

# Panda Express — Nutrition & Allergen Information

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✓ = Contains allergen | – = Does not contain | Calories shown in RED | Left section: Nutrition Facts | Right section: Allergens

## Panda Express Sides — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Chow Mein	11	600	210	23	4	0	0	1000	94	7	11	15	✓	✓	–	–	–	–
Chow Mein - Cub Meal	8.25	440	175	19	3	0	0	860	57	3	8	11	✓	✓	–	–	–	–
Fried Rice	11	620	170	19	4	0	140	1000	101	1	4	13	✓	✓	–	–	–	–
Fried Rice - Cub Meal	8.25	466	120	13	3	0	110	760	76	0	3	9	✓	✓	–	–	–	–
White Steamed Rice	11	520	0	0	0	0	0	0	118	0	0	10	–	–	–	–	–	–
White Steamed Rice - Cub Meal	8.25	390	0	0	0	0	0	0	87	0	0	8	–	–	–	–	–	–
Super Greens	10	130	40	4	0	0	0	370	14	7	6	9	✓	✓	–	–	–	–
Super Greens - Cub Meal	7.5	90	30	3	0	0	0	290	10	6	4	6	✓	✓	–	–	–	–
Chow Fun	8.5	410	80	9	1	0	0	1110	73	1	6	9	✓	✓	–	–	–	–
Chow Fun - Cub Meal	6.2	300	60	6	0.5	0	0	810	53	1	4	6	✓	✓	–	–	–	–

## Panda Express Vegetables — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Super Greens Entree	7	90	25	3	0	0	0	260	10	5	4	6	✓	✓	–	–	–	–
Super Greens - Cub Meal Entree	5.25	60	20	2	0	0	0	200	7	4	3	4	✓	✓	–	–	–	–
Eggplant Tofu	6.1	340	220	24	3.5	0	0	520	23	3	17	7	✓	✓	–	–	–	–
Eggplant Tofu - Cub Meal	4.6	250	160	18	2.5	0	0	390	17	2	13	5	✓	✓	–	–	–	–

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## Panda Express Chicken — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Black Pepper Chicken	6.3	280	170	19	3.5	0	55	1130	15	1	7	13	✓	✓	–	–	–	–
Black Pepper Chicken - Cub Meal	4.6	200	130	14	2.5	0	40	830	11	0	5	10	✓	✓	–	–	–	–
Hot Orange Chicken	5.92	550	250	27	5	0	55	950	59	2	21	17	✓	✓	–	–	–	–
Hot Orange Chicken - Cub Meal	4.44	415	190	20	4	0	40	710	44	2	16	13	✓	✓	–	–	–	–
Kung Pao Chicken	6.73	320	185	21	4	0	60	1050	15	2	7	17	✓	✓	–	–	✓	–
Kung Pao Chicken - Cub Meal	5.05	220	130	15	3	0	43	750	11	2	4	12	✓	✓	–	–	✓	–
Grilled Teriyaki Chicken	6	275	90	10	3	0	160	470	14	0	9	33	✓	✓	–	–	–	–
Grilled Teriyaki Chicken - Cub Meal	4.5	210	70	8	2.5	0	120	350	10.5	0	6.75	24.75	✓	✓	–	–	–	–
Teriyaki Chicken	6	340	110	13	3.5	0	195	630	14	3	10	41	✓	✓	–	–	–	–
Teriyaki Chicken - Cub Meal	4.5	250	90	10	2.5	0	145	470	10	0	8	31	✓	✓	–	–	–	–
Mushroom Chicken	5.7	220	130	14	2.5	0	50	840	10	1	5	13	✓	✓	–	–	–	–
Mushroom Chicken - Cub Meal	4.3	170	100	11	2	0	40	650	8	0	4	10	✓	✓	–	–	–	–
Orange Chicken	5.92	510	220	24	5	0	86	850	53	2	20	16	✓	✓	–	–	–	–
Orange Chicken - Cub Meal	4.44	380	160	18	4	0	60	645	39	1	15	14	✓	✓	–	–	–	–
Potato Chicken	5.2	190	90	10	2	0	30	510	18	2	4	8	✓	✓	–	–	–	–
Potato Chicken - Cub Meal	3.9	140	70	8	1.5	0	20	510	15	0	3	6	✓	✓	–	–	–	–

## Panda Express Chicken Breast — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Honey Sesame Chicken Breast	5.3	340	135	15	2.5	0	45	540	35	1	16	16	✓	–	–	–	–	–
Honey Sesame Chicken Breast - Cub Meal	4	250	100	11	2	0	35	400	26	1	12	12	✓	–	–	–	–	–
String Bean Chicken Breast	5.6	210	110	12	2	0	30	560	13	5	5	12	✓	✓	–	–	–	–
String Bean Chicken Breast - Cub Meal	4.2	160	80	9	1.5	0	25	420	10	4	4	9	✓	✓	–	–	–	–
Sweetfire Chicken Breast	5.8	360	135	15	3	0	45	370	40	2	19	15	✓	–	–	–	–	–
Sweetfire Chicken Breast - Cub Meal	4.4	270	100	11	2.5	0	35	280	30	2	14	11	✓	–	–	–	–	–
Sweet & Sour Chicken Breast	5.5	300	110	12	3	0	25	260	40	1	24	10	✓	✓	–	–	–	–
Sweet & Sour Chicken Breast - Cub Meal	4.1	270	90	10	2	0	20	220	35	1	21	9	✓	✓	–	–	–	–

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## Panda Express Beef — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Beijing Beef	5.6	470	245	27	5	0	35	600	46	2	21	14	✓	✓	–	–	–	–
Beijing Beef - Cub Meal	4.2	360	185	20	4	0	25	450	35	2	16	11	✓	✓	–	–	–	–
Black Pepper Sirloin Steak	5.1	180	55	6	1.5	0	45	590	12	2	7	19	✓	✓	–	–	–	–
Black Pepper Sirloin Steak - Cub Meal	3.85	130	40	4.5	1	0	35	440	9	1	5	14	✓	✓	–	–	–	–
Broccoli Beef	5.44	150	50	6	2	0	27	520	12	2	6	15	✓	✓	–	–	–	–
Broccoli Beef - Cub Meal	4.1	110	40	5	1	0	21	390	9	1	5	11	✓	✓	–	–	–	–

## Panda Express Seafood — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Honey Walnut Shrimp	4.39	430	255	28	4	0	70	700	32	1	9	13	✓	✓	✓	–	–	✓
Honey Walnut Shrimp - Cub Meal	3.3	240	140	15	3	0	36	380	17	1	5	7	✓	✓	✓	–	–	✓
Wok-Fired Shrimp	6	190	45	5	1	0	140	1140	19	1	15	17	✓	✓	–	–	–	✓
Wok-Fired Shrimp - Cub Meal	4.5	140	36	4	0.5	0	105	860	15	1	11	13	✓	✓	–	–	–	✓
Steamed Ginger Fish	6	200	110	12	2.5	0	40	1990	8	0	6	15	✓	✓	–	✓	–	–
Steamed Ginger Fish - Cub Meal	2	70	35	4	1	0	15	660	3	0	2	5	✓	✓	–	✓	–	–

## Panda Express Appetizers — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Chicken Egg Roll (1 roll)	2.75	200	90	10	2	0	20	340	20	2	2	6	✓	✓	–	–	–	✓
Chicken Potsticker (3 pcs)	3.3	160	60	6	1.5	0	20	250	20	1	2	6	✓	✓	–	–	–	–
Cream Cheese Rangoon (3 pcs)	2.4	190	70	8	5	0	35	180	24	2	1	5	✓	–	–	–	–	✓
Vegetable Spring Roll (2 rolls)	3.5	240	130	14	2	0	0	560	24	2	0	4	✓	✓	–	–	–	–

## Panda Express Cub Meals — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Orange Chicken Cub Meal	9.5	580	160	17	4	0	60	705	84	5	30	22	✓	✓	–	–	–	✓
Grilled Teriyaki Chicken Cub Meal	9.3	400	140	16	3	0	120	700	36	5	16	28	✓	✓	–	–	–	–
Broccoli Beef Cub Meal	9.5	300	60	7	1	0	10	500	49	6	13	11	✓	✓	–	–	–	–

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## Panda Express More — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Teriyaki Sauce	1.8	70	5	0	0	0	0	380	16	0	14	0	✓	✓	–	–	–	–
Apple Pie Roll	1.94	150	30	3	1	0	0	90	30	1	13	2	✓	–	–	–	–	–
Sweet & Sour Sauce	1.8	70	0	0	0	0	0	115	21	0	20	0	–	–	–	–	–	–
Chili Sauce	0.25	10	0	0	0	0	0	125	2	0	2	0	–	–	–	–	–	–
Soy Sauce	0.21	5	0	0	0	0	0	375	0	0	0	0	✓	✓	–	–	–	–
Potsticker Sauce	0.4	10	0	0	0	0	0	290	3	0	2	0	✓	✓	–	–	–	–
Hot Mustard	0.25	10	10	1	0	0	0	115	0	0	0	0	–	–	–	–	–	–
Fortune Cookie	0.18	20	0	0	0	0	0	0	5	0	2	0	✓	✓	–	–	–	–
Tree Top Apple Crisps	0.34	40	0	0	0	0	0	0	10	2	7	0	–	–	–	–	–	–

## Panda Express Soup — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Hot & Sour Soup - Cup	12.2	120	40	5	0.5	0	65	880	14	1	4	7	✓	✓	–	–	–	–
Hot & Sour Soup - Bowl	17.4	170	60	6	1	0	90	1260	20	1	6	10	✓	✓	–	–	–	–

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## Panda Express Beverages — Nutrition & Allergen Information

Menu Item	Serving (oz)	Calories	Cal Fat	Total Fat(g)	Sat Fat(g)	Trans Fat(g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Wheat	Soy	Tree Nuts	Fish	Peanuts	Shell-fish
Coca-Cola - Large	42	510	0	0	0	0	0	135	140	0	140	0	-	-	-	-	-	-
Coca-Cola - Medium	30	370	0	0	0	0	0	95	100	0	100	0	-	-	-	-	-	-
Coca-Cola - Small	22	270	0	0	0	0	0	70	73	0	73	0	-	-	-	-	-	-
Coca-Cola Zero Sugar - Large	42	0	0	0	0	0	0	140	1	0	0	0	-	-	-	-	-	-
Diet Coke - Large	42	0	0	0	0	0	0	170	1	0	0	0	-	-	-	-	-	-
Dr Pepper - Large	42	500	0	0	0	0	0	150	137	0	137	0	-	-	-	-	-	-
Dr Pepper - Medium	30	360	0	0	0	0	0	110	98	0	98	0	-	-	-	-	-	-
Sprite - Large	42	470	0	0	0	0	0	240	129	0	128	0	-	-	-	-	-	-
Sprite - Medium	30	340	0	0	0	0	0	170	92	0	91	0	-	-	-	-	-	-
Sweet Tea - Large	40	510	0	0	0	0	0	30	129	0	126	0	-	-	-	-	-	-
Sweet Tea - Medium	32	410	0	0	0	0	0	25	103	0	101	0	-	-	-	-	-	-
Minute Maid Lemonade - Large	42	550	0	0	0	0	0	350	138	0	132	0	-	-	-	-	-	-
Minute Maid Lemonade - Medium	30	390	0	0	0	0	0	250	99	0	94	0	-	-	-	-	-	-
Mango Guava Tea	24	195	0	0	0	0	0	0	46	0	42	0	-	-	-	-	-	-
Peach Lychee Refresher	24	210	0	0	0	0	0	0	53	0	53	0	-	-	-	-	-	-
Watermelon Mango Refresher	24	210	0	0	0	0	0	0	53	0	52	0	-	-	-	-	-	-