

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit www.InformedDining.ca or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information provided has been obtained through analysis using nutritional analysis software, on behalf of the Province of British Columbia, using information supplied by the restaurant, and is based on standard nutrient databases and product formulations. Variations in nutrition information obtained through analysis may occur for reasons including differences in suppliers, ingredient substitutions, recipe revisions, and/or season of the year.

NUTRITION MENU



The information in this guide is effective as of July 10, 2012 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis by HealthLinkBC using NutriBase 9 and information provided by our suppliers.

NUTRITION INFORMATION

Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

MAIN MENU

*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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Home Made Soups

Garlic Galore Soup	456	300	22	14	0	60	1100	21	3	4	6	160	40	15	20
Asian Chicken Noodle Soup	758	390	8	1	0	20	2800	66	6	9	19	35	80	15	45
Wonton Noodle Soup	854	430	9	3	0	85	2510	62	7	9	19	70	120	10	25
Wonton Soup (No Noodles)	728	260	8	2.5	0	45	2500	31	4	9	13	70	120	10	20
Vegetarian Wonton Noodle Soup (Vegan)	840	320	2.5	0.5	0	40	1210	66	8	8	12	80	140	10	20
Vegetarian Wonton Soup (Vegan, No Noodles)	714	160	0.5	0	0	0	1200	35	5	8	6	80	140	10	15
Thai Coconut Soup	900	470	18	8	0	75	2370	56	8	12	24	70	110	10	15
Thai Coconut Soup (No Noodles)	774	300	16	7	0	35	2360	25	5	12	18	60	110	8	10
Thai Coconut Soup (Vegan)	917	510	21	8	0	40	1570	63	9	11	21	70	110	45	25
Thai Coconut Soup (Vegan, No Noodles)	791	340	19	8	0	0	1560	32	6	10	15	60	110	45	20

Garden Fresh Salads

Crispy Chicken Mango Salad	341	520	22	6	0.4	105	1670	55	3	30	28	110	100	8	20
Thai Chicken Noodle Salad	400	590	32	6	0	80	760	56	7	14	28	70	50	4	20
Sesame Ginger Tofu	142	210	11	1.5	0	0	600	14	1	8	19	2	2	70	25
Sweet' N Spicy Vermicelli	84	200	0.1	0	0	0	500	50	2	9	1	10	20	0	2

Wraps & Rolls

Wrap, Asian Fajita Beef	338	570	32	6	0	45	1800	47	8	12	28	35	140	4	25
Wrap, Lemon Grass Chicken	293	600	33	4	0	55	1750	55	7	24	27	25	70	4	15
Wrap, Nutty Chicken Breast	239	370	17	3	0	35	960	37	7	7	23	30	25	4	15
Wrap, Thai Tuna Rice	235	520	24	3	0	20	1470	68	6	22	14	15	8	2	10
Sweet Mango Salad Roll, Chicken	100	120	0.5	0	0	15	520	22	1	10	7	25	35	2	4
Sweet Mango Salad Roll, Prawn	99	110	0.4	0	0	45	560	22	1	10	6	30	30	2	8
Sweet Mango Salad Roll, Tofu	112	130	2.5	0.4	0	0	520	24	2	10	5	35	30	20	8

*Portion size ordinarily served to the guest

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Wraps & Rolls *...continued*

Ginger Prawn Sushi Roll	334	580	22	3	0	100	250	78	2	14	16	25	15	2	15
Grilled Onion Crepe	131	420	22	8	0	20	370	47	1	3	8	8	6	4	8

Tapas/Starters

Spring Rolls, Mediterranean Chicken	206	390	13	4.5	0.2	45	1330	56	2	17	14	10	8	4	20
Spring Rolls, Pork Vermicelli	172	470	10	2	0	15	1430	85	2	49	5	15	6	2	20
Spring Rolls, Vegetable	176	430	10	0.5	0	0	1380	85	2	49	1	20	25	2	20
Pan Grilled Dumplings, Signature Cilantro Pork	137	320	16	4.5	0	35	1170	20	1	2	13	25	10	2	15
Pan Grilled Dumplings, Vegetable Medley	137	150	7	0.5	0	0	1030	19	2	3	5	35	60	2	15
Satay Skewers, Beef (1 Skewer, no sauce)	41	100	7	2.5	0	30	25	0	0	0	9	8	4	0	8
Satay Skewers, Chicken (1 Skewer, no sauce)	42	45	0.5	0	0	25	15	0	0	0	9	8	4	0	2
Satay Skewers, Tofu (1 Skewer, no sauce)	53	60	3.5	0.5	0	0	5	2	1	0	7	8	4	25	8
Satay Skewers, Curry Cilantro Sauce (1/2 oz)	14	10	0.1	0	0	0	330	3	0	1	0.4	0	20	0	2
Satay Skewers, Honey Hoisin Sauce (1/2 oz)	14	25	0.2	0	0	0	460	4	0	3	1	0	0	0	0
Satay Skewers, Sambal Aioli Sauce (1/2 oz)	14	80	9	1	0	5	70	1	0	0	0	0	0	0	0
Sweet Thai Bites, Chicken	171	460	23	6	0	105	1230	39	0	20	26	10	8	4	10
Sweet Thai Bites, Tofu	171	280	11	2	0	0	560	31	3	21	16	8	8	20	20
Lotus and Prawn Crisps	164	240	11	1	0	0	290	33	7	1	4	0	100	6	10
Sizzling Green Beans	269	270	17	1	0	0	890	27	7	12	6	30	230	8	20

Gourmet Stir Fries

Fuse Stir Fry	577	800	26	3	0	130	2570	107	9	32	36	60	110	10	25
Pad Thai	546	720	22	3	0	180	2610	111	5	21	18	80	40	15	20
Citrus Chili Chicken	592	750	21	1.5	0	50	1010	109	5	24	35	40	130	2	50
Black Eyed Shanghai (No Meat)	658	700	18	1	0	0	2520	118	8	20	22	80	240	8	60
Black Eyed Shanghai (With Beef)	719	890	31	6	0	60	2570	118	8	20	39	80	240	10	70
Black Eyed Shanghai (With Chicken)	722	790	19	1.5	0	50	2560	118	8	20	40	80	240	10	60
Indonesian Fried Rice	605	750	15	1	0	60	3260	129	5	28	22	90	30	8	30
Singapore Noodles	526	690	23	3.5	0	260	2910	93	8	20	28	35	200	10	35
Sesame Beef Flats	655	850	25	4.5	0	40	3990	119	6	27	31	20	140	4	30

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Gourmet Stir Fries *...continued*

Simply Szechuan	506	700	26	4	0	40	2490	87	7	22	31	20	260	10	35
Simply Szechuan (With Brown Rice)	590	770	28	4.5	0	40	2490	100	12	22	33	20	260	10	40
Coco Chicken Rice	543	760	43	15	0	50	1140	66	7	13	29	70	120	8	10
Coco Chicken Rice (With Brown Rice)	626	830	45	15	0	50	1140	78	11	13	31	70	120	10	20

Wok Your Way

STEP 1: PROTEIN

Beef Sirloin	61	150	8	3	0	40	35	0	0	0	18	0	0	0	10
Chicken Breast	64	90	1	0.3	0	50	30	0	0	0	18	0	0	0	2
Fresh Prawns	30	30	0.3	0	0	60	65	0	0	0	6	2	2	2	6
Tofu Cubes	113	160	10	1.5	0	0	15	5	1	0	18	2	0	70	20

STEP 2: VEGGIES

Asian	156	80	0.3	0	0	0	35	18	6	3	3	10	70	6	10
Fuse	170	60	0.4	0	0	0	60	13	4	5	3	60	110	6	6
Indo	184	70	0.4	0	0	0	55	17	5	7	3	90	30	6	10
Saute	113	40	0.2	0	0	0	0	9	2	5	1	20	130	2	2

STEP 3: CARBOHYDRATES

Brown Rice	224	250	2	0.4	0	0	0	53	4	0	5	0	0	2	8
Chow Mein	255	340	4	1	0	85	20	63	6	1	12	2	0	2	10
Ginger Rice	160	230	0.3	0	0	0	0	53	0	12	3	0	0	0	4
Rice Noodles	340	370	0.5	0	0	0	65	85	3	0	3	0	0	2	4
Shanghai Noodles	284	400	2.5	0	0	0	530	83	3	3	15	0	0	0	50
Steamed Rice	142	180	0.3	0	0	0	0	41	0	0	3	0	0	0	2
Bean Sprouts	84	25	0.2	0	0	0	5	5	2	3	3	0	20	0	6

STEP 4: SAUCE IT UP!

Fuse (3 oz)	77	200	7	1	0	0	2460	31	0	26	3	0	2	0	6
Pad Thai (4 oz)	102	90	0.1	0	0	0	2170	23	1	19	1	60	35	2	2
Sesame Ginger (3 oz)	85	80	6	1	0	0	2230	1	0	0	5	0	10	0	10
Shanghai (3 oz)	77	70	1	0	0	0	1930	13	0	8	3	0	4	0	2

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Wok Your Way *...continued*

Sweet Citrus Chili (4 oz)	102	90	3	0.2	0	0	400	15	0	15	0.2	15	0	0	0
Szechuan (3 oz)	77	150	4	0.3	0	0	2420	23	1	17	5	0	4	2	4
Coco Curry (4 oz)	153	310	27	13	0	0	1050	12	3	8	5	6	4	0	2

Thirst Quenchers

HOT BEVERAGES

Thai Milk Coffee (12 oz)	357	100	2	1.5	0	10	35	17	0	17	2	0	0	8	0
Thai Milk Tea (12 oz)	357	100	2	1.5	0	10	30	18	0	17	2	0	0	8	0
Honey Chrysanthemum (12 oz)	382	110	0	0	0	0	10	27	0	26	0.2	0	0	0	0
Fresh Steeped Tea (12 oz)	355	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Fresh Brewed Coffee (12 oz)	356	0	0.1	0	0	0	5	0	0	0	0.4	0	0	0	0

COLD BEVERAGES

Fuse Asian Soda (16 oz)	474	160	0	0	0	0	60	39	0	39	0	0	8	2	0
Fresh Brewed Iced Tea, Black Currant (16 oz)	534	150	0	0	0	0	0	36	0	35	0	0	0	0	0
Fresh Brewed Iced Tea, Lemon (16 oz)	546	70	0.1	0	0	0	0	19	1	15	0.5	0	35	2	2
Fresh Brewed Iced Tea, Mango (16 oz)	534	70	0	0	0	0	0	18	0	17	0	0	8	0	0
Iced Thai Coffee (16 oz)	533	100	2	1.5	0	10	40	17	0	17	2	0	0	8	0
Iced Thai Tea (16 oz)	534	100	2	1.5	0	10	35	18	0	17	2	0	0	8	0
Fuse Gingerale (16 oz)	450	60	0	0	0	0	65	15	0	14	0.1	0	0	2	0
Sparkling Chrysanthemum Gingerale (16 oz)	492	120	0	0	0	0	60	32	0	31	0.1	0	0	2	0

Sweet Treats

Dessert Square, Belgian Brownie	100	430	25	10	0.2	55	50	52	1	43	5	0	0	2	20
Dessert Square, Old-Fashioned Lemon Bar	125	590	29	9	0.3	65	110	74	1	46	7	0	0	2	20
Jumbo Cookie, Chocolate Chunk	100	470	24	10	0.3	30	240	60	2	35	6	0	0	4	25
Jumbo Cookie, Gingersnap	105	490	21	7	0.2	25	220	68	1	38	6	0	0	8	40
Jumbo Cookie, Kitsilano Oatmeal	105	480	22	7	0.2	20	160	63	6	33	9	0	0	6	30
Jumbo Cookie, Peanut Butter Chocolate	105	380	21	7	0.1	20	230	39	2	22	5	0	0	2	20

*Portion size ordinarily served to the guest