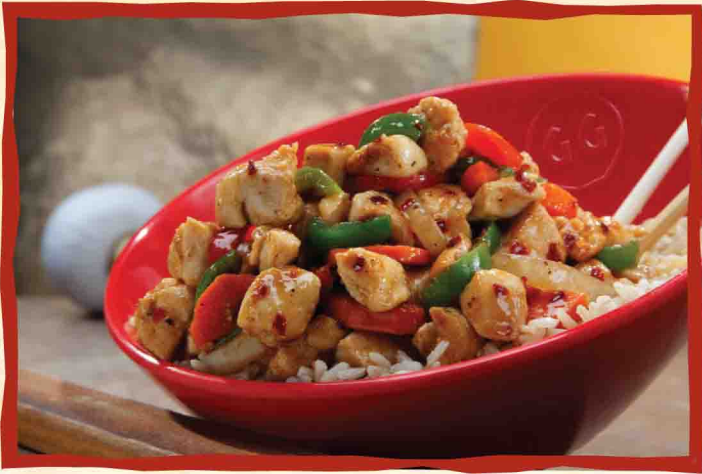




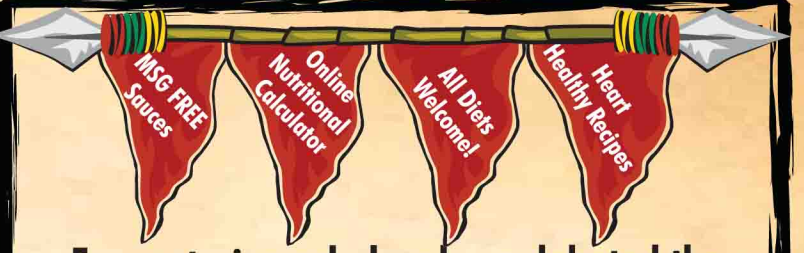
# NUTRITIONAL GUIDE



## FROM KHAN'S KITCHEN

genghisgrill.com

1-888-GENGHIS



For centuries, scholars have debated the reason for Genghis Khan's military success.

Some say he was a tactical genius. Others attribute his success to bold thinking. We, on the other hand, know exactly why his armies were so successful...



## THEY ATE WELL. REALLY WELL!

Nutritional information in this analysis was obtained from the technical coordinator for Genghis Grill's proprietary sauce manufacturer. Analysis as been obtained from other laboratories that this manufacturer associates with as well as any other manufacturer that Genghis Grill is associated with. Some items in this analysis may not be available in your area, and slight variations may occur in each product depending on the local supplier and the season of the year. Sodium and potassium values may vary due to local water supplies. We hope this nutritional information will help you satisfy your dietary needs at Genghis Grill. The ingredient and nutrients information contained in this analysis is effective as of March 2011. Genghis Grill restaurants will update and revise the information periodically to reflect changes in ingredients and the addition and removal of products from our menu. Products in test, limited time only items and some regional items are not included in this analysis. If you have a food allergy, please notify a manager immediately. We will discuss with you our food ingredients, cooking methods and the precautions we take on every bowl to help reduce cross-contamination. However we cannot guarantee that some cross-contamination with your allergen will not occur.

CONSUMER ADVISORY WARNING FOR RAW FOODS. In compliance with the Department of Public Health, we advise that eating raw or undercooked meat, poultry or seafood poses a risk to your health. Please order with this risk in mind.

\*\* This item is Gluten Friendly, which is not Gluten Free. We understand that gluten is ever present in the air and on surfaces, due to glutinous food being served in our restaurants, and therefore our concept is not completely gluten free. We do however make every concession to make your experience as safe as possible.

All GENGHIS GRILL sauces are MSG free.

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## 12 SIGNATURE BOWLS



### 1 TERIYAKI CHICKEN

4 oz Chicken  
1 tsp Salt & Pepper  
1 serving Classic Stir Fry,  
Cabbage, Pineapples  
1 oz Island Teriyaki Sauce  
½ cup Steamed Rice

Calories: 632    Total Carbs: 87 g  
Fat: 17g    Fiber: 4 g  
Saturated Fat: 4 g    Protein: 29 g  
Chol: 80 mg    Sodium: 1604 mg

### 2 BEEF BROCCOLI

4 oz Beef  
1 tsp Citrus Garlic Herbs  
1 serving White Onion, Tomatoes,  
Broccoli, Mushrooms  
1 oz 3G Sauce  
½ cup Spiral Pasta

Calories: 572    Total Carbs: 65 g  
Fat: 20 g    Fiber: 4 g  
Saturated Fat: 6 g    Protein: 31 g  
Chol: 65 mg    Sodium: 1070 mg

### 7 SWEET N SOUR PORK

4 oz Pork  
1 tsp Salt and Pepper  
1 serving 3G Mix, Pineapple,  
Green Onion  
1 oz Sweet N Sour Sauce  
½ cup Steamed Rice

Calories: 614    Total Carbs: 90 g  
Fat: 14 g    Fiber: 4 g  
Saturated Fat: 3 g    Protein: 30 g  
Chol: 75 mg    Sodium: 1438 mg

### 8 SPECIAL FRIED RICE

4 oz Chicken, Ham, Shrimp  
1 tsp Salt and Pepper  
1 serving 3G Mix  
1 oz 3G Sauce  
½ cup Fried Rice

Calories: 445    Total Carbs: 27 g  
Fat: 21 g    Fiber: 5 g  
Saturated Fat: 4 g    Protein: 29 g  
Chol: 202 mg    Sodium: 3259 mg

### 3 THAI CHICKEN

4 oz Chicken  
1 tsp Dragon Salt  
1 serving Classic Stir Fry, Cilantro,  
Spinach  
1 oz Red Curry Peanut Sauce  
½ cup Udon Noodles

Calories: 547    Total Carbs: 53 g  
Fat: 24 g    Fiber: 3 g  
Saturated Fat: 5 g    Protein: 31 g  
Chol: 83 mg    Sodium: 563 mg

### 4 CITRUS BEEF

4 oz Beef  
1 tsp Citrus Garlic Herbs  
1 serving Classic Stir Fry, Mongo Mix  
1 oz Ginger Citrus Sauce  
½ cup Udon Noodles

Calories: 557    Total Carbs: 62 g  
Fat: 21 g    Fiber: 3 g  
Saturated Fat: 7 g    Protein: 30 g  
Chol: 68 mg    Sodium: 1029 mg

### 9 BUDDHIST BOWL

4 oz Tofu  
1 tsp Yellow Curry Salt  
1 serving 3G Mix, Baby Corn,  
Squash/Zucchini, Green Beans  
1 oz Honey Soy Sauce  
½ cup Steamed Rice

Calories: 570    Total Carbs: 90 g  
Fat: 12g    Fiber: 4g  
Saturated Fat: 1g    Protein: 21g  
Chol: 0mg    Sodium: 1138mg

### 10 BAYOU BOWL

4 oz Chicken, Sausage, Marinated  
White Fish, Shrimp  
1 tsp Citrus Garlic Herbs  
1 serving Mongo Mix and Tomatoes  
1 oz Roasted Tomato Sauce  
½ cup Steamed Rice

Calories: 552    Total Carbs: 78 g  
Fat: 15 g    Fiber: 3 g  
Saturated Fat: 3 g    Protein: 23 g  
Chol: 99 mg    Sodium: 615 mg

### 5 FIRECRACKER BOWL

4 oz Scallops, Calamari, Shrimp  
1 tsp Dragon Salt  
1 serving Classic Stir Fry Mix,  
Water Chestnuts, Green Onion  
1 oz Dragon Sauce  
½ cup Steamed Rice

Calories: 636    Total Carbs: 96 g  
Fat: 7 g    Fiber: 4 g  
Saturated Fat: 0 g    Protein: 28 g  
Chol: 190 mg    Sodium: 1089 mg

### 6 BOWL OF SEOUL

4 oz Chicken, Beef, Shrimp  
1 tsp Dragon Salt  
1 serving Mongo Mix, Potatoes,  
Tomatoes, Green Onion, Mushrooms  
1 oz 3G Sauce  
½ cup Udon Noodles

Calories: 580    Total Carbs: 66 g  
Fat: 19 g    Fiber: 3 g  
Saturated Fat: 5 g    Protein: 21 g  
Chol: 117 mg    Sodium: 1195 mg

### 11 SURF N TURF

4 oz Beef, Khan's Krab  
1 tsp Salt and Pepper  
1 serving Classic Stir Fry Mix  
1 oz Honey Soy Sauce  
½ cup Steamed Rice

Calories: 679    Total Carbs: 103 g  
Fat: 14 g    Fiber: 4 g  
Saturated Fat: 3 g    Protein: 27 g  
Chol: 48 mg    Sodium: 2492 mg

### 12 MONGO BBQ BOWL

4 oz Beef  
1 tsp Citrus Garlic Herbs  
1 serving Mongo Mix  
1 oz Mongo BBQ Sauce  
½ cup Steamed Rice

Calories: 648    Total Carbs: 86 g  
Fat: 20 g    Fiber: 3 g  
Saturated Fat: 6 g    Protein: 28 g  
Chol: 65 mg    Sodium: 685 mg

