

# THAIZONE

RESTO + TAKE-OUT + DELIVERY

## NUTRITION FACTS

DV: Recommended Daily Value

g: gram

mg: milligram

	SERVING	CALORIES	TOTAL FAT (g)	% DV FAT	SATURATED FAT (g)	TRANS FAT (g)	% DV SATURATED + TRANS FAT	CARBOHYDRATES (g)	DIETARY FIBER (g)	% DV FIBERS	SUGARS (g)	% DV SUGARS	PROTEINS (g)	CHOLESTEROL (mg)	SODIUM (g)	% DV SODIUM	POTASSIUM (mg)	% DV POTASSIUM	CALCIUM (mg)	% DV CALCIUM	IRON (mg)	% DV IRON
<b>TAO ON RICE</b>																						
CHICKEN GENERAL TAO	593g	1010	32	43	3	0.5	18	155	3	11	55	55	26	45	1990	87	500	11	100	8	5	28
CHICKEN GENERAL K.O.	632g	1050	33	44	3	0.5	18	163	5	18	62	62	26	45	2060	90	650	14	125	10	5.5	31
CAULIFLOWER TAO	583g	890	20	27	2	0	10	163	4	14	56	56	13	0	1430	62	600	13	150	12	6	33
<b>TAO POUTINE</b>																						
CHICKEN GENERAL TAO	598g	1470	81	108	16	0.5	85	155	7	25	54	54	40	115	3720	162	1000	21	750	58	2	11
CHICKEN GENERAL K.O.	637g	1500	82	109	17	0.5	90	163	9	32	61	61	41	115	3790	165	1150	24	800	62	2.5	14
TAO CHOU-FLEUR	623g	1450	77	103	16	0.2	80	170	9	32	56	56	32	80	3340	145	1100	23	850	65	3	17
<b>TAO SALAD</b>																						
CHICKEN GENERAL TAO	728g	930	39	52	4	0.5	23	118	9	32	65	65	32	45	2120	92	1300	28	250	19	6	33
CHICKEN GENERAL K.O.	767g	960	40	53	4	0.5	23	126	11	39	72	72	32	45	2190	95	1450	31	300	23	6.5	36
CAULIFLOWER TAO	718g	800	27	36	3	0	15	127	10	36	66	66	19	0	1560	68	1400	30	300	23	6.5	36
<b>SOUPS - MEAL</b>																						
THAÏ - BEEF	805g	660	27	36	15	0.2	75	87	3	11	30	30	25	65	4030	175	500	11	75	6	3.5	19
THAÏ - SHRIMPS	805g	590	22	29	13	0	65	84	2	7	28	28	20	220	3770	164	450	10	125	10	2.5	14
THAÏ - CHICKEN	805g	630	23	31	13	0.1	65	85	2	7	28	28	26	90	3560	155	300	6	75	6	3	17
THAÏ - TOFU	825g	620	24	32	13	0	65	92	5	18	30	30	15	25	3330	145	600	13	125	10	3.5	19
WONTON	770g	380	9	12	2	0	10	56	2	7	3	3	17	0	2370	103	300	6	225	17	2.5	14

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## NOODLES

PAD THAI - BEEF	619 g	800	16	21	4	0.2	20	133	5	18	46	46	35	205	2370	103	850	18	150	12	5.5	31
PAD THAI - SHRIMPS	619 g	730	11	15	2.5	0	13	130	5	18	44	44	30	355	2110	92	800	17	200	15	4.5	25
PAD THAI - CHICKEN	619 g	770	12	16	2.5	0.1	13	131	5	18	44	44	36	225	1900	83	650	14	150	12	5.5	31
PAD THAI - TOFU	639 g	760	13	17	2.5	0	13	138	7	25	47	47	25	160	1670	73	950	20	225	17	5.5	31
TERIYAKI STIR-FRY - BEEF	764 g	790	8	11	2.5	0.2	13	147	7	25	59	59	35	40	3610	157	1150	24	150	12	7.5	42
TERIYAKI STIR-FRY - SHRIMPS	764 g	720	3.5	5	1	0	5	145	7	25	57	57	30	195	3350	146	1100	23	200	15	6.5	36
TERIYAKI STIR-FRY - CHICKEN	764 g	760	4	5	1	0.1	5	146	7	25	57	57	36	65	3140	137	1000	21	150	12	7	39
TERIYAKI STIR-FRY - TOFU	784 g	740	6	8	1	0	5	152	9	32	60	60	25	0	2910	127	1250	27	200	15	7.5	42
PAD SEW - BEEF	629 g	790	14	20	2.5	0.2	13	106	5	18	16	16	36	40	3220	140	900	19	150	12	7	39
PAD SEW - SHRIMPS	629 g	710	10	14	1	0	5	104	5	18	14	14	30	195	2960	129	850	18	200	15	6.5	36
PAD SEW - CHICKEN	629 g	760	11	15	1	0.1	5	104	5	18	14	14	37	65	2750	120	700	15	175	13	7	39
PAD SEW - TOFU	649 g	750	12	16	1	0	5	111	7	25	17	17	26	0	2520	110	1000	21	225	17	7	39

## RICE

CRISPY ORANGE BEEF	600 g	990	18	24	2.5	0.2	13	181	4	14	77	77	24	25	1500	65	600	13	125	10	7	39
PEANUT STIR-FRY - BEEF	560 g	690	15	20	6	0.2	30	109	6	21	25	25	30	40	1430	62	900	19	175	13	6	33
PEANUT STIR-FRY - SHRIMPS	560 g	620	11	15	4.5	0	23	107	6	21	23	23	25	195	1170	51	850	18	225	17	5.5	31
PEANUT STIR-FRY - CHICKEN	560 g	660	11	15	5	0.1	25	108	6	21	23	23	31	65	960	42	700	15	175	13	6	33
PEANUT STIR-FRY - TOFU	580 g	640	13	17	4.5	0	23	114	8	29	26	26	20	0	730	32	1000	21	225	17	6	33
YELLOW CURRY - BEEF	630 g	750	22	29	11	0.2	55	107	5	18	24	24	29	50	2370	103	850	18	150	12	6	33
YELLOW CURRY - SHRIMPS	630 g	680	18	24	10	0	50	104	5	18	21	21	23	205	2110	92	850	18	200	15	5	28
YELLOW CURRY - CHICKEN	630 g	720	18	24	10	0.1	50	105	5	18	21	21	29	70	1900	83	700	15	150	12	5.5	31
YELLOW CURRY - TOFU	650 g	700	20	27	10	0	50	112	7	25	24	24	19	10	1670	73	1000	21	200	15	6	33
RED CURRY - BEEF	630 g	750	22	29	11	0.2	55	107	7	25	24	24	30	50	2360	103	1000	21	150	12	6.5	36
RED CURRY - SHRIMPS	630 g	680	18	24	10	0	50	104	6	21	21	21	25	205	2100	91	950	20	200	15	5.5	31
RED CURRY - CHICKEN	630 g	720	18	24	10	0.1	50	105	6	21	21	21	31	70	1880	82	800	17	150	12	6	33
RED CURRY - TOFU	650 g	700	20	27	10	0	50	112	9	32	24	24	20	10	1660	72	1100	23	200	15	6.5	36
FRIED RICE - BEEF	614 g	710	16	21	5	0.2	25	106	5	18	16	16	36	230	3220	140	900	19	150	12	7	39
FRIED RICE - SHRIMPS	614 g	640	11	15	3.5	0	18	104	5	18	14	14	30	385	2960	129	850	18	200	15	6.5	36
FRIED RICE - CHICKEN	614 g	680	12	16	3.5	0.1	18	104	5	18	14	14	37	250	2750	120	700	15	175	13	7	39
FRIED RICE - TOFU	634 g	670	17	13	3.5	0	18	111	7	25	17	17	26	185	2520	110	1000	21	225	17	7	39

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<b>POKTHAI</b>																						
<b>CAULIFLOWER TAO</b>	818g	1380	83	111	7	1	40	149	7	25	61	61	14	40	2570	112	1000	21	200	15	6	33
<b>CHICKEN GENERAL TAO</b>	833g	1520	96	128	8	1.5	50	142	6	21	61	61	26	90	2990	130	1000	21	150	12	5.5	31
<b>TERIYAKI SALMON</b>	773g	1150	70	93	6	1	35	101	6	21	44	44	33	90	2770	120	1200	26	100	8	4.5	25
<b>SIDE</b>																						
<b>TEMPURA SHRIMPS (2)</b>	72g	210	15	20	1.5	0.2	8	14	0	0	6	6	4	25	270	12	40	1	0	0	0	0
<b>STEAMED DUMPLINGS (3)</b>	110g	180	8	11	2.5	0	13	13	4	14	9	9	17	10	670	29	75	2	50	4	1.25	7
<b>FRIED DUMPLINGS (3)</b>	100g	250	20	27	2.5	0.3	15	7	3	11	5	5	15	10	500	22	30	1	20	2	1	6
<b>IMPERIAL ROLL (1)</b>	70g	140	8	11	1	0.1	5	19	1	4	6	6	1	0	350	15	100	2	10	1	0.5	3
<b>THAI SOUP - BEEF</b>	419g	370	19	25	10	0.2	50	32	1	4	17	17	21	55	2610	113	300	6	20	2	2.25	13
<b>THAI SOUP - SHRIMPS</b>	419g	300	15	20	8	0	40	29	1	4	15	15	15	210	2360	103	250	5	75	6	1.25	7
<b>THAI SOUP - CHICKEN</b>	419g	340	16	21	8	0.1	40	30	1	4	15	15	22	80	2140	93	125	3	30	2	2	11
<b>THAI SOUP- TOFU</b>	439g	330	17	23	8	0	40	37	3	11	18	18	11	15	1910	83	400	9	100	8	2.25	13
<b>WONTON SOUP</b>	345g	110	4	5	1	0	5	12	0	0	1	1	6	0	1260	55	75	2	100	8	0.75	4
<b>DESSERTS</b>																						
<b>CHOCOLATE CAKE</b>	100g	440	32	43	8	0.4	40	36	2	7	27	27	3	65	190	8	NA	NA	30	2	3	17
<b>SUGAR CREAM CAKE</b>	100g	340	20	27	7	0.4	35	39	0	0	24	24	2	50	180	8	NA	NA	30	2	0.75	4
<b>APPLE ROLL (1)</b>	55g	110	5	7	0.4	0.1	3	18	1	4	11	11	1	0	60	3	30	1	0	0	0.75	4

Notes:

- Nutrient values are taken from supplier data and a database.
- The percentage of recommended daily value (%DV) is based on the average energy needs of an adult (2000 cal/day)

