

CALIFORNIA THAI NUTRITIONAL INFORMATION

Menu Item	Serving Size (oz)	Calories	Calories from fat (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Rice & Noodles												
Fried Rice	10	330	130	15	7	0	30	900	40	2	2	5
Chicken Fried Rice	6	400	250	20	10	0	60	2400	25	1	4	9
Pad Thai	10	560	120	10	3	0	80	800	50	3	20	10
Steamed Rice	10	420	0	0	0	0	0	0	90	0	0	10
Glass Noodle	10	300	10	10	0	0	0	50	70	5	0	3
Vegetables												
Mixed Vegetables	6	50	15	0	0	0	0	120	10	4	3	5
Green Beans	6	110	50	6	0	0	0	250	10	5	3	3
Zucchini Mix	6	50	10	0	0	0	0	160	10	2	4	2
Eggplant Tofu	6	260	150	20	3	0	0	340	15	6	4	15
Mango Salad	6	60	2	0	0	0	0	140	15	2	10	2
Chicken												
Santa Barbara Chicken	6	300	45	5	4	0	100	300	35	0	34	25
General Tao	6	350	170	20	5	0	80	550	15	1	3	25
Mango Chicken	6	360	200	22	5	0	80	580	14	1	2	25
Black Bean Chicken	6	190	30	3	1	0	870	690	8	1	2	30
Basil Chicken	6	150	15	2	0	0	70	190	3	0	1	25
Green Curry Chicken	6	310	140	15	10	0	60	470	15	4	5	25
Red Curry Chicken	6	310	140	15	10	0	60	470	15	4	5	25
Lemon Grass Chicken	6	360	150	15	5	0	140	370	5	0	0	44
Beef												
Mushroom Beef	6	200	80	10	3	0	60	1370	6	1	1	20
Black Pepper Beef	6	210	80	10	3	0	60	1380	7	1	3	20
Ginger Beef	6	290	130	15	5	0	90	550	9	0	7	30

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Seafood												
Fish	2	120	80	9	3	0	25	25	3	1	1	9
Shrimp	6	29	170	20	5	0	200	210	1	0	0	28
Soup												
Tom Yum	1 cup	120	40	4	1	0	37	525	8	0	5	10
Chicken Broth	1 cup	85	25	3	1	0	7	340	8	0	3	6

Nutritional information shown above is approximate and is for informational purposes only. All nutritional information is based on standard ingredient servings, unless indicated otherwise. The nutritional information contained in this section is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, preparation differences at the restaurant level, and/or the season. This information may be subject to change at any time and menu items may vary by location.

Updated: March 31, 2017