium Glutamate

LEMON PEPPER

Salt, Sugar, Citric Acid, Black Pepper, Garlic, Celery Seed, Onion, Tricalcium Phosphate and Silicon Dioxide (to make free flowing), Lemon Oil, and Yellow Lake #5

SEASON SALT

Salt, Spices (Including Paprika and Turmeric for Color and Spice), Dextrose, Monosodium Glutamate, Corn Starch, Onion, Garlic, Tricalcium Phosphate (to make free flowing), Yellow Lake #5 and Red Lake #40

JAMICAN JERK

Salt, Allspice, Garlic, Onion, Black Pepper, Celery, Monosodium Glutamate, Sage, Thyme, Red Pepper, Cinnamon and Tricalcium Phosphate (to make free flowing)

MIXED HERB

Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil

MIXED NUTS/ PEANUTS

Peanuts, Oil Roasted Chopped

TACOS, ASIAN STREET**PROTEIN: SWAI****COATING: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Soy Flour, Partially Hydrogenated**

Soybean and/or Cottonseed Oil, Salt, Contains Less Than 2%; Palm Oil, Sodium Bicarbonate, Corn Syrup Solids, Monocalcium Phosphate, Sodium Aluminum Phosphate, Buttermilk, Sodium Caseinate, Mono-& Diglycerides, Guar Gum, Nonfat Milk, Natural and Artificial Flavors, Cellulose Powder

VEGETABLES: BOK CHOY AND BEAN SPROUTS

CHEDDAR CHEESE (Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato 3 Starch and Powdered Cellulose Added to Prevent Caking, Natamycin [a Natural Mold Inhibitor]),

SWEET & SOUR: Water, Sugar White Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Contains 2% or Less of:

Dehydrated Red Bell Peppers, Dehydrated Green Bell Peppers, Salt, Artificial Color, Water, Red #40, Sodium Benzoate a Preservative, Extractive of Paprika (Color), Water.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil]),

Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [Color], Spice Extractives, Citric Acid.), Corn Starch

TORTILLA: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)

Water, vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and / Or Palm Oil), contains 2% or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols Ascorbic Acid), Cellulose Gum, Dough Conditioners (Dumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).

WASABI SEEDS: (Sesame Seeds, Salt, Sugar, Seasonings, Beta Carotene, Wasabi Flavoring, Yellow No. 5, Blue No. 1)

SRIRACHA SOUR CREAM: Sour Cream (Cultured Pasteurized Grade A Skim Milk, Cream, Modified Food Starch, Sodium Phosphate, Locust Bean Gum, Carrageenan and Potassium Sorbate [To Preserve Freshness]), Sriracha Sauce (Sriracha Sauce: Water, Red Chili, Sugar, Garlic, Salt, Xanthan Gum, Acidic Acid, Sodium Benzoate)

FRENCH FRIES: (Potatoes, Vegetable Oil [Soybean, Canola, Cottonseed, and/ or Sunflower], Food Starch Modified, Contains less than 2% of Dextrose, Leavening [Sodium Acid, Pyrophosphate, Sodium Bicarbonate], Rice Flour, Salt, Xanthan Gum, Disodium Dihydrogen Pyrophosphate [To Maintain Color],

bd's SEASONING: (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)
OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxybisphenol A, An Anti-Foaming Agent Added.

KETCHUP : Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Natural Flavoring

TACOS, BEEF

PROTEIN: RIBEYE

VEGETABLES: GREEN ONIONS

RIB SAUCE: HOISIN SAUCE(Sugar, Water, Soybeans, Salt, Sweet Potato, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour
Chili Pepper, Spices, Caramel Color, Acetic Acid, FD&C Red Color No. 40.), 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

SRIRACHA ASIAN MAYO SLAW: (GREEN CABBAGE, RED CABBAGE, CARROTS, RED ONIONS, CUCUMBERS, CILANTRO)

MAYO(Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled Vinegar, Contains Less Than 2% of Salt, Spice, Calcium Disodium EDTA Added To Protect Flavor)

TORTILLA:Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)

Water, vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and / Or Palm Oil), contains 2%

or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch,

Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes

Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols Ascorbic Acid), Cellulose Gum, Dough Conditioners

(Dumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).

SRIRACHA SOUR CREAM Sour Cream (Cultured Pasteurized Grade A Skim Milk, Cream, Modified Food Starch, Sodium Phosphate, Locust Bean Gum, Carrageenan and Potassium Sorbate [To Preserve Freshness]), Sriracha Sauce (Sriracha Sauce: Water, Red Chili, Sugar, Garlic, Salt, Xanthan Gum, Acetic Acid, Sodium Benzoate)

FRENCH FRIES (Potatoes, Vegetable Oil [Soybean, Canola, Cottonseed, and/ or Sunflower], Food Starch Modified, Contains less than 2% of Dextrose, Leavening [Sodium Acid, Pyrophosphate, Sodium Bicarbonate], Rice Flour, Salt, Xanthan Gum, Disodium Dihydrogen Pyrophosphate [To Maintain Color],

bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxybisphenol A, An Anti-Foaming Agent Added.

KETCHUP(Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Natural Flavoring

TACOS, 5 SPICE PORK

PROTEIN: PORK (Pork [Water, Salt, Trehalose, Yeast Extract, Natural Flavor] Kosher Salt, Chili Powder (Chili Peppers, Salt, Cumin, Oregano, Garlic Powder and Silicon Dioxide [Free Flowing Agent], Garlic Powder, Ground Cumin Seeds.)

PICO DE GALO (Tomatoes, Red Onions, Cilantro, Seasoned Salt, Garlic Fresh, Lime)

ASIAN SLAW: (GREEN CABBAGE, RED CABBAGE, CARROTS, CILANTRO, 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

CHEDDAR CHEESE(Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato 3 Starch and Powdered Cellulose Added to Prevent Caking, Natamycin [a Natural Mold Inhibitor]),

TORTILLA:Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)

Water, vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and / Or Palm Oil), contains 2%

or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols Ascorbic Acid), Cellulose Gum, Dough Conditioners (Dumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).

FRENCH FRIES (Potatoes, Vegetable Oil [Soybean, Canola, Cottonseed, and/ or Sunflower], Food Starch Modified, Contains less than 2% of Dextrose, Leavening [Sodium Acid, Pyrophosphate, Sodium Bicarbonate], Rice Flour, Salt, Xanthan Gum, Disodium Dihydrogen Pyrophosphate [To Maintain Color],
bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)
OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

KETCHUP(Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Natural Flavoring

SPICY CHILI GARLIC BOWL

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.
bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)
PROTEIN: CHOICE OF (BEEF, CHICKEN, PORK, SHRIMP)

VEGETABLES: BROCCOLI, PEA PODS, ONIONS, GREEN PEPPERS, ROASTED RED PEPPERS (Canned), CARROTS
CHILI GARLIC:Salted Chili Peppers 59% (Chili, Salt), Garlic 16%, White Sugar, Rice Vinegar, Water, Modified Corn Starch, Acid (Acetic Acid/260/E260). Liquid Butter Alternative (High Oleic Canola Oil, Soybean Oil, Hydrogenated Soybean Oil, Salt Soybean Lecithin [Soy], Natural and Artificial Butter Flavor with TBHQ and Citric Acid Added.
Colored with Beta Carotene, Vitamin A Palmitate Added.)

Veggie Base Thickener: Water, Veggie Base (Sautéed Pureed Carrots, Celery, and Onions, [With Canola Oil],
Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [Color], Spice Extractives,

FIRE ROASTED RIBS

PORK RIBS(Water, Contains 2% or less of Brown Sugar, Salt, Paprika, Flavoring, Spices, Xanthan Gum)

RIB SAUCE:HOISIN SAUCE(Sugar, Water, Soybeans, Salt, Sweet Potato, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour

Chili Pepper, Spices, Caramel Color, Acetic Acid, FD&C Red Color No. 40.), 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
FRENCH FRIES (Potatoes, Vegetable Oil [Soybean, Canola, Cottonseed, and/ or Sunflower], Food Starch Modified, Contains less than 2% of Dextrose, Leavening [Sodium Acid, Pyrophosphate, Sodium Bicarbonate], Rice Flour, Salt, Xanthan Gum, Disodium Dihydrogen Pyrophosphate [To Maintain Color],
bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)
OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

ASIAN SLAW: (GREEN CABBAGE, RED CABBAGE, CARROTS, CILANTRO, 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

KETCHUP(Tomato Concentrate from Red Ripe Tomatoes, Distilled Vinegar, Sugar, Salt, Onion Powder, Spice, Natural Flavoring

KUNG PAO BOWL

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

PROTEIN: CHOICE OF (BEEF, CHICKEN, PORK, SHRIMP)

VEGETABLES: BROCCOLI, PEA PODS, ONIONS, GREEN PEPPERS, ROASTED RED PEPPERS (Canned), CARROTS

KUNG PAO:Water, Soy Ginger Sauce [Soy Sauce (Water, Wheat, Soybeans, Salt), Sugar, Ginger (Ginger, Water, Phosphoric Acid, Xanthan Gum), Rice Vinegar, Water, Chili Garlic Sauce (Salted Chili Peppers {Chili Peppers, Salt}, Garlic, Sugar, Rice Vinegar {Water, Rice, Sugar}, Water, Modified Food Starch, Acetic Acid), Soybean Oil, White Wine Vinegar, Contains 2% or less of: Modified Food Starch, Garlic Sesame Oil, Roasted Garlic, Sesame Seeds, Spices]. SWEET CHILI SAUCE [Water, Sugar, Chili Garlic Sauce (Salted Chili Peppers {Chili Peppers, Salt} Garlic, Sugar Rice Vinegar, Water, Modified Corn Starch, Acetic Acid), White Distilled Vinegar, Salt, Red Chili Peppers, Xanthan Gum, Dehydrated Onion, Dehydrated Garlic], bd's Sauce Marinara (Fancy Fresh Vine Ripened Unpeeled Ground Tomatoes, Tomato Puree, Dehydrated Onions, Extra Virgin Olive Oil, Salt Garlic powder and Spices), Teriyaki Sauce: [Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol), Water, Sugar, High Fructose Corn Syrup, Modified Food Starch, White Vinegar, Contains 2% or Less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spice], Sriracha Sauce [Chili, Sugar, Salt, Garlic, Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite and Xanthan Gum].

Veggie Base Thickener: Water, Veggie Base (Sautéed Pureed Carrots, Celery, and Onions, [With Canola Oil],
Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [Color], Spice Extractives,

MONGO FRIED RICE BOWL

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

PROTEIN: CHOICE OF (BACON, BEEF, CHICKEN, SHIMP)

BACON BITS(Cured with Water, Salt, Sugar, Smoke Flavoring, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite)

WHITE RICE (Enriched Long Grain Rice, Iron [Ferric Orthophosphate], Niacin [Thiamin Mononitrate] and Folic Acid [Boiled in Water and Salt])

EGGS, BEAN SPROUTS, CARROTS, WHITE ONIONS, GREEN ONIONS, C

TERIYAKI:Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol), Water, Sugar, High Fructose Corn Syrup, Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spice, Water
SOY SAUCE:Water, Soybeans, Salt, Lactic Acid, Sodium Benzoate, Less than 1/10 of 1% as a preservative.

Veggie Base Thickener: Water, Veggie Base (Sautéed Pureed Carrots, Celery, and Onions, [With Canola Oil],
Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [Color], Spice Extractives,

MONGOLIAN GINGER BOWL

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

PROTEIN: CHOICE OF (BEEF, CHICKEN, PORK, SHRIMP)

VEGETABLES: BROCCOLI, PEA PODS, ONIONS, GREEN PEPPERS, ROASTED RED PEPPERS (Canned), CARROTS

MONGOLIAN GINGER:Soy Sauce (Water, Wheat, Soybeans And Salt), Sugar, Ginger (Ginger, Water, Phosphoric Acid, Xanthan Gum), Rice Vinegar, Water, Chili Garlic Sauce (Salted Chili Peppers [Chili Peppers,

Salt], Garlic, Sugar, Rice Vinegar (Water, Rice, Sugar), Water, Modified Corn Starch, Acetic Acid), Soybean Oil, White Wine Vinegar, Contains 2% or less of: Modified Food Starch, Garlic, Sesame Oil, Roasted Garlic, Sesame Seeds, Spices., Water. Teriyaki Sauce(Water, Wheat, Soybeans, Salt, Alcohol, Sugar, High Fructose Corn Syrup, Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spices.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Tumeric [Color], Spice Extractives,

PAD THAI NOODLE BOWL

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

PROTEIN: CHOICE OF (BEEF, CHICKEN, PORK, SHRIMP)

VEGETABLES: BEAN SPROUTS, CARROTS, PEA PODS, GREEN ONIONS, CILANTRO AND JALAPENOS

RICE NOODLES(Rice Flour and Water),EGG

PAD THAI:Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate as Preservative), Sugar, Ketchup

(Tomato Concentrate, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring), Rice Vinegar, White Vinegar, Water, Chili Paste (Chili, Salt, Distilled Vinegar, Potassium Sorbate and Sodium Bisulfite as Preservatives), Contains 2% or less of: Modified Food Starch, Soybean Oil, Ginger Xanthan Gum., Water.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Tumeric [Color], Spice Extractives,

CHOPPED PEANUTS, LIME WEDGE

SRIRACHA CHICKEN TACOS

PROTEIN: CHICKEN Or FRIED CHICKEN SRIRACHA

VEGETABLES: BOK CHOY AND BEAN SPROUTS

CHEDDAR CHEESE(Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato 3 Starch and Powdered Cellulose Added to Prevent Caking, Natamycin [a Natural Mold Inhibitor]),

ASIAN SLAW: (GREEN CABBAGE, RED CABBAGE, CARROTS, CILANTRO, 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

TORTILLA:Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)

Water, vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and / Or Palm Oil), contains 2%

or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols Ascorbic Acid), Cellulose Gum, Dough Conditioners (Dumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).

SRIRACHA SOUR CREAMSour Cream (Cultured Pasteurized Grade A Skim Milk, Cream, Modified Food Starch, Sodium Phosphate, Locust Bean Gum, Carrageenan and Potassium Sorbate [To Preserve Freshness]), Sriracha Sauce (Siracha Sauce: Water, Red Chili, Sugar, Garlic, Salt, Xanthan Gum, Acetic Acid, Sodium Benzoate)

FRENCH FRIES (Potatoes, Vegetable Oil [Soybean, Canola, Cottonseed, and/ or Sunflower], Food Starch Modified, Contains less than 2% of Dextrose, Leavening [Sodium Acid, Pyrophosphate, Sodium Bicarbonate], Rice Flour, Salt, Xanthan Gum, Disodium Dihydrogen Pyrophosphate [To Maintain Color],

bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate

{Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)
OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

SWEET AND SOUR BOWL

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.
bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)
PROTEIN: CHOICE OF (BEEF, CHICKEN, PORK, SHRIMP)
VEGETABLES: BROCCOLI, PEA PODS, ONIONS, GREEN PEPPERS, ROASTED RED PEPPERS (Canned), CARROTS
SWEET & SOUR: Water, Sugar White Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Contains 2% or Less of:
Dehydrated Red Bell Peppers, Dehydrated Green Bell Peppers, Salt, Artificial Color, Water, Red #40, Sodium Benzoate
a Preservative, Extractive of Paprika (Color), Water.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],
Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,
Turmeric [Color], Spice Extractives,

TERIYAKI BOWL

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.
bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)
PROTEIN: CHOICE OF (BEEF, CHICKEN, PORK, SHRIMP)
VEGETABLES: BROCCOLI, PEA PODS, ONIONS, GREEN PEPPERS, ROASTED RED PEPPERS (Canned), CARROTS
TERIYAKI:Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol), Water, Sugar, High Fructose Corn Syrup,
Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spice, Water

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],
Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,
Turmeric [Color], Spice Extractives,

WILD BERRY CHICKEN SALAD

OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.
bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

PROTEIN: CHICKEN

VEGETABLES: ICEBERG LETTUCE, ROMAINE, SPRING MIX, RED ONIONS, MUSHROOMS, CUCUMBERS, STRAWBERRIES
BLUEBERRY POMEGRANATE VINAIGRETTE DRESSING(Water, Sugar, Distilled Vinegar, Pomegranate Juice Concentrate, Soybean Oil
Blueberry juice Concentrate, Extra Virgin Olive Oil, Contains Less Than 2% of Corn Starch, Salt, Citric Acid, Xanthan Gum, Spice, Shallots (Dehydrated)

PARMESAN CHEESE(Cultured Pasteurized Milk, Salt, Enzymes, Anticake [Potato Starch, Powdered Cellulose], Natamycin [A Natural Mold Inhibitor]
SESAME SEEDS

CHICKEN TENDERS:

Containing up to 18% solution of Water. Seasoning (Salt, Gum Arabic , Garlic Extractive). Sodium Phosphate. and Salt. Pre-dusted and Battered with:
Water. Bleached Wheat Flour (with Malted Barley Flour). Salt. Dried Whey, and Partially Hydrogenated Soybean and/or Cottonseed Oil.

Breaded With: Bleached Wheat Flour, Salt, Yellow Corn Flour, Dried Whey, Spices, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate).

Partially Hydrogenated Soybean Oil

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, dried garlic, dried onion, parsley, spice, carrageenan, calcium stearate, soybean oil, butte

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

With/ KOREAN BBQ BULGOGI SAUCE: Soy Sauce (Water, Wheat, Soybeans, Salt Sodium Benzoate as Preservative),

Water, Brown Sugar, Onions, Garlic, Sugar, Ginger Salted Mirin (Water, Dextrose, Rice, Corn Syrup, Salt),

Soybean Oil, Contains 2% or Less of: Sesame Oil, Modified Food Starch, Sesame Seeds, Spice, Citric Acid., Water

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid.), Corn Starch

With/ MONGOLIAN GINGER: Soy Sauce (Water, Wheat, Soybeans And Salt), Sugar, Ginger (Ginger, Water,

Phosphoric Acid, Xanthan Gum), Rice Vinegar, Water, Chili Garlic Sauce (Salted Chili Peppers [Chili Peppers,

Salt], Garlic, Sugar, Rice Vinegar (Water, Rice, Sugar), Water, Modified Corn Starch, Acetic Acid), Soybean Oil,

White Wine Vinegar, Contains 2% or less of: Modified Food Starch, Garlic, Sesame Oil, Roasted Garlic, Sesame

Seeds, Spices., Water. Teriyaki Sauce (Water, Wheat, Soybeans, Salt, Alcohol, Sugar, High Fructose Corn Syrup,

Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spices.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid.), Corn Starch

With SPICY BUFFALO: Aged Cayenne Red Pepper, Distilled Vinegar, Water, Salt, Garlic, Margarine [Soybean Oil, Hydrogenated

Soybean Oil, Soy Lecithin (Soy), Artificial Butter Flavor (Diacyl-Free), Colored with Beata Carotene, Contains Less than

2% of: Modified Food Starch, Guar Gum, Molasses, Corn Syrup, Sodium Benzoate as a Preservative, Paprika (Color), Caramel

Color, Sugar, Spices, Citric Acid, Ta

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid.), Corn Starch

CRAB RANGOONS

Filling: Cream Cheese (pasteurized milk and cream, cheese culture, salt, carob bean and/or xanthan gum, guar gum), Imitation Crab Meat

[fish protein (pollock, threadfin bream and/or whiting, saury), water, wheat starch, egg whites, sugar, sorbital, less than 2% of salt, soybean oil,

modified food starch, corn syrup, lactic acid, acetic acid, yeast extract, caramel color, crab flavor, carmine, paprika, titanium dioxide,

sodium polyphosphate], less than 2% of sugar, salt, soy lecithin, sorbital, natural flavorings. Crust: Enriched flour (bleached wheat flour, malted barley

flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, whole eggs, corn starch, salt, FD&C yellow #5 & #6, less than 0.1 of 1%

calcium propionate as a preservative.

SWEET CHILI SAUCE: Water, Sugar, Chili Garlic Sauce (Salted Chili Pepper [Chili Peppers, Salt], Garlic, Sugar, Rice Vinegar [Water, Rice Sugar],

Water, Modified Corn Starch, Acetic Acid), Vinegar, Contains 2% or Less of: Salt, Xanthan Gum, Spices, Paprika Extractives (Color), Dehydrated

Onion, and Garlic, Citric Acid.

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylopolysiloxane, An Anti-Foaming Agent Added.

EGG ROLL PORK AND VEGETABLE:

(Cabbage, Pork, Enriched Bleached Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Onion, Enriched Durum Flour [Durum Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid], Textured Vegetable Protein (Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate {B1}, Pyridoxine Hydrochloride {B6}, Riboflavin {B2}, Cyanocobalamin {B12}), Carrot, Celery, Salt, Sugar, Wheat Protein, Cottonseed Oil, Dried Whole Eggs, Spice, Natural Flavor Enhancer [Autolyzed Yeast Extract, Natural Flavor].; Fried in cottonseed, soybean and/or canola oil)

SESAME GINGER: (Prepared) (Water, Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt, Lactic Acid), Rice Vinegar, Ginger Puree

(Ginger, Vinegar, Xanthan Gum, Modified Corn Starch, Canola Oil, Sesame Seeds, Xanthan Gum, Sesame Oil, Dried Garlic, Dried Onion., Water)

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)

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Tumeric [Color], Spice Extractives, Citric Acid.), Corn Starch

BIB LETTUCE

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylopolysiloxane, An Anti-Foaming Agent Added.

FRIED RICE WITH BACON

BACON(Pork, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. May Contain Smoke Flavoring)

WHITE RICE (Enriched Long Grain Rice, Iron [Ferric Orthophosphate], Niacin, Thiamin [Thiamin Mononitrate] and Folic Acid [Boiled in Water and Salt])

EGGS, BEAN SPROUTS, CARROTS, WHITE ONIONS, GREEN ONIONS, GARLIC, bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices (Including Paprika and Turmeric),

Onion, Cornstarch, Garlic, Tricalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

TERIYAKI:Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol), Water, Sugar, High Fructose Corn Syrup,

Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spice

SOY SAUCE:Water, Soybeans, Salt, Lactic Acid, Sodium Benzoate, Less than 1/10 of 1% as a preservative.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid.), Corn Starch

SHORTENING/ Oil :- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylopolysiloxane, An Anti-Foaming Agent Added.

FRIED RICE WITH CHICKEN

CHICKEN, WHITE RICE (Enriched Long Grain Rice, Iron [Ferric Orthophosphate], Niacin, Thiamin [Thiamin Mononitrate] and Folic Acid [Boiled in Water and Salt])

EGGS, BEAN SPROUTS, CARROTS, WHITE ONIONS, GREEN ONIONS, GARLIC, bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices (Including Paprika and Turmeric),

Onion, Cornstarch, Garlic, Tricalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

TERIYAKI:Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol), Water, Sugar, High Fructose Corn Syrup,

Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spice

SOY SAUCE:Water, Soybeans, Salt, Lactic Acid, Sodium Benzoate, Less than 1/10 of 1% as a preservative.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid.), Corn Starch

SHORTENING/ Oil :- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylopolysiloxane, An Anti-Foaming Agent Added.

FRIED RICE WITH SHRIMP

SHRIMP, WHITE RICE (Enriched Long Grain Rice, Iron [Ferric Orthophosphate], Niacin, Thiamin [Thiamin Mononitrate] and Folic Acid [Boiled in Water and Salt])

EGGS, BEAN SPROUTS, CARROTS, WHITE ONIONS, GREEN ONIONS, GARLIC, bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric},

Onion, Cornstarch, Garlic, Tricalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

TERIYAKI:Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol), Water, Sugar, High Fructose Corn Syrup,

Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spice

SOY SAUCE:Water, Soybeans, Salt, Lactic Acid, Sodium Benzoate, Less than 1/10 of 1% as a preservative.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid.), Corn Starch

SHORTENING/ Oil :- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylopolysiloxane, An Anti-Foaming Agent Added.

FRIED RICE VEGGIE

WHITE RICE (Enriched Long Grain Rice, Iron [Ferric Orthophosphate], Niacin, Thiamin [Thiamin Mononitrate] and Folic Acid [Boiled in Water and Salt])

EGGS, BEAN SPROUTS, CARROTS, WHITE ONIONS, GREEN ONIONS, GARLIC, bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric},

Onion, Cornstarch, Garlic, Tricalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

TERIYAKI:Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol), Water, Sugar, High Fructose Corn Syrup,

Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spice

SOY SAUCE:Water, Soybeans, Salt, Lactic Acid, Sodium Benzoate, Less than 1/10 of 1% as a preservative.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid.), Corn Starch

SHORTENING/ Oil :- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylopolysiloxane, An Anti-Foaming Agent Added.

JALAPENO CHEESESTICKS:

INGREDIENTS: Jalapeno Pepper Mozzarella Cheese (Pasteurized Part Skim Milk, Natural Flavors, Peppers, Salt, Calcium Chloride, Cheese Cultures, Enzymes),

Bleached Wheat Flour, Water. Contains less than 2% of: Spices, Onion Powder, Garlic Powder, Natural and Artificial Flavor, Spice Extract, Paprika, Whey, Sugar, Dextrose,

Salt, Yellow Corn Flour, Yeast, Caramel Color, Paprika Extract, Yellow 5 & 6, Blue 1, Red 40, Soybean Oil.

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,

dried garlic, dried onion, parsley, spice, carrageenan, calcium stearate, soybean oil, butte

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

POTSTICKERS:

Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Cabbage, Soy Sauce (Water, Soybeans, Salt and Wheat Flour), Contains Less than 2% of: Salt Green Onion, Sugar, Modified Corn Starch, Rice Flour, Garlic, Sesame Seed Oil, Spices, Soybean Vegetable Oil, Sodium Phosphate, MONGOLIAN GINGER:Soy Sauce (Water, Wheat, Soybeans And Salt), Sugar, Ginger (Ginger, Water, Phosphoric Acid, Xanthan Gum), Rice Vinegar, Water, Chili Garlic Sauce (Salted Chili Peppers [Chili Peppers, Salt], Garlic, Sugar, Rice Vinegar (Water, Rice, Sugar), Water, Modified Corn Starch, Acetic Acid), Soybean Oil, White Wine Vinegar, Contains 2% or less of: Modified Food Starch, Garlic, Sesame Oil, Roasted Garlic, Sesame Seeds, Spices., Water. Teriyaki Sauce(Water, Wheat, Soybeans, Salt, Alcohol, Sugar, High Fructose Corn Syrup, Modified Food Starch, White Vinegar, Contains 2% or less of: Caramel Color, Citric Acid, Ginger, Dehydrated Garlic, Spices.

Veggie Base Thickener: Water, Veggie Base (Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil],

Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [Color], Spice Extractives, Citric Acid.), Corn Starch
Soy Ginger (MONGOLIAN GINGER) Sauce

WASABI SEEDS: Sesame Seeds, Salt, Sugar, Seasonings, Beta Carotene, Wasabi Flavoring, Yellow No. 5, Blue No. 1

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

SPINACH AND ARTICHOKE RANGOON

Filling: Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Stabilizers [Xanthan and/or Carob and/or Guar Gums], Artichoke, Mozzarella Cheese [Pasteurized Milk, Cultures, Salt, Enzymes], Spinach, Parmesan Cheese [Cultured Milk, Sweet Dairy Whey, Salt, Enzymes], Vegetable Base [Vegetables {Onion, Carrot, Celery}, Hydrolyzed Soy Protein, Salt Sugar, Maltodextrin, Carrot Powder, Onion Powder, Carrot Juice Concentrate, Corn Oil, Modified Corn Starch, Autolyzed Yeast Extract [barely], Modified Tapioca Starch, Disodium Guanylate, Disodium Inosinate, Natural Flavor), Garlic Powder, Black Pepper and Modified Corn Starch. Wrapper: Enriched Wheat Flour (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water and Egg. Contains 2% or less of Salt, Sodium Benzoate (a Preservative), and Dusted with Cornstarch. Par Fried in Canola and or Cottonseed Oil.

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

SRIRACHA CHICKEN

SRIRACHA CHICKEN:Boneless Chicken Breast Meat, Water, Seasoning (Modified Food Starch, Carrageenan), Salt Sodium Phosphates

Breaded with Bleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)
Water, Modified Food Starch, Sesame Seeds, Dehydrated Garlic, Tapioca Starch, Sodium Diacetate, Salt, Spice, Degerminated Yellow Corn Meal
Citric Acid, Maltodextrin, Palm Oil, Degermed Yellow Corn Flour, Sugar, Dehydrated Onion, Vinegar, Tomato Powder, Yeast, Natural Flavor, Leavening (Disodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Extractive of Paprika (Color), Paprika (With Ethoxyquin to Retain Color), Soy Flour, Xanthan Gum, Malted Barley Flour, Canola Oil (Processing Aid), Wheat Gluten, Ascorbic Acid (Added as a Dough Conditioner), Yellow 6, Yellow 5)

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 Chilies, Xanthan Gum, Dehydrated Onion and Garlic Powder]

CELERY

RANCH:Mayonnaise (Soybean Oil, Vinegar, Egg Yolk, Water, High Fructose Corn Syrup, Contains Less than 2% of Salt Spice, Calcium Disodium EDTA [to protect flavor]), buttermilk, salt, monosodium glutamate, maltodextrin, dried garlic, dried onion, parsley, spice, carrageenan, calcium stearate, soybean oil, butte

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

FRENCH VANILLA ICE CREAM:

Milkfat and Nonfat Milk, Sweet Cream Buttermilk, High Fructose Corn Syrup, Sugar, Corn Syrup, Whey, Pasteurized Egg Yolks (Egg Yolks, Sugar) Natural and Artificial Flavors, Mono and Diglycerides, Guar Gum, Calcium Sulfate, Annatto (Color), Locust Bean Gum, Carrageenan

CHEESECAKE, TRIPLE VANILLA

Cream (Cream, Carrageenan, Mono- & Diglycerides, Polysorbate 80), Cream Cheese (Pasteurized Cultured Milk & Cream, Salt, Stabilizers [Xanthan, Carob Bean and/or Guar Gums]), Vanilla Crumb (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Dextrose, Whey [MILK], Salt, Natural & Artificial Flavor, Baking Soda), Sugar, White Coating (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Soy Lecithin Artificial Color [Titanium Dioxide], Natural & Artificial Flavor), Eggs, Sour Cream (Cultured Pasteurized Grade A Milk, Cream, Nonfat Milk Solids, Modified Food Starch, Sodium Tripolyphosphate, Guar Gum, Calcium Sulfate, Carrageenan, Locust Bean Gum, Potassium Sorbate [Preservative]), Powdered Sugar (Sugar, Cornstarch), Margarine (Palm Oil, Salt, Mono- & Diglycerides, Soy Lecithin, Dodium Benzoate [Preservative], Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate), Natural & Artificial Flavor, Water, Beef Gelatin, Vanilla Bean Specks, Yellow 5, Yellow 6.

CHEESECAKE, TUXEDO

Cream (Cream, Carrageenan, Mono- & Diglycerides, Polysorbate 80), Semisweet Chocolate (Sugar, Unsweetened Chocolate Processed with Alkali, Cocoa Butter, Milkfat, Soy Lecithin, Vanillin - an Artificial Flavor, Natural Flavors), Cream Cheese (Pasteurized Cultured Milk & Cream, Salt, Stabilizers [Xanthan, Carob Bean, and/or Guar Gums]), Sugar, Eggs, Water, Milk (Milk, Vitamin D3), Mascarpone Cheese (Pasteurized Milk, Cream, Citric Acid), Powdered Sugar (Sugar, Cornstarch), Enriched Bleached Wheat Flour (Bleached Wheat Flour, Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chocolate Crumb (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Cocoa Processed with Alkali, High Fructose Corn Syrup, Corn Flour, Caramel Color, Whey [MILK], Salt, Baking Soda, Soy Lecithin), Corn Oil, Egg Whites, Marshmallow Cream (High Fructose Corn Syrup, Corn Syrup, Water, Modified Food Starch, Titanium Dioxide [Color] Salt, Artificial Flavors, Benzoic Acid [Preservative], Xanthan Gum), Chocolate Pudding (Sugar, Modified Food Starch, Cocoa Processed with Alkali, Salt, Mono- & Diglycerides, Citric Acid), Cocoa Processed with Alkali, Unsweetened Chocolate, Margarine (Palm Oil, Water, Salt, Mono- & Diglycerides, Soy Lecithin, Sodium Benzoate [Preservative], Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate), Baking Soda, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Cornstarch, Monocalcium Phosphate), Salt, Modified Cornstarch, Vanillin – an Artificial Flavor, Stabilizers (Xanthan Gum, Locust Bean Gum, Guar Gum).

CHIPS GALORE ICE CREAM COOKIE SANDWICH

Ice Cream:Milk, Cream, Buttermilk, Sugar, Whey, Corn Syrup, Contains 1% or less of Mono & Diglycerides, Guar Gum, Calcium Sulfate, Carob Bean Gum, Cellulose, Gum, Carrageenan, Natural Flavor, Artificial F

Chips: Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin

Cookies: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Palm Oil, Brown Sugar, Sugar, Chocolate Flavored Chips (Sugar, Partially Hydrogenated Palm Oil, Cocoa Processed with Alkali, Cocoa, Soy Lecithin, Artificial Flavor), Pasteurized Eggs, Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono & Diglycerides, Soy Lecithin, Citric Acid, Natural and Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate, Whey), Natural Flavors, Salt, Baking Soda, Ammonium Bicarbonate.

CHOCOLATE LAYER CAKE

CAKE:Fudge Icing (Sugar, Water, Cocoa [Processed with Alkali], Vegetable Oil [Palm, Canola], Corn Syrup, Butter [Milk], Sweetened Condensed Milk [Milk, Sugar], Mono & Diglycerides, Citric Acid, Salt, Potassium Sorbate 60, Soy Lecithin), Sugar, Whole Milk, Water, Bleached Wheat Flour, Corn Oil (Fully refined and dewaxed Corn Oil), Flour (Wheat Flour, Malted Barley Flour), Whole Eggs, Cho

(Sugar, Modified Food Starch, Cocoa [Processed with Alkali], Salt, Mono and Diglycerides, Citric Acid), Dark Chocolate Powder (100% Cocoa Beans [Processed with Alkali]), Chocolate Crunch (Wheat Flour, Sugar, [Processed with Alkali], Baking Soda, Salt, Natural and Artificial Flavors), Salt, Baking Soda, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Modified Cornstarch, Monocalcium Phosphate), **FRENCH VANILLA ICE CREAM(Milkfat and Nonfat Milk, Sweet Cream Buttermilk, High Fructose Corn Syrup, Sugar, Corn Syrup, Whey, Pasteurized Egg Yolks [Egg Yolks, Sugar] Natural and Artificial Flavors, Mono and Diglycerides, Guar Gum, Calcium Sulfate, Annatto [Color], Locust Bean Gum, Carrageenan)**

FRIED OREOS

OREO's: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B12], Folic Acid), High Oleic Canola and/or Palm and/or Canola Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Leavening (Baking Soda and/or Calcium Phosphate), Cornstarch, Salt, Soy Lecithin, Vanillin—an Artificial Flavor, Chocolate

COATING:Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin, Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Soy Flour, Partially Hydrogenated Soybean and/or Cottonseed Oil, Salt, Contains Less Than 2%; Palm Oil, Sodium Bicarbonate, Corn Syrup Solids, Monocalcium Phosphate, Sodium Aluminum Phosphate, Buttermilk, Sodium Caseinate, Mono-& Diglycerides, Guar Gum, Nonfat Milk, Natural and Artificial Flavors, Cellulose Powder

HOT FUDGE: High Fructose Corn Syrup, Corn Syrup, Sweetened Condensed Skim Milk (Skim Milk, and Sugar), Water, Partially Hydrogenated Coconut Oil, Cocoa Processed with Alkali, Contains 2% or Less of: Modified Cornstarch, Cocoa Processed, with Alkali, Sodium Citrate, Salt, Disodium Phosphate, Mono- and Diglycerides, Potassium Sorbate (Preservative), Vanillin, Artificial Flavor, Polysorbate 60, and Xanthan Gum

FRENCH VANILLA ICE CREAM(Milkfat and Nonfat Milk, Sweet Cream Buttermilk, High Fructose Corn Syrup, Sugar, Corn Syrup, Whey, Pasteurized Egg Yolks [Egg Yolks, Sugar] Natural and Artificial Flavors, Mono and Diglycerides, Guar Gum, Calcium Sulfate, Annatto [Color], Locust Bean Gum, Carrageenan)

STRAWBERRY LEMON PARFAIT

Cake Mix (Sugar, Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Shortening (Palm Oil), Whey, Modified Food Starch, Leavening [Sodium Aluminum Phosphate, Soy Oil, Natural & Artificial Flavor, Xanthan Gum], Cream (Nonfat Milk, Carrageenan, Mono and Diglycerides, Polysorbate 80), Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers [Calcium and/or Guar Gums]), Non-Dairy Whipped Topping (Water, Hydrogenated Palm Kernel & Coconut Oil, High Fructose Corn Syrup, Sugar, Contains less than 2% of the Following: Carbohydrate Gum, Polysorbate 60, Phosphoric Acids, Soy Lecithin, Artificial Flavor, Salt, Sodium Citrate, Disodium Phosphate, Xanthan Gum, Natural Flavor, Colored with Beta Carotene), Whole Eggs, Mascarpone Cheese (Pasteurized Milk, Cream, Citric Acid), (dewaxed Corn Oil), Water, Sugar, Powdered Sugar, Vanilla Crunch (Wheat Flour, Sugar, Palm Oil, Salt, Soy Lecithin, Natural and Artificial Flavors, Baking Soda), Lemon Juice, Lemon Zest (Lemon Peel, High Fructose Flavor), Bleached Wheat Flour, Butter (Cream), Vanilla Crumb (Wheat Flour, Cane Sugar, Palm Oil, Whey [Milk], Salt, Sodium Bicarbonate, Natural Butter Vanilla Flavor), Corn Starch, Vanilla Powder (Dextrose, Wheat Dioxide [Anti-Caking], Natural Flavor), Lemon Compound (Sugar, Glucose Syrup, Water, Lemon Juice Concentrate, Modified Waxy Maize Starch, Acidifier [Citric Acid], Artificial Lemon Flavor, Color [FD&C Yellow 5]) Artificial Vanilla Flavor.

STRAWBERRY PUREE: Water, High Fructose Corn Syrup, Sugar, Citric Acid, Xanthan Gum, Sodium Citrate, Natural and Artificial Flavor, Sodium Benzoate, Potassium Sorbate, FD&C Red No 40.

WHIPPED TOPPING:Water, High Fructose Corn Syrup, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% of the Following: *Sodium Caseinate (A Milk Derivative),

Dextrose, Artificial Flavor, Polysorbate 60, Sorbitan Monostearate, Xanthan Gum, Guar Gum, Colored with Turmeric and Annatto Extracts

STRAWBERRY FRESH

SUNDAE:

FRENCH VANILLA ICE CREAM(Milkfat and Nonfat Milk, Sweet Cream Buttermilk, High Fructose Corn Syrup, Sugar, Corn Syrup, Whey, Pasteurized Egg Yolks [Egg Yolks, Sugar] Natural and Artificial Flavors, Mono and Diglycerides, Guar Gum, Calcium Sulfate, Annatto [Color], Locust Bean Gum, Carrageenan)

HOT FUDGE: High Fructose Corn Syrup, Corn Syrup, Sweetened Condensed Skim Milk (Skim Milk, and Sugar), Water, Partially Hydrogenated Coconut Oil, Cocoa Processed with Alkali, Contains 2% or Less of: Modified Cornstarch, Cocoa Processed, with Alkali, Sodium Citrate, Salt, Disodium Phosphate, Mono- and Diglycerides, Potassium Sorbate (Preservative), Vanillin, Artificial Flavor, Polysorbate 60, and Xanthan Gum

WHIPPED TOPPING:Water, High Fructose Corn Syrup, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% of the Following: *Sodium Caseinate (A Milk Derivative),

Dextrose, Artificial Flavor, Polysorbate 60, Sorbitan Monostearate, Xanthan Gum, Guar Gum, Colored with Turmeric and Annatto Extracts

CHOPPED NUTS:Blanched Peanuts, Peanut Oil, TBHQ Methyl Silicone

SUNDAE, KIDS:

FRENCH VANILLA ICE CREAM(Milkfat and Nonfat Milk, Sweet Cream Buttermilk, High Fructose Corn Syrup, Sugar, Corn Syrup, Whey, Pasteurized Egg Yolks [Egg Yolks, Sugar] Natural and Artificial Flavors, Mono and Diglycerides, Guar Gum, Calcium Sulfate, Annatto [Color], Locust Bean Gum, Carrageenan)

WHIPPED TOPPING:Water, High Fructose Corn Syrup, Partially Hydrogenated Palm Kernel Oil, Contains Less Than 2% of the Following: *Sodium Caseinate (A Milk Derivative),

Dextrose, Artificial Flavor, Polysorbate 60, Sorbitan Monostearate, Xanthan Gum, Guar Gum, Colored with Turmeric and Annatto Extracts

WITH OPTION OF -

CARAMEL SAUCE:Corn Syrup, Sweetened Condensed Skim Milk (Skim Milk and Sugar), Sugar, Dairy Butter (Milk), Water, High Fructose Corn Syrup, Contains 2% or Less of: Salt, Disodium

Phosphate, Mono- and Diglycerides, Pectin, Sodium Citrate, Vanillin, Artificial Flavor and Ethyl Vanillin, Artificial Flavor

(Preservative), Vanillin, Artificial Flavor, Polysorbate 60, and Xanthan Gum

HOT FUDGE: High Fructose Corn Syrup, Corn Syrup, Sweetened Condensed Skim Milk (Skim Milk, and Sugar), Water, Partially Hydrogenated Coconut Oil, Cocoa Processed with

Alkali, Contains 2% or Less of: Modified Cornstarch, Cocoa Processed, with Alkali, Sodium Citrate, Salt, Disodium Phosphate, Mono- and Diglycerides, Potassium Sorbate

(Preservative), Vanillin, Artificial Flavor, Polysorbate 60, and Xanthan Gum

STRAWBERRY PUREE: Water, High Fructose Corn Syrup, Sugar, Citric Acid, Xanthan Gum, Sodium Citrate, Natural and Artificial Flavor, Sodium Benzoate, Potassium Sorbate, FD&C Red No 40.

4 PEPPER CHILI SOUP

Beef (Sirloin, Water Salt, Trehalose, Yeast Extract, Natural Flavor), Tomato Puree([Water, Tomato Paste], Citric Acid),Water, Tomatoes Diced(Vine Ripened Tomatoes, Tomato Juice,

Less than 2% of Salt, Citric Acid, Calcium Chloride)Kidney Beans(Light Red Kidney Beans, Water, Salt, Calcium Chloride, Disodium Edta [To Preserve Color]),Red Onion,

Green Pepper, Banana Peppers(Fresh Banana Peppers, Water,Vinegar, Salt, Malic and Lactic Acid, Calcium Chloride, Sodium Benzoate and Sodium Metabisulfite [Preservatives], Yellow 5),

Red Peppers, Jalapeno Peppers, Celery, Garlic, Beef Base(Roasted Beef and Beef Broth, Salt, Hydrolyzed Soy Protein, Hydrolyzed Corn Gluten, Monosodium Glutamate, Caramel Color,

Flavor [With Hydrolyzed Soy Corn Protein, Autolyzed Yeast Extract], Hydrolyzed Wheat Gluten, Sugar, Disodium Inosinate, Disodium Guanylate), Chili Powder(Chili Peppers, Salt, Cumin,

Oregano, Garlic powder and Silicon Dioxide [Free-Flowing Agent]), Granulated Garlic Powder, Crushed Red Pepper, Cumin, Black Pepper, Salt, Bay Leaves, Tabasco(Distilled

Vinegar, Red Pepper and Salt)

BEER CHEESE

Water,Heavy Whipping Cream(Heavy Cream, Skim Milk, Contains Less than 1% of Each of the Following Ingredients: Mono and Diglycerides, Polysorbate 80 and Carrageenan),

Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato 3 Starch and Powdered Cellulose Added to Prevent Caking, Natamycin [a Natural Mold Inhibitor]),

Beer

Margarine(Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Sy Lecithin, Vegetable Mono and Diglycerides, Sodium Benzoate [A Preservative], Citric Acid, Natural &

Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey), Flour(Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme)

Veggie Base(Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil], Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid)

Fresh Vegetables(Onions, Celery, Carrots, Green Peppers)

Onions, Celery Carrots, Green Pepper

BUTTERNUT SQUASH SOUP

Water, Butternut Squash, Corn, Yellow Onion

Veggie Base(Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil], Salt, Sugar, Hydrolzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,

Tumeric [Color], Spice Extractives, Citric Acid)

Spinach, Olive Oil, Salt, Ground Cumin Seeds, Ground Cinnamon, Ground Turmeric, Cayenne Pepper

CREMA ANDALUZ SOUP

Water,Heavy Whipping Cream(Heavy Cream, Skim Milk, Contains Less than 1% of Each of the Following Ingredients: Mono and Diglycerides, Polysorbate 80 and Carrageenan),

Tomatoes Diced(Vine Ripened Tomatoes, Tomato Juice, Less than 2% of Salt, Citric Acid, Calcium Chloride),Red Skin Potatoes,Onions,Sour Cream(Cultured, Pasteurized Grade A Skim Milk, Cream, Modified Food Starch, Sodium Phosphate, Locust Bean Gum, Guar Gum, Carrageenan and Potassium Sorbate [To Preserve Freshness]), Veggie Base(Vegetable Purees [Carrot, Celery, Onion], Salt, Maltodextrin, Onion Powder, Soybean Oil, Food Starch, Carrot Powder, Garlic Powder, Extractive of Carrot, Xanthan Gum, Spice Extractives), Parmesan Cheese(Imported Parmesan Cheese [Pasteurized Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes], Modified Food Starch, Powdered Cellulose Added to Prevent Caking, Potassium Sorbate [Added to Protect Flavor]),Fresh Garlic(Chopped), Salt, Mixed Herbs(Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil),Rosemary, White Pepper, Cayenne.

CHICKEN, MUSHROOM AND GINGER SOUP

Water, Chicken, Mushrooms, Cabbage, Green Onions, Garlic, Corn Starch, Ground Ginger

Soy Sauce:Water, Soybeans, Salt, Lactic Acid, Sodium Benzoate, Less than 1/10 of 1% as a preservative.

Chicken Base(Roasted Chicken, Salt, Monosodium Glutamate, Sugar, Autolyzed Yeast Extract, Chicken Fat, Onion, Powder, Maltodextrin, Turmeric and Extractive of Turmeric [Color], Spice Extractives), Fresh Vegetables(Broccoli Crowns [Blanched], Carrots, Celery, Mushrooms, Onions). bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic, Tricalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)

SHORTENING/ Oil :- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

CHICKEN PRINCESS SOUP

Water, Chicken,Heavy Whipping Cream(Heavy Cream, Skim Milk, Contains Less than 1% of Each of the Following Ingredients: Mono and Diglycerides, Polysorbate 80 and Carrageenan),

Margarine(Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Sy Lecithin, Vegetable Mono and Diglycerides, Sodium Benzoate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey), Flour(Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme)

Chicken Base(Roasted Chicken, Salt, Monosodium Glutamate, Sugar, Autolyzed Yeast Extract, Chicken Fat, Onion, Powder, Maltodextrin, Turmeric and Extractive of Turmeric [Color], Spice Extractives), Fresh Vegetables(Broccoli Crowns [Blanched], Carrots, Celery, Mushrooms, Onions),Peas, White Pepper, Bay Leaves

SHORTENING/ Oil :- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

GARDEN LEEK VEGETABLE SOUP

Tomatoes Diced(Vine Ripened Tomatoes, Tomato Juice, Less than 2% of Salt, Citric Acid, Calcium Chloride), Water,

Water, Red Potatoes, Water Chestnuts, Mushrooms, Leeks, Carrots

Veggie Base(Sauteed Pureed Carrots, Celery, and Onions, [With Canola Oil], Salt, Sugar, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Tumeric [Color], Spice Extractives, Citric Acid)

Lemon Juice(Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite [Preservative], Sodium Benzoate [Preservative], Lemon Oil NA Juice)

Garlic, Black Pepper

HUNTER'S STEW

Water, Tomato-Diced Petite(Vine Ripened Tomatoes, Tomato Juice, Less than 2% of: Salt, Citric Acid, Calcium Chloride),Sliced Beef, Celery, Red Potatoes, Yellow Onion, Carrots, Corn Starch,

Beef Base(Roast Beef and Beef Broth, Salt, Hydrolyzed Soy Protein, Hydrolyzed Corn Gluten, Monosodium Glutamate, Caramel Color, Flavor [with Hydrolyzed Wheat Gluten, Sugar, Disodium Inosinate, Disodium Guanylate),Chicken Base(Roasted Chicken, Salt, Monosodium Glutamate, Sugar, Autolyzed Yeast Extract, Chicken Fat, Onion Powder, Maltodextrin, Tumeric and Extractive Tumeric [Color], Spice Extractives), White Pepper.

SEAFOOD CHOWDER

Krab(Threadfin Bream, Water, Potato Starch, Modified Tapioca Starch, Salt, Sugar, Mirin, Soybean Oil, Soybean Protein, Sorbitol, Crab Extract, Artificial Crab Flavor, Color Added [Cormineand Paprika Oleoresin]

Water,Heavy Whipping Cream(Heavy Cream, Skim Milk, Contains Less than 1% of Each of the Following Ingredients: Mono and Diglycerides, Polysorbate 80 and Carrageenan),

Red Potatoes, Celery, Yellow Onion, Corn, Jalapeno Peppers, Wheat Flour

Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato 3 Starch and Powdered Cellulose Added to Prevent Caking, Natamycin [a Natural Mold Inhibitor]),
Margarine(Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzoate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene [Color], Vitamin A Palitate, Added Whey),
Chicken Base(Roasted Chicken, Salt, Monosodium Glutamate, Sugar, Autoylzed Yeast Extract, Chicken Fat, Onion Powder, Maltodextrin, Tumeric and Extractive Tumeric [Color], Spice Extractives)

SOUTHWEST CORN CHOWDER

Water, Heavy Whipping Cream(Heavy Cream, Skim Milk, Contains Less than 1% of Each of the Following Ingredients: Mono and Diglycerides, Polysorbate 80 and Carrageenan),
Red Potatoes

Cheddar Cheese(Cultured Pasteurized Milk, Salt, Enzymes, Artificial Color, Potato 3 Starch and Powdered Cellulose Added to Prevent Caking, Natamycin [a Natural Mold Inhibitor]),
Corn, Yellow Onion, Carrots, Green Bell Pepper, Jalapeno Pepper, Butter(Pasteurized Cream, Salt), Corn Starch
Chicken Base(Roasted Chicken, Salt, Monosodium Glutamate, Sugar, Autoylzed Yeast Extract, Chicken Fat, Onion Powder, Maltodextrin, Tumeric and Extractive Tumeric [Color], Spice Extractives)
Salt, Cholula Sauce Hot Original, Garlic Powder, White Pepper, Ground Cumin Seeds.

STEAK AND MUSHROOM SOUP

Water, Mushrooms, Beef (Shaved), Onions, Heavy Whipping Cream(Heavy Cream, Skim Milk, Contains Less than 1% of Each of the Following Ingredients: Mono and Diglycerides, Polysorbate 80 and Carrageenan), Margarine(Liquid and Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono and Diglycerides, Sodium Benzoate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate Added, Whey), Flour(Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzyme), Beef Base(Roasted Beef and Beef Broth, Salt, Hydrolyzed Soy Protein, Hydrolyzed Corn Gluten, Monosodium Glutamate, Caramel Color, Flavor [With Hydrolyzed Soy Corn Protein, Autolyzed Yeast Extract], Hydrolyzed Wheat Gluten, Sugar, Disodium Inosinate, Disodium Guanylate),
White Pepper, Worcestershire Sauce(Distilled White Vinegar, Water, Molasses, High Fructose Corn Syrup, Salt, Soy Sauce [Water, Salt, Soy, Corn Syrup, Caramel Color] Natural Flavoring, Caramel Color, Anchovies, Polysorbate 80, Soy Flour, Garlic Extract), Bay Leaves, Soybean Oil(TBHQ and Citric Acid Added To Protect Flavor, Dimethyloplisiloxane, . An Anti-Foaming Agent Added)
SHORTENING/ Oil :- May Vary By Location
Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloplisiloxane, An Anti-Foaming Agent Added.

THAI COCONUT CURRY SOUP

Thai - Style Coconut Broth(Water, Coconut Milk [Coconut Milk, Water, Xanthan Gum {Thickening Agent}], Onions, Contains 2% or less of: Tomato Paste, Massaman Curry Base [Tomato Puree {Tomato Paste, Water}, Canola Oil, Salt, Red Bell Pepper Puree, Lemongrass Puree {Lemongrass, Water, Xanthan Gum, Citric Acid}, Raisin Puree, Garlic Powder, Flavoring, Spices, Corn Starch Brown Sugar, Onion Powder, Chili Pepper, Turmeric, Citric Acid, Cayenne Pepper, Xanthan Gum], Scallions, Garlic, Lemon Grass [Lemon Grass, Water, Xanthan Gum, Citric Acid], Ginger Root, Modified Corn Starch, Fish Sauce [Anchovy Extract, Salt, Sugar, Garlic, Salt, Water, Acetic Acid, Lactic Acid, Xanthan Gum, Citric Acid, Potassium Sorbate {Preservative}, Ascorbic Acid], Salt, Lime Juice [Lime Concentrate, Water, Lime Oil], Sesame Oil and Yeast Extract),
Yakisoba Noodles(Enriched Unbleached Wheat Flour [Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin and Folic Acid], Water, Salt, Soybean Oil, Potassium Sorbate, Potassium Carbonate, Phosphoric Acid, FD&C yellow #5 and #6)

TOMATO PARMESAN SOUP

Tomato Soup(Tomato Puree [Water, Tomato Paste], High Fructose Corn Syrup, Wheat Flour, Water, Salt, Potassium Chloride, Flavoring, Citric Acid, Lower Sodium Natural Sea Salt, Ascorbic Acid [Vitamin C], Monopotassium Phosphate, Tomatoes Diced(Vine Ripened Tomatoes, Tomato Juice, Less than 2% of Salt, Citric Acid, Calcium Chloride),Water,
Parmesan Cheese:Culture Pasteurized Milk, Salt, Enzymes, Anticake (Potato Starch, Powdered Cellulose), Natamycin (A Natural Mold Inhibitor)
Garlic, Mixed Herbs(Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil)

CHICKEN TENDERS:

Chicken Tenders:Containing up to 18% solution of Water. Seasoning (Salt, Gum Arabic , Garlic Extractive). Sodium Phosphate. and Salt. Predusted and Battered with:

Water, Bleached Wheat Flour (with Malted Barley Flour), Salt, Dried Whey, and Partially Hydrogenated Soybean and/or Cottonseed Oil.

Breaded With: Bleached Wheat Flour, Salt, Yellow Corn Flour, Dried Whey, Spices, Leavening (Sodium Aluminum Phosphate, Sodium Bicarbonate).

Partially Hydrogenated Soybean Oil, Breeding set in Vegetable Oil.

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, dried garlic, dried onion, parsley, spice, carrageenan, calcium stearate, soybean oil, buttermilk

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

MAC AND CHEESE

SHORTENING USED FOR FRYING:- May Vary By Location

Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

Rotini Noodles: Semolina (Wheat), Niacin, Iron (Ferrous Sulfate), Thiamin Mononitrate, Riboflavin and Folic Acid

Cheddar Cheese: Culture Pasteurized Milk, Salt, Enzymes, Color Added, Anticake (Potato Starch, Powdered Cellulose), Natamycin (A Natural Mold Inhibitor)

Parmesan Cheese: Culture Pasteurized Milk, Salt, Enzymes, Anticake (Potato Starch, Powdered Cellulose), Natamycin (A Natural Mold Inhibitor)

Heavy Whipping Cream: Heavy Cream, Skim Milk, Contains Less than 1% of Each of the Following Ingredients: Mono and Diglycerides, Polysorbate 80 and Carrageenan

QUESADILLA

Tortilla: Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid)

Water, vegetable Shortening (Interesterified Soybean Oil, Hydrogenated Soybean Oil and / Or Palm Oil), contains 2%

or less of each of the following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch,

Monocalcium Phosphate and/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Enzymes

Wheat Starch, Calcium Carbonate, Antioxidants (Tocopherols Ascorbic Acid), Cellulose Gum, Dough Conditioners

(Dumaric Acid, Sodium Metabisulfite), Preservatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).

Cheddar Cheese: Culture Pasteurized Milk, Salt, Enzymes, Color Added, Anticake (Potato Starch, Powdered Cellulose), Natamycin (A Natural Mold Inhibitor)

KETCHUP

Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring

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,

dried garlic, dried onion, parsley, spice, carrageenan, calcium stearate, soybean oil, buttermilk

APPLESAUCE, MOTTS ORIGINAL

Apples, High Fructose Corn Syrup, Water, Ascorbic Acid (Vitamin C)

APPLESAUCE, MOTTS STRAWBERRY

Apples, High Fructose Corn Syrup, Water, Strawberry Puree, Natural Flavors, Ascorbic Acid (Vitamin C), Red 40

BROCCOLI

Broccoli (Blanched)

COTTAGE CHEESE

Garade A Cultured Nonfat Milk, Cream, Reduced Minerals Whey, Salt, Nonfat Milk, Potassium Sorbate (a Mold Inhibitor), Guar Gum, Mono & Diglycerides, Carrageenan, Locust Bean Gum, Polysorbate 80, Natural and Artificial Flavor, Enzymes.

FRENCH FRIES (Potatoes, Vegetable Oil [Soybean, Canola, Cottonseed, and/ or Sunflower], Food Starch Modified, Contains less than 2% of Dextrose, Leavening [Sodium Acid, Pyrophosphate, Sodium Bicarbonate], Rice Flour, Salt. Xanthan Gum, Disodium Dihydrogen Pyrophosphate [To Maintain Color],
bd's SEASONING (Seasoned Salt [Salt, Sugar, Spices {Including Paprika and Turmeric}, Onion, Cornstarch, Garlic Triacalcium Phosphate {Prevents Caking}, Paprika Oleoresin {For Color}, Natural Flavor], White Pepper, Black Pepper, Granulated Garlic)
OIL:Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethyloxydimethylsiloxane, An Anti-Foaming Agent Added.

MANDARIN ORANGES

Mandarin Oranges, Water, Pineapple Juice Concentrate, Ascorbic Acid, Citric Acid, Apple Juice Concentrate.

WHITE RICE

Enriched Long Grain Rice, Iron (Ferric Orthophosphate), Niacin, Thiamin (Thiamin Mononitrate) and Folic Acid (Boiled in Water and Salt)

BROWN RICE

Long Grain or Medium Grain Natural Brown Rice (Boiled in Water)

APPLE JUICE

Water, Apple Juice Concentrate, Ascorbic Acid (Vitamin C)

YOO-HOO

Water, High Fructose Corn Syrup, Whey (From Milk), Contains Less Than 2% (Cocoa [Alkali Process], Nonfat Dry Milk, Natural and Artificial Flavors, Sodium Caseinate [From Milk], Corn Syrup Solids, Calcium Phosphate, Dipotassium Phosphate, Palm Oil, Guar Gum, Xanthan Gum, Mono and Diglycerides, Salt, Spice, Soy Lecithin, Niacinamide [Vitamin B3], Sucralose, Vitamin A Palmitate, Riboflavin [Vitamin B2], Vitamin D30

BALSAMIC VINAIGRETTE: Water, Vinegar (Balsamic, Red Wine), High Fructose Corn Syrup, Vegetable Oil (Soybean and/or Canola), Olive Oil, Contains less than 2% of: Salt, Garlic, Xanthan Gum, Spices, Sodium Alginate, Propylene Glycol Alginate, Calcium Disodium EDTA to Protect Flavor.

BLUE CHEESE: Soybean Oil, Vinegar, Water, Blue Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Egg Yolk, Sugar, Contains less than 2% of: Salt, Potassium Sorbate, Sodium Benzoate and Calcium Disodium EDTA as Preservatives, Lactic Acid, Natural Flavor, Xanthan Gum, Sour Cream Solids, Garlic)

CHERRY VINAIGRETTE DRESSING: High Fructose Corn Syrup, Corn Syrup, Water, Distilled Vinegar, Cherries, Cherry
Juice Concentrate, Modified Tapioca Starch, Apple Juice Concentrate, Salt, Natural Flavor, Xanthan Gum.

FAT FREE FRENCH: Water, Vinegar, Sugar, Corn Syrup, Tomato Paste, Salt, Cellulose Gel and Cellulose Gum, Contains less than 2% of: Potassium Sorbate and Calcium Disodium EDTA as Preservatives, Xanthan Gum, Garlic,

Propylene Glycol Alginate, Onion, Yellow #6, Lemon Juice Concentrate, Spice, Red #40, Blue #1.

ITALIAN FAT FREE: Water, Vinegar, Sugar, Salt, Maltodextrin, Contains less than 2% of: Cellulose Gel and Cellulose Gum, Xanthan Gum, Onion, Garlic, Potassium Sorbate and Sodium Benzoate as preservatives, Carrageenan, Citric Acid, Red Bell Pepper, Spice, Yeast Extract, Natural Flavor, Yellow #5, Yellow #6, Sunflower Oil.

HOT BACON: Water, Corn Syrup Solids, Sugar, Cider Vinegar, Bacon (Cured with: Water, Salt, Sugar, Sodium Erythorbate, Sodium Nitrite), Distilled Vinegar, Modified Corn Starch, Onion, Salt, Honey, Canola Oil,