



NUTRITIONAL GUIDELINES 2008

*These values are not exact; since we cook each dish to order, there can be variances in the actual numbers versus recipe specifications.
Values below are per serving unless otherwise noted.*

FIRST TASTES	Calories	Total Fat Grams	Carbs	Dietary Fiber	Sugar	Protein Grams	Servings (per dish)
Minced Chicken with Cool Lettuce Wraps*	250	4	31	3	15	22	2
Pei Wei Spring Rolls (2)	90	5	11	1	3	2	2
Crab Wontons (4)	190	13	9	0	0	8	2
Crab Wontons (6)	230	16	9	0	0	11	2
Crispy Potstickers (4)	130	7	10	0	1	6	2
Crispy Potstickers (6)	150	8	10	0	1	8	2
Edamame	156	8	12	5	4	14	2
Hot & Sour Soup Cup/Bowl	150/500	9/28	11/37	2/6	0/1	7/24	1/1
* (does not include rice sticks)							

SALADS

Asian Chopped Chicken Salad	280	15	13	2	4	24	2
Asian Chopped Chicken Salad without Dressing	200	8	10	2	2	23	2
Pei Wei Spicy Chicken Salad	350	16	28	2	8	22	2
Pei Wei Spicy Chicken Salad without Dressing	210	2.5	23	2	3	22	2
Vietnamese Chicken Salad Rolls	53	3	5	0.5	3	3	3

SAUCES & SIDES

Values below are per 2 oz. serving unless otherwise noted.

Sweet Chile Sauce	140	0	34	2	28	0	1
Thai Peanut Sauce	168	11	15	1	11	5	1
Lettuce Wrap Sauce	70	4.5	2	0	1	4	1
Lime Vinaigrette	230	20	13	0	11	0	1
Sesame Ginger Dressing	170	16	5	0	4	1	1
Rice Sticks (per 1 cup serving)	130	0	33	0	0	0	1
Fortune Cookie	30	0	7	0	3	0	1

COOKIE

Chocolate Chip Cookie	342	14	53	2	37	5	1
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Calculations for our Noodle and Rice Bowls are inclusive of noodles or rice.

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NOODLE & RICE BOWLS	Calories	Total Fat Grams	Carbs	Dietary Fiber	Sugar	Protein Grams	Servings (per dish)
Fried Rice (per serving)							
Chicken	525	11	68	3	9	32	2
Beef	630	21	68	3	9	37	2
Vegetables & Tofu	440	7	73	5	12	17	2
Shrimp	475	10	67	3	9	24	2
Japanese Teriyaki Bowl with Brown Rice (per serving)							
Chicken	460	7	64	4	21	28	2
Beef	580	17	66	4	21	33	2
Vegetables & Tofu	410	6	71	7	24	13	2
Shrimp	410	5	64	4	21	20	2
Japanese Teriyaki Bowl with White Rice (per serving)							
Chicken	440	6	60	3	21	28	2
Beef	560	16	62	3	21	32	2
Vegetables & Tofu	390	5	68	5	24	13	2
Shrimp	390	4.5	61	3	21	20	2
Pad Thai (per serving)							
Chicken	560	20	61	2	19	35	2
Beef	670	30	63	2	19	40	2
Vegetables & Tofu	470	17	66	4	21	18	2
Shrimp	490	17	60	2	19	27	2
Dan Dan Noodles (per serving)							
Chicken	390	7	54	3	9	26	2
Lo Mein Noodles (per serving)							
Chicken	460	11	61	5	9	31	2
Beef	570	21	61	5	9	36	2
Vegetables & Tofu	400	8	66	7	11	16	2
Shrimp	400	8	60	5	9	23	2
Thai Blazing Noodles (per serving)							
Chicken	520	22	55	4	11	24	2
Beef	630	32	55	4	11	28	2
Vegetables & Tofu	430	18	59	6	14	10	2
Shrimp	482	22	55	4	11	16	2

NUTRITIONAL GUIDELINES 2008

Calculations for our Signature Dishes do not include noodles or rice.

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SIGNATURE DISHES	Calories	Total Fat Grams	Carbs	Dietary Fiber	Sugar	Protein Grams	Servings (per dish)
Thai Dynamite (per serving)							
Chicken	390	19	20	2	7	33	2
Vegetables & Tofu	220	16	15	3	9	6	2
Shrimp	280	16	20	2	8	15	2
Mongolian (per serving)							
Chicken	280	9	14	1	8	30	2
Beef	420	22	14	1	8	36	2
Vegetables & Tofu	180	6	19	3	11	10	2
Shrimp	210	6	12	1	8	21	2
Lemon Pepper (per serving)							
Chicken	440	20	34	2	18	31	2
Beef	550	31	32	2	18	38	2
Vegetables & Tofu	230	10	29	4	19	10	2
Shrimp	380	18	34	2	18	22	2
Thai Coconut Curry (per serving)							
Chicken	380	19	23	2	10	30	2
Beef	550	37	20	2	10	36	2
Vegetables & Tofu	220	14	19	2	11	8	2
Shrimp	300	17	18	2	10	21	2
Pei Wei Spicy (per serving)							
Chicken	330	13	25	2	8	28	2
Beef	480	26	25	2	8	34	2
Vegetables & Tofu	250	16	21	3	8	6	2
Shrimp	300	11	29	2	8	19	2
Ginger Broccoli (per serving)							
Chicken	300	9	19	2	11	31	2
Beef	450	22	19	2	11	37	2
Vegetables & Tofu	170	3.5	23	4	14	10	2
Shrimp	230	7	18	2	11	22	2
Mandarin Kung Pao (per serving)							
Chicken	450	21	28	3	10	34	2
Beef	610	34	31	3	10	40	2
Vegetables & Tofu	290	15	23	4	10	13	2
Shrimp	400	19	28	3	10	25	2
Orange Peel (per serving)							
Chicken	520	18	52	3	33	36	2
Beef	660	31	52	3	33	42	2
Vegetables & Tofu	330	10	46	4	33	14	2
Shrimp	460	16	51	3	33	27	2

SIGNATURE DISHES	Calories	Total Fat Grams	Carbs	Dietary Fiber	Sugar	Protein Grams	Servings (per dish)
Honey Seared <i>(per serving)</i>							
Chicken	420	15	45	1	17	21	2
Shrimp	370	14	43	0	17	14	2
Spicy Korean <i>(per serving)</i>							
Chicken	350	11	26	3	12	35	2
Beef	490	24	26	3	12	41	2
Vegetables & Tofu	240	9	27	4	14	15	2
Shrimp	280	9	24	3	12	26	2
Sweet & Sour <i>(per serving)</i>							
Chicken	440	13	61	2	30	21	2
Shrimp	390	11	59	2	30	14	2
RICE & NOODLES	Calories	Total Fat Grams	Carbs	Dietary Fiber	Sugar	Protein Grams	Servings (per dish)
Brown Rice <i>(per serving)</i>	170	1.5	37	3	0	4	2
White Rice <i>(per serving)</i>	200	0	44	1	0	4	2
Fried Rice <i>(per serving)</i>	260	5	44	2	5	9	2
Egg Noodles <i>(per serving)</i>	210	2.5	39	2	0	7	2
Rice Noodles <i>(per serving)</i>	130	0	32	0	0	0	2
<p>Calculations for our Kid's Wei™ do not include noodles or rice. These values are not exact; since we cook each dish to order, there can be variances in the actual numbers versus recipe specifications.</p>							
KID'S WEI™	Calories	Total Fat Grams	Carbs	Dietary Fiber	Sugar	Protein Grams	Servings (per dish)
Kid's Wei Teriyaki <i>(per serving)</i>							
Chicken	240	5	20	0	18	23	1
Kid's Wei Honey Seared <i>(per serving)</i>							
Chicken	290	17	19	0	8	16	1
Kid's Wei Lo Mein <i>(per serving)</i>							
Chicken	180	7	7	0	3	20	1
RICE & NOODLES	Calories	Total Fat Grams	Carbs	Dietary Fiber	Sugar	Protein Grams	Servings (per dish)
Brown Rice <i>(per serving)</i>	100	0.5	20	2	0	2	2
White Rice <i>(per serving)</i>	110	0	24	0	0	2	2
Egg Noodles <i>(per serving)</i>	210	2.5	39	2	0	7	2
Rice Noodles <i>(per serving)</i>	130	0	32	0	0	0	2