



# Hot Foods Nutrition Chart

Advanced Fresh Concepts Franchise Corporation  
 19205 South Laurel Park Road  
 Rancho Dominguez, CA 90220

Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
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APPETIZERS																					
ASIAN SALAD	2 oz.	140	110	12	1	0	0	370	7	1	5	1	*	*	*					*	
CHAR SIU BUN	1 pc.	120	40	4.5	1.5	0	5	135	17	0	5	3	*	*	*						
CRAB RANGOON	1 pc.	80	30	3.5	1	0	5	90	10	3	1	4	*	*	*		*	*	*	*	
EGG ROLL - CHICKEN	1 pc.	150	60	6	1	0	20	370	14	1	1	8	*	*			*			*	
EGG ROLL - PORK	1 pc.	150	45	5	1	0	10	280	20	1	4	7	*	*						*	
EGG ROLL - VEGETABLE	1 pc.	150	40	4.5	1	0	0	330	22	2	4	4	*	*						*	
FRIED DUMPLING - CHICKEN	1 pc.	35	10	1	0	0	0	60	4	0	0	1	*	*						*	
FRIED DUMPLING - PORK	1 pc.	40	20	2	0	0	5	85	4	0	0	1	*	*						*	
FRIED DUMPLING - SEAFOOD	1 pc.	60	25	3	0	0	5	110	7	1	0	2	*	*	*					*	
FRIED DUMPLING - VEGETABLE	1 pc.	60	25	2.5	0	0	0	110	8	0	1	1	*	*						*	
FRIED IMITATION CRAB ROLL	5 oz.	370	200	22	5	0	15	930	39	2	11	5	*	*	*		*	*	*	*	
FRIED SHRIMP TEMPURA ROLL	5 oz.	380	210	24	5	0	15	840	40	2	12	4	*	*	*		*	*	*	*	
FRIED TERIYAKI CHICKEN ROLL	5 oz.	370	200	23	5	0	25	850	37	2	12	7	*	*			*			*	
LUMPIA	1 pc.	35	15	2	0	0	5	80	2	0	0	2	*	*							
SESAME BALL	1 pc.	70	25	3	0	0	0	5	10	1	7	2									
SHU MAI	1 pc.	50	20	2.5	1	0	10	180	4	0	1	3	*	*	*						
STEAMED DUMPLING - CHICKEN	1 pc.	30	5	0.5	0	0	0	65	4	0	0	1	*	*						*	
STEAMED DUMPLING - PORK	1 pc.	35	15	1.5	0	0	5	90	4	0	0	1	*	*						*	
STEAMED DUMPLING - SEAFOOD	1 pc.	50	15	2	0	0	5	115	7	1	0	2	*	*	*					*	
STEAMED DUMPLING - VEGETABLE	1 pc.	50	15	1.5	0	0	0	115	8	0	1	1	*	*						*	
VEGETABLE SPRING ROLL	1 pc.	80	25	3	0	0	0	220	15	0	2	2	*	*							
VEGETABLE WRAP	3 oz.	70	30	3.5	0.5	0	5	200	8	2	2	3		*	*					*	

SOUP																					
CHICKEN EGG FLOWER SOUP	8 oz.	80	15	1.5	0	0	50	520	11	1	1	4			*					*	
HOT & SOUR SOUP	8 oz.	25	5	0.5	0	0	10	220	6	0	1	1	*	*						*	
SHRIMP EGG FLOWER SOUP	8 oz.	70	10	1.5	0	0	65	580	11	1	1	4			*	*				*	
WONTON SOUP	8 oz.	45	15	2	0.5	0	5	200	5	1	2	2	*	*						*	

CHICKEN WINGS																					
BBQ GLAZED	5 oz.	310	180	20	5	0	175	510	3	0	3	29	*	*				*			
CLASSIC	5 oz.	260	140	16	3	0	85	330	14	0	0	14									
FIRE STINGERS	5 oz.	360	200	23	7	0	100	1430	8	0	0	30	*								
HONEY BBQ	5 oz.	260	100	12	2.5	0	60	550	27	0	15	10									
HONEY FIRE	5 oz.	250	130	15	3	0	80	350	16	0	3	12	*	*							
MANDARIN ORANGE	5 oz.	270	140	15	3	0	75	360	22	1	5	13	*	*							
PINEAPPLE HABANERO	5 oz.	260	100	12	2.5	0	60	240	29	0	19	10									
SALT & PEPPER	5 oz.	310	210	23	3.5	0	70	380	14	1	0	11									
SALT & VINEGAR	5 oz.	330	210	24	6	0	80	990	8	0	0	20									
SPICY BUFFALO	5 oz.	250	130	15	3	0	80	630	13	0	0	12									
SPICY TERIYAKI	5 oz.	270	110	12	2.5	0	65	770	28	0	16	12	*	*							
SWEET CHILI	5 oz.	290	90	11	2	0	55	1560	37	0	25	9									
TERIYAKI	5 oz.	260	130	15	3	0	80	530	18	0	5	13	*	*							
WINGS OF FIRE JUMBO GLAZED	5 oz.	230	140	16	3.5	0	115	580	1	0	0	21	*								

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	Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
<b>BEEF</b>																					
ASPARAGUS BEEF	5 oz.	170	70	7	1	0	20	620	17	2	9	10	*	*							
BEEF & BROCCOLI	5 oz.	170	60	7	1	0	20	610	16	2	8	10	*	*							
BEEF CALDERETA	5 oz.	200	130	15	5	1	40	340	7	1	2	11	*	*					*		
BEEF STEAK TAGALOG	5 oz.	190	90	10	4	0	60	730	7	0	3	19	*	*							
BLACK BEAN BEEF	5 oz.	170	70	7	1	0	20	610	16	1	9	10	*	*							
BLACK PEPPER CELERY BEEF	5 oz.	160	70	7	1	0	20	660	15	1	8	9	*	*							
BULGOGI BEEF	5 oz.	330	100	12	3.5	0	85	700	22	0	15	33	*	*							
CHEF'S SIGNATURE MANDARIN BEEF	5 oz.	330	110	12	3	0	70	690	27	0	20	27	*	*							
CHEF'S SIGNATURE SESAME BEEF	5 oz.	350	120	14	3	0	65	630	26	0	20	27	*	*							
CHEF'S SIGNATURE SRIRACHA TERIYAKI BEEF	5 oz.	300	100	11	2.5	0	55	1000	28	0	21	23	*	*							
CHEF'S SIGNATURE TERIYAKI BEEF	5 oz.	280	70	8	2.5	0	55	1000	28	0	21	24	*	*							
GARLIC BEEF WITH STRING BEANS	5 oz.	180	60	7	1	0	20	610	19	1	8	10	*	*							
GRILLED STEAK	5 oz.	240	70	8	2.5	0	110	85	0	0	0	43									
GRILLED TERIYAKI BEEF	5 oz.	250	130	15	2	0	50	1620	11	0	9	19	*	*							
JALAPENO BEEF	5 oz.	230	100	11	1.5	0	25	1020	24	1	11	13	*	*				*			
KARE KARE	5 oz.	130	60	7	1.5	0	20	320	5	1	2	13			*	*					
KUNG PAO BEEF	5 oz.	180	70	8	1	0	20	600	19	1	9	10	*	*							
MONGOLIAN BEEF	5 oz.	230	90	10	2	0	40	1260	19	1	12	17	*	*							
MUSHROOM BEEF	5 oz.	160	60	7	1	0	20	590	14	1	8	10	*	*							
POTATO BEEF	5 oz.	160	50	6	1	0	15	600	19	1	7	8	*	*							
SALT & PEPPER BEEF	5 oz.	270	45	5	1	0	15	240	44	1	3	10	*	*							
SPICY GARLIC BEEF	5 oz.	180	70	8	1	0	20	780	20	1	9	10	*	*				*			
SUKIYAKI BEEF	5 oz.	230	160	18	8	0	40	570	8	0	8	8	*	*					*		
ZUCCHINI BEEF	5 oz.	140	60	7	1	0	10	500	13	1	6	7	*	*							
<b>CHICKEN (WHITE MEAT)</b>																					
ASPARAGUS CHICKEN	5 oz.	130	45	5	0	0	20	750	13	2	5	10	*	*							
BLACK BEAN CHICKEN	5 oz.	130	45	5	0	0	20	740	12	1	6	9	*	*							
BLACK PEPPER CELERY CHICKEN	5 oz.	120	45	5	0	0	20	780	11	1	5	9	*	*							
CHICKEN & BROCCOLI	5 oz.	120	45	5	0	0	20	830	10	2	3	10		*							
CHICKEN KATSU	5 oz.	380	220	25	4	0	75	540	23	1	5	15	*	*							
GARLIC CHICKEN WITH STRING BEANS	5 oz.	140	45	5	0	0	20	730	15	1	5	10	*	*							
GOLDEN CRUNCHY CHICKEN BREAST	5 oz.	280	140	15	3	0	65	340	11	0	0	23	*	*							
GRILLED CHICKEN	5 oz.	210	40	4.5	1.5	0	145	75	0	0	0	43									
GRILLED TERIYAKI CHICKEN	5 oz.	390	270	31	18	0	140	1110	9	0	7	21	*	*				*			
JALAPENO CHICKEN	5 oz.	180	70	8	0	0	25	1170	19	1	6	12	*	*				*			
KUNG PAO CHICKEN	5 oz.	140	50	6	0	0	20	710	15	1	5	9	*	*							
MUSHROOM CHICKEN	5 oz.	120	45	5	0	0	20	710	10	1	5	9	*	*							
POTATO CHICKEN	5 oz.	150	40	4.5	0	0	20	850	19	2	5	9	*	*							
SALT & PEPPER CHICKEN	5 oz.	230	30	3	0	0	15	340	40	1	0	10	*	*							
SPICY GARLIC CHICKEN	5 oz.	140	60	6	0	0	20	890	16	1	5	9	*	*				*			
THAI CURRY CHICKEN	5 oz.	120	60	6	1.5	0	15	570	11	1	4	7		*	*						
TRADITIONAL JAPANESE CHICKEN KATSU CURRY	5 oz.	270	130	15	2	0	40	790	24	1	7	10	*	*							
ZUCCHINI CHICKEN	5 oz.	130	50	6	0	0	15	770	14	1	8	7	*	*							

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## CHICKEN (DARK MEAT)

CHEF'S SIGNATURE SRIRACHA TERIYAKI CHICKEN	5 oz.	260	110	12	2.5	0	80	980	18	0	15	23	*	*							
CHEF'S SIGNATURE TERIYAKI CHICKEN	5 oz.	240	80	9	2.5	0	80	980	17	0	15	23	*	*							
CHICKEN ADOBO	5 oz.	190	120	14	3.5	0	70	240	3	0	1	12	*	*							
GOLDEN CRUNCHY CHICKEN DRUMSTICK	5 oz.	270	140	15	3	0	95	390	11	0	0	20	*	*							
GOLDEN CRUNCHY CHICKEN THIGH	5 oz.	330	200	23	5	0	105	360	11	0	0	18	*	*							
GOLDEN CRUNCHY CHICKEN WING	5 oz.	300	170	19	4	0	115	360	11	0	0	19	*	*							
GRILLED CHICKEN	5 oz.	290	120	14	4	0	130	130	0	0	0	39	*	*							

## CHICKEN KARAAGE

CHEF'S SIGNATURE MANDARIN CHICKEN	5 oz.	260	110	12	1.5	0	45	440	24	0	8	14	*	*			*				*
CHEF'S SIGNATURE SESAME CHICKEN	5 oz.	270	120	14	1.5	0	45	390	24	0	8	14	*	*			*				*
GENERAL TSO'S CHICKEN	5 oz.	250	90	10	1	0	35	430	31	0	13	12	*	*			*				*
CHICKEN KARAAGE	5 oz.	280	140	16	2	0	55	390	18	0	0	17	*	*			*				*
PEKING CHICKEN	5 oz.	290	110	12	1.5	0	45	380	33	0	17	14	*	*			*		*	*	*
SPICY HONEY CHICKEN	5 oz.	260	110	12	1.5	0	45	510	27	0	9	14	*	*			*				*
SWEET & SOUR CHICKEN	5 oz.	230	80	9	1	0	35	340	27	0	15	11	*	*			*				*
TRADITIONAL JAPANESE CHICKEN KARAAGE CURRY	5 oz.	220	80	9	0.5	0	25	760	21	1	5	10	*	*			*				*

## PORK

APRITADA	5 oz.	110	45	5	1	0	30	210	5	1	2	10									*
ASPARAGUS PORK	5 oz.	150	70	8	1.5	0	20	510	13	2	6	7	*	*							
BBQ PORK	5 oz.	340	130	16	5	0	60	600	36	0	16	15	*	*							
BBQ RIB	5 oz.	370	170	20	6	0	65	620	36	0	16	14	*	*							
BLACK BEAN PORK	5 oz.	150	70	8	1.5	0	20	500	12	1	6	7	*	*							
BLACK PEPPER CELERY PORK	5 oz.	140	70	8	1.5	0	20	540	11	1	5	6	*	*							
CHAR SIU PORK	5 oz.	350	70	8	8	0	75	840	5	3	3	30	*	*			*		*	*	
CHEF'S SIGNATURE MANDARIN PORK	5 oz.	300	170	19	4.5	0	60	310	15	0	9	17	*	*							
CHEF'S SIGNATURE SESAME PORK	5 oz.	280	150	17	4.5	0	60	250	15	0	9	17	*	*							
GARLIC PORK WITH STRING BEANS	5 oz.	160	70	8	1.5	0	20	490	16	1	5	7	*	*							
JALAPENO PORK	5 oz.	210	110	12	2	0	25	880	20	1	7	9	*	*			*				
KUNG PAO PORK	5 oz.	160	80	9	1.5	0	15	490	16	2	6	7	*	*							
LONGONISA	1 pc.	80	60	7	2	0	10	90	2	0	1	3	*	*							*
MUSHROOM PORK	5 oz.	140	70	8	1.5	0	20	480	10	1	5	7	*	*							
PEKING PORK	5 oz.	300	130	15	4.5	0	60	230	24	0	18	17		*							*
PINAKBET	5 oz.	230	190	21	8	0	30	280	5	1	3	5			*						*
PORK SINIGANG	5 oz.	120	80	9	2.5	0	25	190	4	1	1	6			*		*	*	*	*	
POTATO PORK	5 oz.	170	70	8	1.5	0	15	630	20	2	6	7	*	*							
SALT & PEPPER PORK	5 oz.	250	50	6	1.5	0	15	140	41	1	1	8	*	*							
SPICY GARLIC PORK	5 oz.	160	80	9	1.5	0	15	670	17	1	6	7	*	*			*				
SPICY HONEY PORK	5 oz.	270	140	15	4.5	0	60	380	19	0	10	17	*	*			*				
SWEET & SOUR PORK	5 oz.	240	100	11	3.5	0	45	240	20	0	16	13		*							
TOCINO	5 oz.	380	240	28	7	0	80	910	14	0	13	19									
TWICE COOKED PORK	5 oz.	180	90	10	1.5	0	15	760	20	2	10	7	*	*			*				
ZUCCHINI PORK	5 oz.	160	70	8	1.5	0	25	670	12	1	7	10	*	*							

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<b>SEAFOOD</b>																					
EBI FRY	5 oz.	370	180	20	0	0	220	750	23	1	1	14	*	*	*						
FISH KATSU	5 oz.	230	70	8	2	0	50	900	29	1	1	16	*				*	*	*		
GRILLED SALMON	5 oz.	320	200	23	4.5	0	115	65	0	0	0	29							*		
GRILLED SHRIMP	5 oz.	100	15	1.5	0	0	180	800	1	0	0	19			*						
GRILLED TERIYAKI SHRIMP	5 oz.	180	80	9	1	0	145	1610	9	0	7	17	*	*	*						
IMITATION CRAB MEAT	5 oz.	240	80	9	1	0	35	1320	27	2	5	17		*	*				*		
MIX TEMPURA (SHRIMP & VEGETABLES)	5 oz.	320	180	20	1.5	0	25	150	30	1	1	6	*	*	*						
SHRIMP TEMPURA	5 oz.	340	150	17	2.5	0	45	260	35	1	1	9	*	*	*						
TRADITIONAL JAPANESE FRIED SHRIMP CURRY	5 oz.	270	110	13	0	0	90	960	24	2	6	8	*	*	*						
<b>VEGETABLES &amp; TOFU</b>																					
FRIED TOFU	5 oz.	180	110	13	1	0	0	15	3	3	0	13			*						
GARLIC STRING BEANS	5 oz.	150	70	8	0.5	0	0	750	18	2	6	3	*	*							
GRILLED TERIYAKI TOFU	5 oz.	240	140	16	1.5	0	0	1310	13	2	9	0	*	*							
GRILLED TOFU	5 oz.	130	70	8	1	0	0	15	3	3	0	13		*							
NISHIME	5 oz.	50	0	0	0	0	0	390	12	2	3	2	*	*					*		
SALT & PEPPER EGGPLANT	5 oz.	220	25	3	0	0	0	100	44	2	1	4	*	*							
SALT & PEPPER TOFU	5 oz.	230	35	4	0	0	0	105	43	2	0	6	*	*							
SPICY EGGPLANT WITH TOFU	5 oz.	140	70	7	0.5	0	0	420	16	3	6	5	*	*							
SPICY MAPO TOFU	5 oz.	180	90	10	1	0	0	700	16	3	5	9	*	*				*			
TOFU VEGGIE DELIGHT	5 oz.	110	60	7	0.5	0	0	310	8	2	3	5		*							
TRADITIONAL JAPANESE CURRY	5 oz.	200	70	8	0	0	0	1100	24	2	9	4	*								
VEGETABLE TEMPURA	5 oz.	310	200	23	0	0	0	45	24	0	0	3	*	*							
VEGGIE DELIGHT	5 oz.	100	60	7	0.5	0	0	420	10	2	4	2		*							

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NOODLES																					
AUTHENTIC YAKISOBA	10 oz.	510	150	17	2	0	0	1220	79	4	12	12	*	*							
CANTONESE BEEF CHOW MIEN	10 oz.	500	150	17	2.5	0	215	1560	69	5	11	18	*	*							
CANTONESE CHICKEN CHOW MIEN (DARK MEAT)	10 oz.	490	150	17	2.5	0	220	1550	66	4	9	18	*	*							
CANTONESE CHICKEN CHOW MIEN (WHITE MEAT)	10 oz.	460	130	14	1.5	0	210	1680	65	4	7	17	*	*							
CANTONESE PORK CHOW MIEN	10 oz.	500	160	18	3	0	210	1570	69	4	12	15	*	*							
CANTONESE VEGETABLE CHOW MIEN	10 oz.	480	140	16	2	0	220	1580	73	4	8	12	*	*							
EGG NOODLES	10 oz.	390	45	5	2	0	90	20	71	4	0	14	*	*						*	
PANCIT	10 oz.	420	280	31	8	0	25	1380	28	4	6	7	*	*					*		
RICE NOODLES	10 oz.	240	0	0	0	0	0	40	55	3	0	3									
SIMPLE SIMPLE BEEF CHOW FUN	10 oz.	420	180	20	2	0	10	1700	49	3	7	11	*	*							
SIMPLE SIMPLE BEEF CHOW MIEN	10 oz.	500	150	17	2.5	0	215	1460	69	4	10	18	*	*							
SIMPLE SIMPLE BEEF SINGAPORE NOODLE	10 oz.	330	110	12	2	0	95	1210	41	4	9	13	*	*						*	
SIMPLE SIMPLE CHICKEN CHOW FUN (DARK MEAT)	10 oz.	390	160	18	1.5	0	20	1450	47	3	7	10	*	*							
SIMPLE SIMPLE CHICKEN CHOW FUN (WHITE MEAT)	10 oz.	390	150	17	1.5	0	20	1680	47	3	7	12	*	*							
SIMPLE SIMPLE CHICKEN CHOW MIEN (DARK MEAT)	10 oz.	460	140	15	2	0	215	1350	66	4	7	15	*	*							
SIMPLE SIMPLE CHICKEN CHOW MIEN (WHITE MEAT)	10 oz.	460	130	15	1.5	0	215	1580	65	4	7	17	*	*							
SIMPLE SIMPLE CHICKEN SINGAPORE NOODLE (DARK MEAT)	10 oz.	290	100	11	1.5	0	95	1110	37	4	6	10	*	*						*	
SIMPLE SIMPLE CHICKEN SINGAPORE NOODLE (WHITE MEAT)	10 oz.	290	90	10	1.5	0	90	1320	37	4	6	12	*	*						*	
SIMPLE SIMPLE PORK CHOW FUN	10 oz.	410	180	20	2.5	0	20	1450	47	3	7	10	*	*							
SIMPLE SIMPLE PORK CHOW MIEN	10 oz.	480	150	17	3	0	215	1350	66	4	7	15	*	*							
SIMPLE SIMPLE PORK SINGAPORE NOODLE	10 oz.	310	120	13	2.5	0	90	1110	38	4	6	10	*	*						*	
SIMPLE SIMPLE VEGETABLE CHOW FUN	10 oz.	400	170	19	1.5	0	0	1580	52	4	8	5	*	*							
SIMPLE SIMPLE VEGETABLE CHOW MIEN	10 oz.	480	140	16	2	0	220	1470	73	5	8	11	*	*							
SIMPLE SIMPLE VEGETABLE SINGAPORE NOODLE	10 oz.	290	100	11	1.5	0	85	1190	40	4	6	6	*	*						*	
SOBA NOODLES	10 oz.	280	0	0	0	0	0	170	61	0	0	14	*								
UDON NOODLES	10 oz.	290	10	1	0	0	0	340	61	2	0	8	*								

RICE																					
BROWN RICE	10 oz.	340	15	1.5	0	0	0	10	73	4	0	6									
GARLIC CHICKEN FRIED RICE (DARK MEAT)	10 oz.	480	100	11	1.5	0	95	1090	85	1	4	14	*	*						*	
GARLIC CHICKEN FRIED RICE (WHITE MEAT)	10 oz.	480	90	10	1	0	95	1310	85	1	4	16	*	*						*	
GARLIC FRIED RICE	10 oz.	570	260	29	3	0.5	80	1030	67	1	0	10		*						*	
OKOWA RICE	10 oz.	400	10	1	0	0	0	890	90	2	1	9	*	*					*		
SEASONED BASMATI RICE	10 oz.	410	60	7	1	0	0	970	82	0	0	7		*							
SEASONED SAFFRON RICE	10 oz.	410	60	7	1	0	0	970	82	0	0	7		*							
SEKIHAN RICE	10 oz.	410	0	0	0	0	0	10	92	4	0	10									
SIMPLE SIMPLE BEEF FRIED RICE	10 oz.	520	110	13	2	0	95	1230	88	1	7	17	*	*						*	
SIMPLE SIMPLE CHICKEN FRIED RICE (DARK MEAT)	10 oz.	480	100	11	1.5	0	100	1120	85	1	4	14	*	*						*	
SIMPLE SIMPLE CHICKEN FRIED RICE (WHITE MEAT)	10 oz.	480	90	11	1.5	0	95	1340	84	1	4	16	*	*						*	
SIMPLE SIMPLE PORK FRIED RICE	10 oz.	500	120	13	2.5	0	95	1120	85	1	4	14	*	*						*	
SIMPLE SIMPLE VEGETABLE FRIED RICE	10 oz.	500	100	11	1.5	0	90	1210	94	1	4	11	*	*						*	
WHITE RICE	10 oz.	470	0	0	0	0	0	5	115	0	0	9									

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# Hot Foods Nutrition Chart

Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
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SAUCE																					
BASIC SAUCE	1 oz.	30	0	0	0	0	0	470	7	0	5	0	*	*							
CHILI SAUCE	1 oz.	50	20	2.5	0	0	0	210	8	0	5	0									
CREAMY PINEAPPLE HABANERO SAUCE	1 oz.	100	70	8	1	0	5	95	7	0	7	0	*								*
CREAMY WHITE SAUCE	1 oz.	130	110	13	2	0	5	115	4	0	4	0	*								*
CREAMY YAKINIKU SAUCE	1 oz.	120	90	11	1.5	0	5	250	5	0	4	0	*	*			*				*
GINGER SAUCE	1 oz.	35	0	0	0	0	0	630	8	0	5	1	*	*							
HOISIN SAUCE	1 oz.	70	0	0	0	0	0	780	15	1	14	1	*	*							
KOREAN GOCHUJANG SAUCE	1 oz.	120	90	10	1.5	0	5	250	6	0	5	0	*	*							*
KUNG PAO SAUCE	1 oz.	25	0	0	0	0	0	310	6	0	3	1	*	*							
ORANGE SAUCE	1 oz.	45	0	0	0	0	0	140	11	0	10	0	*	*							
SESAME SAUCE	1 oz.	50	10	1	0	0	0	85	11	0	9	0	*	*							
SPICY HONEY SAUCE	1 oz.	40	0	0	0	0	0	200	11	0	9	0	*	*							
SPICY TERIYAKI SAUCE	1 oz.	45	0	0	0	0	0	520	12	0	10	1	*	*							
SRIRACHA HOT SAUCE	1 oz.	0	0	0	0	0	0	450	6	0	6	0									
SUKIYAKI SAUCE	1 oz.	15	0	0	0	0	0	230	4	0	4	0	*	*							
SUSHI SAUCE	1 oz.	60	0	0	0	0	0	580	14	0	10	1	*	*							
TERIYAKI SAUCE	1 oz.	50	0	0	0	0	0	550	13	0	12	1	*	*							
YAKINIKU SAUCE	1 oz.	40	0	0	0	0	0	830	9	0	6	1	*	*			*				
YUM YUM DIPPING SAUCE	1 oz.	140	130	15	2	0	5	240	3	0	3	0	*	*							*
YUM YUM SAUCE	1 oz.	60	30	3	0	0	0	240	8	0	6	0		*			*				

SOUP BASE																					
FISH	5 oz.	25	10	1	0	0	0	220	1	0	0	3									*
MISO	5 oz.	40	15	1.5	0.5	0	5	1070	5	0	2	2		*							
PHO	5 oz.	30	5	0.5	0	0	0	640	3	0	2	1									*
SHOYU	5 oz.	20	0	0	0	0	0	550	5	0	4	1	*	*							*

TOPPINGS / EXTRAS																					
BOILED EGG	1 oz.	45	25	3	1	0	105	35	0	0	0	4									*
DRIED SEAWEED	1 oz.	110	0	0	0	0	0	170	11	11	0	11									
FRIED ONION	1 oz.	170	120	12	6	0	0	135	11	1	3	2	*								
FURIKAKE	1 oz.	60	50	6	0	0	0	960	6	0	6	0		*							
KIMCHI	1 oz.	30	15	2	2	0	0	190	2	2	2	0									
SESAME SEEDS	1 oz.	170	130	14	0	0	0	0	6	5	0	6									
SPICY MISO PASTE	1 oz.	60	0	0	0	0	0	550	13	0	8	1	*	*							

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# Hot Foods Nutrition Chart

	Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
<b>ADDITIONAL ITEMS</b>																					
BEAN SPROUTS	1	oz.	10	0	0	0	0	0	2	1	1	1									
BROCCOLI	1	oz.	10	0	0	0	0	10	2	1	0	1									
CABBAGE	1	oz.	5	0	0	0	0	5	2	1	1	0									
CARROTS	1	oz.	10	0	0	0	0	20	3	1	1	0									
CELERY	1	oz.	0	0	0	0	0	25	1	0	0	0									
CILANTRO	1	oz.	5	0	0	0	0	15	1	1	0	1									
CORN	1	oz.	25	0	0	0	0	0	5	1	2	1									
CUCUMBER	1	oz.	0	0	0	0	0	0	1	0	0	0									
EDAMAME	1	oz.	40	15	1.5	0	0	0	3	2	1	3		*							
GARLIC	1	oz.	40	0	0	0	0	0	9	1	0	2									
GINGER	1	oz.	25	0	0	0	0	0	5	1	0	1									
GREEN BELL PEPPER	1	oz.	5	0	0	0	0	0	1	0	1	0									
GREEN ONION	1	oz.	10	0	0	0	0	0	1	0	1	0									
JALAPENO	1	oz.	10	0	0	0	0	0	2	1	1	0									
MUSHROOM	1	oz.	5	0	0	0	0	0	1	0	1	1									
ONION	1	oz.	0	0	0	0	0	0	1	0	0	0									
PICKLED CARROT	1	oz.	50	0	0	0	0	340	12	0	11	0									
PICKLED CUCUMBER	1	oz.	45	0	0	0	0	330	11	0	10	0									
PICKLED DAIKON	1	oz.	45	0	0	0	0	330	11	0	11	0									
PICKLED GINGER	1	oz.	20	0	0	0	0	400	5	1	3	0									
PICKLED LEEKS	1	oz.	50	0	0	0	0	330	13	0	11	0									
RED BELL PEPPER	1	oz.	10	0	0	0	0	0	2	1	1	0									
RED CABBAGE	1	oz.	10	0	0	0	0	10	2	1	1	0									
RED PICKLED GINGER	1	oz.	5	0	0	0	0	1040	1	0	0	0									
SAUTEED MUSHROOMS	1	oz.	25	20	2.5	0	0	55	1	0	1	1	*	*							
SAUTEED ONIONS	1	oz.	30	20	2.5	0	0	55	3	0	1	0	*	*							
SEASONED BEAN SPROUTS	1	oz.	15	10	1	0	0	410	1	0	0	0									
SESAME SPINACH	1	oz.	35	25	3	0	0	70	1	1	0	1	*	*							
SPINACH	1	oz.	5	0	0	0	0	20	1	1	0	1									
THAI BASIL	1	oz.	5	0	0	0	0	0	1	0	0	1									
ZUCCHINI	1	oz.	0	0	0	0	0	0	1	0	1	0									

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# Hot Foods Nutrition Chart

Serving Size	Unit	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Tree Nuts	Soybean	Crustacean Shellfish	Peanuts	Milk	Fish	Egg
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AMERICAN BAR																					
BACON	1	pc.	35	20	2	1	0	10	220	0	0	0	4								
BREAKFAST POTATO	5	oz.	270	130	15	2.5	0	0	610	30	2	2	2								
CHEDDAR OMELET	1	pc.	130	100	11	4	0	190	260	1	0	1	7					*		*	
CHICKEN BROCCOLI ALFREDO	5	oz.	370	200	23	13	0	105	1010	14	4	4	26	*	*			*			
CHICKEN LASAGNA	5	oz.	160	45	5	2	0	15	450	18	4	2	11	*	*			*		*	
CHICKEN PARMESAN	5	oz.	180	80	9	2.5	0	25	410	14	1	3	12	*	*			*			
CHICKEN TENDERS	1	pc.	130	60	7	1	0	15	310	8	1	0	7	*							
EGGPLANT PARMESAN	5	oz.	190	100	11	3	0	15	520	16	3	5	6	*	*			*		*	
FRENCH TOAST	1	pc.	70	20	2	0	0	0	55	11	1	2	2	*	*			*		*	
MACARONI & BEEF	5	oz.	150	60	7	2.5	0	15	510	16	2	5	7	*							*
MASHED POTATO	5	oz.	210	100	11	7	0	35	620	23	2	1	5					*			
MEATBALLS	5	oz.	190	100	11	4.5	0.5	40	600	10	2	1	12	*	*			*			
MEATLOAF	5	oz.	150	60	7	2.5	1	25	410	8	1	1	15	*	*			*			
PANCAKES	1	pc.	70	10	1.5	0	0	10	160	13	1	2	2	*	*			*		*	
PORK LINK	1	pc.	100	80	9	3.5	0	20	160	0	0	0	4								
PORK PATTY	1	pc.	180	160	18	6	0	35	230	0	0	0	4								
SALISBURY STEAK	5	oz.	180	90	10	4.5	0	45	670	8	1	1	13	*	*						
SCALLOPED POTATO	5	oz.	180	90	10	5	0	20	440	19	1	1	3	*	*			*			
TURKEY LINKS	1	pc.	30	20	2	0.5	0	10	95	0	0	0	3								
TURKEY PATTIES	1	pc.	80	45	5	1.5	0	25	200	1	0	0	6								

HOT BOWL																					
ORANGE CHICKEN BOWL	18	oz.	780	100	11	1.5	0	55	580	149	2	12	27	*	*			*		*	
ORANGE CHICKEN BOWL (BROWN RICE)	18	oz.	640	120	14	1.5	0	55	580	105	5	14	26	*	*			*		*	
SESAME CHICKEN BOWL	18	oz.	810	120	14	1.5	0	55	520	149	2	11	28	*	*			*		*	
SESAME CHICKEN BOWL (BROWN RICE)	18	oz.	670	150	17	1.5	0	55	520	104	6	13	26	*	*			*		*	
SHRIMP TEMPURA BOWL	16	oz.	730	60	7	1	0	25	1350	156	3	23	16	*	*	*					
SHRIMP TEMPURA BOWL (BROWN RICE)	16	oz.	600	80	9	1	0	25	1350	116	6	25	14	*	*	*					
SPICY TERIYAKI CHICKEN BOWL	19	oz.	830	130	15	3.5	0	120	1720	146	2	26	44	*	*						
SPICY TERIYAKI CHICKEN BOWL (BROWN RICE)	19	oz.	690	160	18	3.5	0	120	1720	101	6	28	43	*	*						
SUKIYAKI BEEF BOWL	15	oz.	720	180	20	9	0	45	330	121	0	4	18	*	*					*	
SUKIYAKI BEEF BOWL (BROWN RICE)	15	oz.	580	210	23	9	0	45	330	76	4	6	17	*	*					*	
TERIYAKI CHICKEN BOWL	18	oz.	830	130	15	3.5	0	120	1260	141	2	21	44	*	*						
TERIYAKI CHICKEN BOWL (BROWN RICE)	18	oz.	690	160	18	3.5	0	120	1260	69	6	22	43	*	*						
YAKISOBA - ORANGE CHICKEN	15	oz.	720	160	18	3	0	55	690	108	4	13	30	*	*			*		*	
YAKISOBA - SESAME CHICKEN	15	oz.	750	190	21	3	0	55	640	108	5	13	30	*	*			*		*	
YAKISOBA - SHRIMP TEMPURA	13	oz.	660	120	14	2.5	0	25	880	112	5	14	18	*	*	*					
YAKISOBA - SPICY TERIYAKI CHICKEN	16	oz.	770	200	22	5	0	120	1830	105	5	28	47	*	*						
YAKISOBA - SUKIYAKI BEEF	12	oz.	660	240	28	11	0	45	440	79	3	6	21	*	*					*	
YAKISOBA - TERIYAKI CHICKEN	15	oz.	770	200	22	5	0	120	1380	99	5	22	47	*	*						
YAKISOBA - VEGETABLE	10	oz.	480	120	14	1.5	0	0	1150	89	4	11	14	*	*						



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