



NUTRITIONAL FACTS

Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)	Potassium (%)	Calcium (%)	Iron (%)
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1. SAUCES & VEGETABLES

To obtain the total count of your meal: COMBINE 1 + 3 + 4. (Example: Pad Thai + Chicken + Egg + Noodles for Pad Thai)

Red Curry	GF	230	340	25	10	0	0	920	21	14	2	5	3	4	25
Green Curry		245	340	25	14	0	0	950	22	16	2	4	4	4	25
Green Curry	GF	215	320	24	14	0	0	940	19	14	0	3	2	4	25
Yellow Curry	GF	262	360	25	14	0	0	1020	27	14	2	4	6	4	19
Peanut Coco Bowl (Panaeng)		193	340	21	2	0	0	1320	31	11	2	14	11	6	10
General Thai™ Pineapple		270	320	15	1	0.3	0	1340	43	34	4	2	6	2	2
General Thai™ Mango		310	340	15	1	0.3	0	1340	49	39	4	3	7	3	3
General Thairacha		310	380	17	2	0	70	1580	77	30	4	3	6	2	3
Tom Yum Fried Rice		170	300	13	3	0	315	2130	43	1	14	7	4	4	8
Fried Rice - Thai		228	370	28	2	0	0	1990	27	18	2	2	5	4	8
Fried Rice - Thai	V	228	360	28	1	0	0	1920	22	12	2	1	5	4	8
Fried Rice - Thai	GF	213	290	26	1	0	0	1630	11	12	2	1	5	4	8
Fried Rice - Basil		225	350	27	2	0	0	1990	27	15	2	2	5	4	8
Fried Rice - Basil	V	225	340	27	1	0	0	1920	22	12	2	1	5	4	8
Fried Rice - Basil	GF	210	270	25	1	0	0	1630	22	12	2	1	5	4	8
Stir-Fry Mango		310	340	15	1	0.3	0	1340	49	39	4	3	7	3	3
Shak-a-Bowl Mango		310	340	15	1	0.3	0	1340	49	39	4	3	7	3	3
Stir-Fry Thairacha		310	380	17	2	0	70	1580	77	30	4	3	6	2	3
Shak-a-Bowl Thairacha		310	380	17	2	0	70	1580	77	30	4	3	6	2	3
Stir-Fry Basil		170	270	14	1	0.3	0	1330	29	18	3	4	5	4	8
Stir-Fry Basil	GF V	170	230	14	1	0	0	1310	24	13	2	1	5	4	8
Shak-a-Bowl Basil		170	260	12	1	0	0	895	22	12	8	3	9	6	6
Stir-Fry Cashew		200	320	23	3	0.3	0	1380	26	2	13	4	5	2	8
Stir-Fry Cashew	GF V	200	330	23	3	0	0	1310	28	11	2	4	5	2	8
Shak-a-Bowl Cashew		200	330	22	2	0	0	880	25	3	8	4	9	6	11
Stir-Fry Eggplant		193	230	14	1	0.3	0	1380	22	3	14	1	5	2	3
Shak-a-Bowl Eggplant		193	230	12	1	0	0	895	21	4	8	1	9	4	6
Stir-Fry Ginger		175	240	14	1	0.3	0	1380	25	2	13	2	4	2	2
Stir-Fry Ginger	GF V	175	230	14	1	0	0	1310	26	12	2	1	4	2	2
Shak-a-Bowl Ginger		175	230	12	1	0	0	895	24	4	8	12	7	3	6
Stir-Fry Soya Garlic		259	290	16	1.5	0.3	0	1320	36	5	26	5	13	8	8
Stir-Fry Soya Garlic	GF V	259	280	16	1	0	0	1320	38	5	38	5	13	8	8
Shak-a-Bowl Soya Garlic		259	270	12	1	0	0	925	33	4	25	5	16	8	12
Stir-Fry Sweet & Sour		258	300	14	1	0.3	0	1220	39	4	31	2	5	2	3
Stir-Fry Sweet & Sour	GF V	258	290	14	1	0	0	1150	41	4	28	2	5	2	3
Shak-a-Bowl Sweet & Sour		258	280	13	1	0	0	725	38	4	28	2	9	4	6
Stir-Fry Peanut		242	450	35	10	0.4	0	1190	32	4	21	8	11	4	10
Stir-Fry Peanut	GF	242	440	35	10	0.2	0	1190	35	4	22	8	11	4	10
Shak-a-Bowl Peanut		242	380	26	4.5	0.2	0	820	32	4	18	9	13	6	11
Stir-Fry Lemongrass		253	340	21	2	0	0	1320	31	4	14	16	16	10	17
Stir-Fry Lemongrass	GF V	253	330	21	2	0	0	1320	33	4	15	16	16	10	17
Shak-a-Bowl Lemongrass		253	380	15	1	0	0	890	54	12	5	14	18	10	18
Stir-Fry Tamarind Chili (Pad Prik Pao)		190	260	16	1	0.3	0	1340	28	22	2	2	6	3	3
Shak-a-Bowl Tamarind Chili (Pad Prik Pao)		190	300	5	1	0	0	725	28	21	2	2	6	3	3
Pad Thai		281	420	29	2	0	0	1260	37	25	2	5	2	12	14
Pad Thai	GF V	281	420	29	2	0	0	1210	38	25	2	5	2	12	14
Pad See Ew		155	340	28	2	0	0	2210	22	18	1	1	2	3	4
Pad See Ew	V	155	340	28	2	0	0	2050	21	18	1	1	2	3	4
Pad See Ew	GF	140	270	26	2	0	0	1860	21	18	1	1	2	3	4

2. BROTHS & VEGETABLES

To obtain the total count of your meal: COMBINE 2 + 3 + 4. (Example: Tom Yum Soup + Shrimp + Noodles for soup)

Mini Tom Yum Soup		413	160	1	1	0	40	1610	23	16	1	6	5	4	6
Mini Thai Soup		413	80	3	0	0	0	1010	9	4	1	6	6	3	6
Tom Yum Soup (Meal)		795	330	12	1.5	0	75	2950	46	29	2	15	13	10	13
Thai Soup (Meal)		795	180	5	1	0	0	1850	20	8	2	15	13	8	13

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V = Vegan Option (does not contain animal products). For more details, please consult our nutritional facts page.

Adults and youth (ages 13 and older) need an average of 2,000 calories a day and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

*Nutritional information was obtained through analysis by our nutritional software, entitled ESHA Genesis R & D Nutritional Software, and information provided by suppliers. All nutritional information is based on standard ingredient servings, unless indicated otherwise. The nutrition information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Information may be subject to change at any time.



NUTRITIONAL FACTS

3. PROTEIN

	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Sugars (g)	Dietary Fiber (g)	Protein (g)	Potassium (%)	Calcium (%)	Iron (%)
A) Shrimp (6 pcs)	36	40	0.5	0.1	0	60	55	0	0	0	7	1	2	1
B) Beef	70	110	5	2	0	30	45	0	0	0	15	5	0	7
C) Chicken	70	80	1	0.3	0	40	20	0	0	0	16	5	0	2
D) Vegetables	160	60	0.4	0	0	0	100	13	6	2	3	8	6	6
Green Pepper	30	10	0.1	0	0	0	0	2	0.8	0	0.3	1	0	1
Onion	25	10	0	0	0	0	0	2	2	0	0.3	1	1	1
Carrot	25	10	0	0	0	0	0	3	2	1	0.3	2	1	1
Broccoli	30	10	0.1	0	0	0	0	2	0.6	1	1	2	1	1
Baby Corn	15	15	0.2	0	0	0	100	3	0.5	0	1	0	1	0
Chinese Broccoli	30	5	0	0	0	0	0	1	0.3	0	0.4	2	2	2
E) Tofu	90	70	4.5	0.5	0	0	5	0	0	0	7	2	23	28
F) Battered Fish	70	120	3	0	0	30	35	0	0	0	12	0	0	0
G) Battered Chicken	130	180	4	1	0	70	430	10	0	0	23	5	2	11
H) Battered Beef	130	210	6	1	0	80	430	10	0	0	27	11	1	17
Egg (Fried Rice, Pad Thai, Pad See Ew)	57	83	5.4	0	0	200	100	1	0.2	0	7	1	2	4

4. RICE & NOODLES

Rice	200	205	0	0	0	0	0	45	0	1	4	0	0	0
Rice for Fried Rice	350	360	0	0	0	0	0	78	0	1	7	0	0	0
Noodles for Pad Thai	200	270	0	0	0	0	10	63	0	4	5	1	1	3
Noodles for Pad See Ew	200	270	0	0	0	0	10	63	0	4	5	1	1	3
Noodles for Soup	175	240	0	0	0	0	10	56	0	4	5	1	1	2
Noodles for Mini Soup	60	80	0	0	0	0	10	18	0	1	2	0	0	1
Cauliflower Rice	350	40	0	0	0	0	60	12	8	4	4	22	6	8
Vermicelli Noodles for Shak-a-Bowl	120	220	1.3	0.3	0	0	2	43	1	2	8	1	1	10
Lettuce (for Shak-a-Bowl + low carb option)	150	20	0.2	0	0	0	10	4	1	2	1	4	2	3
Bean Sprouts (for low carb option)	130	50	0.2	0.1	0	0	25	10	2	7	5	5	2	9

5. EXTRAS

Extra Coconut milk for soup (meal)	125	240	26	17	0	0	0	7	0	1	3	7	2	11
Extra coconut milk for mini-soup	20	40	4.5	2	0	0	0	0	0	0	2	1	0	2
Cashews	200	270	0	12	0	0	0	63	0	4	5	24	8	67

6. APPETIZERS

To obtain the total count of your appetizers: COMBINE 6 + 7. (Example: Imperial roll + Plum Sauce)

Imperial Roll	50	100	4	1	0	0	200	13	4	0	3	0	2	4
Shrimp Spring Roll	122	190	1.5	0.2	0	15	90	38	1	3	8	5	4	7
Vegetable Spring Roll	111	180	1.5	0.2	0	0	200	38	1	3	6	4	3	4
Steamed Dumplings (4)	130	150	2.5	0.5	0	30	1050	19	3	1	13	1	2	8
Fried Dumplings (4)	130	220	11	1	0.2	30	1050	19	3	1	13	1	2	8
Mango Salad (8oz)	153	240	16	2.5	0	0	370	26	24	2	1	4	4	6
BokBok Chicken	113	160	4	1	0	60	370	9	0	0	20	5	0	2
Thai Chicken Wings (3 pcs)	111	190	11	3.5	0	110	690	3	0	0	18	0	2	6
Thai Chicken Wings (6 pcs)	222	380	22	7	0	220	1380	7	0	0	36	0	4	8
Thai Chicken Wings (9 pcs)	333	570	33	10	0	335	2060	10	0	0	54	0	8	16

7. APPETIZER SAUCES & SIDE SAUCES

Peanut Sauce for Spring Roll	2oz	200	17	7	0	0	130	11	8	2	5	4	2	6
Peanut Sauce for Steamed Dumplings	2oz	200	17	7	0	0	130	11	8	2	5	4	2	6
Sweet Chili Sauce for Fried Dumplings	2oz	100	0	0	0	0	580	27	23	0	0.4	0	0	0
Fish Sauce for Imperial Roll	1oz	45	0.1	0	0	0	550	13	12	0	0.1	0	2	2
Plum Sauce for Imperial Roll	1oz	50	0.3	0	0	0	150	12	10	0	0.3	2	0	2
Thai Dressing for Mango Salad	1.75oz	80	0.1	0	0	0	1000	22	22	0	0.1	1	0	0
Sweet Chili Sauce for 3 Chicken Wings	15ml	25	0	0	0	0	150	7	4	0	0.1	0	0	0
Sweet Chili Sauce for 6 Chicken Wings	30ml	50	0	0	0	0	290	14	8	0	0.2	0	0	0
Sweet Chili Sauce for 9 Chicken Wings	45ml	80	0	0	0	0	440	21	12	0	0.3	0	0	0
Roasted Crushed Peanuts (as condiment)	1oz	160	14	2	0	0	20	5	0	2	7	4	2	2
Thairacha Sauce	30ml	120	6	0.4	0.1	0	390	17	0	16	0.4	0	0	1

8. DESSERTS & DRINKS

Chocolate Banana Cake	105	380	23	8	0.2	30	130	41	28	2	4	4	10	8
White Chocolate Pineapple Cheesecake	95	340	23	10	1	40	150	30	24	0	3	1	12	4
Pandan Thai Iced Tea	240	190	7	6	0	0	25	28	8	0	0	0	0	0



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