



Trans Fat Free   Low in Cholesterol   Low in Saturated Fat   Spicy   Signature Dish

## Canadian Nutritional Information

	Serving (g)	Calories	Fat (g)	Sat. Fat (g)	Trans Fat	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fibre (g)	Sugar (g)	Protein (g)
<b>Chicken Dishes</b>											
Orange Chicken	142	420	22	3.0	0.3	35	650	45	0	24	13
Honey Garlic Chicken	142	450	22	3.0	0.3	40	890	54	0	31	14
Spicy Chicken	142	140	8	1.0	0	25	620	10	1	4	8
Oriental Grilled Chicken	142	210	7	1.5	0	70	1000	20	0	14	17
Black Pepper Chicken	142	160	10	1.5	0	25	640	8	1	4	8
Kung Pao Chicken	142	180	12	1.5	0	25	520	11	1	5	8
Sesame Chicken	142	390	16	2.0	0.3	40	890	50	0	29	13
General Tso's Chicken	142	380	22	3.0	0.3	30	840	34	0	12	12
Pineapple Chicken	142	160	8	1.0	0	20	250	19	1	14	6
Green Bean Chicken	142	150	9	1.0	0	25	560	10	2	3	8
Chicken with Snow Peas	142	140	8	1.0	0	20	690	11	2	5	7
Chicken & Mushrooms	142	150	10	1.0	0	25	730	8	1	4	8
Chicken Wings (4)	155	330	25	5.0	0.2	85	930	5	0	0	20
Chicken Balls (4)	94	240	14	1.5	0	20	790	17	1	2	13
<b>Beef Dishes</b>											
Pepper Steak	142	180	12	1.5	0	15	500	11	1	5	8
Spicy Beef	142	180	13	1.5	0	15	560	10	1	4	8
Beef & Broccoli	142	190	12	1.5	0.1	15	700	13	2	5	8
Black Pepper Beef	142	180	13	1.5	0	15	590	9	1	4	8
Ginger Beef	142	350	22	2.5	0.2	40	670	28	0	7	13
<b>Pork</b>											
BBQ Pork	142	250	11	2.0	0.1	70	730	16	0	13	22
Sweet & Sour Pork	142	350	20	2.0	0.2	30	540	35	0	19	10
<b>Seafood</b>											
Garlic Shrimp and Vegetables	218	260	15	1.5	0	90	860	19	2	5	13
<b>Rice &amp; Noodles</b>											
Steamed Rice	227	370	0	0.0	0	0	3	84	0	0	7
Fried Rice	227	420	13	1.5	0	95	1160	66	1	3	9
Noodles (Lo Mein)	227	350	17	1.5	0	10	870	43	4	5	8
Shanghai Noodles	227	410	14	1.5	0	50	1620	56	3	8	17
<b>Appetizers</b>											
Vegetable Egg Roll	70	150	6	1.0	0	5	380	20	1	0	4
Chicken Egg Roll	70	150	7	1.0	0	10	350	17	1	1	5
Seafood Rangoon	85	300	21	7.0	0.5	35	240	20	1	3	4
<b>Vegetables</b>											
Mixed Vegetables  Cholesterol Free	142	140	10	1.0	0	0	510	11	3	3	2

The Nutrient Data shown above are based on standard preparation methods and average concentrations in ingredients. Small variations due to seasonal variations in ingredients and preparation by different chefs can occur.