

# NUTRITIONAL INFORMATION



## WE WOK THE TALK



REAL  
INGREDIENTS



FRESHLY  
PREPARED





EVERY DAY

## STANDARD PORTION

MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)		Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SIDE</b>													
Chow Mein	9.4 oz	510	180	20	3.5	0	0	860	80	6	9	13	
Chow Fun*	8.5 oz	410	80	9	1	0	0	1110	73	1	6	9	
Fried Rice	9.3 oz	520	140	16	3	0	120	850	85	1	3	11	
Brown Steamed Rice	10.4 oz	420	35	4	1	0	0	15	86	4	1	9	
White Steamed Rice	8.1 oz	380	0	0	0	0	0	0	87	0	0	7	
Mixed Vegetables (Side)	8.6 oz	80	5	0.5	0	0	0	540	16	5	5	4	
<b>VEGETABLES</b>													
Country Style Bean Curd* 🌱	5.7 oz	191	113	12	1.5	0	0	945	14	2	8	7	
Eggplant Tofu* 🌱	6.1 oz	340	220	24	3.5	0	0	520	23	3	17	7	
Hot Szechuan Tofu* 🌱	5.5 oz	140	70	8	1	0	0	580	10	2	5	6	
Mixed Veggies (Entree)	4.3 oz	35	0	0	0	0	0	280	8	3	2	2	
<b>CHICKEN</b>													
Black Pepper Chicken 🍴	6.3 oz	280	160	19	3.5	0	55	1130	15	1	7	13	
Kung Pao Chicken 🌱 🍴	6.2 oz	290	170	19	3.5	0	55	970	14	2	6	16	
Grilled Teriyaki Chicken 🍴	6 oz	300	120	13	4	0	185	530	8	0	8	36	
Grilled Asian Chicken 🍴	6 oz	300	120	13	4	0	185	530	8	0	8	36	
Teriyaki Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	
Asian Chicken	6 oz	340	110	13	3.5	0	195	630	14	3	10	41	
Mushroom Chicken 🍴	5.7 oz	220	130	14	2.5	0	50	840	11	1	4	12	
Orange Chicken 🌱	5.7 oz	370	160	18	3.5	0	80	610	44	0	19	13	
Potato Chicken* 🍴	5.2 oz	190	90	10	2	0	30	680	18	2	4	8	
<b>CHICKEN BREAST</b>													
String Bean Chicken Breast 🍴	5.6 oz	190	80	9	2	0	34	590	13	4	4	14	
SweetFire Chicken Breast* 🌱	5.8 oz	360	140	15	3	0	35	320	47	1	27	13	
Sweet & Sour Chicken Breast* 🍴	5.5 oz	300	110	12	3	0	25	260	40	1	24	10	
<b>BEEF</b>													
Beijing Beef* 🌱	5.6 oz	470	240	26	5	0	25	660	46	1	24	13	
Broccoli Beef 🍴	5.4 oz	150	70	7	1.5	0	12	520	13	2	7	9	
Shanghai Angus Steak (Asparagus)	5.4 oz	310	170	19	4	0	50	830	16	1	11	22	
Shanghai Angus Steak (String Beans)	6.4 oz	320	170	19	4	0	50	830	17	1	11	22	
<b>SEAFOOD</b>													
Crispy Shrimp (Entree)	3.5 oz / 6 pcs	260	120	13	2	0	60	800	26	1	2	9	
Honey Walnut Shrimp	3.7 oz	360	200	23	3.5	0	100	440	35	2	9	13	
Golden Treasure Shrimp*	5 oz	360	160	18	3	0	100	440	35	2	14	14	
Steamed Ginger Fish*	6 oz	200	110	12	2.5	0	40	1990	8	0	6	15	
<b>APPETIZERS</b>													
Crispy Shrimp	1.75 oz / 3 pcs	130	60	6	1	0	30	400	13	1	1	5	
Chicken Egg Roll	2.75 oz / 1 roll	200	90	10	2	0	20	340	20	2	2	6	
Chicken Potsticker	3.3 oz / 3 pcs	160	60	6	1.5	0	20	250	20	1	2	6	
Cream Cheese Rangoon	2.4 oz / 3 pcs	190	70	8	5	0	35	180	24	2	1	5	
Vegetable Spring Roll	3.4 oz / 2 rolls	190	80	8	1.5	0	0	520	27	2	3	3	
<b>SOUP</b>													
Hot & Sour Soup (Cup) 🌱	12.2 oz	120	40	5	0.5	0	65	880	14	1	4	7	
Hot & Sour Soup (Bowl) 🌱 🍴	17.4 oz	170	60	6	1	0	90	1260	20	1	6	10	
<b>SAUCES &amp; COOKIES</b>													
Teriyaki Sauce	1.8 oz	70	5	0	0	0	0	380	16	0	14	0	
Sweet & Sour Sauce	1.8 oz	70	0	0	0	0	0	115	21	0	20	0	
Chili Sauce	1 Packet (7g)	10	0	0	0	0	0	125	2	0	2	0	
Soy Sauce	1 Packet (6g)	6	0	0	0	0	0	375	0	0	0	0	
Potsticker Sauce	1 Packet (11.4g)	10	0	0	0	0	0	290	3	0	2	0	
Hot Mustard	1 Packet (7g)	10	10	1	0	0	0	115	0	0	0	0	
Plum Sauce	1 Packet (7g)	15	0	0	0	0	0	55	3	0	3	0	
Fortune Cookies	5 g / 1 pc	20	0	0	0	0	0	0	5	0	2	0	
Chocolate Chip Chunk Cookie	1.2 oz / 1 pc	160	60	7	3	0	5	125	25	<1	14	2	

## KID'S MEAL PORTION

MENU ITEMS	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SIDE</b>												
Chow Mein	5.2 oz	280	110	12	2	0	0	540	36	2	5	7
Chow Fun*	6.2 oz	300	60	6	0.5	0	0	810	53	1	4	6
Fried Rice	6.2 oz	350	90	10	2	0	60	570	57	0	2	7
Brown Steamed Rice	7.8 oz	310	25	3	0.5	0	0	10	64	3	1	7
White Steamed Rice	5.1 oz	240	0	0	0	0	0	0	54	0	0	5
Mixed Vegetables (Side)	6.4 oz	60	0	0	0	0	0	400	12	4	4	3
<b>VEGETABLES</b>												
Country Style Bean Curd* 🔥	4.1 oz	122	70	8	1	0	0	600	9	1	5	4
Eggplant Tofu* 🔥	4.6 oz	250	160	18	2.5	0	0	390	17	2	13	5
Hot Szechuan Tofu* 🔥	4.1 oz	100	50	6	0.5	0	0	430	7	1	4	4
Mixed Veggies (Entree)	3.2 oz	30	0	0	0	0	0	200	6	2	2	2
<b>CHICKEN</b>												
Black Pepper Chicken	4.6 oz	200	120	14	2.5	0	40	830	11	<1	5	10
Kung Pao Chicken 🔥	4.4 oz	200	120	14	2.5	0	40	690	10	2	4	11
Grilled Teriyaki Chicken	3.6 oz	380	70	8	2.5	0	110	320	5	0	5	22
Grilled Asian Chicken	3.6 oz	380	70	8	2.5	0	110	320	5	0	5	22
Teriyaki Chicken	3.6 oz	200	70	8	2	0	115	380	8	2	6	25
Asian Chicken	3.6 oz	200	70	8	2	0	115	380	8	2	6	25
Mushroom Chicken	4.4 oz	130	60	7	1.5	0	32	580	8	1	3	9
Orange Chicken 🔥	4.1 oz	260	120	13	2.5	0	60	450	32	0	14	10
Potato Chicken*	3.9 oz	140	70	8	1.5	0	20	510	15	0	3	6
<b>CHICKEN BREAST</b>												
String Bean Chicken Breast	4.2 oz	140	60	7	1.5	0	26	440	10	3	3	11
SweetFire Chicken Breast** 🔥	4.4 oz	280	100	12	2	0	25	240	35	1	20	10
Sweet & Sour Chicken Breast*	4.1 oz	270	90	10	2	0	20	220	35	1	21	9
<b>BEEF</b>												
Beijing Beef** 🔥	4.2 oz	350	180	20	4	0	20	490	34	1	18	10
Broccoli Beef	5.1 oz	110	50	6	1	0	10	400	10	2	5	7
Shanghai Angus Steak (Asparagus)	4.1 oz	240	130	14	3	0	40	630	12	<1	8	17
Shanghai Angus Steak (String Beans)	5.4 oz	240	130	14	3	0	40	630	13	1	8	16
<b>SEAFOOD</b>												
Crispy Shrimp	2.3 oz / 4 pcs	170	80	8	1.5	0	40	520	17	1	1	6
Honey Walnut Shrimp	2 oz	200	110	13	2	0	55	240	14	1	5	7
Golden Treasure Shrimp*	2.75 oz	210	90	10	1.5	0	60	250	20	1	8	8
Steamed Ginger Fish*	2 oz	70	35	4	1	0	15	660	3	0	2	5

 Spicy  WOK SMART™ | 300 calories or less and at least 8g of protein. Entree selections may vary by location.

The Dietary Guidelines for Americans recommend limiting saturated fat to 20 grams and sodium to 2,300 milligrams for a typical adult eating 2,000 calories daily. Recommended limits may be higher or lower depending upon daily calorie consumption. These values are based on standard product formulation. Minor acceptable variations can be expected due to sampling differences, product assembly, seasonal influences and regional suppliers. Promotional entrees have not been included.

Ingredients are based upon standardized recipes. Variations in nutrition values may occur based upon regional and seasonal ingredient differences, packaging differences and menu items being individually hand served. Panda uses ingredients that contain all the major FDA allergens (peanuts, tree nuts, eggs, fish, shellfish, milk, soy and wheat). Panda prepares its entrees fresh with shared cooking equipment and therefore allergens could be present in any entree. Panda Express does not have any vegetarian or gluten free dishes. No MSG added except for that naturally occurring in certain ingredients.

**For additional menu information, please contact us at (800) 877-8988 or [pandaexpress.com/contactus](http://pandaexpress.com/contactus).**



## FOUNTAIN BEVERAGES\*\*

BEVERAGES	Serving Size (oz)	Calories	Calories From Fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Pepsi <sup>®</sup> (Sm.)	22 oz	240	0	0	0	0	0	60	67	0	65	0
Pepsi <sup>®</sup> (Med.)	30 oz	330	0	0	0	0	0	80	92	0	89	0
Pepsi <sup>®</sup> (Lrg.)	42 oz	460	0	0	0	0	0	115	129	0	124	0
Diet Pepsi <sup>®</sup> (Sm.)	22 oz	0	0	0	0	0	0	80	0	0	0	0
Diet Pepsi <sup>®</sup> (Med.)	30 oz	0	0	0	0	0	0	115	0	0	0	0
Diet Pepsi <sup>®</sup> (Lrg.)	42 oz	0	0	0	0	0	0	160	0	0	0	0
Mountain Dew <sup>®</sup> (Sm.)	22 oz	260	0	0	0	0	0	85	70	0	70	0
Mountain Dew <sup>®</sup> (Med.)	30 oz	360	0	0	0	0	0	115	95	0	95	0
Mountain Dew <sup>®</sup> (Lrg.)	42 oz	510	0	0	0	0	0	160	133	0	133	0
Dr Pepper <sup>®</sup> (Sm.)	22 oz	210	0	0	0	0	0	72	56	0	56	0
Dr Pepper <sup>®</sup> (Med.)	30 oz	280	0	0	0	0	0	98	76	0	76	0
Dr Pepper <sup>®</sup> (Lrg.)	42 oz	390	0	0	0	0	0	138	106	0	106	0
Mug Root Beer <sup>®</sup> (Sm.)	22 oz	240	0	0	0	0	0	35	63	0	63	0
Mug Root Beer <sup>®</sup> (Med.)	30 oz	330	0	0	0	0	0	50	85	0	85	0
Mug Root Beer <sup>®</sup> (Lrg.)	42 oz	460	0	0	0	0	0	70	119	0	119	0
Sierra Mist <sup>®</sup> (Sm.)	22 oz	240	0	0	0	0	0	50	65	0	65	0
Sierra Mist <sup>®</sup> (Med.)	30 oz	330	0	0	0	0	0	65	89	0	89	0
Sierra Mist <sup>®</sup> (Lrg.)	42 oz	460	0	0	0	0	0	90	124	0	124	0
Lipton No Cal. Brisk Peach <sup>®</sup> (Sm.)	22 oz	0	0	0	0	0	0	170	0	0	0	0
Lipton No Cal. Brisk Peach <sup>®</sup> (Med.)	30 oz	0	0	0	0	0	0	230	0	0	0	0
Lipton No Cal. Brisk Peach <sup>®</sup> (Lrg.)	42 oz	0	0	0	0	0	0	320	0	0	0	0
Lipton Brisk Raspberry <sup>®</sup> (Sm.)	22 oz	190	0	0	0	0	0	60	51	0	51	0
Lipton Brisk Raspberry <sup>®</sup> (Med.)	30 oz	260	0	0	0	0	0	80	69	0	69	0
Lipton Brisk Raspberry <sup>®</sup> (Lrg.)	42 oz	370	0	0	0	0	0	115	96	0	96	0
Sobe Lean <sup>®</sup> (Sm.)	22 oz	0	0	0	0	0	0	60	0	0	0	0
Sobe Lean <sup>®</sup> (Med.)	30 oz	0	0	0	0	0	0	80	0	0	0	0
Sobe Lean <sup>®</sup> (Lrg.)	42 oz	0	0	0	0	0	0	115	0	0	0	0
Tropicana Fruit Punch <sup>®</sup> (Sm.)	22 oz	260	0	0	0	0	0	60	72	0	72	0
Tropicana Fruit Punch <sup>®</sup> (Med.)	30 oz	360	0	0	0	0	0	80	98	0	98	0
Tropicana Fruit Punch <sup>®</sup> (Lrg.)	42 oz	510	0	0	0	0	0	115	138	0	138	0
Tropicana Lemonade <sup>®</sup> (Sm.)	22 oz	240	0	0	0	0	0	255	65	0	65	0
Tropicana Lemonade <sup>®</sup> (Med.)	30 oz	330	0	0	0	0	0	345	89	0	89	0
Tropicana Lemonade <sup>®</sup> (Lrg.)	42 oz	460	0	0	0	0	0	480	124	0	124	0
China Mist Iced Tea <sup>®</sup> (Sm.)	22 oz	0	0	0	0	0	0	0	0	0	0	0
China Mist Iced Tea <sup>®</sup> (Med.)	30 oz	0	0	0	0	0	0	0	0	0	0	0
China Mist Iced Tea <sup>®</sup> (Lrg.)	42 oz	0	0	0	0	0	0	0	0	0	0	0
Pepsi <sup>®</sup> (Kids)	12 oz	130	0	0	0	0	0	35	37	0	35	0
Diet Pepsi <sup>®</sup> (Kids)	12 oz	0	0	0	0	0	0	35	0	0	0	0
Mountain Dew <sup>®</sup> (Kids)	12 oz	140	0	0	0	0	0	45	38	0	38	0
Dr Pepper <sup>®</sup> (Kids)	12 oz	110	0	0	0	0	0	39	30	0	30	0
Mug Root Beer <sup>®</sup> (Kids)	12 oz	130	0	0	0	0	0	20	34	0	34	0
Sierra Mist <sup>®</sup> (Kids)	12 oz	130	0	0	0	0	0	25	35	0	35	0
Lipton No Cal. Brisk Peach <sup>®</sup> (Kids)	12 oz	0	0	0	0	0	0	90	0	0	0	0
Lipton Brisk Raspberry <sup>®</sup> (Kids)	12 oz	110	0	0	0	0	0	35	28	0	28	0
Sobe Lean <sup>®</sup> (Kids)	12 oz	0	0	0	0	0	0	35	0	0	0	0
Tropicana Fruit Punch <sup>®</sup> (Kids)	12 oz	140	0	0	0	0	0	35	39	0	39	0
Tropicana Lemonade <sup>®</sup> (Kids)	12 oz	130	0	0	0	0	0	140	35	0	35	0
China Mist Iced Tea <sup>®</sup> (Kids)	12 oz	0	0	0	0	0	0	0	0	0	0	0

\*\*Nutrition information for the cup sizes and ice amounts are approximate values based on FDA-prescribed rounding rules. Actual nutritional values will vary based on cup fill level, type and precise amount of ice, and fountain equipment performance. Due to variations in sodium contributions from water, the sodium level of our fountain beverages may vary.