

MASALAWOK

INDIAN + ASIAN FARE

NUTRITION MENU

Choose What's Right for You.

We provide a nutrition analysis of our menu items to help you make informed dining decisions. We also want you to know the variety of vegetarian and gluten-free options you have.

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NUTRITION & ALLERGEN INFORMATION

SERVINGS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	EGG	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREE NUTS	WHEAT
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SALADS

Salad Dressing Options																					
Balsamic Vinaigrette (Entree) V GF	1	82	7.3	0.9	0	0	0	0	283	0	3.7	0	3.7	0							
Balsamic Vinaigrette (Side) V GF	1	41	3.7	0.5	0	0	0	0	141	0	1.8	0	1.8	0							
Mango Vinaigrette (Entree) V GF	1	17	0.1	0	0	0	0	0	61	1.4	4	0.6	3.4	0.1							
Mango Vinaigrette (Side) V GF	1	8.8	0	0	0	0	0	0	30	0.7	2	0.3	1.7	0.1							
Caesar (Entree) GF	1	117	11	2	0	0	0	9.8	264	0	2	0	1	1		
Caesar (Side) GF	1	58	5.9	1	0	0	0	4.9	132	0	1	0	0.5	0.5		
Ranch (Entree) GF	1	144	15	2.3	0	0	0	7.9	280	13	1.3	0.1	1.1	0.4	.		.		.		
Ranch (Side) GF	1	72	7.6	1.2	0	0	0	4	140	6.9	0.7	0	0.6	0.2	.		.		.		

RICE AND NOODLE BOWLS

Blazing Noodle Bowls																					
Chicken	1	843	16	3.7	0	5.3	4.8	335	3829	865	115	6.9	12	47	.				.		.
Paneer	1	903	25	11	0	4.9	3.9	299	3470	474	114	6.8	13	34
Shrimp	1	805	14	3.3	0	5.4	4.1	377	3665	625	114	6.9	12	41
Steak	1	845	17	4.5	0	5.2	5.9	305	3789	704	113	6.9	12	45	.				.		.
Tofu V	1	720	9.7	1.4	0	4	1.6	0	3394	393	113	6.8	11	21					.		.
Vegetables Only	1	611	7.1	1.1	0	4	1.6	0	3377	393	112	6.8	11	17					.		.
Fried Rice																					
Chicken	1	1147	20	4.3	0.1	7.5	5.7	335	3435	709	190	2.5	8.8	46	.				.		.
Paneer	1	1207	29	12	0.1	7	4.8	299	3076	318	189	2.4	10	34
Shrimp	1	1109	18	3.9	0.1	7.6	5	377	3271	469	189	2.4	8.6	40
Steak	1	1149	21	5	0.1	7.3	6.8	305	3395	549	189	2.4	8.6	44	.				.		.
Tofu V	1	1024	13	2	0.1	6.2	2.4	0	3000	237	188	2.4	8.1	21					.		.
Vegetables Only	1	915	10	1.7	0.1	6.2	2.4	0	2983	237	187	2.4	8.1	16					.		.
Thai Pepper Fried Rice																					
Chicken	1	1233	29	5.7	0.1	12	7.8	335	3248	787	194	4.1	8.1	45	.				.		.
Paneer GF	1	1293	38	13	0.1	12	6.9	299	2890	396	193	4	9.5	33
Shrimp GF	1	1194	27	5.3	0.1	12	7.1	377	3084	547	194	4	7.8	39
Steak	1	1234	30	6.5	0.1	12	8.9	305	3209	627	193	4	7.8	43	.				.		.
Tofu GF	1	1110	22	3.5	0.1	11	4.6	0	2813	315	192	4	7.3	19					.		.
Vegetables Only	1	1001	20	3.2	0.1	11	4.6	0	2796	315	191	4	7.3	15					.		.
Hakka Noodles																					
Chicken	1	1043	38	7.1	0.2	18	9.8	335	5109	625	116	3.8	19	45	.				.		.
Paneer	1	1103	47	14	0.2	17	8.9	299	4750	235	115	3.7	15	33
Shrimp	1	1004	36	6.7	0.2	18	9.1	377	4944	385	115	3.7	13	39
Steak	1	1045	39	7.9	0.2	17	10	305	5069	465	114	3.7	13	43	.				.		.
Tofu V	1	920	31	4.9	0.2	16	6.6	0	4674	153	114	3.7	12	19					.		.
Vegetables Only	1	811	29	4.6	0.2	16	6.6	0	4656	153	113	3.7	12	15					.		.
Szechuan Fried Rice																					
Chicken	1	1335	35	6.7	0.2	16	9.2	335	4762	809	202	3	15	46	.				.		.
Paneer	1	1395	44	14	0.1	15	8.3	299	4403	419	202	2.9	17	34
Shrimp	1	1297	33	6.3	0.1	16	8.5	377	4597	569	202	2.9	15	40
Steak	1	1337	36	7.5	0.1	16	10	305	4722	649	201	2.9	15	44	.				.		.
Tofu V	1	1212	29	4.4	0.1	15	5.9	0	4326	337	201	2.9	14	20					.		.
Vegetables Only	1	1103	26	4.1	0.1	15	5.9	0	4309	337	199	2.9	14	16					.		.



NUTRITION & ALLERGEN INFORMATION

RICE AND NOODLE BOWLS

	SERVINGS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	EGG	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREE NUTS	WHEAT
Basil Noodles																						
Chicken	1	1037	28	5.3	0.1	11	8.1	335	5497	947	142	10	25	46
Paneer	1	1097	37	12	0.1	11	7.2	299	5138	557	141	10	27	34
Shrimp	1	999	26	4.8	0.1	11	7.4	377	5333	707	141	10	25	40
Steak	1	1039	29	6	0.1	11	9.2	305	5457	787	140	10	25	44
Tofu	1	915	21	3	0.1	10	4.9	0	5062	475	140	10	25	20		.				.		.
Vegetables Only	1	806	19	2.7	0.1	10	4.9	0	5045	475	139	10	25	16		.				.		.
Yellow Curry Fried Rice																						
Chicken	1	1228	28	7.2	0.1	11	7.4	336	4567	578	192	1.7	11	46
Paneer	1	1288	38	14	0.1	10	6.5	299	4208	187	191	1.7	12	33
Shrimp	1	1189	27	6.8	0.1	11	6.7	378	4402	338	191	1.7	10	40
Steak	1	1230	30	8	0.1	10	8.5	306	4527	418	190	1.7	10	44
Tofu	1	1105	22	4.9	0.1	9.8	4.2	0.5	4132	106	190	1.7	10	20	
Vegetables Only	1	996	19	4.7	0.1	9.8	4.2	0.5	4114	106	189	1.7	10	16	
Basil Fried Rice																						
Chicken	1	1238	27	5.3	0.1	11	7.8	335	4662	533	193	1.3	13	48
Paneer	1	1298	36	13	0.1	11	6.9	299	4303	143	193	1.3	14	35
Shrimp	1	1200	26	4.9	0.1	11	7.1	377	4498	293	193	1.3	13	41
Steak	1	1240	29	6	0.1	11	9	305	4622	373	192	1.3	13	45
Tofu	1	1115	21	3	0.1	10	4.6	0	4227	61	192	1.3	12	22		.				.		.
Vegetables Only	1	1006	18	2.7	0.1	10	4.6	0	4210	61	190	1.3	12	17		.				.		.
Rice and Noodles																						
Chicken	1	1232	39	8.8	0.1	14	11	758	5987	679	152	1.9	11	58	.					.		.
Paneer	1	1292	48	16	0.1	13	10	722	5628	289	151	1.9	13	46
Shrimp	1	1193	37	8.4	0.1	14	10	800	5823	439	151	1.9	11	52
Steak	1	1233	40	9.6	0.1	13	12	728	5947	519	150	1.9	11	56	.					.		.
Tofu V	1	966	22	3.4	0.1	11	4.5	0	4830	73	149	1.9	10	20						.		.
Vegetables Only	1	857	19	3.1	0.1	11	4.5	0	4813	73	148	1.9	10	15						.		.
Cop Suey																						
Chicken	1	981	20	4.9	0	5.8	6.3	502	2858	585	121	3	33	43	.					.		.
Paneer	1	1041	29	12	0	5.3	5.4	465	2500	194	121	3	34	31
Shrimp	1	943	19	4.4	0	5.9	5.6	543	2694	345	121	3	32	37
Steak	1	983	22	5.6	0	5.6	7.4	471	2819	424	120	3	32	41	.					.		.
Tofu V	1	802	10	1.4	0	4	1.6	0	1787	60	119	3	31	12						.		.
Vegetables Only	1	694	7.7	1.1	0	4	1.6	0	1770	60	118	3	31	8.4						.		.

INDIAN ENTREES

Tikka Masala																						
Chicken GF	1	673	54	29	0	5.5	15	219	1467	512	26	2	18	24			.			.		
Lamb GF	1	894	78	37	0.1	12	23	236	1859	540	26	2.3	17	26			.			.		
Paneer GF	1	967	75	45	0	4.9	14	249	1082	158	27	1.8	20	26			.			.		
Shrimp GF	1	735	53	29	0	5.8	14	366	1403	409	27	1.9	17	33		
Vegetables GF	1	638	51	28	0	5.1	14	164	1111	607	40	7.5	24	10			.			.		



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INDIAN ENTREES																						
Butter Masala																						
Chicken GF	1	906	78	41	0.1	10	21	280	1607	735	30	3.8	12	25			•			•	•	
Lamb GF	1	1127	102	49	0.1	16	29	297	1999	762	29	4.2	11	28			•			•	•	
Paneer GF	1	1200	99	56	0.1	9.8	20	309	1222	380	31	3.7	14	27			•			•	•	
Shrimp GF	1	968	77	40	0.1	10	21	426	1543	631	30	3.7	11	34	•		•		•	•	•	
Vegetables GF	1	871	75	40	0.1	10	20	225	1251	829	44	9.3	18	12			•			•	•	
Spinach Masala																						
Chicken GF	1	856	75	35	0.2	14	20	245	1431	813	27	5.8	9.7	24			•			•	•	
Lamb GF	1	899	81	38	0.1	15	22	219	1426	818	28	5.8	9.8	19			•			•	•	
Paneer GF	1	1038	86	46	0.1	11	18	246	1041	627	29	5.6	12	24			•			•	•	
Potatoes GF	1	828	68	33	0.1	11	18	183	1034	999	49	7.6	10	11			•			•	•	
Shrimp GF	1	837	69	34	0.1	12	18	304	1231	778	28	5.6	9.7	25	•		•		•	•	•	
Korma Masala																						
Chicken GF	1	757	64	31	0.1	10	17	221	1206	673	29	4.6	12	22			•			•	•	
Lamb GF	1	800	70	34	0.1	10	20	196	1200	678	29	4.7	12	17			•			•	•	
Paneer GF	1	939	75	42	0	7.2	15	223	815	487	30	4.5	15	22			•			•	•	
Shrimp GF	1	738	58	30	0	7.7	16	280	1006	638	30	4.5	12	23	•		•		•	•	•	
The 65																						
Chicken	1	360	6.4	2	0	0.9	1.7	99	1969	1427	34	4.3	15	38	•		•			•	•	•
Gobi	1	259	3.2	1.3	0	0.4	0.6	6.7	1992	1620	52	9.4	18	12			•					•
Paneer GF	1	540	26	17	0	0.4	0.6	90	1437	884	28	4.1	17	26			•					
Malai Kofta GF																						
Malai Kofta GF	1	1046	79	42	0.1	9.9	20	235	2178	756	50	6	13	12			•			•	•	
Lamb Curry GF																						
Lamb Curry GF	1	644	48	13	0.2	17	13	77	1353	793	28	6.1	10	26			•			•	•	
Southern Curry																						
Chicken	1	599	42	14	0.3	15	8.2	128	1704	651	24	4.1	14	33			•			•	•	•
Lamb	1	684	55	20	0.1	16	13	77	1692	661	25	4.2	14	24			•			•	•	•
Paneer	1	757	52	28	0.1	9.6	4.7	89	915	279	26	3.7	17	24			•			•	•	•
Shrimp	1	525	30	12	0.1	10	5	206	1237	530	26	3.8	14	31	•		•		•	•	•	•
Vegetables	1	428	28	11	0.1	9.9	4.7	5.4	944	728	39	9.4	21	8.3			•			•	•	
Chicken Curry GF																						
Chicken Curry GF	1	557	35	7	0.3	16	8.5	128	1364	728	27	6	9.1	35			•			•	•	
Dal Fry GF																						
Dal Fry GF	1	443	25	6.7	0.1	11	6.2	15	555	768	44	12	11	13			•			•	•	
Chole Masala GF																						
Chole Masala GF	1	410	23	4.3	0.1	11	5.3	5.8	1738	488	46	7.8	9.7	9.6			•			•	•	
Goan Vindaloo																						
Chicken GF	1	463	28	5.6	0.2	13	6.9	67	983	733	35	5.3	10	19			•			•	•	
Lamb GF	1	505	35	8.9	0.1	14	9.7	41	978	739	35	5.3	10	14			•			•	•	
Paneer GF	1	644	40	16	0.1	10	5.2	68	593	548	36	5.1	13	19			•			•	•	
Shrimp GF	1	443	23	4.5	0.1	11	5.4	126	783	698	36	5.1	10	21	•		•		•	•	•	
Kabob																						
Chicken Tikka GF	1	250	7.4	2.1	0	1.3	1.9	109	1021	773	8	0.8	3.7	37			•			•	•	
Chicken Malai GF	1	337	15	7.1	0	1.5	4.2	136	292	787	8.8	1.2	3.7	39			•			•	•	
Tandorri Wrap																						
Chicken	1	723	28	13	0	3.1	6.9	121	1666	686	65	3.2	6.2	49	•		•			•	•	•
Paneer	1	1001	56	34	0	3	7.4	178	1289	352	69	3.3	10	54	•		•			•	•	•



NUTRITION & ALLERGEN INFORMATION

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INDIAN ENTREES

Wrap 65																					
Chicken	1	1099	39	15	0.1	7.8	9.5	169	3310	1788	111	7.9	20	71	•	•			•		•
Paneer	1	1279	59	31	0.1	7.3	8.4	161	2778	1245	105	7.7	22	59	•	•			•		•
Dum Biryani																					
Chicken GF	1	1277	47	20	0.2	8.8	7.7	399	2663	1002	155	4.5	10	53	•	•			•	•	
Lamb GF	1	1363	61	27	0.1	10	13	348	2652	1013	155	4.6	10	44	•	•			•	•	
Paneer GF	1	1435	58	34	0	3	4.2	360	1874	630	157	4.1	14	44	•	•			•	•	
Shrimp GF	1	1203	36	18	0	3.9	4.5	478	2196	882	156	4.1	10	51	•	•		•	•	•	
Vegetables GF	1	1106	34	18	0	3.2	4.2	276	1904	1080	170	9.7	17	28	•	•			•	•	

ASIAN ENTREES

Kung Pao																					
Chicken	1	627	27	4.3	0.1	10	10	92	3992	1146	45	6.1	26	45	•		•	•	•	•	•
Paneer	1	806	47	20	0	9.5	9.5	84	3460	603	39	5.9	28	33		•	•	•	•	•	•
Shrimp	1	574	26	3.9	0	10	9.8	201	3781	855	39	5.9	25	40	•		•	•	•	•	•
Steak	1	690	32	6.4	0	10	13	97	4099	1064	38	5.9	25	54	•		•	•	•	•	•
Tofu	1	560	27	3.9	0	9.5	9.5	0	3469	603	38	5.9	25	20			•	•	•	•	•
Manchuria																					
Chicken	1	302	10	1.8	0.1	4.4	2.5	77	1827	539	17	0.8	2	29	•				•		•
Vegetable V	1	314	7.6	1.2	0	4.1	1.6	0	2403	485	52	5.5	8.5	7.7							•
Orange																					
Chicken	1	541	11	2	0.1	4.6	2.7	92	2010	1007	67	4.7	49	36	•				•		•
Paneer	1	720	31	17	0	4.1	1.6	84	1478	464	61	4.6	51	24		•			•		•
Shrimp	1	488	9.7	1.6	0	5	1.9	201	1799	716	61	4.6	48	31	•			•	•	•	•
Steak	1	604	15	4	0	4.7	5.7	97	2117	925	60	4.6	48	45	•				•		•
Tofu V	1	474	11	1.6	0	4.1	1.6	0	1487	464	60	4.6	48	11					•		•
Sesame																					
Chicken	1	587	20	3.3	0.1	8.6	6.5	92	4818	748	57	2.4	39	36	•				•	•	•
Paneer	1	767	41	19	0	8	5.4	84	4286	205	51	2.2	41	24		•			•	•	•
Shrimp	1	535	19	2.9	0	8.9	5.7	201	4608	456	51	2.2	28	31	•				•	•	•
Steak	1	651	25	5.4	0	8.6	9.5	97	4925	665	50	2.2	38	45	•				•	•	•
Tofu	1	520	20	2.9	0	8	5.4	0	4295	205	50	2.2	38	10					•	•	•
Chili Chicken / Paneer																					
Chicken	1	349	11	2.1	0.1	4.7	2.9	118	2219	723	18	1.6	6.1	36	•				•		•
Paneer	1	541	31	17	0	4	1.6	84	1685	137	18	1.5	9	22		•			•		•
Mongolian																					
Chicken	1	464	15	2.8	0.1	5.7	4.1	158	2366	969	26	2.2	17	48	•				•		•
Paneer	1	584	33	18	0	4.8	2.3	84	1649	188	24	2.1	20	23		•			•		•
Shrimp	1	352	11	1.8	0	5.6	2.7	201	1970	439	24	2.1	16	30	•				•	•	•
Steak	1	468	17	4.3	0	5.4	6.4	97	2287	649	23	2.1	16	44	•				•		•
Tofu V	1	337	12	1.8	0	4.8	2.3	0	1658	188	23	2.1	16	10					•		•
Spicy Basil																					
Chicken	1	545	21	3.5	0.1	9.3	5.6	158	4206	1150	27	3.1	16	52	•	•			•		•
Paneer	1	665	39	18	0.1	8.4	3.7	84	3488	370	25	3	19	27		•	•		•		•
Shrimp	1	433	17	2.6	0.1	9.2	4.1	201	3809	621	25	3	16	34	•	•			•	•	•
Steak	1	548	23	5.1	0.1	9	7.8	97	4127	830	24	3	16	47	•	•			•		•
Tofu	1	418	18	2.6	0.1	8.4	3.7	0	3497	370	24	3	16	13		•			•		•



NUTRITION & ALLERGEN INFORMATION

	SERVINGS	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)	EGG	FISH	MILK	PEANUTS	SHELLFISH	SOY	TREE NUTS	WHEAT
ASIAN ENTREE SIDES																						
Steamed Jasmine Rice V GF	1	523	2.6	0.4	0	1.5	0.6	0	496	0.9	116	0	0	8.3								
Brown Rice GF	1	292	5.6	2.7	0	0.8	1.6	9.6	284	195	54	2.4	0	5.4			•					
Vegetable Fried Rice V	1	484	13	2.2	0.1	7.9	3.1	0	1316	104	82	1.1	3.6	7.4						•		•
Egg Fried Rice	1	470	14	2.6	0.1	7.5	3.6	78	1408	120	76	1	3.4	9.1	•					•		•
OTHER SIDES																						
Basmati Rice GF	1	583	7.8	4.5	0	0.3	0.7	17	538	226	113	1.9	2.6	11			•					
Crispy Noodles V	1	107	0.2	0	0	0	0	0	176	0.1	17	0.4	0	2								•
Garlic Naan (Full)	1	405	8.9	3.5	0	2.5	2.1	24	884	135	69	2.5	2.6	10	•		•			•		•
Garlic Naan (Half)	1	202	4.4	1.7	0	1.3	1	12	442	67	34	1.3	1.3	5.1	•		•			•		•
Masala Wok Spicy Sauce V GF	1	534	44	7	0.2	25	10	0	2038	199	29	1.1	18	2						•		
Mango Lassi GF	1	278	5.5	3	0	0.2	1.3	17	145	216	52	5.4	48	6						•		
Naan (Full)	1	367	5	1	0	2.4	1.1	14	882	121	68	2.5	2.6	10	•		•			•		•
Naan (Half)	1	183	2.5	0.5	0	1.2	0.5	7.2	441	60	34	1.2	1.3	5	•		•			•		•
Noodles V	1	364	0	0	0	0	0	0	890	0	74	2	0	10								•
Raita GF	1	51	2.3	1.4	0	0.1	0.6	7.9	788	201	5.6	0.8	4.4	2.7			•					
Sweet Chili Sauce V GF	1	279	0	0	0	0	0	0	1599	0	68	4	56	0								
Tikka Sauce GF	1	223	20	11	0	2	5.7	65	426	63	9.7	0.7	6.9	2.4			•			•		
Wok Vegetables V	1	128	7.2	1.2	0	4	1.6	0	1390	383	12	3.4	7.5	3.9						•		•
Side Salad	1	98	0.3	0	0	0.1	0	0	155	89	17	3.4	2.9	2.9								•

(g): grams (mg): milligrams Vegan Gluten Free

**Recommended limits for a 2,000-calorie-a-day diet are 20 g saturated fat and 2,300 mg sodium.
A 2,000-calorie-a-day diet is used for the basis of general nutrition advice; however individual needs may vary.**

MenuTrinfo, LLC provides nutritional label information by reverse ingredient look-up using reputable data references based on the FDA accepted USDA Nutrient Database SR-22. (www.ars.usda.gov). We provide nutrition value estimates based on the information provided by various suppliers that represents a wide range of actual values. Though this is inherently a subjective process, we always assert our best efforts to maintain compliance with the industry standard according to the FDA and any and all current Menu Labeling laws in place at the time of this analysis. In addition, actual values may vary due to factors such as individual preparation of our menu items.

MenuTrinfo, LLC provides allergen information reported that is always our very best efforts, based upon an extended version of the FDA accepted USDA Nutrient Database SR-25. We strive for 100% complete accuracy; however, there is in fact always the remote possibility of cross contact or an error in the commercial kitchen environment. Variances may occur due to the inherent nature of scratch cooking and possible variations in ingredients from local suppliers. Please keep this in mind when asking or allergen information in that we can share ingredient information from our recipes, but not what a manufacturer may have added prior to it coming to our restaurant. It is our intent to provide this information as a service to you that will assist you in making your food choices easier.