

| NUTRITIONAL INFORMATION | Total Grams | Calories | Total Fat | Saturated Fat | TransFat | Cholesterol | Sodium | Carbs | Dietary Fiber | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|---|-------------|----------|-----------|---------------|----------|-------------|--------|-------|---------------|--------|---------|-----------|-----------|---------|------|
| <i>Based on 2000 calorie diet</i> | | | | | | | | | | | | | | | |
| IT'S GOOD TO SHARE | | | | | | | | | | | | | | | |
| Wok Broccoli - 1 of 2 servings | 138 | 130 | 11g | 2g | 0g | 0mg | 600mg | 11g | 1g | 3g | 4g | 30% | 140% | 6% | 4% |
| Lettuce Wraps - 1 of 2 servings | 158 | 270 | 13g | 3g | 0g | 25mg | 490mg | 25g | 2g | 6g | 13g | 60% | 60% | 4% | 8% |
| Calamari - 1 of 2 servings | 128 | 260 | 18g | 1.5g | 0g | 225mg | 480mg | 10g | <1g | 0g | 16g | 0% | 2% | 2% | 4% |
| Ginger Beef - 1 of 2 servings | 242 | 940 | 75g | 7g | 1g | 40mg | 1090mg | 49g | 2g | 27g | 18g | 2% | 0% | 0% | 25% |
| Chicken Wings - 1 of 2 servings | 250 | 750 | 56g | 11g | 0g | 155mg | 810mg | 16g | 0g | 0g | 39g | 8% | 2% | 25% | 15% |
| Chili Edamame - 1 of 2 servings | 178 | 230 | 13g | 1.5g | 0g | 0mg | 1960mg | 16g | 8g | 4g | 17g | 0% | 25% | 10% | 20% |
| Yam Fries - 1 of 2 servings | 143 | 340 | 25g | 2.5g | 0g | 0mg | 780mg | 29g | 3g | 13g | 1g | 70% | 10% | 4% | 6% |
| Shrimp Gyoza - 1 of 2 servings | 104 | 260 | 14g | 2g | 0g | 20mg | 420mg | 24g | 2g | 1g | 7g | 6% | 2% | 2% | 4% |
| Ginger Naan - 1 of 2 servings | 31 | 100 | 3.5g | 0g | 0g | 0mg | 160mg | 15g | <1g | 1g | 3g | 0% | 4% | 2% | 0% |
| Bao Buns - 1 of 3 servings | 85 | 200 | 11g | 2.5g | 0g | 20mg | 200mg | 18g | 3g | 4g | 8g | 0% | 0% | 0% | 4% |
| Tuna Stack - 1 of 2 servings | 103 | 150 | 7g | 0.5g | 0g | 20mg | 420mg | 12g | 1g | 3g | 2g | 10% | 6% | 8% | 4% |
| FRESH OUTLOOK | | | | | | | | | | | | | | | |
| Caesar Salad - Full | 257 | 490 | 40g | 6g | 0g | 30mg | 550mg | 22g | 5g | 1g | 11g | 320% | 180% | 35% | 15% |
| without dressing | 200 | 190 | 10g | 3.5g | 0g | 10mg | 260mg | 18g | 5g | 1g | 10g | 320% | 180% | 25% | 15% |
| Caesar Salad - Side | 84 | 150 | 12g | 2.5g | 0g | 10mg | 180mg | 7g | 2g | 0g | 4g | 110% | 60% | 10% | 4% |
| without dressing | 70 | 80 | 4.5g | 2g | 0g | 5mg | 110mg | 6g | 2g | 0g | 4g | 110% | 60% | 10% | 4% |
| Rockford Greens - Full | 242 | 360 | 31g | 5g | 0g | 15mg | 710mg | 15g | 5g | 7g | 8g | 150% | 70% | 20% | 15% |
| without dressing | 186 | 110 | 7g | 2.5g | 0g | 15mg | 160mg | 9g | 4g | 4g | 7g | 150% | 60% | 15% | 10% |
| Rockford Greens - Side | 93 | 110 | 9g | 2g | 0g | 5mg | 220mg | 5g | 2g | 3g | 3g | 50% | 30% | 8% | 6% |
| without dressing | 79 | 50 | 3g | 1g | 0g | 5mg | 80mg | 4g | 2g | 2g | 3g | 50% | 25% | 6% | 4% |
| Asian Chicken Noodle Salad | 537 | 1210 | 68g | 16g | 0g | 65mg | 2910mg | 107g | 8g | 11g | 46g | 170% | 120% | 10% | 40% |
| without dressing | 480 | 900 | 35g | 12g | 0g | 65mg | 2280mg | 102g | 8g | 9g | 45g | 170% | 120% | 10% | 35% |
| Blackened Chicken Salad | 579 | 820 | 58g | 9g | 0.5g | 85mg | 2660mg | 50g | 13g | 16g | 39g | 270% | 110% | 35% | 30% |
| without dressing | 522 | 560 | 32g | 8g | 0g | 85mg | 2280mg | 42g | 13g | 10g | 38g | 270% | 110% | 35% | 30% |
| Tuna Poke Bowl | 649 | 730 | 19g | 2.5g | 0g | 50mg | 3450mg | 103g | 10g | 26g | 14g | 20% | 60% | 8% | 15% |
| without dressing | 578 | 630 | 18g | 2.5g | 0g | 50mg | 1100mg | 84g | 10g | 9g | 11g | 20% | 60% | 6% | 8% |
| WOK WITH STYLE | | | | | | | | | | | | | | | |
| Legendary Tokyo Street Noodles | 705 | 1160 | 73g | 21g | 0g | 50mg | 3550mg | 93g | 7g | 6g | 35g | 50% | 60% | 10% | 45% |
| Szechuan Beef | 882 | 1390 | 64g | 7g | 1g | 65mg | 3980mg | 159g | 6g | 53g | 42g | 170% | 210% | 10% | 45% |
| Night Market Fried Rice | 675 | 1040 | 49g | 9g | 0.5g | 240mg | 5730mg | 122g | 3g | 18g | 32g | 20% | 60% | 6% | 10% |
| Mongolian Beef Noodles | 683 | 1100 | 41g | 7g | 0g | 85mg | 1970mg | 124g | 9g | 16g | 52g | 150% | 160% | 10% | 15% |
| Green Thai Curry - Chicken | 797 | 1250 | 87g | 39g | 0g | 245mg | 2630mg | 89g | 5g | 13g | 29g | 190% | 130% | 15% | 25% |
| Green Thai Curry - Prawns | 764 | 1150 | 83g | 38g | 0g | 230mg | 2050mg | 86g | 3g | 13g | 18g | 150% | 130% | 15% | 15% |
| Pad Thai - Chicken | 699 | 1350 | 35g | 7g | 0g | 235mg | 2570mg | 227g | 5g | 24g | 33g | 130% | 100% | 10% | 25% |
| Pad Thai - Prawns | 699 | 1320 | 34g | 6g | 0g | 310mg | 2880mg | 227g | 5g | 24g | 29g | 130% | 100% | 15% | 25% |
| HAND HELD HAPPINESS (no sides) | | | | | | | | | | | | | | | |
| Steak Sandwich | 347 | 710 | 42g | 8g | 0g | 75mg | 3110mg | 42g | 4g | 3g | 41g | 4% | 8% | 6% | 35% |
| Crispy Chicken Sandwich | 351 | 730 | 34g | 7g | 0g | 115mg | 1130mg | 70g | 3g | 4g | 29g | 50% | 20% | 25% | 15% |
| Chicken Quesadilla | 298 | 550 | 20g | 8g | 0g | 75mg | 1430mg | 56g | 4g | 2g | 34g | 25% | 40% | 25% | 25% |
| Kung Fu Burger | 452 | 1100 | 68g | 20g | 0g | 195mg | 2620mg | 64g | 2g | 12g | 44g | 20% | 20% | 25% | 20% |
| Rockford Burger | 343 | 800 | 48g | 14g | 0g | 170mg | 1610mg | 55g | 2g | 4g | 31g | 20% | 10% | 25% | 20% |
| Veggie Burger | 310 | 670 | 32g | 4g | 0g | <5mg | 1090mg | 74g | 5g | 5g | 16g | 20% | 10% | 15% | 20% |
| Thai Chicken Wrap | 323 | 650 | 24g | 3.5g | 0g | 115mg | 1490mg | 71g | 3g | 6g | 32g | 10% | 6% | 4% | 35% |
| MAIN FOCUS | | | | | | | | | | | | | | | |
| Lemongrass Chicken | 645 | 870 | 28g | 10g | 0g | 255mg | 2330mg | 94g | 1g | 15g | 61g | 20% | 60% | 6% | 25% |
| Miso Glazed Salmon (no rice) | 407 | 710 | 50g | 9g | 0g | 100mg | 1270mg | 26g | 3g | 4g | 7g | 4% | 60% | 2% | 15% |
| Sirloin & Prawns (no sides) | 367 | 540 | 29g | 7g | 0g | 405mg | 2290mg | 3g | <1g | 0g | 63g | 2% | 0% | 4% | 25% |
| Sirloin (7 oz) (no sides) | 233 | 400 | 21g | 6g | 0g | 100mg | 1430mg | 2g | <1g | 0g | 47g | 2% | 0% | 4% | 25% |
| New York Steak (10 oz) (no sides) | 304 | 590 | 37g | 14g | 1.5g | 240mg | 1470mg | 2g | <1g | 0g | 62g | 2% | 0% | 0% | 40% |
| Mongolian Hoisin Ribs (no sides) | 736 | 1200 | 71g | 25g | 0g | 245mg | 2540mg | 67g | <1g | 56g | 69g | 35% | 20% | 4% | 10% |
| Mongolian Hoisin Ribs HALF (no sides) | 396 | 600 | 35g | 12g | 0g | 120mg | 1270mg | 34g | 0g | 28g | 35g | 15% | 10% | 2% | 6% |
| Tamashi Striploin (no sides) | 310 | 620 | 41g | 18g | 1.5g | 255mg | 900mg | 2g | 0g | <1g | 62g | 4% | 0% | 0% | 40% |
| SIDE & ADD-ONS | | | | | | | | | | | | | | | |
| Wok Broccoli - Sub | 138 | 140 | 12g | 2g | 0g | 0mg | 600mg | 11g | 1g | 3g | 4g | 30% | 140% | 6% | 4% |
| Prawns - Side or Add | 139 | 170 | 11g | 2g | 0g | 305mg | 910mg | <1g | 0g | 0g | 16g | 2% | 0% | 0% | 0% |
| Salmon - Side (6 oz) | 181 | 420 | 30g | 7g | 0g | 95mg | 600mg | <1g | 0g | 0g | 35g | 2% | 10% | 2% | 4% |
| Salmon - Add on (3 oz) | 91 | 210 | 15g | 3.5g | 0g | 45mg | 480mg | 0g | 0g | 0g | 17g | 2% | 6% | 0% | 2% |
| Napa Slaw Side | 171 | 270 | 23g | 4g | 0g | 40mg | 700mg | 16g | 1g | 14g | 2g | 60% | 25% | 2% | 2% |
| Mashed Potatoes | 198 | 240 | 11g | 6g | 0g | 25mg | 650mg | 32g | 3g | 2g | 5g | 6% | 0% | 4% | 10% |
| Baby Potatoes Side | 176 | 170 | 4.5g | 0g | 0g | 0mg | 360mg | 28g | 3g | 3g | 3g | 0% | 10% | 4% | 30% |
| Fries Side | 268 | 660 | 47g | 4.5g | 1g | 0g | 2730mg | 56g | 4g | 2g | 5g | 0% | 10% | 0% | 10% |
| SWEET SIDE (1 of 2 servings) | | | | | | | | | | | | | | | |
| Banana Xango | 148 | 460 | 29g | 9g | 1g | 55mg | 350mg | 45g | <1g | 21g | 5g | 8% | 0% | 6% | 2% |
| Warm Espresso Brownie | 156 | 490 | 27g | 16g | 0g | 100mg | 160mg | 61g | 2g | 45g | 6g | 10% | 0% | 8% | 10% |
| KIDS | | | | | | | | | | | | | | | |
| Kid's Breakfast | 356 | 810 | 53g | 18g | 0g | 270mg | 1690mg | 51g | 5g | 14g | 32g | 25% | 60% | 8% | 20% |
| Kid's Chicken Strips + Fries | 434 | 1200 | 86g | 8g | 1.5g | 35mg | 2120mg | 82g | 5g | 10g | 26g | 0% | 10% | 2% | 20% |
| Kid's Grilled Cheese Sandwich (no sides) | 147 | 440 | 18g | 11g | 0g | 45mg | 950mg | 50g | 4g | 2g | 18g | 15% | 0% | 30% | 20% |
| Kid's Ice Cream | 87 | 190 | 6g | 3.5g | 0g | 15mg | 50mg | 35g | <1g | 24g | 2g | 6% | 0% | 4% | 8% |
| Kid's Junior Burger (no sides) | 255 | 650 | 34g | 12g | 0g | 165mg | 1240mg | 51g | 1g | 1g | 31g | 8% | 4% | 25% | 15% |
| Kid's Quesadilla (no sides) | 201 | 480 | 22g | 11g | 0g | 60mg | 960mg | 46g | 0g | 1g | 26g | 15% | 0% | 40% | 25% |
| SAUCES, DRESSINGS & DIPS | | | | | | | | | | | | | | | |
| Wing Sauce - Chinese Fire Drill | 104 | 280 | 28g | 2g | 0g | 0mg | 610mg | 6g | 0g | 6g | <1g | 0% | 0% | 0% | 2% |
| Wing Sauce - Sriracha | 62 | 80 | 0g | 0g | 0g | 0mg | 1560mg | 18g | 0g | 16g | <1g | 6% | 10% | 0% | 2% |
| Wing Sauce - Sweet Thai Chili | 62 | 150 | 0.5g | 0g | 0g | 0mg | 660mg | 30g | 0g | 26g | 0g | 4% | 4% | 0% | 0% |
| Wing Spice - 5 Spice | 5 | 0 | 0g | 0g | 0g | 0g | 1000g | 0g | 0g | 0g | <1g | 0% | 0% | 0% | 0% |
| Peppercorn Sauce | 75 | 40 | 2g | 1g | 0g | <5mg | 310mg | 5g | 0g | 1g | <1g | 2% | 0% | 0% | 2% |
| BREAKFAST | | | | | | | | | | | | | | | |
| Lite Breakfast | 436 | 1050 | 65g | 22g | 0g | 275mg | 2010mg | 76g | 8g | 17g | 37g | 25% | 60% | 10% | 30% |
| Big Breakfast | 678 | 1760 | 127g | 45g | 0g | 765mg | 3490mg | 77g | 8g | 17g | 73g | 35% | 60% | 20% | 50% |
| Veggie Omelet (no sides) | 359 | 610 | 49g | 13g | 0g | 670mg | 910mg | 10g | 1g | 9g | 29g | 45% | 35% | 30% | 20% |
| Ham & Cheddar Omelet (no sides) | 326 | 710 | 53g | 19g | 1g | 810mg | 1480mg | 8g | 0g | <1g | 49g | 50% | 0% | 50% | 25% |
| French Toast | 635 | 1060 | 45g | 14g | 0g | 1675mg | 1610mg | 84g | 5g | 4g | 71g | 50% | 0% | 30% | 80% |
| Mediterranean Benedict | 386 | 670 | 42g | 10g | 0g | 395mg | 920mg | 45g | 13g | 8g | 28g | 30% | 30% | 40% | 25% |
| Traditional/Classic Benedict | 297 | 560 | 26g | 7g | 0g | 400mg | 1540mg | 40g | 5g | 6g | 38g | 15% | 2% | 30% | 20% |
| Hot Oatmeal | 290 | 730 | 18g | 3.5g | 0g | 0mg | 55mg | 123g | 15g | 27g | 26g | 2% | 15% | 6% | 4% |
| Yogurt Crunch | 365 | 570 | 17g | 12g | 0g | 5mg | 160mg | 92g | 11g | 48g | 17g | 10% | 80% | 25% | 20% |
| Bagel Toasted | 127 | 360 | 10g | 4g | 0g | 15mg | 410mg | 56g | 6g | 8g | 13g | 4% | 0% | 10% | 15% |
| BREAKFAST SIDES | | | | | | | | | | | | | | | |
| Breakfast Potatoes | 214 | 690 | 57g | 5g | 0.5g | 0mg | 1260mg | 42g | 4g | 2g | 4g | 2% | 6% | 0% | 8% |
| Fresh Fruit Garnish (strawberries & orange) | 142 | 60 | 0g | | | | | | | | | | | | |