

Mongolian Grill

ITEM NAME	CAL.	SERV. SZ.	
Veggie Bowl (White Rice)	820	1	ea
Chicken Bowl (White Rice)	1080	1	ea
Beef Bowl (White Rice)	1320	1	ea
Shrimp Bowl (White Rice)	700	1	ea
Combo Bowl (White Rice)	700	1	ea
Veggie Bowl (Brown Rice)	880	1	ea
Chicken Bowl Brown Rice)	1130	1	ea
Beef Bowl (Brown Rice)	1370	1	ea
Shrimp Bowl (Brown Rice)	760	1	ea
Combo Bowl (Brown Rice)	1370	1	ea
Veggie Yakisoba Noodles	650	1	ea
Chicken Yakisoba Noodles	880	1	ea
Beef Yakisoba Noodles	1120	1	ea
Shrimp Yakisoba Noodles	510	1	ea
Combo Yakisoba Noodles	510-1120	1	ea

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutritional information available upon request.