NUTRITIONAL FACTS 营养成分

*The nutritional facts below are based on if the dish is made as **REGULAR SPICY***

以下营养成分信息基于菜肴制作成
普通辣

ALLERGEN INFO 过敏原

Cross contamination is always possible in a kitchen. Please totally avoid our food if you have severe allergies to any of the allergens present in dishes below

厨房里始终存在交叉污染的风险
如果您对以下列出的任何过敏原严重过敏，
请避免食用我们的食物

DISH NUMBER 菜号	Serving Size 份量 (g)	Calories 卡路里	Calories From Fat 脂肪卡路里 (g)	Total Fat 总脂肪 (g)	Saturated Fat 饱和脂肪 (g)	Trans Fat 反式脂肪 (g)	Cholestrol 胆固醇 (mg)	Sodium 钠 (g)	Total Carb 总碳水化合物 (g)	Dietary Fiber 膳食纤维 (g)	Sugars 糖 (g)	Protein 蛋白质 (g)	Wheat Gluten 麸质	Soy 大豆	Peanuts 花生	Walnuts 核桃/Treenuts 树坚果	Sichuan Peppercorns 花椒	Sesame Seeds 芝麻籽	Sesame Oil 芝麻油	Fish 鱼	Mushrooms 蘑菇	Eggs 鸡蛋	Milk/Dairy 牛奶/乳制品	Shellfish/Mollusks 贝类/软体动物
Liang Pi Category 凉皮类																								
A1	541	813	371	41	6	0	1	1.6	99	10	7	13	X	X			X	X	X					
A2	553	877	434	48	6	0	1	1.6	99	10	8	13	X	X			X	X	X					
A5	504	699	404	45	6	0	1	2.7	20	6	7	55	X	X			X	X	X					
Burgers Category 夹馍类																								
B1	255	782	382	42	17	0	84	0.4	70	4	2	28	X	X										
B2	245	619	199	22	7	1	56	0.6	76	6	2	27	X	X			X	X	X					
Cold Dishes Category 凉菜类																								
L1	133	74	30	3	0	0	0	0.3	10	3	5	2		X				X	X					
L2	340	271	197	22	3	0	1	0.7	15	3	8	5	X	X			X	X	X					
Other Specialties Category 其他类																								
F1	479	321	182	20	3	0	0	1.2	11	5	4	24	X	X			X	X	X					
F4	404	780	381	42	9	1	39	3.1	74	8	16	26	X	X			X	X	X					X
F5	616	818	385	43	12	1	86	4.3	74	8	17	35	X	X			X	X	X					X
F6	440	710	266	30	4	0	18	2.4	91	11	13	20	X	X			X	X	X			X		
F8	435	887	465	52	12	0	58	3.3	77	9	15	29	X	X			X	X	X					X
Hand-Ripped Noodles Category 扯面类																								
N1	497	1240	484	54	12	1	71	2.7	140	13	6	45	X	X			X	X	X					
N2	532	1132	329	37	7	0	94	3.0	136	10	6	61	X	X			X	X	X					
N3	487	1137	421	47	11	0	72	2.6	134	9	13	41	X	X			X	X	X					
N4	517	1249	448	50	12	0	139	2.9	133	9	6	63	X	X			X	X	X					
N6	507	1106	403	45	8	0	60	3	140	10	7	33	X	X			X	X	X					
N8	541	1103	171	19	2	0	0	3.4	197	12	6	33	X	X			X	X						
N9	532	1091	318	35	7	0	64	3.5	144	9	24	45	X	X			X	X	X					
NS1	727	1277	488	54	15	1	118	3.9	139	13	6	54	X	X			X	X	X					
NS2	762	1193	351	39	10	0	143	4.3	135	10	6	71	X	X			X	X	X					
NS3	717	1021	308	34	9	0	72	3.8	134	9	13	41	X	X			X	X	X					
NS4	747	1134	336	37	10	0	139	4.1	133	9	6	63	X	X			X	X	X					
Extra Proteins Category 加肉类																								
X1	325	930	620	69	22	3	182	2	19	12	6	58	X	X			X	X	X					
X2	325	507	170	19	7	0	188	2	7	3	5	77	X	X			X	X	X					
X4	325	943	527	59	20	0	358	1	1	2	3	103	X	X				X	X					
X6	325	538	378	42	11	0	141	1	18	4	7	24	X	X			X	X	X					

Homemade Teas 自制饮料

Drink Name 饮料	Serving Size 份量 (fl oz.)	Calories 卡路里	Calories From Fat 脂肪卡路里 (g)	Total Fat 总脂肪 (g)	Saturated Fat 饱和脂肪 (g)	Trans Fat 反式脂肪 (g)	Cholestrol 胆固醇 (mg)	Sodium 钠 (g)	Total Carb 总碳水化合物 (g)	Dietary Fiber 膳食纤维 (g)	Sugars 糖 (g)	Protein 蛋白质 (g)
Hawberry Hibiscus Tea	16	174	0	0	0	0	0	0	44	8	31	1
Chrysanthemum Tea	16	50	0	0	0	0	0	0	13	0	13	0
Jasmine Tea	16	3	0	0	0	0	0	0	1	0	1	0

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means vegan dish