

bd's Mongolian Grill

Nutritional Information

Updated 2/18

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 // 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

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

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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

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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

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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

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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 (<i>Chicken Sriracha Bites, Egg Rolls and Crab Rangoons</i>)	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 Sriracha Chicken Bites only	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes

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Hunter's Stew	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes
Roasted Red Pepper & Smoked Gouda Bisque	Yes	No	No	No	No	Yes	No	No	No	No	No
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
Tomato Parmesan	Yes	Yes	No	No	No	Yes	No	No	No	No	Yes

KIDS MEAL ALLERGENS

	Vegetarian	Contains Gluten	MSG Possible	Eggs	Fish	Milk	Peanuts	Shellfish	Soybeans	Treenuts	Wheat
Chicken Tenders w/ Ranch	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes
Mac and Cheese	Yes	Yes	No	No	No	Yes	No	No	Yes	No	Yes
Cheese Quesadilla	Yes	Yes	No	No	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
Mott's Original Apple Sauce, 4 oz	Yes	No	No	No	No	No	No	No	No	No	No
Mott's Strawberry Apple Sauce, 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
Cottage Cheese	Yes	No	Yes	No	No	Yes	No	No	No	No	No
French Fries (no Ketchup)	Yes	No	Yes	No	No	No	No	No	Yes	No	No
Mandarin Oranges	Yes	No	No	No	No	No	No	No	No	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
Apple Juice, Box	Yes	No	No	No	No	No	No	No	No	No	No
Cranberry Juice Cocktail	Yes	No	No	No	No	No	No	No	No	No	No
Milk	Yes	No	No	No	No	Yes	No	No	No	No	No
Yoo Hoo, Box <small>(note: contains 1mg of natural occurring caffeine)</small>	Yes	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
Blueberry Pomegranate Vinaigrette	Yes	No	No	No	No	No	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
Golden Italian	Yes	No	No	No	No	No	No	No	Yes	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

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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

		servings	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	190	15	55	7
Beef, Ribeye	GF	1/2 cup	160	4	0	0	55	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

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V vegetarian

GF gluten free

***MSG** possible

BUFFET // MEAT

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

BUFFET // SEAFOOD

		servings 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

		servings 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

bd's Mongolian Grill

Nutritional Information

Updated 11/17

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.

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)
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
Pepperoncini	V GF	1/4 cup	10	0	0	2	320	0	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
Pinapple	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

bd's Mongolian Grill

Nutritional Information

Updated 11/17

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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

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

		servings	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (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

		servings	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
Crispy Noodles		1/2 cup	90	1	0	13	170	2	0	3
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

		servings	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

bd's Mongolian Grill

Nutritional Information

Updated 11/17

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V vegetarian

GF gluten free

***** MSG possible

BUFFET // MEAT

servings	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
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bd's Mongolian Grill Nutritional Information

Updated 2/18

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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

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 GF	3/4 oz.	140	3	1	1	90	0	10	15
Oil	V	1 TSP	40	1	0	0	0	0	0	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.**

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bd's Mongolian Grill

Nutritional Information

Updated 2/18

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.

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

V vegetarian

GF gluten free

***** MSG possible

SAUCES

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.

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

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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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

APPETIZERS

		servings	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/ Chicken	*	App.	610	4	14	76	2620	42	255	14
Fried Rice w/ Shrimp	*	App.	610	4	14	77	2710	39	350	15
Fried Rice w/ Veggies	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 (Chicken Sriracha Bites, Egg Rolls and Crab Rangoons)	*	App.	1350	21	26	105	2500	33	105	91
Shareable Chicken Tenders w/ Ranch	*	3 each	550	8	6	21	1160	20	50	44

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

APPETIZERS

		serving size	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
Shareable Chicken Tenders tossed in Korean BBQ w/ Ranch	*	3 each	620	8	13	32	1780	21	50	46
Shareable Chicken Tenders tossed in Mongolian Ginger w/ Ranch	*	3 each	630	8	17	36	2180	21	50	45
Shareable Chicken Tenders tossed in Spicy Buffalo w/ Ranch	*	3 each	640	9	6	21	1470	20	50	53
Shareable Trio Crab Rangoons only	*	3 each	270	4	10	35	450	6	25	13
Shareable Trio Egg Rolls only	*	2 each	510	6	15	51	1790	15	40	28
Shareable Trio Jalapeno Mozzarella Sticks only	V*	3 each	500	11	3	21	950	14	40	42
Shareable Trio Potstickers only	*	3 each	270	3	11	30	1130	9	20	12
Shareable Trio Spinach and Artichoke Wontons only	V*	2 each	240	6	0	14	300	4	10	19
Shareable Trio Sriracha Chicken Bites only	*	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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2,000 calories a day is used for general nutrition advice, but calorie needs vary.

V vegetarian

GF gluten free

*** 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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bd's Mongolian Grill Nutritional Information

Updated 4/17

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V vegetarian

GF gluten free

***** MSG possible

SOUPS

		servings	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
Roasted Red Pepper & Smoked Gouda Bisque	V GF	1/2 cup	100	4	5	8	270	4	20	6
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 Grill Nutritional Information

Updated 11/17

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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	Meal	950	0	1	42	1700	47	180	65
Chicken Quesadilla		Meal	1070	36	1	42	1780	73	245	67
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
Cranberry Juice Cocktail	V GF	12 oz	170	0	42	42	10	0	0	0
Milk	V GF	12 oz	200	5	18	20	200	12	30	8
Orange Juice	V GF	12 oz	170	0	34	40	0	3	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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bd's Mongolian Grill Nutritional Information

Updated 4/17

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V vegetarian

GF gluten free

***** MSG possible

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
Blueberry Pomegranate Vinaigrette	V GF	3/4 oz	45	0	6	7	95	0	0	2
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 (Fat Free)	V GF	3/4 oz	25	0	5	7	250	0	0	0
Golden Italian	V GF	3/4 oz	90	2	2	2	200	0	0	9
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 (Fat Free)	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 (Fat Free)	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
Olive Oil	V GF	1 TBSP	120	2	0	0	0	0	0	14
Red Wine Vinegar	V GF	1 TBSP	5	0	0	1	0	0	0	0

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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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V vegetarian

GF gluten free

* MSG possible

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

		serving size	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 Mongolian Grill

Nutritional Information

Updated 3/17

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V vegetarian

GF gluten free

***** MSG possible

MADE TO ORDER

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

BD'S ORIGINAL SIGNATURE STIR-FRY

		servings size	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

bd's Mongolian Grill

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MADE TO ORDER

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

bd's Mongolian Grill

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MADE TO ORDER

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

		servicing 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

		servicing size	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

bd's Mongolian Grill

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MADE TO ORDER

servings	calories	sat. fat (g)	sugar (g)	carbs (g)	sodium (mg)	protein (g)	cholesterol (g)	total fat (g)
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bd's Mongolian Grill

Nutritional Information

Updated 5/23

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INGREDIENTS

MARKET AREA BUFFET

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 [Comineand 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 CHICK'N

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 #6 & #5. 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, YANISBOBA

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)

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, beetable 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 (Dummaric Acid, Sodium Metabisulfite), Preervatives (Calcium Propionate, Sorbic Acid and/or Citric Acid).

MARINADED/ SEASONED MEATS

PORK, SLICED MARINATED

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

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 MARRINATED 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 tenders 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 (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.

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)

SPICES

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

SAUCES

ASIAN BLACK BEAN

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 in (Water, Rice, Wheat), Modified Corn Starch], Soy Sauce (Water, Wheat Soybean, Salt, Sodium 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

BEIJING BBQ

KC Masterpiece BBQ Sauce Original (Tomato Puree [Water, Tomato Paste], High Fructose Corn Syrup, Molasses, Vinegar
Less than 2% of Spices, Natural Hickory Smoke Flavor, Natural Flavors, Modified Food Starch, Salt, Xanthan Gum, Dried Onion
Dried Garlic, Caramel Color, Turmeric, Paprika Extracts), Beijing BBQ (High Fructose Corn Syrup, Soy Sauce (Water, Wheat Soybeans, Salt, Sodium Benzoate as Preservative), Tomato Paste, Seasoned Rice Vinegar [Rice Vinegar, High Fructose Corn Syrup, Salt, Brown Sugar] Hoisin Sauce [Sugar, Water, Sweet Potato, Salt, Modified Corn Starch, Soybeans, Spices, Sesame Seeds,
Wheat Flour, Garlic, Chili Pepper, Acetic Acid], Water, Onion, Garlic, Ginger, Sesame Oil, Molasses, Orange Peel [Orange Peel, Water, Citric Acid], Contains 2% or less of: Modified Food Starch, Pineapple Juice Concentrate, 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

CHERRY VINAIGRETTE

High Fructose Corn Syrup, Corn Syrup, Water, Distilled Vinegar, Cherries, Cherry Juice Concentrate, Modified Tapioca Starch
Apple Juice Concentrate, Salt, Natural Flavor, Xanthan Gum.
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 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 (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 (LITEHOUSE)

Water, Distilled Vinegar, Molasses, Worcestershire Sauce Concentrate (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color
Dried Garlic, Sugar, Spices, Tamarind, Natural Flavor), Salt, Modified Corn Starch, Sugar, Canola Oil, Spices, Dried Bell Pepper, Apple Juice Concentrate, Dried Red Pepper, Dried Garlic, Sage, Dried Celery, Natural Flavor, Calcium Disodium EDTA (added to protect quality).
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

GOCHUJANG

Gochujang Sauce (Brown Sugar, Water, Wheat Flour, Red Pepper Powder, Soy Sauce [Defatted Soybean, Wheat, Salt, Koji, Water], Salt, Onion Puree, Defatted Soybean Powder, Citric Acid, Koji, Garlic Paste, Xanthan Gum), Sugar, Distilled Vinegar, Soy Sauce (Water, Wheat, Soybeans, Salt, Alcohol), Salted Sake (Water, Rice, Koji, Salt), Salt, Yeast Extract, Oleoresin Capsicum), 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

KOREAN BBQ

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,
Turmeric [Color], Spice Extractives, Citric Acid), Corn Starch

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, Rice, Sugar), Water,
Modified Food Starch, Acetic Acid), White Distilled Vinegar, Salt, Red Chili Peppers, Xanthan Gum, Dehydrated Onion, Dehydrated Garlic, bd's Marinara Sauce
(Finely Fresh Vine Ripened Unpeeled Ground Tomatoes, Tomato Paste, 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 (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, High Fructose Corn Syrup, Pineapple Juice Concentrate, Modified Food Starch, Lemon Juice Concentrate, Contains 2% or less of:
Chicken Base [Dextrose, Salt, Chicken Flavor (Yeast Extract, Dried Soy Sauce, Flavoring, Salt, Soybean Oil)], Rendered Chicken Fat, Soybean Oil
Potato Starch, Onion Powder, Sweet Whey, Disodium Inosinate and Guanylate, Oleoresin Turmeric, Oleoresin Celery], Honey Ginger Seasoning
(Salt, Black Pepper, Citric Acid, Dehydrated Onion and Garlic, Sugar, Celery Seed, Lemon Oil, Yellow #5 Lake, Natural Flavor and Silicon Dioxide to prevent caking)
Salt, 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

MANDARIN ORANGE

Water, Sugar, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate as a Preservative), Vinegar, Modified Food Starch, Orange
Juice Concentrate, Contains 2% or less of: ginger, Salted Sake (Water, Rice, Salt), Garlic, Orange Faveado (Orange Peel, Sugar, Orange Oil)
Spices, Citric Acid.

MONGO MARINARA

Vine Ripened Fresh Tomatoes, Salt, Spices, Dehydrated Bell Peppers, Onion Powder and Garlic Powder.

MONGOLIAN GINGER

Soy Sauce (Water, Wheat, Soybeans and Salt), Sugar, Ginger (Ginger, Water, Phosphoric Acid, Xanthan Gum), Rice Vinegar, Water, Chili Garlic Sauce
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, Contain 2% or less of: Modified Food Starch, Garlic, Sesame Oil, Roasted Garlic, Sesame Seeds, Spices, Water.
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].
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

MUSTARD SAUCE

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, Potassium Metabisulfate, 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 and 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, 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, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch - Modified Carrot Powder,
Turmeric [Color], Spice Extractives, Citric Acid], Corn Starch

THAI PEANUT

High Fructose Corn Syrup, Water, Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil [Rapeseed and/or Cottonseed and/or Soybean, Salt],
Soybean Oil, Soy Sauce (Water, Wheat, Soybeans and Salt, Sodium Benzoate as Preservative), White Vinegar, Red Curry Paste (Dried Red Chili, Garlic
Lemongrass, Salt, Shallot, Galangal, Shrimp Paste [Shrimp, Salt], Kaffir Lime Peel, Pepper), Seasoned Rice Vinegar (Rice, Vinegar, High Fructose Corn Syrup,
Salt, Brown Sugar), Ginger, Contains 2% or less of: Molasses, Modified Food Starch, Sesame Oil, Dehydrated Onion, Dehydrated Garlic, Chives, Extractives
of Ginger, Sodium Benzoate and Potassium Sorbate (As Preservatives), 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

SAVORY BACON

Water, Corn Syrup Solids, Sugar, Cider Vinegar, Bacon (Cured with: Water, Salt, Sugar, Sodium Erthorbate, Sodium Nitrate), Distilled Vinegar, Modified Corn Starch,
Onion, Salt, Honey, Canola Oil, Spices, Natural Smoke Flavor, Xanthan Gum, 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

SESAME GINGER

Water, Sugar, Soy Sauce (Water, Wheat, Soybeans and Salt, Lactic Acid), Rice Vinegar, Ginger Puree (Ginger, Vinegar, Xanthan Gum, Modified Corn Starch,
Canola Oil, Sesame Seeds, Sesame Oil, Dried Garlic, Dried Onion, 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

SHITAKE MUSHROOM

Water, Soy Sauce (Water, Wheat, Soybeans and Salt, Sodium Benzoate as Preservative), High Fructose Corn Syrup, Seasoned Rice Vinegar (Rice Vinegar,
High Fructose Corn Syrup, Salt, Brown Sugar), Hoisin Sauce (Sugar, Water, Sweet Potato, Salt, Modified Corn Starch, Soybeans, Spices, Sesame Seed,
Caramel Color, Wheat Flour, Garlic, Chili Pepper, Acetic, FD&C Red #40), Modified Food Starch, Contains 2% or less of: Sugar, Ginger, Garlic, Chili Garlic Sauce:
Salted Chili Peppers (Chili Peppers, Salt), Garlic, White Sugar, Rice Vinegar (Water, Rice, Sugar), Water, Modified Corn Starch, Acetic Acid), Shitake Mushrooms,
Beef Base (Roasted Beef with Natural Juices, Salt, Maltodextrin, Sugar, Yeast Extract, Onion Powder, Caramel Color, Vegetable Oil, Natural Flavoring), Salt, 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 SAUCE

Water, Wheat, Soybeans and 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, 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, Salt, Garlic, Margarine [Soybean Oil, Hydrogenated Soybean Oil, Soy Lecithin (Soy), Artificial
Butter Flavor (Diacytyl-Free), Colored with Beta 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, Tamarind, Natural Flavor, 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

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 as 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

TERIYAKI

Water, Soy 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, 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

YUM YUM SAUCE

Mayo (Soybean Oil, Water, Corn Syrup, Egg Yolks, Distilled Vinegar) Contains less than 2% of Salt, Spice, Calcium Disodium EDTA added to protect

Flavor, Water, 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, Tomato Puree (Water, Tomato Paste), Citric Acid, Sugar, Dried Garlic, Paprika, Cayenne Pepper.

MADE TO ORDER

ASIAN STREET TACOS, FISH

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, Acetic Acid, Sodium Benzoate)

FRENCH FRIES: (Potatoes, Vegetable Oil [Soybean, Canola, Cottonseed, and/ or Sunflower], Food Starch Modified, Contains less than 2% of Dextrose, Leavining [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, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

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

ASIAN STREE TACOS, HOISIN 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, Leavining [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, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

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

ASIAN STREET 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 Onio

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, Leavining [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, Dimethylpolysiloxane, 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, 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, SHRIM)

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 (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,

FIRE ROASTED HOISIN BBQ 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, Leavining [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, Dimethylpolysiloxane, 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 Onio

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, 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, SHRIM)

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 Marmara (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 (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,

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, SHR
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 [Thiamin Mononitrate] and Folic Acid [Boiled in Water and Salt])
EGGS, BEAN SPROUTS, CARROTS, WHITE ONIONS, GREEN ONIONS, G
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 (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,

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, SHRIM
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, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,
Turmeric [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, SHRIM
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, Hydrolyzed Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder,
Turmeric [Color], Spice Extractives,
CHOPPED PEANUTS, LIME WEDGE

ASIAN STREET TACOS, SRIRACHA CHICKEN

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 Onio
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
(Dumamic 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, Diiodium 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, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

SWEET AND SOUR 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, SHRIM
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, Hydrolyzed 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, 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, SHRIM
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, Hydrolyzed 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, 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: CHICKEN
VEGETABLES: ICEBERG LETTUCE, ROMAINE, SPRING MIX, RED ONIONS, MUSHROOMS, CUCUMBERS, STAWBERRIES
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

APPETIZERS

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, carraageenan, 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, Dimethylpolysiloxane, 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, Hydrozled Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [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, Hydrozled Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [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 (Diacytyl-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, Hydrozled Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [Color], Spice Extractives, Citric Acid), Corn Starch

CRAB RANGOOONS

Filling: Cream Cheese (pasteurized milk and cream, cheese culture, salt, carob bean and/or xanthan gum, guar gum), Imitation Crab Meat [fish protein (pollack, threadfin bream and/or whiting, saury), water, wheat starch, egg whites, sugar, sorbitol, 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, sorbitol, 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, Dimethylpolysiloxane, 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, Turmeric, 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, Hydrozled Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [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, Dimethylpolysiloxane, 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, Hydrozled Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [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, Dimethylpolysiloxane, 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, Hydrozled Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [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, 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)
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, Hydrozled Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [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, 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)
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, Hydrozled Corn Protein, Onion Powder, Autolyzed Yeast Extract, Food Starch- Modified Carrot powder, Turmeric [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, Dimethylpolysiloxane, 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, Dimethylpolysiloxane, 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, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

SPINACH ARTICHOKE WONTONS

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, Thiamine 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, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

SPINACH CHICKEN BITES

SPINACH 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, Degermated Yellow Corn Meal
Citric Acid, Maltodextrin, Palm Oil, Degermated 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, Dimethylpolysiloxane, An Anti-Foaming Agent Added.

DESSERTS

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 Flavor.
Chips: Sugar, Chocolate Liqueur, Cocoa Butter, Dextrose, Soy Lecithin,)
Cookies: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine 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, Natural and Artificial Flavor, Beta Carotene for 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 [Preservative], Natural and Artificial Flavor, Polyorbate 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, Chocolate Pudding (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, Palm Oil, Coco [Processed with Alkali], Baking Soda, Salt, Natural and Artificial Flavors), Salt, Baking Soda, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Modified Cornstarch, Monocalcium Phosphate), Artificial Vanilla Fl.
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 - Artificial Flavor, Chocolate
COATING: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine 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, Sodium Salt, 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 [Carob Bean 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, Polyglycerol Est Est 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), Corn Oil [Fully 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 Corn Syrup, I 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 Starch, Palm

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]), Ascorbic Acid, 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

BO'S 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

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 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.

SOUPS

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, 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]

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]

Fresh Vegetables [Onions, Celery, Carrots, Green Peppers]

Onions, Celery Carrots, Green Pepper

BUTTERNUT SQUASH SOUP

Water, Butternut Squash, Corn, Yellow Onion

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]

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 Pures [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], b'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, 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]

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 [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]

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, Turmeric and Extractive

Turmeric [Color], Spice Extractives], White Pepper.

ROASTED RED PEPPER & SMOKED GOUDA BISQUE

Tomatoes [Tomatoes, Tomato Puree, Salt, Citric Acid], Water, Roasted Red Peppers, Tomato Juice [Tomato Juice From Concentrate [Ascorbic Acid], Light Cream, Smoked Gouda Cheese

[Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto Color, Natural Smoked Flavor, Potato Starch and Corn Starch], Tomato Paste, Contains 2% or less of: Sugar, Modified Food Starch, Olive

Oil, Dehydrated Onion, Salt, Garlic Powder, Smoked Paprika, Natural Smoke Flavor [Water, Natural Hickory Smoke Concentrate] and Spice

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 and Diglycerides, Sodium Benzoate [A Preservative], Citric Acid, Natural & Artificial Flavor,

Beta Carotene [Color], Vitamin A Palmitate, Added Whey],

Chicken Base [Roasted Chicken, Salt, Monosodium Glutamate, Sugar, Autolyzed Yeast Extract, Chicken Fat, Onion Powder, Maltodextrin, Turmeric and Extractive Turmeric [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, Autolyzed Yeast Extract, Chicken Fat, Onion Powder, Maltodextrin, Turmeric and Extractive Turmeric [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, Dimethylpolysiloxane, An Anti-Foaming Agent Added)
SHORTENING/ Oil - May Vary By Location
Cottonseed Oil, Soybean Oil, TBHQ and Citric Acid Added To Protect Flavor, Dimethylpolysiloxane, 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)

KIDS

CHICKEN TENDERS:

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

MAC AND CHEESE

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.
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 (Dumiric 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, Leavning [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 Tnocalcium 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, Dimethylpolysiloxane, 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

SALAD DRESSINGS

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)

BLUEBERRY POMEGRANATE VINAIGRETTE

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)

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.

GOLDEN ITALIAN

Soybean Oil, Vinegar, Water, High Fructose Corn Syrup, Salt, Contains less than 2% of: Garlic, Xanthan Gum, Onion, Red Bell Pepper, Spices, Lemon Juice, Concentrate, Dextrose, Beta Carotene, Paprika.

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,