

bd's Mongolian Grill

NUTRITIONAL INFORMATION



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.

BUFFET		servings	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)
MEATS	Chicken	3 oz	102	0	0	0	68	18	60	3
	Egg	1 ea	60	2	0	0	60	6	185	5
	*Diced Marinated Sirloin	3 oz	140	3	0	0	220	16	45	8
	*Pork Marinated GF	3 oz	140	3	1	1	250	15	45	8
	Ribeye	3 oz	123	0	0	0	54	18	50	4
	*Sausage	3 oz	270	8	2	4	800	9	50	24
	*Meatballs	3 oz	290	7	0	9	290	12	60	23
SEAFOOD	Calamari	3 oz	78	2	0	3	130	15	215	1
	Krab (Surimi)	3 oz	85	0	0	9	771	10	9	<1
	Tilapia	3 oz	80	0	0	0	45	17	40	2
	Salmon	3 oz	80	0	0	0	200	14	35	2
	Scallops	3 oz	84	0	0	3	202	16	29	<1
	Shrimp	3 oz	65	0	0	0	550	14	65	0
VEGETABLES	Artichoke	1 oz	8	0	<1	2	72	<1	0	0
	Bean Sprouts	1 oz	29	0	0	2	1	1	0	0
	Beets	1 oz	10	0	<2	<2	71	<1	0	0
	Black Olives	1 oz	53	0	0	<2	248	0	0	5
	Bok Choy	1 oz	2	0	0	0	9	0	0	<1
	Broccoli	1 oz	8	0	1	2	8	1	0	<1
	Cabbage (Green)	1 oz	7	0	1	2	5	<1	0	<1
	Cabbage (Red)	1 oz	6	0	<1	1	3	<1	0	<1
	Carrots	1 oz	12	<1	2	3	10	<1	0	<1
	Celery	1 oz	5	0	0	1	25	0	0	0
	Cheddar Cheese	1 oz	120	6	0	<1	190	7	30	10
	Cilantro	1 tsp	0	0	n/a	0	0	0	0	0
	Corn (Baby)	1 oz	6	0	0	1	64	0	0	0
	Crouton	7	35	0	0	4	90	<1	0	2
	Cucumbers	1 oz	4	0	<1	<1	<1	<1	0	<1
	Edamame	1 oz	40	0	1	3	5	3.7	0	2
	Head Lettuce	1 leaf	1	0	0	0	1	0	0	0
	Jalapeno, Raw	1	0	0	0	0	0	0	0	0
	Lemons	1	2	0	0	1	0	0	0	0
	Limes	1	-	0	1	7	1	0	0	<1
	Meatless Beef v	3 oz	130	0	0	5	350	24	0	1
	Meatless Chicken v	3 oz	160	1	1	8	320	16	0	8
	Mushrooms	1 oz	7	0	0	1	1	1	0	<1
	Onion (Green)	1	2	0	0	0	1	0	0	0
	Onions (Yellow)	1 oz	11	0	2	2	1	<1	0	<1
	Pea Pods	1 oz	11	0	<1	3	2	<1	0	<1
	Peppers (Green)	1 oz	8	0	<1	2	1	<1	0	0
	Peppers (Red)	1 oz	9	0	<2	2	2	<1	0	<1
	*Red Peppers Canned v GF	1 oz	5	0	0	1	30	0	0	0
	Pineapple	1 oz	14	0	3	3	2	<1	0	0
Red Skin Potatoes	1 oz	20	0	0	4	3	<1	0	0	
Romaine Lettuce	1 oz	1	0	0	0	1	0	0	0	
Tofu	3 oz	70	0	0	3	0	10	0	2	
Tomato	1 oz	5	0	<1	1	0	0	0	0	
Water Chestnuts	1 oz	9	0	<1	2	5	<1	0	0	
RICE & NOODLES	Rice White v GF	3/4	180	0	0	39	380	3	1	0
	Rice Brown v GF	3/4	150	0	0	32	0	3	1	1
	Pasta	2 oz	210	0	0	42	0	7	2	1
	*Canton Noodle v	2 oz	150	0	0	31	240	4	1	0
	*Rice Noodle v GF	2 oz	200	0	0	46	20	3	2	0
	*Yakisoba v	2 oz	120	0	0	125	0	0	23	1.5
	Tortillas v	1 ea	80	1	0	12	180	2	1	1.5

v vegetarian **GF** gluten free

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Updated 02/2016

SAUCES

	servicing size	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)	
THIRD GENERATION	Asian Black Bean v	1 oz	31	0	1	2	670	1	0	2.5
	Cherry Vinaigrette v GF	1 oz	35	0	7	9	90	0	0	0
	Chili Garlic v GF	1 oz	40	0	2	3	680	0	0	2.5
	Fajita v	1 oz	10	0	1	2	420	0	0	0
	Korean BBQ v	1 oz	30	0	4	5	310	1	0	1
	Kung Pao v	1 oz	25	0	2	6	320	0	0	0
	Lemon	1 oz	30	0	6	8	120	0	0	0
	Mongolian Ginger v	1 oz	40	0	6	7	510	1	0	1
	Mongo Marinara v GF	1 oz	15	0	1	2	120	1	0	.5
	Mustard v GF	1 oz	5	0	0	0	250	0	0	0
	Pad Thai v	1 oz	30	0	5	5	660	1	0	0
	Peanut	1 oz	80	1	7	8	230	1	0	4.5
	Savory Bacon GF	1 oz	30	0	4	7	190	0	0	0
	Sesame Ginger v	1 oz	20	0	4	5	170	0	0	0
	Shiitake Mushroom	1 oz	30	0	5	7	490	1	0	0
	Soy v	1 oz	10	0	0	2	640	1	0	0
	Spicy Buffalo v GF	1 oz	45	.5	0	0	150	0	0	4.5
	Sweet & Sour v GF	1 oz	40	0	9	10	105	0	0	0
	Teriyaki v	1 oz	35	0	7	8	370	1	0	0
	Yum Yum Sauce v GF	1 oz	180	3	1	2	110	0	10	19
Oil	1 TSP	40	0	0	0	0	0	0	4.5	

*The nutritional information provided is prior to cooking. The amount of oil absorbed by your meal is usually minimal because of the high cook temperature.

APPETIZERS

	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)
Shortening used for frying (1 TBSP) v GF	120	2	0	0	0	0	0	14
Crab Rangoons (w/ Sweet Chili Sauce)(1 TBSP Oil)	460	7	20	60	830	10	40	22
Egg Roll Appetizer (with Sesame Ginger)	610	9	18	54	1800	16	40	37
Pot Stickers (With Mongolian Ginger) (2 TSP Oil)	460	5	16	49	1620	17	35	22
Spinach and Artichoke Wontons	480	12	0	28	600	8	20	38
Sriracha Chicken Bites (With Ranch) (1 TBSP Oil)	730	10	23	51	1970	18	55	49
Sriracha Chicken Bites (No Ranch) (1 TBSP Oil)	530	7	22	49	1610	17	40	29
The Shareable Trio (Chicken Sriracha Bites, Egg Rolls + Crab Rangoon)	1280	22	27	103	2780	34	120	83

*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 of preparation could cause and increase or decrease of shortening amounts in each product. Value may vary at time of preparation.

DESSERTS

	servicing size	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)
Ice Cream, Vanilla v GF	2/3 cup	170	5	16	20	55	4	65	9
Chips Galore Ice Cream Sandwich v	-	310	9	28	40	190	4	35	16
Cheesecake, Triple Vanilla Bean v	1 piece	670	39	39	56	290	7	155	49
Cheesecake, Tuxedo v	1 piece	690	28	40	59	270	7	150	50
Fried Oreos v	-	760	13	53	102	920	10	25	36
Sweet Skillet, Apple Pie	-	630	13	61	97	640	6	35	24
Sweet Skillet, Blondie v	-	720	10	55	102	290	9	155	32
Sweet Skillet, Brownie v	-	710	13	74	98	390	9	85	35
Sundae v GF	-	660	22	62	77	190	12	130	35
Sundae, Kids Caramel v GF	-	420	13	42	55	160	7	105	19
Sundae, Kids Hot Fudge v GF	-	430	16	42	52	135	7	100	22
Sundae, Kids Strawberry v GF	-	370	12	38	46	105	6	100	18
Topping, Caramel v GF	1 oz	90	1	14	19	70	1	5	1.5
Topping, Chocolate Chips v GF	1 oz	130	4.5	15	19	0	1	0	8
Topping, Gummie Bears v GF	1 oz	90	0	14	21	5	2	0	0
Topping, Hot Fudge v GF	1 oz	100	3.5	14	16	40	1	0	4.5
Topping, Nerds v GF	1 oz	110	0	26	26	0	0	0	0
Topping, Rainbow Sprinkles v GF	1 oz	140	2.5	10	21	0	0	0	6
Topping, Whipped Topping v GF	2 TBSP	25	2	2	2	0	0	0	2

v vegetarian **GF** gluten free

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SOUPS

	servicing size	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)
Beer Cheese V	8 oz	410	17	1	14	1010	9	90	33
Chicken Princess	8 oz	170	4.5	1	8	940	6	30	13
Crema Andaluz V	8 oz	260	14	4	12	1140	3	80	20
4 Pepper Chili	8 oz	160	1.5	6	19	810	12	20	4
Tomato Parmesan V	8 oz	260	6	15	27	1300	15	30	9
Steak and Mushroom	8 oz	180	4.5	1	9	1110	6	25	13

KIDS

	servicing size	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)
Kids Sweet & Sour Chicken	-	380	1	28	64	600	18	40	5
Kids Teriyaki Chicken	-	350	1	14	52	1660	22	40	5
Chicken Tenders (No Ranch) (1TBSP Oil)	-	360	3.5	4	18	950	19	40	24
Chicken Tenders (w/ Ranch) (1TBSP Oil)	-	570	7	6	21	1340	21	55	45
Mac & Cheese Bites (No Ranch) (1TBSP Oil) V	-	360	11	1	18	530	13	155	27
Mac & Cheese Bites (w/ Ranch) (1TBSP Oil) V	-	570	14	3	21	920	14	170	48
Turkey Corn Dogs (No Ketchup) (1TBSP Oil)	-	250	5	6	21	650	9	40	28
Turkey Corn Dogs (w/ Ketchup) (1TBSP Oil)	-	250	5	18	33	1220	9	40	28
Ketchup V GF	1.5 oz	45	0	10	11	500	1	0	0
Ranch V GF	1.5 oz	210	4	2	3	390	2	15	21
Marinara V GF	1.5 oz	25	0	4	4	105	2	0	0
Apple Sauce Original, Mott's 4 oz V GF	1 each	90	0	22	24	0	0	0	0
Apple Sauce Strawberry, Mott's 4 oz V GF	1 each	90	0	21	23	0	0	0	0
Broccoli V GF	1/2 cup	10	0	0	2	10	1	0	0
Mandarin Oranges V GF	1/2 cup	45	0	9	11	0	1	0	0
Cottage Cheese V GF	1/2 cup	100	1.5	0	4	460	16	10	2
Apple Juice, Box V GF	1 box	100	0	23	24	10	0	0	0
Yoo Hoo, Box (Note: Contains 1 mg of Natural Occuring Caffeine) V GF	1 box	100	0	19	22	150	1	0	1
Rice White V GF	3/4 cup	180	0	2	39	380	3	0	0
Rice Brown V GF	3/4 cup	150	0	0	32	0	3	0	1

SALAD DRESSINGS

	servicing size	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)
Balsamic Vinaigrette V GF	1 oz	60	<1	3	4	190	0	0	5
Blue Cheese V GF	1 oz	160	3	1	2	260	1	15	17
Caesar GF	1 oz	150	<3	1	29	300	1	0	16
FAT FREE French V GF	1 oz	30	0	5	8	310	0	0	0
Greek Feta V GF	1 oz	70	3	0	1	270	5	15	5
Honey Mustard V GF	1 oz	160	3	5	5	140	0	10	16
Ranch V GF	1 oz	140	2.5	1	2	260	1	10	14
Raspberry Vinaigrette V GF	1 oz	35	0	7	8	80	0	0	0

TO-GO

	servicing size	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)	
TO-GO PREPARED ITEMS	Fried Rice Chicken	Meal	750	4.5	8	97	2940	46	360	18
	Fried Rice Shrimp	Meal	710	3	8	98	3020	46	450	14
	Fried Rice Veggie V	Meal	590	2.5	8	97	2850	23	280	12
	Teriyaki Beef (w/ White Rice)	Meal	640	4.5	25	85	1920	46	95	13
	Teriyaki Chicken (w/ White Rice)	Meal	560	2	24	87	1940	37	80	9
	Teriyaki Shrimp	Meal	530	1	24	88	2020	36	170	5
	Sweet and Sour Chicken GF	Meal	560	2	42	94	510	29	80	8
	Sweet and Sour Pork GF	Meal	590	4	43	95	760	26	60	13
	Sweet and Sour Shrimp GF	Meal	530	1	42	95	590	28	170	4.5
	Mongolian Ginger Beef	Meal	540	4.5	21	70	1920	31	60	16
	Kung Pao Beef	Meal	580	4.5	24	80	1510	29	60	15
	Kung Pao Chicken	Meal	550	2	24	80	1300	32	80	10
	Kung Pao Shrimp	Meal	510	1	24	81	1380	31	170	7
	Pad Thai Chicken	Meal	720	4.5	9	85	3110	47	360	18
	Pad Thai Shrimp	Meal	690	3.5	9	86	3190	47	450	14
	Spicy Chili Garlic Beef GF	Meal	610	4.5	37	91	1590	31	60	13
	Spicy Chili Garlic Chicken GF	Meal	580	2	37	91	1380	34	80	9
Spicy Chili Garlic Shrimp GF	Meal	550	1	37	92	1460	33	170	4.5	

FINISHING

	servicing size	calories	sat fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (mg)	total fat (g)	
FINISHING SAUCES	A1 Steak Sauce V GF	1 TBSP	15	0	2	3	280	0	0	0
	Cholula V GF	1 TSP	0	0	0	0	110	0	0	0
	Franks Red Hot Sauce V GF	1 TSP	0	0	0	0	190	0	0	0
	Sriracha Sauce V GF	1 TSP	5	0	1	1	80	0	0	0
	Tiger Sauce GF	1 TSP	10	0	2	2	100	0	0	0
	Worcestershire Sauce GF	1 TSP	0	0	0	0	60	0	0	0

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»» always ««
MARKET FRESH

Updated 02/2016

ALLERGEN & INGREDIENT LIST



BUFFET	vegetarian	contains gluten	MSG possible	eggs	fish	milk	peanuts	shellfish	soybeans	treenuts	wheat
Beef, Diced Marinated	No	No	Yes	No	No	No	No	No	No	No	No
Meatballs, Asian	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Meatless Beef	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Meatless Chick'n	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Noodles, Canton	Yes	Yes	No	Yes	No	No	No	No	No	No	Yes
Noodles, Rice	Yes	No	No	No	No	No	No	No	No	No	No
Noodles, Rotini	Yes	Yes	Yes	No	No	No	No	No	No	No	No
Noodles, Yakisoba	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes
Pork, Sliced Marinated	No	No	Yes	No	No	No	No	No	No	No	No
Rice Brown	Yes	No	No	No	No	No	No	No	No	No	No
Rice White Long Grain	Yes	No	No	No	No	No	No	No	No	No	No
Red Peppers, Canned	Yes	No	No	No	No	No	No	No	No	No	No
Sausage, Smoked	No	Yes	No	No	No	No	No	No	No	No	No
Tortilla	Yes	Yes	No	No	No	No	No	No	Yes	No	Yes

BEEF, DICED MARINATED

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

CALAMARI

Squid, Water and Salt.

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 CHICK'N

Water, Soy Protein isolate, Vital Wheat Gluten, Expeller Pressed/ Canola Oil, Natural Flavors (From Plant Sources), Modified Vegetable Gum, Organic Ancient Grains Four (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 & #6. Less than 0.1 of 1% Calcium Propionate as a Preservative

NOODLES, RICE

Rice Flour and Water

NOODLES, ROTINI

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

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

PORK, SLICED MARINATED

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

RICE BROWN

Long Grain or Medium Grain Natural Brown Rice

RICE WHITE LONG GRAIN

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

RED PEPPERS, CANNED

Peppers, Water, Vinegar, Salt, Sugar

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

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).

SAUCES

THIRD GENERATION

	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
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	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
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	Yes
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

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ASIAN BLACK BEAN

Water, Black Bean Garlic Sauce (Soy Sauce [Water, Salt, Soybeans, Wheat Flour], Fermented Black Beans (Black Beans, Salt, Water), Water, Sugar, Dehydrated Garlic, Salt, Soybean Oil, Rice Wine [Water, Rice, Wheat] , Modified Corn Starch), Soy Sauce (Water, Wheat, Soybean, Salt, Dodium Benzoate as Preservative), Soybean Oil, Modified Food Starch, Spice, 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

CHILI GARLIC

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

FAJITA

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

KUNG PAO

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

LEMON

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

MONGOLIAN GINGER

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

MONGO MARINARA

Mongo Marinara: Vine Ripened Fresh Tomatoes, Salt, Spices, Dehydrated Bell Peppers, Onion Powder and Garlic Powder

MUSTARD

Water, Mustard Seed, Vinegar, Salt, Citric Acid, Sulfur Dioxide, Distilled Vinegar, #1 Mustard Seed, Turmeric, Spices, Whole Grain Mustard (Water, Mustard Seeds, Vinegar, Salt, Fennel, Citric Acid, Potasium Metabisulfite, Turmeric) 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

PAD THAI

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

PEANUT

High Fructose Corn Syrup, Water, Peanut Butter (Roasted Peanuts and Peanut Oil, Corn Syrup Hydrogenated Rapeseed And Cottonseed Oils, Salt), Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Soybean Oil (Contains Citric Acid), Seasoned Rice Vinegar (Rice Vinegar, Water, High Fructose Corn Syrup, Salt, Brown Sugar), Red Curry (Dried Red Chili, Garlic, Lemongrass, Salt, Shallot, Galangal, Shrimp Paste (Shrimp), Kaffier Lime Peel, Pepper), Molsasses, White Distilled Vinegar, Ginger Puree Fresh Ginger, Water, Phosphoric Acid, Xanthan Gum), Sesame Seed Oil, Coconut Milk (Coconut Extract, Water, Citric Acid, Dodium Metabisulfite), Hoisin Sauce (Sugar, Water, Sweet Potato, Salt, Modified Cornstarch, Soybeans, Garlic, Spices, Sesame Seeds, Caramel Color, Wheat Flour, Chili Pepper, Acetic Acid, Red 40), Sesame Seeds, Chopped Garlic (Garlic, Soybean Oil, Olive Oil, Citric Acid), Gum Blend (Xanthan Gum, Guar Gum, Sodium Alginate), Chili Oil (Soybean Oil, Chili Pepper Powder), Potassium Sorbate (Preservative), Sodium Benzoate (Preservative), Dehydrated Onions, Caramel Color, Fish Sauce (Anchovy Extract, Water, Salt, Fructose, & Hydrolysed Vegetable Protein, Cider Vinegar Flavor (Water, Apple Juice Concentrate, Natural And Artificial Flavors, Sugar, Caramel Color, Sodium Benzoate), Dehydrated Garlic, Dehydrated Chives 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

SHIITAKE MUSHROOM

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

Soybeans, Salt, Lactic Acid, Sodium Benzoate, Less than 1/10 of 1% as a preervative. 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.

SPICY BUFFALO

Aged Cayenne Red Pepper, Distilled Vinegar, Water, Margarine [Soybean Oil, Soybean Flakes, Soy Lecithin Artificial Color with Beta Carotene, Articial Butter Flavor (Diacyl-Free0)], Salt, Garlic, Contains 2% or less of: Vegetable Oil (Soybean and/ or Canola), Paprika, Xanthan Gum, Propylene, Glycol Alginate, Citric Acid, Caramel Color, Red #40, Blue #1. 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.

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SWEET & SOUR

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

TERIYAKI

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

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APPETIZERS

	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
Crab Rangoons (w/ Sweet Chili Sauce)	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes
Crab Rangoons (No Sweet Chili Sauce)	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes
Egg Roll (Full App) (w/ Asian Sauce)	No	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes
Egg Roll (Full App)(No Asian Sauce)	No	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes
Pot Stickers (w/ sauce)	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Pot Stickers (No sauce)	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
Sriracha Chicken Bites (w/ Ranch)	No	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes
Sriracha Chicken Bites (No Ranch)	No	Yes	Yes	No	No	No	No	No	Yes	Yes	Yes

SHORTENING USED FOR FRYING: May vary by location

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

CRAB RANGOONS

FILLING: Cream Cheese, Imitation Crab Meat, Sugar, Salt, Pepper and Other Spice. CRUST: Enrich Wheat Flour, Water, Egg, Salt, Less Than 0.1% of 1% Sodium Benzoate as a Preservative, FD&C yellow #5 and #6, Dusted With Corn Starch. SAUCE :Sweet Chili Sauce: Water, Sugar, Chili Garlic Sauce (Salted Chili Pepper [Chili, Salt], Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid, Salt, Vinegar, Crushed Red Chillies, Xanthan Gum, Dehydrated Onion and Garlic Powder

EGG ROLL, PORK & VEGETABLE

Cabbage, Enriched Bleached Flour(Wheat flour Niacin, Reduced Iron, thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate, Malted Barley Flour), Pork, Water, Enriched Durum Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Soy flour, Carrots, Celery, Onion, Contains 2% or Less of Salt, Sugar, Fish Sauce (Anchovy Fish Extrac, Salt, Sugar), Dried Whole Egg, Cottonseed Oil, Garlic Powder, Wheat Gluten, Spice, Fried in Cottonseed Oil. GARNISH: CARROTS SAUCE PONZU: Fructose, Soy Sauce, (Water, Wheat, Soybeans, And Salt), Rice Vinegar, Cooking Wine, Water, Pineapple Juice Concentrate (Water, Concentrated Pineapple Juice and Ascorbic Acid [Vitamin C]), Green Onion, Sesame Oil, Modified Food Starch, Caramel Color, Sesame Seeds, Spices, Cilantro, Crushed Red Peppers.

POT STICKERS

Filling: Pork, Cabbage, Contains 2% or Less of Sugar, Corn Starch, Sesame Seed Flavored Oil (Cottonseed Oil or Soybean and Sesame Oil), Soy Sauce (Water, Wheat, Soybeans, Salt, and Less than 0.10% Sodium Benzoate as a Preservative), Garlic Powder, Green Onions, Salt, Spice, Onion Powder. CRUST: Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt, Dried Whole Egg. GARNISH: Green Onions and Carrots SAUCE PONZU: Fructose, Soy Sauce, (Water, Wheat, Soybeans, And Salt), Rice Vinegar, Cooking Wine, Water, Pineapple Juice Concentrate (Water, Concentrated Pineapple Juice and Ascorbic Acid [Vitamin C]), Green Onion, Sesame Oil, Modified Food Starch, Caramel Color, Sesame Seeds, Spices, Cilantro, Crushed Red Peppers.

SRIRACHA CHICKEN

Boneless Chicken Breast Meat, Water, Seasoning (Modified Food Starch, Carrageenan), Salt Sodium Phophates 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 (Dodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Extrictive 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 Chillies, Xanthan Gum, Dehydrated Onion and Garlic Powder] JALAPENOS, 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, buttermilk

DESSERTS

	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
Chips Galore Ice Cream Sandwich*	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Cheesecake, Triple Vanilla Bean	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Cheesecake, Tuxedo	Yes	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes	Yes
Fried Oreos	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes
Sweet Skillet, Apple Pie	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes
Sweet Skillet, Blondie	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes
Sweet Skillet, Brownie	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes
Sundae	Yes	No	No	Yes	No	Yes	Yes	No	No	No	Yes
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	No	No	Yes	No	No	No	No	No
Topping, Caramel	Yes	No	No	No	No	Yes	No	No	No	No	No
Topping, Chocolate Chips	Yes	No	No	No	No	Yes	No	No	Yes	No	No
Topping, Gummie Bears	Yes	No	No	No	No	No	No	No	No	No	No
Topping, Hot Fudge	Yes	No	No	No	No	Yes	No	No	No	No	No
Topping, Nerds	Yes	No	No	No	No	No	No	No	No	No	No
Topping, Rainbow Sprinkles	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Topping, Whipped Topping	Yes	No	No	No	No	Yes	No	No	No	No	No
Topping, Cherry	Yes	No	No	No	No	No	No	No	No	No	No

* (Manufacturer notes that Peanuts and Treenuts MAY be in this product)

VANILLA ICE CREAM

Milk, Cream, Buttermilk, Sugar, Corn Syrup, Egg Yolks, High Fructose Corn Syrup, Contains Less than 1% of The Following: Vanilla Extract, Natural Flavors, Artificial Vanilla Flavor, Guar Gum, Cellulose Gum, Carrageenan, Annatto (For Color), Caramel Color.

CHEESECAKE, TRIPLE VANILLA BEAN

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 Phosphat 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 Flavor. Chips: Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin, Vanillin. 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 Kernel 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, Natrual and Artificial Flavor, Beta Carotene for Color, Vitamin A Palmitate, Whey), Natural Flavors, Salt, Baking Soda, Amonium Bicarbonate.

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 Xantham Gum

SKILLET, APPLE PIE

Apples , Enriched Flour, (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Corn Syrup, Begetable Oil (Coconut, Palm and Soybean Oils), Water, Sweetened Condensed Whole Milk, Rolled Oats, Contains 2% or Less of Each of the Following: Modified Corn Starch, Margarine, Salt, High Fructose Corn Syrup, Brown Sugar, Ascorbic Acid, Natural Flavorings, Pectin, Citric Acid, Soy Lecithin, Gelatin, Cinnamon Baking Soda, Malic Acid, Sodium Propionate, Gums (Carob Bean and Xanthan), Soy Flour. ICE CREAM: Milk, Cream, Buttermilk, Sugar, Corn Syrup, Egg Yolks, High Fructose Corn Syrup, Contains Less than 1% of The Following: Vanilla Extract, Natural Flavors, Artificial Vanilla Flavor, Guar Gum, Cellulose Gum, Carrageenan, Annatto (For Color), Caramel Color. 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 Xantham Gum

SKILLET, BLONDIE

Brown Sugar, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Butter, Skim Milk, Bittersweet Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla Extract, Milk), Eggs, Vegetable Oil (Palm, Soybean And/Or Cottonseed Oils), Walnuts. Contains 2% Or Less Of Each Of The Following: Modified Corn Starch, Partially Hydrogenated Palm Kernel, Cottonseed And Soybean Oils, Salt, Dried Egg Whites, Natural And Artificial Flavors, Cocoa, Chocolate Processed With Alkali, Baking Powder (Sodium Acid Pyrophosphate, Baking Soda, Corn Starch, Monocalcium Phosphate), Cocoa Processed With Alkali, Soy Lecithin, Distilled Monoglycerides, Sorbitan Monostearate, Butterfat, Mono-And Diglycerides, Polysorbate 60, Soy Flour. ICE CREAM: Milk, Cream, Buttermilk, Sugar, Corn Syrup, Egg Yolks, High Fructose Corn Syrup, Contains Less than 1% of The Following: Vanilla Extract, Natural Flavors, Artificial Vanilla Flavor, Guar Gum, Cellulose Gum, Carrageenan, Annatto (For Color), Caramel Color. 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 Xantham Gum CHOPPED NUTS

SKILLET, BROWNIE

Sugar, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Milk, Chocolate Chips (Sugar, Whole Milk Powder, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Vanilla), Vegetable Oil (Soybean and Palm Oils), Eggs, Water, Wunsweetened Chocolate, Cocoa Processed with Alkali Contains 2% or Less of Each of the Following: Skim Milk, Corn Starch, Mono-And Diglycerides, Polysorbate 60, Salt, Artificial Flavor, Soy Lecithin, Soy Flour. ICE CREAM: Milk, Cream, Buttermilk, Sugar, Corn Syrup, Egg Yolks, High Fructose Corn Syrup, Contains Less than 1% of The Following: Vanilla Extract, Natural Flavors, Artificial Vanilla Flavor, Guar Gum, Cellulose Gum, Carrageenan, Annatto (For Color), Caramel Color. 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 Xantham Gum

SUNDAE

ICE CREAM: Milk, Cream, Buttermilk, Sugar, Corn Syrup, Egg Yolks, High Fructose Corn Syrup, Contains Less than 1% of The Following: Vanilla Extract, Natural Flavors, Artificial Vanilla Flavor, Guar Gum, Cellulose Gum, Carrageenan, Annatto (For Color), Caramel Color. 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 Xantham 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

ICE CREAM: Milk, Cream, Buttermilk, Sugar, Corn Syrup, Egg Yolks, High Fructose Corn Syrup, Contains Less than 1% of The Following: Vanilla Extract, Natural Flavors, Artificial Vanilla Flavor, Guar Gum, Cellulose Gum, Carrageenan, Annatto (For Color), Caramel Color. 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 Xantham 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 Xantham 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.

TOPPINGS, CHOCOLATE CHIPS

Sugar, Chocolate Liquor, Cocoa Butter, Butterfat (Milk), Soy Lecithin and Vanilla

TOPPINGS, GUMMY BEARS

Corn Syrup, Sugar, Gelatin, Citric Acid, Sorbitol, Natural & Artificial Flavors, Pectin, FD&C Yellow no.5 &6., Blue No. 1, Red No. 40, Vegetable Oil (Coconut) and Carnauba Wax (Used for Anti-Sticking)

TOPPINGS, NERDS

Dextrose, Sugar, Malic Acid and Less Than 2% of Corn Syrup, Artificial Flavors, Carnauba Wax, Color Added, Carmine Color, Blue 1, Blue 1 Lake, Blue 2, Blue 2 Lake, Red 40, Red 40 Lake, Yello 5, Yellow 5 Lake, Yellow 6, Yellow 6 Lake

TOPPINGS, RAINBOW SPRINKLES

Sugar, Corn Starch, Partially hydrogenated Cottonseed and Soybean Oils, Dextrin, Soy Lecithin, Confectioner's Glaze, FD&C Red #40 Lake, Natural and Artificial Flavors, Caraubax Wax, FD&C Yellow #6 Lake, FD&C Blue #1 Lake, FD&C Yellow #5 Lake, FD&C Red #3, FD&C Red #40, and FD&C Blue #1

SOUPS	vegetarian	contains gluten	MSG possible	eggs	fish	milk	peanuts	shellfish	soybeans	treenuts	wheat
Beer Cheese	Yes	Yes	Yes	No	No	Yes	No	No	Yes	No	Yes
Chicken Princess	No	Yes	Yes	No	No	Yes	No	No	Yes	No	Yes
Crema Andaluz	Yes	Yes	No	No	No	Yes	No	No	Yes	No	Yes
4 Pepper Chili	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Tomato Parmesan	Yes	Yes	No	No	No	Yes	No	No	Yes	No	Yes
Steak and Mushroom	No	Yes	Yes	No	Yes	Yes	No	No	Yes	No	Yes

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, Soy Lecithin, Vegetable Monao 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 (Vegetable Purees [Carrot, Celery, Onion], Salt, Maltodextrin, Onion Powder, Soybean Oil, Food Starch, Carrot Powder, Garlic Powder, Extractive of Carrot, Xanthan Gum, Spice Extractives). Fresh Vegetables (Onions, Celery, Carrots, Green Peppers)

CHICKEN PRINCESS

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, Soy Lecithin, Vegetable Monao 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 Soybean Oil (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

CREMA ANDALUZ

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.

4 PEPPER CHILI

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)

TOMATO PARMESAN

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 (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]), Garlic, Mixed Herbs (Marjoram, Thyme, Rosemary, Savory, Sage, Oregano, Basil)

STEAK AND MUSHROOM

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, Dimethylpolysiloxane, . An Anti-Foaming Agent Added)

KIDS

	vegetarian	contains gluten	MSG possible	eggs	fish	milk	peanuts	shellfish	soybeans	treenuts	wheat
Kids Sweet & Sour Chicken	No	Yes	No	Yes	No	No	No	No	Yes	No	Yes
Kids Teriyaki Chicken	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Chicken Tenders (No Ranch)	No	Yes	No	No	No	Yes	No	No	Yes	No	Yes
Chicken Tenders (w/ Ranch)	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Mac & Cheese Bites (No Ranch)	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	Yes
Mac & Cheese Bites (w/ Ranch)	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Turkey Corn Dogs (No Ketchup)	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Turkey Corn Dogs (w/ Ketchup)	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Ketchup	Yes	No	Yes	No	No	No	No	No	No	No	No
Ranch	Yes	No	Yes	Yes	No	Yes	No	No	Yes	No	No
Marinara	Yes	No	No	No	No	No	No	No	No	No	No
Apple Sauce Original, Mott's 4 oz	Yes	No	No	No	No	No	No	No	No	No	No
Apple Sauce Strawberry, Mott's 4 oz	Yes	No	No	No	No	No	No	No	No	No	No
Broccoli	Yes	No	No	No	No	No	No	No	No	No	No
Mandarin Oranges	Yes	No	No	No	No	No	No	No	No	No	No
Cottage Cheese	Yes	No	Yes	No	No	Yes	No	No	No	No	No
Apple Juice, Box	Yes	No	No	No	No	No	No	No	No	No	No
Yoo Hoo, Box	Yes	No	No	No	No	Yes	No	No	Yes	No	No
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

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. Breading 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

KIDS SWEET AND SOUR CHICKEN

CHICKEN, NOODLES (Wheat Flour, Water, Whole Egg, Salt, Corn Starch, FD&C Yellow #6 & #5. Less than 0.1 of 1% Calcium Propionate as a Preservative.), BROCCOLI, CARROTS, MUSHROOMS, PINEAPPLES, SWEET AND SOUR SAUCE (Water, Sugar, Pineapple Juice Concentrate, Modified Food Starch, Vinegar, Salt, Dehydrated Red Bell Pepper, Dehydrated Green Bell Pepper, Citric Acid, Paprika) Sauteed with: SOYBEAN OIL (Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

KIDS TERIYAKI CHICKEN

Chicken, Noodles (Wheat Flour, Water, Whole Egg, Salt, Corn Starch, FD&C Yellow #6 & #5. Less than 0.1 of 1% Calcium Propionate as a Preservative.), BROCCOLI, CARROTS, MUSHROOMS, PINEAPPLES SAUCE TERIYAKI: (Water, Soy Sauce [Water, Wheat, Soybeans, Seasalt And Sodium Benzoate {Less Than 1/10 Of 1% As A Preservative}] Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic and Spice. Sauteed with: Soybean Oil (Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

MAC AND CHEESE BITES

Pasteurized Process Sharp Cheddar Style Cheese (Cheddar Cheese [Milk, Cheese Culture, Salt, Enzymes], Water, Sodium Phosphates, Milk Fat, Salt, Artificial Color), Cooked Elbow Macaroni (Wheat Flour, Enriched with Iron, Niacin, Thiamin, Riboflavin), Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Colored With Annatto), Pizza Sauce (Vine-Ripened Fresh Tomatoes, Salt And Basil), Cellulose Gum, Worcestershire Sauce (Water, High Fructose Corn Syrup, Corn Syrup, Molasses, Salt, Vinegar, Caramel Color, Hydrolyzed Soy Protein, Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Natural Flavor, Guar Gum, Sodium Benzoate), Hot Sauce (Aged Red Peppers, Distilled Vinegar, Water, Salt, Natural Flavoring, Xanthan Gum, Dehydrated Garlic), Vegetable Base (A Blend Of Vegetables [Purees (Carrot, Celery, Onion, Sautéed Onion, Red Bell Pepper), Dehydrated (Tomato, Carrots, Green Bell Pepper, Onion), Juices (Onion, Garlic, Shallot, Carrot)], Sugar, Salt, Yeast Extract, Hydrolyzed Corn Protein, Contains 2% Or Less Of The Following; Maltodextrin, Canola Oil, Natural Flavor, Disodium Inosinate, Disodium Guanylate, Modified Food Starch, Spice, Hydrolyzed Soy Protein, Burgundy Wine Solids), Salt, White Pepper, Roasted Garlic. Liquid Eggs (Whole Eggs, Citric Acid [To Preserve Color], Xantha Gum). Bread Crumbs (Bleached, Wheat Flour, Dextrose, Yeast, Salt), Vegetable Oil (Soybean Oil)

TURKEY CORN DOGS

Turkey Frank Natural Smoke Flavor Added: Mechanically Separated Turkey, Water, Corn Syrup, Contains 2% or Less of: Salt, Potassium Lactate, Flavorings, Dextrose, Sodium Diacetate, Ascorbic Acid (Vitamin C), Natural Smoke Flavoring, Extractives of Paprika, Sodium Nitrite, Processed with Beef Collagen Casings. Batter/ Breading (Enriched Wheat Flour [Enriched with Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid], Contains 2% or Less: Modified Wheat Starch, Soy Flour, Leavening [Sodium Acid Pyrophosphate, Dodium Bicarbonate], Soybean Oil, Brown Sugar, Salt, Dried Egg Yolk, Sodium Caseinate, Honey Solids [With Wheat Starch, Calcium Stearate], Nonfat Dry Milk, Dried Egg White, Natural and Artificial Flavor, Soy Lecithin). Cooked in Vegetable Oil. Ketchup (Tomato Concentrate From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring.)

APPLE JUICE

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

MANDARIN ORANGES

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

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.

BROCCOLI

Broccoli (Blanched)

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)

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

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

SALAD DRESSINGS

	vegetarian	contains gluten	MSG possible	eggs	fish	milk	peanuts	shellfish	soybeans	treenuts	wheat
Balsamic Vinaigrette	Yes	No	No	No	No	No	No	No	Yes	No	No
Blue Cheese	Yes	No	Yes	Yes	No	Yes	No	No	Yes	No	No
Caesar	No	No	No	No	Yes	Yes	No	No	Yes	No	No
FAT FREE French	Yes	No	No	No	No	No	No	No	No	No	No
Greek Feta	Yes	No	No	No	No	Yes	No	No	Yes	No	No
Honey Mustard	Yes	No	No	Yes	No	No	No	No	Yes	No	No
Ranch	Yes	No	Yes	Yes	No	Yes	No	No	Yes	No	No
Raspberry Vinaigrette	Yes	No	No	No	No	No	No	No	No	No	No

BALSAMIC VINAIGRETTE

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

BLUE CHEESE

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

CAESAR

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

FAT FREE FRENCH

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

GREEK FETA

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

HONEY MUSTARD

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

RANCH

Mayonnaise (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, buttermilk

RASPBERRY VINAIGRETTE

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

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

TO-GO		vegetarian	contains gluten	MSG possible	eggs	fish	milk	peanuts	shellfish	soybeans	treenuts	wheat
TO-GO PREPARED ITEMS	Fried Rice Chicken	No	Yes	Yes	Yes	No	No	No	No	Yes	No	Yes
	Fried Rice Shrimp	No	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes
	Fried Rice Veggie	Yes	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Teriyaki Beef (w/ White Rice)	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Teriyaki Chicken (w/ White Rice)	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Teriyaki Shrimp	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Sweet and Sour Chicken	No	No	No	No	No	No	No	No	Yes	No	No
	Sweet and Sour Pork	No	No	Yes	No	No	No	No	No	Yes	No	No
	Sweet and Sour Shrimp	No	No	No	No	No	No	No	No	Yes	No	No
	Mongolian Ginger Beef	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Kung Pao Beef	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Kung Pao Chicken	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Kung Pao Shrimp	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Pad Thai Chicken	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Pad Thai Shrimp	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
	Spicy Chili Garlic Beef	No	No	Yes	No	No	No	No	No	Yes	No	No
	Spicy Chili Garlic Chicken	No	No	Yes	No	No	No	No	No	Yes	No	No
Spicy Chili Garlic Shrimp	No	No	Yes	No	No	No	No	No	Yes	No	No	

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) SAUCE TERIYAKI: (Water, Soy Sauce [Water, Wheat, Soybeans, Seasalt And Sodium Benzoate (Less Than 1/10 Of 1% As A Preservative)] Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic and Spice), SOY LITE (Water, Wheat Soybeans, Salt, Alcohol, Vinegar, Lactic Acid), SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, 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) SAUCE TERIYAKI: (Water, Soy Sauce [Water, Wheat, Soybeans, Seasalt And Sodium Benzoate (Less Than 1/10 Of 1% As A Preservative)] Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic and Spice), SOY LITE (Water, Wheat Soybeans, Salt, Alcohol, Vinegar, Lactic Acid), SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, 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) SAUCE TERIYAKI: (Water, Soy Sauce [Water, Wheat, Soybeans, Seasalt And Sodium Benzoate (Less Than 1/10 Of 1% As A Preservative)] Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic and Spice), SOY LITE (Water, Wheat Soybeans, Salt, Alcohol, Vinegar, Lactic Acid) SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

TERIYAKI + CHOICE OF BEEF/CHICKEN OR SHRIMP

BROCCOLI, CARROTS, MUSHROOMS, ONIONS, PINEAPPLES, WATERCHESTNUTS. SAUCE TERIYAKI: (Water, Soy Sauce [Water, Wheat, Soybeans, Seasalt And Sodium Benzoate (Less Than 1/10 Of 1% As A Preservative)] Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic and Spice), SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

SWEET AND SOUR + CHICKEN/PORK/ OR SHRIMP

CARROTS, ONIONS, PEPPERS, PINEAPPLE, GROUND GINGER. SWEET AND SOUR SAUCE (Water, Sugar, Pineapple Juice Concentrate, Modified Food Starch, Vinegar, Salt, Dehydrated Red Bell Pepper, Dehydrated Green Bell Pepper, Citric Acid, Paprika), SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

MONGOLIAN GINGER BEEF

BEEF, BROCCOLI, GREEN ONION, MUSHROOMS, PEPPERS, CHOPPED GARLIC MONGOLIAN GINGER: Soy Sauce (Water, Wheat, Soybeans And Salt), Sugar, Rice Vinegar, Ginger, White Wine Vinegar, Water, Chili Garlic Sauce Salted Chili Pepper (Chili, Salt), Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid), Vegetable Oil, Modified Food Starch, Sesame Oil, Minced Garlic (Garlic And Water), Roasted Minced Garlic (Garlic, Water, And Phosphoric Acid, Potassium Sorbate And Sodium Benzoate [To Preserve Freshness]), Toasted Sesame Seed, Anise Seed, Crushed Red Chilies, Spice Mix (Anise, Cinnamon, Star Anise, Ginger And Sulfiting Agents), Teriyaki Sauce (Water, Soy Sauce (Water, Wheat, Soybeans, Seasalt And Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative]), Sugar, Fructoses Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic And Spice) SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

KUNG PAO BEEF/CHICKEN OR SHRIMP

CARROTS, ONIONS, PEA PODS, PEPPERS KUNG PAO: Soy Sauce (Water, Wheat, Soybeans And Salt), Sugar, Rice Vinegar, Ginger, White Wine Vinegar, Water, Chili Garlic Sauce (Salted Chili Pepper [Chili, Salt], Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid), Vegetable Oil, Modified Food Starch, Sesame Oil, Minced Garlic (Garlic And Water), Roasted Minced Garlic (Garlic, Water, And Phosphoric Acid, Potassium Sorbate And Sodium Benzoate [To Preserve Freshness]), Toasted Sesame Seed, Anise Seed, Crushed Red Chilies, Spice Mix (Anise, Cinnamon, Star Anise, Ginger And Sulfiting Agents), Teriyaki Sauce (Water, Soy Sauce (Water, Wheat, Soybeans, Seasalt And Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative]), Sugar, Fructoses, Modified Food Starch, Vinegar, Caramel Color, Ground Ginger (Fresh Ground Ginger, Water, Phosphoric Acid And Xanthan Gum), Citric Acid, Granulated Garlic And Spice) MONGO MARINARA (Vine Ripened Fresh Tomatoes, Salt, Spices, Dehydrated Bell Peppers, Onion Powder and Garlic Powder), SRIRACHA SAUCE (Water, Red Chili, Sugar, Garlic, Salt, Xanthan Gum, Acetic Acid, Sodium Benzoate), SWEET CHILI SAUCE (Water Sugar, Chili Garlic Sauce (Salted Chili Pepper [Chili, Salt], Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid, Salt, Vinegar, Crushed Red Chilies, Xanthan Gum, Dehydrated Onion and Garlic Powder) SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

PAD THAI CHICKEN OR SHRIMP

BEAN SPROUTS, CARROTS, PEA PODS, GREEN ONION, JALAPENOS, EGGS, CILANTRO, CHOPPED NUTS, LIME WEDGE NOODLES (Wheat Flour, Water, Whole Egg, Salt, Corn Starch, FD&C Yellow #6 & #6. Less than 0.1 of 1% Calcium Propionate as a Preservative.) PAD THAI: Soy Sauce (Water, Wheat, Soybeans, Seasalt And Sodium Benzoate [Less Than 1/10 Of 1% As A Preservative]), Sugar, Water, White Vinegar, Ketchup (Tomato Concentrate Made From Red Ripe Tomatoes, Distilled Vinegar, High Fructose Corn Syrup, Corn Syrup, Salt, Spice, Onion Powder, Natural Flavoring), Unseasoned Rice Vinegar, Red Chili Paste (Chili, Salt, Distilled Vinegar, Potassium Sorbate, And Sodium Bisulfite As Preservatives), Ground Ginger (Ginger, Water, Phosphoric Acid And Xanthan Gum), And Salt. SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

SPICY CHILI GARLIC BEEF/CHICKEN/SHRIMP

BEAN SPROUTS, BROCCOLI, CARROTS, MUSHROOMS, PEA PODS, GREEN ONION CHILI GARLIC: Salted Chili Pepper, Garlic, Water, Sugar, Rice Vinegar, Modified Corn Starch, Acetic Acid Liquid and Hydrogenated Soybean Oil, Water, Salt, Vegetable Mono & Diglycerides, Soy Lecithin, Sodium Benzoate (A Preservative), Citric Acid, Natural & Artificial Flavor, Calcium Disodium EDTA Added To Protect Flavor, Beta Carotene (Color), Vitamin A Palmitate Added SOYBEAN OIL (TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, An Anti-Foaming Agent Added).

FINISHING

	vegetarian	contains gluten	MSG possible	eggs	fish	milk	peanuts	shellfish	soybeans	treenuts	wheat
FINISHING SAUCES											
A1 Steak Sauce	Yes	No	Yes	No	No	No	No	No	No	No	No
Cholula	Yes	No	Yes	No	No	No	No	No	No	No	No
Franks Red Hot Sauce	Yes	No	No	No	No	No	No	No	No	No	No
Pickapeppa Sauce	Yes	No	No	No	No	No	No	No	No	No	No
Soy Lemongrass Sauce	Yes	Yes	No	No	No	No	No	No	No	No	No
Sriracha Sauce	Yes	No	No	No	No	No	No	No	No	No	No
Tabasco	Yes	No	No	No	No	No	No	No	No	No	No
Tiger Sauce	No	No	Yes	No	Yes	No	No	No	Yes	No	No
Wasabi Sesame Seeds	Yes	No	Yes	No	No	No	No	No	No	No	No
Worcestershire Sauce	No	No	Yes	No	Yes	No	No	No	Yes	No	No

A1 STEAK SAUCE

Chili, Sugar, Salt, Garlic Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite as Preservatives and Xanthan Gum

CHOLULA

Water, Peppers (Arbol and Piquin), Salt, Vinegar, Spices and Xanthan Gum

FRANKS RED HOT SAUCE

Aged Cayenne Red Peppers, Distilled Vinegar, Water Salt and Garlic Powder

PICKAPEPPA SAUCE

Mangoes, Sugar, Cane Vinegar, Ginger, Peppers, Raisins, Onions, Garlic, Sea Salt

SOY LEMONGRASS SAUCE

Soy Sauce (Water, Soybean, Salt, Wheat Flour), Sugar, Water, Vinegar, Glucose Syrup, Modified Corn Starch, Lemongrass Powder, Modified Tapioca Starch, Lemongrass, Flavor, Salt, Caramel Color, Xanthan Gum, Sodium Benzoate (As a Preservative)

SRIRACHA SAUCE

Chili, Sugar, Salt, Garlic Distilled Vinegar, Potassium Sorbate, Sodium Bisulfite as Preservatives and Xanthan Gum

TABASCO

Distilled Vinegar, Red Pepper, Salt

TIGER SAUCE

Vinegar, Sugar, Aged Red Peppers, Worcestershire Sauce (Water, Vinegar, Corn Syrup, Sugar, Hydrolyzed Corn Protein, Salt Caramel Color, Anchovy Spices, Tamartind, Natural Flavorings), Salt, Water, Contains 2% or Less of Spices, Vegetable Gum, And .01% of Sodium Benzoate As A Preservative

WASABI SESAME SEEDS

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

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