

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)	Sugar (g)	Protein (g)
Rice & Noodles												
Fried Rice	10 oz	580	150	18	4	0	100	880	90	9	0	18
Spaghetti/Noodles	10 oz	420	120	10	2	0	0	980	64	10	8	14
Macaroni & Cheese	6 oz	180	72	8	3	0	10	860	21	2	2	7
Steamed Rice	10 oz	430	0	0	0	0	0	0	102	0	0	10
Vegetables												
Home Fries	6 oz	200	120	28	2	0	0	380	30	4	8	3
Plantains (Fried)	6 oz	232	3	1	1	0	0	10	62	5	28	2
Sweet Corn	6 oz	45	14	2	0	0	5	730	7	3	3	1
Mixed Vegetables	6 oz	50	0	0	0	0	0	400	9	5	3	3
Kidney Bean	6 oz	225	7	1	0	0	0	421	40	13	1	15
Sweet Carrot	6 oz	6	0	0	0	0	0	12	6	0	3	0
Sauted Potatoes	6 oz	167	85	9	1	0	0	480	54	1.5	1	3
Green Bean	6 oz	125	60	10	2	0	0	520	15	5	10	7
Chicken												
Bourbon (BBQ) Chicken	6 oz	340	160	16	4	0	120	800	30	0	16	40
Spicy BBQ Chicken	6 oz	350	160	16	4	0	120	800	30	0	16	40
Honey Chicken	6 oz	480	160	15	2	0	80	600	40	0	18	22
Pineapple Sweet & Sour Chicken	6 oz	470	160	15	2	0	80	600	40	0	18	22
Honey Mustard Chicken	6 oz	320	99	11	3.5	0	110	560	12	2	16	32
Blackened Chicken	6 oz	360	170	19	3	0	70	1050	10	0	0	40
Spicy Chicken	6 oz	300	170	15	3	0	80	860	12	2	3	20
Black Pepper Chicken	6 oz	300	170	15	3	0	120	920	12	2	3	20
Sea Food												
Blackened Fish	1 pcs	280	120	14	3	0	60	1080	30	1	2	18
Appetizer												
EggRoll	1 pcs	200	100	12	4	0	60	800	26	1	2	9
Spring Roll	1 pcs	80	30	4	1	0	0	270	11	2	1	2
Cheese Wanton	2pcs	120	50	6	3	0	26	120	16	1	1	3

The nutritional data shown above is approximate and for information only.
It is based on standard preparation procedures and average concentrations in ingredients.
Variations can occur due to seasonal influences in ingredients and preparation by different chefs.
Entrée selections may vary by locations.

