

# GENGHIS GRILL NUTRITION GUIDE

MENU ITEMS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>SAUCES</b>												
3G	1 fl oz	60	0	0	0	0	0	730	17	0	15	1
Asian Chili	1 fl oz	10	0	0	0	0	0	1410	1	1	1	0
Caribbean Jerk	1 Tbsp	40		1.5	0	0	0	280	7	0	6	0
Dragon	1 fl oz	70	5	0	0	0	0	350	20	0	19	0
Garlic Water	1 fl oz	5	0	0	0	0	0	0	1	0	0	0
Island Teriyaki	1 fl oz	60	0	0	0	0	0	600	18	0	16	0
Korean BBQ	2 Tbsp	70	10	1.5	0	0	0	590	13	0	11	1
Kung Pao	1 fl oz	80	25	3	0	0	0	480	13	0	12	1
Mongo BBQ	1 fl oz	60	0	0	0	0	0	230	17	0	13	0
Orange Sauce	1 Tbsp	40		0	0	0	0	210	10	0	9	0
Pad Thai	2 Tbsp	90		4	.5	0	0	430	12	0	11	1
Roasted Garlic	1 fl oz	50	5	0	0	0	0	470	14	0	12	1
Sesame	2 tbsp	90	40	4.5	1	0	0	320	12	0	9	0
Sweet N Sour	1 fl oz	45	0	0	0	0	0	160	11	0	10	0

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<b>VEGGIES</b>												
Baby Corn	1 oz	25	0	0	0	0	0	0	6	<1	1	<1
Bamboo Shoots	1 oz	5	0	0	0	0	0	0	<1	0	0	0
Banana Peppers	1 oz	0	0	0	0	0	0	580	0	0	0	0
Basil	1 oz	5	0	0	0	0	0	0	<1	0	0	<1
Bean Sprouts	1 oz	10	0	0	0	0	0	0	2	<1	1	<1
Bell Peppers	1 ea	5	0	0	0	0	0	0	1	0	0	0
Black Beans	130 g	100		0	0	0	0	460	20	5	<1	7
Broccoli	1 oz	10	0	0	0	0	0	10	1	<1	0	<1
Cabbage	1 oz	10	0	0	0	0	0	5	2	<1	0	0
Carrots	1 oz	10	0	0	0	0	0	20	3	<1	1	0
Cilantro	1 oz	5	0	0	0	0	0	15	1	<1	0	<1
Corn	1 oz	15	0	0	0	0	0	80	2	<1	2	0
Edamame	0.5 cup	90		2.5	0	0	0	0	10	3	2	7
Green Beans	1 oz	10	0	0	0	0	0	0	2	<1	<1	<1
Green Onions	1 oz	10	0	0	0	0	0	0	2	<1	<1	<1

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<b>VEGGIES</b>												
Jalapenos	1 oz	10	0	0	0	0	0	0	2	<1	1	0
Mandarin Oranges	1 oz	10	0	0	0	0	0	0	3	0	2	0
Mint	1 oz	20	0	0	0	0	0	10	4	2	0	1
Mushrooms	1 oz	30	0	0	0	0	0	0	<1	0	<1	0
Pineapple	1 oz	15	0	0	0	0	0	0	4	0	4	0
Potatoes	1 oz	25	0	0	0	0	0	10	6	<1	0	<1
Roasted Red Peppers	100 g	29.92	1.8	0	0	0	0	238	6	1	4	1
Spinach	1 oz	5	0	0	0	0	0	20	1	<1	0	<1
Squash	1 oz	5	0	0	0	0	0	0	0	0	0	0
Tofu	1 oz	35	15	2	0	0	0	0	1	0	0	3
Tomatoes	1 oz	5	0	0	0	0	0	0	1	0	<1	0
Water Chestnuts	1 oz	15	0	0	0	0	0	0	3	0	<1	0
Yellow Onions	1 oz	10	0	0	0	0	0	0	3	0	1	0
Zucchini	1 oz	5	0	0	0	0	0	0	<1	0	<1	0

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<b>SIDES</b>												
Brown Rice	1 order	110	10	1	0	0	0	5	23	2	0	3
Cabbage	1 order	15	0	0	0	0	0	15	4	2	0	< 1
Fried Rice	1 order	210	35	4	1	0	< 5	460	39	< 1	< 1	4
Rice Noodles	1 order	150	0	0	0	0	0	0	34	0	0	3
Spiral Pasta	1 order	160	35	4	0	0	0	90	26	2	< 1	5
Steamed Rice	1 order	130	0	0	0	0	0	0	29	0	0	3
Tortillas	1 order	220	45	5	1	0	0	510	38	2	3	6
Udon Noodles	1 order	140	15	2	0	0	0	135	25	< 1	0	4
<b>SPICES</b>												
Cajun	1 tsp	10	0	0	0	0	0	630	2	0	0	0
Cayenne	1 tsp	10	0	0.5	0	0	0	0	1	< 1	0	< 1
Citrus Garlic Herb	1 tsp	10	0	0	0	0	0	610	2	0	0	0
Dragon Salt	1 tsp	10	0	0	0	0	0	690	1	0	0	0
Garlic	1 tsp	5	0	0	0	0	0	0	2	0	0	0
Ginger	1 tsp	10	0	0	0	0	0	0	2	< 1	0	< 1

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<b>SPICES</b>												
Lemon Pepper	1 tsp	10	0	0	0	0	0	370	2	0	0	0
Montreal Steak Seasoning	0.25 tsp	0	0	0	0	0	0	180	0	0	0	0
Old Bay	98 g	164	68	7.5	2.8	0	72	267	0.7	0	0.5	21.9
Pepper	1 tsp	10	0	0	0	0	0	0	2	<1	0	<1
Red Pepper	1 tsp	10	0	0	0	0	0	0	1	<1	0	<1
Salt	1 tsp	0	0	0	0	0	0	2360	0	0	0	0
<b>PROTEIN</b>												
Bacon	1 oz	170	130	15	5	0	15	500	0	0	0	7
Cajun Chicken	1 oz	40	20	2	0	0	15	160	<1	0	0	5
Calamari	1 oz	25	0	0	0	0	65	10	<1	0	0	4
Chicken Breast	1 oz	20	0	0	0	0	15	170	0	0	0	6
Fiesta Lime Chicken	1 oz	40	20	2.5	0	0	15	240	0	0	0	5
Garlic Lime Marinated White Fish	1 oz	25	0	0	0	0	20	30	0	0	0	5
Ham	1 oz	30	10	1	0	0	10	390	2	0	2	4
Khan's Krab	1 oz	30	0	0.5	0	0	<5	200	5	0	2	2

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<b>PROTEIN</b>												
Korean BBQ Pork	1 oz	35	15	1	0	0	10	180	2	0	2	4
Meatballs	1 oz	80	60	7	2.5	0	15	85	2	0	< 1	4
Pepperoni	1 oz	150	130	14	6	0	30	510	1	0	0	6
Pork	1 oz	25	15	1	0	0	15	120	0	0	0	4
Sausage	1 oz	90	70	8	3	0	20	250	2	0	2	3
Scallops	3 oz	90	5	.5	0	0	35	570	5	0	0	17
Shrimp	1 oz	20	0	0	0	0	35	160	0	0	0	4
Sliced Beef	1 oz	70	45	5	2	0	20	20	0	0	0	5
Spicy Sriracha Chicken	1 oz	25	0	0	0	0	15	190	0	0	0	5
Steak	1 oz	65	45	5	2	0	18	80	0	0	0	5
<b>TOPPINGS</b>												
Khan's Krunch	1 oz.	150	70	9	1	0	0	120	16	1	0	2
Peanuts	1 oz.	170	130	14	2	0	0	0	6	2	1	7
Wonton Strips	1 oz.	80	60	6	0	0	0	180	16	0	0	4

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<b>APPETIZERS</b>												
Chicken Lettuce Wraps	1 order	330	60	7	0	0	100	1960	24	1	26	35
Chicken Potstickers	1 order	350	50	6	1	0	20	2330	59	1	35	12
Garlic Citrus Edamame	1 order	250	70	7	0	0	0	490	16	10	11	21
Pork Potstickers	1 order	420	110	11	3	0	20	1440	67	1	44	9
Saucy Balls - Hot	1 order	858	548	62	20	0	100	1945	48	4	32	29
Saucy Balls - Jerk Sauce	1 order	723	522	60	20	0	380	750	22	4	10	26
Saucy Balls - Sweet	1 order	908	622	69	21	0	100	1270	45	4	27	26
<b>SIGNATURE BOWLS</b>												
Kung Pao Chicken (Small)	1 each	925	289	33	4	0	122	3917	107	2	42	90
Kung Pao Chicken (Regular)	1 each	1650	488	55	6	0	182	6828	208	3	81	153
Kung Pao Chicken (Large)	1 each	2377	688	78	9	0	243	9734	309	5	121	216
Mongolian Beef (Small)	1 each	903	379	43	15	0	124	2264	100	0	42	39
Mongolian Beef (Regular)	1 each	1522	554	62	21	0	186	3809	197	1	83	61
Mongolian Beef (Large)	1 each	2142	730	82	28	0	248	5354	294	1	125	83

\*Nutritional information for sides are listed separate from Signature Bowls.

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<b>SIGNATURE BOWLS</b>												
Orange Chicken (Small)	1 each	620	15	2	0	0	90	2415	113	4	66	43
Orange Chicken (Regular)	1 each	1170	30	4	0	0	135	4320	225	8	132	68
Orange Chicken (Large)	1 each	1720	45	6	0	0	180	6225	337	12	198	93
Sesame Beef (Small)	1 each	992	496	58	16	0	138	1889	75	0	31	39
Sesame Beef (Regular)	1 each	1673	789	92	24	0	207	3390	41	0	60	60
Sesame Beef (Large)	1 each	2353	1081	127	33	0	276	4890	143	0	89	81
Teriyaki Chicken (Small)	1 each	656	73	8	1	0	122	3788	107	0	60	52
Teriyaki Chicken (Regular)	1 each	1133	87	11	1	0	186	6632	203	1	114	82
Teriyaki Chicken (Large)	1 each	1606	101	12	2	0	243	9392	300	1	168	108
<b>DESSERTS</b>												
Double Fudge Brownies	1 each	900	360	40	12	0	160	510	132	2	87	8
Double Fudge Brownies A La Mode	1 each	1130	480	53	20	0	210	600	159	3	111	12
Lemon Berry Stack	1 each	290	160	18	10	0	55	130	30	1	20	3
Oreo Stack	1 each	280	170	18	9	0	55	130	26	1	15	3

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<b>DESSERTS</b>												
Peanut Butter Stack	1 each	335	200	25	12	0	45	140	31	2	23	4
Triple Stack	3 stacks	905	530	61	31	0	155	400	87	4	58	10
<b>KIDS MENU</b>												
Apple Juice	1 each	80	0	0	0	0	0	5	19	<1	17	0
Chocolate Milk	1 each	210	45	5	3	0	20	120	24	1	22	8
Coca-Cola	1 each	60	0	0	0	0	0	20	18	0	18	0
Coca-Cola Zero	1 each	0	0	0	0	0	0	20	0	0	0	0
Cranberry Juice	1 each	90	0	0	0	0	0	25	17	0	17	0
Diet Coke	1 each	0	0	0	0	0	0	20	0	0	0	0
Dr Pepper	1 each	70	0	0	0	0	0	30	18	0	18	0
Favorita Fajita Bowl	1 each	420		8	2.5	0	35	850	69	5	20	19
Genghis Jr. Bowl	1 each	540		21	6	0	25	810	72	8	28	17
Mighty Macaroni & Cheese	1 each	430	120	12	4	0	20	950	64	3	11	15
Milk	1 each	110	40	4.5	3	0	20	105	11	0	11	8
Minute Maid Lemonade	1 each	80	0	0	0	0	0	10	19	0	19	0

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<b>KIDS</b>												
Mongurrito	1 each	340		11	3.5	0	30	850	45	6	11	16
Open Sesame Bowl	1 each	480		18	5	0	25	850	63	6	26	17
Orange Juice	1 each	120	0	0	0	0	0	35	32	0	32	0
Pineapple Juice	1 each	90	0	0	3.5	0	10	180	0	0	0	0
Sprite	1 each	60	0	0	0	0	0	30	17	0	17	0
White Grapefruit Juice	1 each	70	0	0	0	0	0	50	16	<1	6	<1
<b>BEVERAGES (NON-ALCOHOLIC)</b>												
Coca-Cola	1 each	120	0	0	0	0	0	40	33	0	33	0
Coke Zero	1 each	0	0	0	0	0	0	35	0	0	0	0
Coke Zero Sugar	1 each	0	0	0	0	0	0	35	0	0	0	0
Diet Coke	1 each	0	0	0	0	0	0	35	0	0	0	0
Dr. Pepper	1 each	130	0	0	0	0	0	50	33	0	32	0
Flavored Lemonade Mango	1 each	210	0	0	0	0	0	40	55	0	53	1
Flavored Lemonade Peach	1 each	210	0	0	0	0	0	55	55	0	53	1
Flavored Lemonade Raspberry	1 each	190	0	0	0	0	0	45	48	0	46	1

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<b>BEVERAGES (NON-ALCOHOLIC)</b>												
Flavored Lemonade Strawberry	1 each	210	0	0	0	0	0	55	55	0	52	1
Flavored Sweet Tea Mango	1 each	150	0	0	0	0	0	75	39	0	38	5
Flavored Sweet Tea Peach	1 each	150	0	0	0	0	0	95	38	0	38	5
Flavored Sweet Tea Raspberry	1 each	120	0	0	0	0	0	85	32	0	31	5
Flavored Sweet Tea Strawberry	1 each	150	0	0	0	0	0	90	39	0	37	5
Flavored Unsweet Tea Mango	1 each	80	0	0	0	0	0	35	19	0	18	2
Flavored Unsweet Tea Peach	1 each	80	0	0	0	0	0	50	18	0	18	2
Flavored Unsweet Tea Raspberry	1 each	50	0	0	0	0	0	40	12	0	11	2
Flavored Unsweet Tea Strawberry	1 each	80	0	0	0	0	0	50	19	0	17	2
Minute Maid Lemonade	1 each	140	0	0	0	0	0	20	36	0	35	0
Sprite	1 each	120	0	0	0	0	0	55	32	0	32	0
Sweet Iced Tea	1 each	80	0	0	0	0	0	60	20	0	20	4
Unsweet Iced Tea	1 each	0	0	0	0	0	0	15	0	0	0	1

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<b>BEER</b>												
Blue Moon Bottle	1 each	160	0	0	0	0	0	10	13	0	0	1
Bud Light Bottle	1 each	110	0	0	0	0	0	10	7	0	0	0
Bud Light Draft Short	1 each	130	0	0	0	0	0	20	8	0	0	0
Bud Light Draft Tall	1 each	170	0	0	0	0	0	25	9	0	0	2
Budweiser Bottle	1 each	160	0	0	0	0	0	10	11	0	0	<1
Coors Light Bottle	1 each	100	0	0	0	0	0	10	5	0	0	<1
Corona Bottle	1 each	150	0	0	0	0	0	0	13	0	0	0
Corona Light Bottle	1 each	110	0	0	0	0	0	0	5	0	0	0
Dos Equis Bottle	1 each	150	0	0	0	0	0	0	12	0	0	2
Heineken Bottle	1 each	150	0	0	0	0	0	0	11	0	0	<1
Kirin Bottlet	1 each	150	0	0	0	0	0	0	12	0	0	1
Michelob Ultra Bottle	1 each	100	0	0	0	0	0	10	3	0	0	<1
Miller Lite Bottle	1 each	100	0	0	0	0	0	5	3	0	0	0
Sam Adams Draft Short	1 each	200	0	0	0	0	0	15	21	0	0	3
Sam Adams Draft Tall	1 each	260	0	0	0	0	0	20	27	0	0	2

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<b>BEER</b>												
Sapporo Bottle	1 each	260	0	0	0	0	0	0	19	0	0	3
Shiner Bock Bottle	1 each	140	0	0	0	0	0	0	13	0	0	1
Stella Artois Bottle	1 each	150	0	0	0	0	0	0	13	0	0	0
Tsingtao Bottle	1 each	160	0	0	0	0	0	0	15	0	0	0
<b>INFAMOUS COCKTAILS</b>												
Blue Dragon (Schooner)	1 each	210	0	0	1.5	0	5	90	17	< 1	14	0
Blue Dragon (Signature)	1 each	180	0	0	1	0	< 5	70	17	< 1	14	0
Legendary Lemonade	1 each	240	0	0	0	0	0	10	41	< 1	38	0
Mango Voodoo	1 each	221.16	0	0	0	0	0	21.25	39.33	0	38.5	0
Margarita Mango (Schooner)	1 each	380	0	0	0	0	0	15	56	2	47	< 1
Margarita Mango (Signature)	1 each	270	0	0	0	0	0	10	39	2	32	0
Margarita Peach (Schooner)	1 each	380	50	52	53	54	55	70	100	60	94	61
Margarita Peach (Signature)	1 each	270	40	39	40	41	40	50	72	45	68	45
Margarita Raspberry (Schooner)	1 each	380	50	50	51	52	55	65	98	58	91	58

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<b>INFAMOUS COCKTAILS</b>												
Margarita Raspberry (Signature)	1 each	270	35	37	38	39	40	50	70	43	66	44
Margarita Strawberry (Schooner)	1 each	380	50	52	53	54	55	70	100	60	94	61
Margarita Strawberry (Signature)	1 each	270	40	39	40	41	40	50	72	45	68	45
Rum Punch	1 each	248.41	0	0	0	0	0	25.12	42.2	0.12	40.75	0
<b>WINE-BASED COCKTAILS</b>												
Pineapple Fusion (Signature)	1 each	140	0	0	1.5	0	5	100	15	0	15	0
Pineapple Fusion (Schooner)	1 each	250	0	0	3	0	10	190	20	0	20	0
Red Sangria (Signature)	1 each	130	0	0	0	0	0	20	23	< 1	11	0
Red Sangria (Schooner)	1 each	220	0	0	0	0	0	25	36	< 1	19	0
White Sangria (Signature)	1 each	130	0	0	0	0	0	20	23	< 1	11	0
White Sangria (Schooner)	1 each	220	0	0	0	0	0	25	35	< 1	19	0
Margarita (Signature)	1 each	300	0	0	0	0	0	25	66	< 1	61	0
Margarita (Schooner)	1 each	590	0	0	0	0	0	50	129	< 1	122	0
Mojitos (Signature)	1 each	230	0	0	0	0	0	20	44	1	38	0
Mojitos (Schooner)	1 each	460	0	0	0	0	0	40	86	2	76	< 1

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<b>WINE-BASED COCKTAILS</b>												
Carribbean Sunset Sangria (Schooner)	1 each	310	0	0	0	0	0	10	41	2	34	0
Carribbean Sunset Sangria (Signature)	1 each	190	0	0	0	0	0	20	38	< 1	34	0
Cherry Lime Sparkler (Schooner)	1 each	500	0	0	0	0	0	20	90	3	67	0
Cherry Lime Sparkler (Signature)	1 each	250	0	0	0	0	0	25	54	1	44	0
Khan's Daquiris Mango (Schooner)	1 each	560	0	0	0	0	0	20	113	2	102	< 1
Khan's Daquiris Mango (Signature)	1 each	290	0	0	0	0	0	10	59	2	52	0
Khan's Daquiris Strawberry (Schooner)	1 each	560	0	0	0	0	0	60	113	2	100	< 1
Khan's Daquiris Strawberry (Signature)	1 each	290	0	0	0	0	0	30	59	2	51	0
Peach Sunrise Sangria (Schooner)	1 each	490	0	0	0	0	0	50	80	2	72	< 1
Peach Sunrise Sangria (Signature)	1 each	250	0	0	0	0	0	35	51	< 1	47	0
Pina Colada (Schooner)	1 each	460	0	0	2.5	0	9	190	60	0	57	0
Pina Colada (Signature)	1 each	230	0	0	1	0	< 1	95	31	0	30	0

# GENGHIS GRILL NUTRITION GUIDE

## MENU INGREDIENTS

Gluten-Friendly

### SAUCES

3G	High Fructose Corn Syrup, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Sugar, Water, Vinegar, Modified Corn Starch, Peach Juice Concentrate, White Wine, Hydrolyzed Soy Protein, Garlic Puree (Garlic, Water, Citric Acid), Apple Juice Concentrate, Contains less than 2% of Pear Juice Concentrate, Salt, Paprika, Sesame Oil, Spice, Yeast Extract, Disodium Inosinate and Disodium Guanylate, Lemon Juice Concentrate, Garlic Powder, Citric Acid, Potassium Sorbate and Sodium Benzoate (preservatives), Sesame Seed, Caramel Color, Natural Flavor. Contains: Soy, Wheat	N
Asian Chili	Chili, salt, distilled vinegar, potassium sorbate & sodium bisulfate as preservatives & xanthan gum.	N
Caribbean Jerk	Sugar, Water, Distilled Vinegar, Apple Cider Vinegar, Tomato Paste, Vegetable Oil (Soybean And/Or Canola), Salt, Spice, Contains Less Than 2% Of Molasses, Yellow Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika, Spice), Garlic, Modified Corn Starch, Garlic Juice, Onion, Lime Juice Concentrate, Green Onion, Natural Flavor, Caramel Color, Red Bell Pepper, Corn Syrup, Potassium Sorbate And Sodium Benzoate (Preservatives), Red Pepper, Xanthan Gum, Calcium Disodium Edta (To Protect Flavor), Tamarind, Celery Seed. *Dried.	Y
Dragon	High Fructose Corn Syrup, Sugar, Water, Vinegar, Diced Red Bell Pepper (Red Bell Pepper, Water, Citric Acid), Salt, Contains less than 2% of Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Modified Corn Starch, Aged Cayenne Pepper, Vegetable Oil (Soybean and/or Canola), Chili Pepper, Garlic, Garlic, Red Bell Pepper, Plum, Rice Vinegar, Garlic Powder, Sodium Benzoate (preservative), Phosphoric Acid, Xanthan Gum, Paprika. *Dried Contains: Soy, Wheat	N
Garlic Water	Garlic, water, phosphoric acid, sodium benzoate and potassium sorbate as a preservative. Contains naturally occurring sulfites.	Y
Island Teriyaki	High Fructose Corn Syrup, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Cider Vinegar, Sugar, Vinegar, Pineapple Juice Concentrate, Contains less than 2% of Modified Corn Starch, Salt, Dried Garlic, Spice, Onion Powder, Potassium Sorbate and Sodium Benzoate (preservatives), Citric Acid, Caramel Color. Contains: Soy, Wheat	N



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Korean BBQ	Sugar, Vinegar, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Water, Gochujang Hot Pepper Paste (Water, Sugar, Red Chili Peppers Powder, Fermented Soybean Paste [Water, Soybeans, Rice, Salt, Alcohol], Pear Puree Concentrate, Salt, Salted Sake [Sake{Water, Rice, Koji}, Salt], Onion Powder, Garlic Powder, Yeast Extract, Rice Vinegar, Sesame Oil, Paprika Powder, Corn Starch), Brown Sugar, Chili Garlic Sauce (Salted Chili Peppers [Chili Peppers, Salt], Garlic, Sugar, Rice Vinegar, Water, Modified Corn Starch, Acetic Acid), Sesame Oil, Contains less than 2% of Spice, Salt, Modified Corn Starch, Paprika, Red Bell Pepper, Garlic, Xanthan Gum, Propylene Glycol Alginate, Green Onion, Potassium Sorbate (preservative), Natural Flavor. Dried Contains: SOY, WHEAT.	N
Kung Pao	Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), High Fructose Corn Syrup, Sugar, Water, Brown Sugar, Vinegar, Rice Vinegar, Vegetable Oil (Soybean and/or Canola), Sesame Oil, Contains less than 2% of Modified Corn Starch, Ginger, Spice, Garlic, Xanthan Gum, Salt, Propylene Glycol Alginate, Paprika, Potassium Sorbate (preservative), Green Onion, Caramel Color, Natural Flavor, Citric Acid, Calcium Disodium EDTA (to protect flavor). *Dried Contains: Soy, Wheat	N
Monggo BBQ	High Fructose Corn Syrup, Distilled Vinegar, Water, Corn Syrup, Tomato Paste, Honey, Molasses, Modified Corn Starch, Contains less than 2% of Salt, Potassium Sorbate and Sodium Benzoate (preservatives), Paprika, Natural Flavor, Chili Powder (chili pepper, spice, salt, garlic), Mustard Bran, Garlic, Spice, Caramel Color, Onion, Natural Smoke Flavor, Propylene Glycol Alginate, Sugar, Tamarind. *Dried	Y
Orange Sauce	Sugar, Water, High Fructose Corn Syrup, Soy Sauce (Water, Soybeans, Salt, Wheat Flour, Sodium Benzoate), Orange Juice Concentrate, Modified Corn Starch, Contains less than 2% of Citric Acid, Salt, Sodium Citrate, Onion Powder, Sesame Oil, Spices, Sesame Seeds, Garlic Powder, Chili Peppers, Xanthan Gum, Natural Orange Flavor, Caramel Color, Cochineal, Beta-Carotene, Soybean Oil, Rice Bran Oil, Canola Oil, Natural Flavors (Milk), Sodium Benzoate added as a Preservative. Contains: Soy, Wheat, Milk.	N
Pad Thai	Sugar, Water, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Rice Vinegar, Vegetable Oil (Soybean And/Or Canola), Toasted Sesame Oil, Contains Less Than 2% Of Modified Corn Starch, Sherry Wine, Spice, Soybeans, Wheat, Natural And Artificial Flavor, Xanthan Gum, Salt, Garlic, Distilled Vinegar, Sesame Oil, Citric Acid, Sodium Benzoate (Preservative), Fermented Wheat Protein, Yeast Extract, Natural Flavor, Red Bell Pepper, Paprika Extract (Color), Maltodextrin. *Dried. Contains Soy, Wheat.	N

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Roasted Garlic	High Fructose Corn Syrup, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium Benzoate [Preservative]), Water, Garlic Puree (Garlic, Water, Citric Acid), Modified Corn Starch, Apple Juice Concentrate, Tomato Paste, Peach Juice Concentrate, Contains less than 2% of Vinegar, Sugar, Lemon Juice Concentrate, Garlic Powder, Soybeans, Natural Flavor, Wheat, Salt, Paprika, Spice, Sesame Oil, Disodium Inosinate and Disodium Guanylate, Sodium Benzoate and Potassium Sorbate (preservatives), Caramel Color, Propylene Glycol Alginate, Calcium Disodium EDTA (to protect flavor). Contains Soy, Wheat.	N
Sesame	Sugar, Water, Vegetable Oil (Soybean and/or Canola), Soy Sauce (Water, Wheat, Soybeans, Salt), Peach Juice Concentrate, Modified Food Starch, Contains less than 2% of: Salt, Vinegar, Natural Flavor, Sesame Seed, Sesame Oil, Lemon Juice Concentrate, Garlic, Caramel Color, Spices, Guar Gum, Paprika, Calcium Disodium EDTA to protect flavor. Contains Soy, Wheat	N
Sweet N Sour	Water, Sugar, Vinegar, Pineapple Juice Concentrate, Modified Food Starch, Contains less than 2% of Salt, Citric Acid, Oleoresin Paprika (color), Green Bell Pepper, Red Bell Pepper, Potassium Sorbate (preservative). *Dried	Y