



Nutrition Information

Menu Items	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
<i>Please note: Variations in nutritional values throughout this menu may occur due to deviations in preparation, availability of ingredients, seasonal changes, cooking processes and custom ordering. The nutritional values provided in this guide or shown on menus or menu boards should be considered approximations.</i>															
Values shown are for the full size dish															
Egg Roll (1)	180	60	7g	2g	0g	30mg	420mg	22g	2g	2.36g	9g	15%	8%	4%	10%
Steamed Broccoli (3 oz)	25	0	0g	0g	**	0mg	25mg	4g	**	**	3g	50%	130%	4%	4%
Steamed Brown Rice (6 oz)	186	15	2g	0g	**	0mg	10mg	36g	4g	< 1g	5g	0%	0%	2%	4%
Steamed Brown Rice (8 oz)	217	15	2g	0g	**	0mg	10mg	48g	4g	< 1g	6g	0%	0%	2%	6%
Steamed White Rice (6 oz)	216	0	0.5g	0g	**	0mg	0mg	56g	< 1g	0g	5g	0%	0%	2%	15%
Steamed White Rice (8 oz)	288	5	0.5g	0g	**	0mg	0mg	64g	< 1g	0g	6g	0%	0%	2%	15%
Lo Mein Beef	700	220	24g	4g	0g	120mg	1420mg	89g	6g	20g	32g	140%	70%	10%	30%
Lo Mein Chicken	680	190	22g	3g	0g	120mg	1430mg	89g	6g	20g	34g	140%	70%	10%	30%
Lo Mein Tofu	660	210	25g	3g	0g	75mg	1380mg	88g	6g	19g	25g	45%	70%	45%	30%
Lo Mein Vegetable	600	170	20g	2g	0g	75mg	1390mg	91g	6g	21g	17g	140%	100%	10%	30%
Fried Rice Chicken - Side Order	490	90	11g	2g	0g	100mg	1020mg	75g	3g	7g	20g	110%	10%	6%	20%
Fried Rice - Vegetable	790	230	25g	4.5g	0g	140mg	1860mg	116g	5g	12g	21g	180%	50%	10%	35%
Fried Rice Beef	880	270	30g	7g	0g	185mg	1890mg	113g	4g	10g	35g	170%	15%	10%	35%
Fried Rice Chicken	850	240	27g	5g	0g	185mg	1890mg	113g	4g	10g	36g	170%	15%	10%	35%
Fried Rice Shrimp	810	230	26g	5g	0g	215mg	2180mg	114g	4g	10g	27g	170%	15%	10%	30%
Trio Fried Rice	890	260	29g	6g	0g	220mg	2050mg	113g	4g	10g	39g	170%	15%	10%	35%
Pad Thai Chicken	680	180	20g	4g	0g	190mg	1820mg	94g	6g	32g	29g	130%	15%	8%	10%
Pad Thai Shrimp	630	170	18g	3.5g	0g	230mg	2180mg	95g	6g	32g	21g	140%	15%	10%	10%
Pad Thai Tofu	670	200	23g	4g	0g	140mg	1780mg	97g	7g	32g	20g	130%	15%	45%	15%

Magic Wok uses ingredients that contain all the major FDA allergens (peanuts, eggs, shellfish ,soy and wheat). Magic Wok prepares its entrees fresh with shared cooking equipment and therefore allergens could be present in any entree. Magic Wok does not have any vegetarian or gluten free dishes.

Magic Wok Food Facts?

We do not add MSG (flavor enhancement) in our cooking process except for that naturally occurring in certain ingredients.

Magic Wok food contains **0** grams Trans Fat ● We use only **vegetable oil** to cook our Food ● We prepare our meats, vegetables, rice and sauces **FRESH** daily.

By request, your meal can be made just the way you like it...less oil, no onion, mild or extra spicy!



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Chicken Rice Bowl	240	100	11g	3g	0g	85mg	960mg	5g	0g	3g	27g	2%	0%	2%	10%
Chicken Teriyaki Bowl	280	70	8g	2g	0g	65mg	710mg	29g	0g	22g	23g	50%	130%	6%	10%
Chicken Vegetable Bowl	210	80	9g	2g	0g	65mg	950mg	10g	2g	5g	21g	60%	60%	4%	8%
Veggie Teriyaki Bowl	180	10	1.5g	0g	0g	0mg	530mg	10g	2g	21g	9g	110%	190%	8%	20%
Wok Fit Bowl	189	60	7g	1g	0g	48 mg	980mg	10g	1g	2g	22g	72%	90%	5%	11%
5 Star Chicken	530	200	23g	4.5g	0g	145mg	450mg	38g	1g	32g	41g	2%	8%	4%	15%
ABC	520	220	25g	3g	0g	60mg	1840mg	46g	4g	3g	28g	0%	4%	4%	15%
Almond Chicken	430	220	25g	2.5g	0g	65mg	1330mg	21g	5g	9g	31g	6%	120%	8%	10%
Broccoli Beef	400	210	23g	4g	0g	65mg	1390mg	22g	5g	10g	28g	200%	140%	10%	15%
Broccoli Chicken	370	170	18g	2g	0g	65mg	1390mg	22g	5g	10g	29g	200%	140%	8%	10%
Curry Beef	470	200	22g	4g	0g	65mg	1730mg	41g	6g	24g	30g	210%	140%	10%	15%
Curry Chicken	440	160	18g	2g	0g	65mg	1740mg	41g	6g	24g	31g	210%	140%	10%	15%
Curry Tofu	430	200	22g	2.5g	0g	0mg	1700mg	44g	8g	24g	20g	210%	140%	70%	20%
Garlic Chicken	400	160	18g	2g	0g	70mg	1460mg	28g	4g	21g	31g	45%	80%	8%	8%
General Chicken	500	140	15g	2.5g	0g	50mg	1760mg	68g	2g	30g	23g	50%	130%	4%	15%
Kung Pao Chicken	570	270	32g	4g	0g	70mg	1910mg	34g	6g	23g	37g	70%	80%	8%	10%
Mongolian Beef	450	210	24g	5g	0g	90mg	1410mg	25g	2g	19g	35g	25%	15%	6%	15%
Mongolian Chicken	420	170	18g	2.5g	0g	95mg	1430mg	25g	2g	19g	38g	25%	15%	6%	8%
Mongolian shrimp	320	140	15g	1.5g	0g	145mg	1990mg	26g	2g	19g	19g	25%	15%	10%	4%
Orange Chicken	510	170	19g	5g	0g	175mg	380mg	34g	0g	30g	48g	2%	0%	2%	15%
Peapod Chicken	380	170	19g	2g	0g	65mg	1380mg	25g	6g	11g	31g	130%	220%	10%	15%
Peapod Shrimp	310	150	17g	1.5g	0g	105mg	1810mg	25g	6g	11g	18g	130%	220%	15%	15%
Pepper Steak	380	200	23g	4g	0g	65mg	1330mg	18g	3g	9g	26g	6%	120%	4%	15%
Sesame Chicken	500	140	15g	2.5g	0g	50mg	1660mg	68g	2g	30g	23g	50%	140%	4%	15%
Szechuan Spicy Chicken	390	160	18g	2g	0g	65mg	1040mg	30g	3g	23g	27g	45%	120%	4%	8%
Sweet & Sour Chicken	470	130	15g	2g	0g	50mg	880mg	64g	3g	26g	21g	60%	70%	2%	10%
Vegetable Deluxe	260	140	16g	1.5g	0g	0mg	1320mg	27g	5g	13g	5g	140%	140%	8%	10%
Vegetable Deluxe with Tofu	350	200	23g	2.5g	0g	0mg	1310mg	23g	5g	8g	17g	40%	110%	60%	20%