

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)
SAUCES												
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
Basil Pesto	1 fl oz	95	0	10	2	0	8	190	1	0	0	2
Caribbean Jerk	1 fl oz	80	3	3	0	0	0	560	15	0	12	0
Dragon	1 fl oz	70	5	0	0	0	0	350	20	0	19	0
Garlic Parm Sauce	1 fl oz	140	126	14	3	0	10	580	3	0	1	1
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	1 fl oz	70	10	2	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
Pad Thai	1 fl oz	90	0	4	1	0	0	430	12	0	11	1
Pesto	1 fl oz	95	0	10	2	0	8	190	1	0	0	2
Roasted Garlic	1 fl oz	50	5	0	0	0	0	470	14	0	12	1
Sesame	1 fl oz	90	40	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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VEGGIES												
Asparagus	1 oz	6	1	0	0	0	0	4	1	1	0	0
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
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
Black Beans	1 oz	30	0	0	0	0	0	80	5	2	<1	2
Black Bean & Corn Salsa	1 oz	20	5	1	0	0	0	115	4	1	1	1
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	1 oz	25	<1	<1	0	0	0	0	3	<1	<1	2
Green Bell Peppers	1 oz	5	0	0	0	0	0	0	1	0	0	0
Green Onions	1 oz	10	0	0	0	0	0	0	2	<1	<1	<1

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VEGGIES												
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	1 oz	10	<1	0	0	0	0	70	6	<1	<1	<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
Pea Pods	1 oz	12	1	0	0	0	0	1	2	1	1	1
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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SIDES												
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
Cauliflower Rice	1 order	25	0	0	0	0	0	25	4	2	2	2
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
White 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
SPICES												
Cajun	1 tsp	10	0	0	0	0	0	630	2	0	0	0
Cayenne	1 tsp	10	0	1	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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SPICES												
Lemon Pepper	1 tsp	10	0	0	0	0	0	370	2	0	0	0
Montreal Steak Seasoning	1 tsp	0	0	0	0	0	0	720	0	0	0	0
Old Bay	1 tsp	0	0	0	0	0	0	560	0	0	0	0
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
PROTEIN												
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	4	0	0	0	65	10	< 1	0	0	4
Carne Asada	1 oz	83	53	7	3	0	21	151	0	0	0	6
Chicken Breast	1 oz	20	0	0	0	0	15	170	0	0	0	6
Fiesta Lime Chicken	1 oz	40	20	3	0	0	15	240	0	0	0	5
Ham	1 oz	30	10	1	0	0	10	390	2	0	2	4
Krab	1 oz	30	0	1	0	0	< 5	200	5	0	2	2

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PROTEIN												
Korean BBQ Pork	1 oz	35	15	1	0	0	10	180	2	0	2	4
Meatballs	1 oz	80	60	7	3	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
Salmon	1 oz	58	32	4	1	0	18	17	0	0	0	6
Sausage	1 oz	90	70	8	3	0	20	250	2	0	2	3
Shrimp	1 oz	20	0	0	0	0	35	160	0	0	0	4
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
TOPPINGS												
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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APPETIZERS												
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
Chicken Teriyaki Quesadilla	1 order	775	34	47	10	0	86	2577	49	1	13	30
Garlic Citrus Edamame	1 order	250	70	7	0	0	0	490	16	10	11	21
Hummus	1 order	984	179	54	10	1	39	2290	98	18	14	33
Pork Potstickers	1 order	420	110	11	3	0	20	1440	67	1	44	9
Ranch Quesadilla	1 order	1180	200	74	19	0	106	3983	69	1	14	30
Sauced & Tossed Meatballs - Korean BBQ	1 order	858	548	62	20	0	100	1945	48	4	32	29
Sauced & Tossed Meatballs - Jerk Sauce	1 order	723	522	60	20	0	380	750	22	4	10	26
Sauced & Tossed Meatballs - Sesame	1 order	908	622	69	21	0	100	1270	45	4	27	26

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VALUE BOWLS												
Value All Beefed Up	1 each	749	45	13	4	117	117	3125	107	2	31	48
Value Beef & Broccoli	1 each	840	160	26	7	117	127	2289	101	2	24	47
Value Dragonfire Shrimp	1 each	648	33	6	1	0	117	1892	122	2	48	21
Value Garlic Parm Chicken	1 each	853	352	43	8	0	107	2474	78	2	3	35
Value Lil' Teri	1 each	775	37	8	2	0	82	3611	142	3	62	36
Value Smokin' Pulled Pork	1 each	526	61	11	3	0	45	1452	81	5	3	24
CHEF BOWLS												
All American (Small)	1 each	790	330	44	16	2	95	1476	49	5	11	37
All American (Regular)	1 each	1371	651	82	29	3	184	2414	74	7	19	67
All American (Large)	1 each	1810	841	107	40	5	268	3028	88	9	22	93
Bangkok (Small)	1 each	701	78	13	2	0	82	3239	106	5	39	39
Bangkok (Regular)	1 each	1171	141	20	2	0	144	6219	179	8	75	67
Bangkok (Large)	1 each	1621	193	26	3	0	205	9200	251	11	110	94
B.L.T.C.H. (Small)	1 each	932	398	49	17	0	139	3611	64	3	5	37

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CHEF BOWLS												
B.L.T.C.H. (Medium)	1 each	1367	561	68	24	0	225	5669	98	4	8	62
B.L.T.C.H. (Large)	1 each	1909	806	95	33	1	320	8044	131	5	11	88
Carne Asada (Small)	1 each	950	380	54	18	0	126	3259	91	5	39	46
Carne Asada (Regular)	1 each	1567	588	79	27	0	189	5194	164	10	65	74
Carne Asada (Large)	1 each	2185	797	104	35	0	252	7187	238	15	90	101
Chophouse (Small)	1 each	508	31	12	4	117	117	175	50	7	11	43
Chophouse (Regular)	1 each	797	50	17	7	204	204	333	75	10	19	73
Chophouse (Large)	1 each	1073	69	22	9	292	292	4452	96.2	12.7	25.3	103.7
Gimme Chimi (Small)	1 each	712	213	32	8	117	129	1701	60	6	9	46
Gimme Chimi (Regular)	1 each	1156	341	50	13	204	228	2894	97	10	14	80
Gimme Chimi (Large)	1 each	1574	450	66	18	292	320	4080	133	14	19	113
Hot & Spicy (Small)	1 each	814	59	13	4	117	117	3210	128	5	78	46
Hot & Spicy (Regular)	1 each	1208	95	18	7	204	204	4608	178	7	103	78
Hot & Spicy (Large)	1 each	1600	122	24	9	292	292	6006	231	10	132	110

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CHEF BOWLS												
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
Lonestar (Small)	1 each	735	195	25	9	0	83	2010	110	4	50	25
Lonestar (Regular)	1 each	1147	329	40	15	0	144	3432	166	6	76	42
Lonestar (Large)	1 each	1559	463	54	21	0	205	4855	222	8	103	60
Mean N' Green (Small)	1 each	577	71	13	2	1	0	3408	92	12	57	28
Mean N' Green (Regular)	1 each	964	105	17	2	2	0	6220	166	20	109	44
Mean N' Green (Large)	1 each	1351	13821	21	2	2	0	9031	240	27	161	61
Pad Thai (Small)	1 each	958	73	23	3	0	227	1860	149	2	35	24
Pad Thai (Regular)	1 each	1798	138	42	6	0	227	3384	297	3	71	39
Pad Thai (Large)	1 each	2733	209	64	8	0	453	5013	446	5	106	63
Surf and Turf (Small)	1 each	977	357	42	12	1	233	3461	100	4	46	57
Surf and Turf (Regular)	1 each	1673	577	68	19	2	287	5863	199	8	91	81

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CHEF BOWLS												
Surf and Turf (Large)	1 each	2369	797	93	25	3	341	8284	299	11	137	106
Sweet Chicken O' Mine (Small)	1 each	636	78	12	2	0	83	4772	89	9	40	42
Sweet Chicken O' Mine (Regular)	1 each	974	128	17	3	0	144	7524	132	14	57	70
Sweet Chicken O' Mine (Large)	1 each	1348	169	22	4	0	206	11147	186	19	83	99
Teriyaki Chicken (Small)	1 each	625	39	8	2	0	82	3044	104	2	56	30
Teriyaki Chicken (Regular)	1 each	1095	66	11	2	0	143	5672	190	4	113	52
Teriyaki Chicken (Large)	1 each	1570	93	14	3	0	204	8299	276	6	169	73
Tofu 4 U (Small)	1 each	640	133	19	2	0	0	2505	92	2	40	20
Tofu 4 U (Regular)	1 each	978	214	27	2	0	0	3758	140	3	61	32
Tofu 4 U (Large)	1 each	1296	285	36	2	0	0	5010	186	4	81	44
When In Rome (Small)	1 each	524	32	33	5	0	100	2128	25	7	11	38
When In Rome (Regular)	1 each	827	53	50	8	0	173	3373	39	11	18	64
When In Rome (Large)	1 each	1189	75	72	12	0	249	4713	55	16	25	92

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FRIED RICE												
Farmhouse Fried Rice (Small)	1 each	1009	236	41	12	0	118	3278	110	2	8	33
Farmhouse Fried Rice (Regular)	1 each	1518	403	70	22	0	195	4980	150	3	14	48
Farmhouse Fried Rice (Large)	1 each	2115	607	94	33	1	277	6677	220	4	15	66
Jambalaya Fried Rice (Small)	1 each	650	137	19	6	0	101	3326	89	4	11	28
Jambalaya Fried Rice (Regular)	1 each	845	181	24	7	0	134	7209	117	7	16	38
Jambalaya Fried Rice (Large)	1 each	1270	270	33	11	0	201	9976	181	10	23	57
Kimchi Fried Rice (Small)	1 each	946	225	28	9	0	659	4910	110	6	21	58
Kimchi Fried Rice (Regular)	1 each	1454	411	48	18	0	1082	7979	153	9	35	93
Kimchi Fried Rice (Large)	1 each	2158	651	75	30	1	1628	10647	222	12	43	136
Supreme Fried Rice (Small)	1 each	750	172	25	9	44	581	2716	71	2	6	53
Supreme Fried Rice (Regular)	1 each	1105	297	39	14	59	1076	3822	94	4	8	81
Supreme Fried Rice (Large)	1 each	1495	340	45	17	88	1162	5751	149	6	13	107

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DESSERT												
Double Fudge Brownies A La Mode	1 each	1130	480	53	20	0	210	600	159	3	111	12
KIDS MENU												
Apple Juice	1 each	80	0	0	0	0	0	5	19	< 1	17	0
Cheese Quesadilla	1 each	740	24	49	13	0	48	1500	36	0	6	20
Chicken Fried Rice	1 each	1048	146	36	1	0	0349	3414	145	0	24	55
Chicken Lo Mein	1 each	591	85	12	2	0	122	3162	79	1	43	42
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
Macaroni & Cheese	1 each	430	120	12	4	0	20	950	64	3	11	15
Milk	1 each	110	40	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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KIDS												
Orange Juice	1 each	120	0	0	0	0	0	35	32	0	32	0
Pineapple Juice	1 each	90	0	0	4	0	10	180	0	0	0	0
Sprite	1 each	60	0	0	0	0	0	30	17	0	17	0
Sweet and Sour Chicken	1 each	790	111	16	2	0	122	3478	118	2	62	44
Teriyaki Chicken	1 each	565	42	7	1	0	122	2176	83	2	47	43
BEVERAGES (NON-ALCOHOLIC)												
Coca-Cola	1 each	120	0	0	0	0	0	40	33	0	33	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
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

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BEVERAGES (NON-ALCOHOLIC)												
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 Unsweetened Tea Mango	1 each	80	0	0	0	0	0	35	19	0	18	2
Flavored Unsweetened Tea Peach	1 each	80	0	0	0	0	0	50	18	0	18	2
Flavored Unsweetened Tea Raspberry	1 each	50	0	0	0	0	0	40	12	0	11	2
Flavored Unsweetened 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
Unsweetened Iced Tea	1 each	0	0	0	0	0	0	15	0	0	0	1

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)
BEER												
Bud Light Bottle	1 each	110	0	0	0	0	0	10	7	0	0	0
Budweiser Bottle	1 each	160	0	0	0	0	0	10	11	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 (Short)	1 each	152	0	0	0	0	0	0	13	0	4	1
Dos Equis (Tall)	1 each	195	0	0	0	0	0	0	17	0	5	2
Heineken Bottle	1 each	150	0	0	0	0	0	0	11	0	0	< 1
Michelob Ultra Bottle	1 each	100	0	0	0	0	0	10	3	0	0	< 1
Miller Lite (Short)	1 each	112	0	0	0	0	0	0	4	0	0	1
Miller Lite (Tall)	1 each	144	0	0	0	0	0	0	5	0	0	2
Shiner Bock Bottle	1 each	140	0	0	0	0	0	0	13	0	0	1

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INFAMOUS COCKTAILS												
Blue Dragon (Schooner)	1 each	210	0	0	2	0	5	90	17	< 1	14	0
Blue Dragon (Signature)	1 each	180	0	0	1	0	< 5	70	17	< 1	14	0
Coronarita	1 each	212	0	0	0	0	0	971	40	0	29	1
Fireball & Coke	1 each	189	0	0	0	0	0	27	34	0	34	0
Legendary Lemonade	1 each	240	0	0	0	0	0	10	41	< 1	38	0
Mango Voodoo	1 each	222	0	0	0	0	0	22	40	0	39	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
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
Old Fashioned	1 each	185	0	0	0	0	0	3	13	0	12	0

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INFAMOUS COCKTAILS												
Rum Punch	1 each	249	0	0	0	0	0	26	43	1	41	0
WINE-BASED COCKTAILS												
Pineapple Fusion (Signature)	1 each	140	0	0	2	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
Carribean Sunset Sangria (Schooner)	1 each	310	0	0	0	0	0	10	41	2	34	0
Carribean 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

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WINE-BASED COCKTAILS												
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	3	0	9	190	60	0	57	0
Pina Colada (Signature)	1 each	230	0	0	1	0	< 1	95	31	0	30	0

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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
Basil Pesto	Basil, Canola Oil, Water, Parmesan Cheese (Pasteurized Part-Skim Cows' Milk, Cheese Culture, Salt, Enzymes), Granulated Garlic, Salt. Contains: Milk	Y
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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SAUCES

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
Mongo 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
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
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

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GLUTEN-FRIENDLY

SAUCES

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