

APPETIZERS

	Serving Size (g)	Calories	Cal From Fat	Fat (g)	Fat %	Sat Fat (g)	Sat Fat %	Cholest (mg)	Cholest %	Sodium (mg)	Sodium %	Carb (g)	Carb %	Fiber (g)	Fiber %	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Zao Chicken Dumplings (6)	338.85	490	250	28	43	3	15	30	10	2030	85	39	13	2	8	9	14	15	25	10	25
House Salad	229.74	310	260	28	43	3	15	0	0	160	7	12	4	3	12	6	2	110	50	6	6
Lemongrass-Coconut Soup With Rice	211.26	160	50	5	8	3	15	0	0	410	17	27	9	0	0	3	3	10	4	0	0
Zao Tofu Fries	325.69	880	620	68	105	12	60	15	5	1440	60	36	12	10	40	16	41	10	2	90	70
Spicy Thai Chicken Wings	665.66	1270	370	41	63	9	45	440	147	3130	130	36	12	1	4	17	176	10	20	15	35
Veggie Summer Rolls	357.67	370	50	6	9	0	0	0	0	1000	42	71	24	6	24	16	9	140	15	10	20
Chicken Summer Rolls	297.92	360	70	7	11	0.5	3	20	7	1220	51	62	21	4	16	17	13	140	15	6	15

SALADS

Crunchy Thai Shrimp Salad	395.60	330	100	11	17	1.5	8	175	58	1090	45	30	10	6	24	14	32	240	90	15	30
Bangkok Chicken Satay Salad	797.27	1750	710	82	126	14	70	170	57	3120	130	170	57	15	60	45	78	160	180	30	40
Seared Cilantro Beef Salad	669.27	1350	560	63	97	7	35	85	28	1210	50	124	41	9	36	15	49	90	100	8	50
Seared Cilantro Tofu Salad	695.61	1500	720	80	123	9	45	15	5	1170	49	136	45	13	52	18	43	90	100	50	70
Seared Cilantro Chicken Salad	723.96	1260	530	59	91	6	30	55	18	1570	65	125	42	9	36	15	35	90	100	10	45
Chinese Chicken Salad	700.64	910	510	57	88	8	40	40	13	1900	79	74	25	8	32	37	24	230	30	15	20
Chinese Tofu Salad	814.03	1470	910	101	155	14	70	0	0	1520	63	99	33	17	68	44	51	230	60	100	80

NOODLES IN BROTH

Chicken In Lemongrass Coconut Broth	872.10	420	190	21	32	8	40	45	15	1950	81	50	17	6	24	11	15	210	35	15	30
Chicken Pho	1046.78	640	110	12	18	0	0	30	10	3120	130	118	39	5	20	16	22	35	100	10	25
Chili Beef Ramen	871.28	480	220	24	37	8	40	100	33	3130	130	39	13	5	20	8	29	190	50	10	30
Simple Chicken	797.70	280	120	13	20	1.5	8	45	15	2960	123	32	11	3	12	3	12	120	10	6	15
Simple Chicken, Add 3 Dumplings	845.47	370	140	15	23	2	10	60	20	3050	127	42	14	4	16	3	17	120	15	8	25
Simple Beef	813.88	500	280	31	48	9	45	100	33	2810	117	32	11	3	12	3	28	120	10	6	25
Spicy Seafood Soup	760.56	730	180	20	31	9	45	110	37	1790	75	104	35	2	8	7	36	20	20	8	20



PAN SEARED NOODLES

	Serving Size (g)	Calories	Cal From Fat	Fat (g)	Fat %	Sat Fat (g)	Sat Fat %	Cholest (mg)	Cholest %	Sodium (mg)	Sodium %	Carb (g)	Carb %	Fiber (g)	Fiber %	Sugar (g)	Protein (g)	Vitamin A %	Vitamin C %	Calcium %	Iron %
Monk's Vegetarian Delight	493.69	1150	280	31	48	3	15	20	7	5810	242	159	53	9	36	20	40	30	20	30	90
Pad Thai With Tofu	801.07	1940	470	53	82	8	40	410	137	5070	211	317	106	18	72	76	56	60	60	35	40
Pad Thai With Prawns	861.49	1890	990	43	66	7	35	475	158	5120	213	322	107	16	64	75	57	70	60	25	35
Pad Thai With Chicken	877.20	2050	500	55	85	9	45	470	157	5120	213	321	107	18	72	76	75	70	60	40	45
Dan Dan Noodles With Chicken	865.98	1490	470	52	80	16	80	185	62	2040	85	163	54	11	44	22	71	130	100	15	80
Shanghai Beef And Chicken	582.99	1360	370	42	65	9	45	145	48	5900	246	155	52	7	28	18	67	25	25	10	90
Ginger-Garlic-Chili Chicken & Prawns	650.43	1130	200	23	35	2	10	145	48	1960	82	152	51	7	28	9	53	50	90	10	80
Yellow Curry Salmon And Prawns	705.60	1530	320	36	55	12	60	135	45	1670	70	244	81	12	48	3	52	45	20	10	20

RICE DISHES

Yellow Curry Eggplant & Beef With Rice	820.15	1680	620	69	106	24	120	130	43	1620	68	206	69	6	24	5	60	100	45	20	40
Zao Orange Chicken With Rice	631.09	1640	370	41	63	6	30	270	90	1120	47	258	86	3	12	9	63	8	60	6	15
Spicy Veggie Tofu Stirfry	819.08	1140	150	17	26	1.5	8	0	0	2230	93	231	77	7	28	20	23	90	150	25	30
Broccoli Beef With Rice	655.73	1540	480	53	82	14	70	130	43	2110	88	212	71	4	16	13	56	20	150	10	30
Spicy Black Bean Chicken Stirfry	777.77	1220	180	19	29	2.5	13	120	40	1590	66	209	70	5	20	7	55	45	120	15	20
Thai Green Curry Chicken	680.25	1370	290	32	49	11	55	120	40	2150	90	212	71	4	16	17	58	20	25	6	20
Kung Pao Chicken	740.88	1760	380	42	65	6	30	270	90	8340	348	282	94	6	24	53	71	45	180	15	50

VIETAMESE RICE NOODLE BOWLS

Vietnamese Rice Noodles With Grilled Pork	590.76	830	330	37	57	12	60	105	35	2580	108	80	27	5	20	30	45	130	25	10	25
Vietnamese Rice Noodles With Seared Prawns and Mushrooms	588.91	790	380	42	65	9	45	65	22	6350	265	89	30	7	28	33	23	130	35	15	35
Vietnamese Rice Noodles With Marinated Beef	550.25	740	310	35	54	15	75	75	25	2360	98	76	25	5	20	26	32	130	25	8	25
Vietnamese Rice Noodles With 5 Vegetables and Tofu	721.54	810	370	41	63	10	50	0	0	7500	313	101	34	11	44	38	27	140	120	40	60
Vietnamese Rice Noodles With Grilled Salmon	589.15	650	210	23	35	8	40	60	20	5020	209	76	25	5	20	25	36	130	25	10	20

