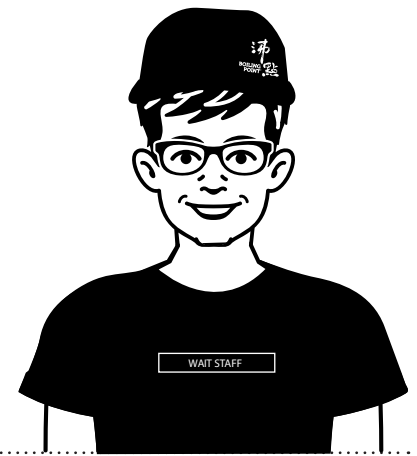




NUTRITIONAL GUIDE

[HOT SOUP]



House Special

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	172.3	37.20%	45.5	0	0	0	0	29.5	6.8	2.5	2.5	2.5
Kamaboko	10.3	2.20%	11.2	0	0	0	1.9	134.9	1.7	0	0.6	0.9
Pork Slices	102.7	22.20%	191.1	12.7	4.5	0.1	63.7	62.7	0	0	0	17.9
Clam	28.5	6.10%	24.5	0.3	0.1	0	8.5	171.3	1	0	0	4.2
Nira	7.7	1.70%	2.3	0.1	0	0	0	0.2	0.3	0.2	0.2	0.2
Preserved Vegetables	19.2	4.10%	1.8	0	0	0	0	147.8	0.3	0.1	0	0.1
Pork Meatballs	8.9	1.90%	12.5	0.8	0.4	0	3.1	57.7	0.5	0	0	1.1
Pork Intestine	47.2	10.20%	77.8	6.1	0	0	6.1	303.3	0	0	0	5.7
Enoki Mushrooms	11.2	2.40%	4.1	0	0	0	0	0.3	0.9	0.3	0	0.3
Quail egg	8.7	1.90%	15	1	0.4	0	54.2	20.2	0	0	0	1.2
Tomatoes	30.1	6.50%	5.4	0.1	0	0	0	1.5	1.2	0.4	0.8	0.3
Rice cake	16.7	3.60%	19.2	0.1	0	0	0.7	35.4	4	0.1	0	0.6
Totals (per serving)	463.4	100%	411	21.2	5.3	0.1	138.3	964.8	16.6	3.6	4	34.9

Seafood & Tofu

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BP Vermicelli	13.9	3.70%	52.2	0	0	0	0	0	13.1	0.6	0	0
Octopus	37.6	9.90%	30.9	0.4	0.1	0	18.1	86.5	0.8	0	0	5.6
Fish fillet	35.5	9.40%	42.2	2.1	0.5	0	19.5	34.7	0	0	0	5.4
Enoki Mushrooms	9.9	2.60%	3.7	0	0	0	0	0.3	0.8	0.3	0	0.3
cuttlefish	18.4	4.90%	14.6	0.1	0	0	20.6	68.6	0.2	0	0	3
Pork Slices	102.7	27.20%	191.1	12.7	4.5	0.1	63.7	62.7	0	0	0	17.9
Fish Ball	22.9	6.00%	16	0.1	0	0	3.4	194.5	1.8	0	0.2	1.6
clam	57	15.10%	49	0.5	0.1	0	17.1	342.5	2	0	0	8.4
Tofu	80.4	21.20%	116.5	7	1	0	0	11.3	3.4	1.8	0.6	12.7
Totals (per serving)	378.3	100%	516	23	6.2	0.1	142.4	801.1	22.1	2.7	0.8	54.8

Korean Bean Paste

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Soybean Sprouts	100	20.20%	45	1	0	0	0	0	4	1	0	6
Nira Grass (garlic chives)	5	1.00%	1.5	0.1	0	0	0	0.2	0.2	0.2	0.1	0.2
Zucchini	35	7.10%	7.4	0.1	0	0	0	1.1	1.1	0.4	0.5	0.9
Kimchi	65	13.10%	17.1	0	0	0	0	387.7	2.3	0.6	0.6	0.6
Pork Belly	100	20.20%	518	53	19.3	0.5	72	32	0	0	0	9.3
Fish Tofu	17	3.40%	20.4	0.5	0.3	0	1.9	98.6	2	0	0	1.7
Kamaboko	12	2.40%	13.1	0	0	0	2.2	157.1	2	0	0.7	1.1
Kakiage tempura	12	2.40%	25.4	0.4	0	0	1.1	93.1	3.8	0	0.4	1.3
Rice Cakes	25	5.00%	55	0.2	0	0	0	23.8	12.1	0.1	0	1.1
Enoki Mushrooms	12	2.40%	4.4	0	0	0	0	0.4	0.9	0.3	0	0.3
Fish Fillet	30	6.10%	35.7	1.8	0.4	0	16.5	29.4	0	0	0	4.6
Instant Noodles	30	6.10%	112.5	0.5	0	0	0	192.5	23	1	1	4
Lobster Ball	20	4.00%	26	0.6	0.2	0	9	186	2.8	0	0.2	2.2
Kelp	2.5	0.50%	6.5	0	0	0	0	5	1.5	0	0	0
Soybean Paste	21.2	4.30%	47.2	1.2	0	0	0	572.9	7.1	0	3.5	2.4
Fermented Red Pepper Paste	9.1	1.80%	9.1	0	0	0	0	167.4	4.6	0	2.3	0.5
Totals (per serving)	495.8	100%	944	59.4	20.3	0.5	102.6	1947.1	67.4	3.6	9.3	36.1

Beef

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	190.9	36.80%	22.9	0.3	0	0	0	21	4.3	1.9	1.9	2.1
Tomatoes	30.1	5.80%	5.4	0.1	0	0	0	1.5	1.2	0.4	0.8	0.3
Pork Meatballs	8.9	1.70%	12.5	0.8	0.4	0	3.1	57.7	0.5	0	0	1.1
Beef Slices	102.6	19.80%	133.4	4.9	2.1	0.3	64.7	81.1	0.1	0	0	22.2
Fried Tofu Skin	8.8	1.70%	64.6	6.2	1.1	0	0	0.9	0.8	0.1	0	1.6
Vermicelli	7.8	1.50%	29.4	0	0	0	0	0	7.4	0.3	0	0
Tofu	38.3	7.40%	55.5	3.3	0.5	0	0	5.4	1.6	0.9	0.3	6
Kamaboko	10.3	2.00%	11.2	0	0	0	1.9	134.9	1.7	0	0.6	0.9
Enoki Mushrooms	16.8	3.20%	6.2	0	0	0	0	0.5	1.3	0.5	0	0.4
Corn	60.2	11.60%	59	0.5	0.1	0	0	3	14.1	1.7	2.3	2
Crustaceans	26.6	5.10%	22.9	0.3	0	0	15.7	78.6	0.2	0	0	4.6
Kakiage tempura	17	3.30%	36	0.6	0	0	1.5	132	5.4	0	0.6	1.8
Totals (per serving)	518.4	100%	459	17	4.2	0.3	86.9	516.6	38.5	5.7	6.5	43.1

Lamb

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	179.3	32.60%	47.4	0	0	0	0	30.7	7	2.6	2.6	2.6
Lamb Slices	105.7	19.20%	139.6	5.5	2	0.2	67.7	73	0	0	0	21.1
Crustaceans	26.6	4.80%	22.9	0.3	0	0	15.7	78.6	0.2	0	0	4.6
Sour Mustard Greens	88.5	16.10%	29.5	0	0	0	0	1387	5.9	0	3	3
Vermicelli	9	1.60%	33.8	0	0	0	0	0	8.4	0.4	0	0
Clam	28.5	5.20%	24.5	0.3	0.1	0	8.5	171.3	1	0	0	4.2
Enoki Mushrooms	9.2	1.70%	3.4	0	0	0	0	0.3	0.7	0.2	0	0.2
Fried Tofu Skin	4.8	0.90%	35.3	3.4	0.6	0	0	0.5	0.4	0	0	0.9
Tofu	38.3	7.00%	55.5	3.3	0.5	0	0	5.4	1.6	0.9	0.3	6
Bunashimeji Mushrooms	16.5	3.00%	6.6	0.1	0	0	0	0.2	1.2	0.5	0	0.3
Rice Cake Pork Blood	16.7	3.00%	19.2	0.1	0	0	0.7	35.4	4	0.1	0	0.6
Kamaboko	10.3	1.90%	11.2	0	0	0	1.9	134.9	1.7	0	0.6	0.9
Kakiage tempura	17	3.10%	36	0.6	0	0	1.5	132	5.4	0	0.6	1.8
Totals (per serving)	550.6	100%	465	13.6	3.1	0.2	96.1	2049.2	37.6	4.7	7	46.3

Pomelo Flavor

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	180	34.60%	47.6	0	0	0	0	30.9	7.1	2.6	2.6	2.6
Pork Belly Slices	100	19.20%	518	53	19.3	0.5	72	32	0	0	0	9.3
Kelp	2.5	0.50%	6.5	0	0	0	0	5	1.5	0	0	0
Fish Fillet	48	9.20%	57.1	2.9	0.6	0	26.4	47	0	0	0	7.3
Enoki Mushrooms	20	3.80%	7.4	0.1	0	0	0	0.6	1.6	0.5	0	0.5
Scallop	19.3	3.70%	13.3	0.1	0	0	4.6	75.7	0.6	0	0	2.3
Bean Thread Noodles	21	4.00%	77	0	0	0	0	0	19.1	0	0	0
Octopus	28	5.40%	45.9	0.6	0.1	0	26.9	128.8	1.2	0	0	8.3
Kamaboko	10	1.90%	10.9	0	0	0	1.8	130.9	1.6	0	0.5	0.9
Tofu	40	7.70%	58	3.5	0.5	0	0	5.6	1.7	0.9	0.3	6.3
Yuzu, Shibori	51	9.80%	20.4	0	0	0	0	30.6	4.6	0	4.8	0
Totals (per serving)	519.8	100%	862	60.1	20.6	0.6	131.7	487.1	39	4	8.3	37.7

Organic Veggie

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	120	31.20%	31.7	0	0	0	0	20.6	4.7	1.7	1.7	1.7
Carrots	30	7.80%	12.3	0.1	0	0	0	20.7	2.9	0.8	1.4	0.3
Vermicelli	12	3.10%	45.1	0	0	0	0	0	11.3	0.5	0	0
Zucchini	30	7.80%	5.1	0.1	0	0	0	2.4	0.9	0.3	0.8	0.4
Tomatoes	25	6.50%	4.5	0	0	0	0	1.2	1	0.3	0.7	0.2
Bunapi Mushroom	20	5.20%	8	0.2	0	0	0	0	1.2	0.6	0	0.4
Bunashimeji Mushrooms	16.5	4.30%	6.6	0.1	0	0	0	0.2	1.2	0.5	0	0.3
Pears	20	5.20%	11.4	0	0	0	0	0.2	3	0.6	2	0.1
King Trumpet Mushrooms	20	5.20%	8	0	0	0	0	0	1.6	0.6	0	0.4
Dried Cutting Seaweed	1	0.30%	1.5	0.1	0	0	0	0	0.4	0	0.4	0.2
Broccoli	40	10.40%	13.6	0.1	0	0	0	13.2	2.7	1	0.7	1.1
Tofu	50	13.00%	72.5	4.4	0.6	0	0	7	2.1	1.2	0.4	7.9
Totals (per serving)	384.5	100%	220	5.1	0.7	0	0	65.5	32.9	8.1	7.9	13

Taiwanese Spicy

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taiwanese Cabbage	217	28.80%	52.1	0	0	0	0	39.1	8.7	0	0	4.3
Rice cake pork blood	42.9	5.70%	49.3	0.4	0	0	1.9	91.1	10.2	0.4	0	1.5
Tofu	27.6	3.70%	40	2.4	0.3	0	0	3.9	1.2	0.6	0.2	4.4
Beef Slices	176	23.40%	225.2	7.9	3.4	0.4	112.6	140.8	0.3	0	0	38.3
Fish Ball	22.9	3.00%	16	0.1	0	0	3.4	194.5	1.8	0	0.2	1.6
Fried Tofu Skin	14.9	2.00%	108.9	10.4	1.8	0	0	1.5	1.3	0.1	0.1	2.7
Ramen noodle	40	5.30%	140	1	0	0	0	480	28.4	1.1	0.3	4.4
Clam	57	7.60%	49	0.5	0.1	0	17.1	342.5	2	0	0	8.4
Pork Intestine	78.8	10.50%	130.1	10.2	0	0	10.2	506.9	0	0	0	9.5
Enoki Mushrooms	23.6	3.10%	8.7	0.1	0	0	0	0.7	1.8	0.6	0.1	0.6
Cuttlefish	18.4	2.40%	14.6	0.1	0	0	20.6	68.6	0.2	0	0	3
Bunashimeji Mushrooms	16.5	2.20%	6.6	0.1	0	0	0	0.2	1.2	0.5	0	0.3
Kakiage tempura	17	2.30%	36	0.6	0	0	1.5	132	5.4	0	0.6	1.8
Totals (per serving)	752.7	100%	877	33.9	5.7	0.4	167.4	2001.7	62.5	3.4	1.5	80.7

Japanese Miso

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taiwanese Cabbage	250.1	30.10%	60	0	0	0	0	45	10	0	0	5
Clam	28.5	3.40%	24.5	0.3	0.1	0	8.5	171.3	1	0	0	4.2
Crab	80.8	9.70%	69.4	0.8	0.1	0	47.6	238.2	0.6	0	0	14.1
Pork Slices	165.6	19.90%	307.9	20.5	7.2	0.2	102.6	101	0	0	0	28.8
Fish Fillet	33.3	4.00%	39.7	2	0.4	0	18.3	32.7	0	0	0	5.1
Soft Tofu	56.6	6.80%	33.4	1.5	0.3	0	0	19.2	1.6	0.5	0.3	3.3
Udon Noodles	83.2	10.00%	86.5	0.3	0	0	0	99.8	18	0.7	0	2.3
Fish Ball	22.9	2.80%	16	0.1	0	0	3.4	194.5	1.8	0	0.2	1.6
Fried Tofu Skin	17.1	2.10%	124.9	12	2.1	0	0	1.7	1.5	0.2	0.1	3.1
Enoki Mushrooms	21.5	2.60%	7.9	0.1	0	0	0	0.6	1.7	0.6	0	0.6
Bunapi Mushroom	16.5	2.00%	6.6	0.2	0	0	0	0	1	0.5	0	0.3
White Miso	56	6.70%	112	3.7	0	0	0	1082.7	18.7	3.7	7.5	3.7
Totals (per serving)	832	100%	889	41.4	10.1	0.2	180.6	1986.7	55.8	6.1	8.1	72.1

Thai Fusion

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taiwanese Cabbage	194.4	27.50%	46.7	0	0	0	0	35	7.8	0	0	3.9
Taro shoots	65.5	9.20%	7.2	0.1	0	0	0	0.7	1.5	0.8	0.7	0.6
Fish Ball	22.9	3.20%	16	0.1	0	0	3.4	194.5	1.8	0	0.2	1.6
Bunashimeji Mushrooms	16.5	2.30%	6.6	0.1	0	0	0	0.2	1.2	0.5	0	0.3
Enoki Mushrooms	22.2	3.10%	8.2	0.1	0	0	0	0.7	1.7	0.6	0	0.6
Crab	75.2	10.60%	64.7	0.7	0.1	0	44.4	222	0.6	0	0	13.1
Pork Slices	165.6	23.40%	307.9	20.5	7.2	0.2	102.6	101	0	0	0	28.8
Clam	85.5	12.10%	73.5	0.8	0.2	0	25.6	513.8	3.1	0	0	12.5
Cuttlefish	18.4	2.60%	14.6	0.1	0	0	20.6	68.6	0.2	0	0	3
Octopus	41.7	5.90%	34.2	0.4	0.1	0	20	95.9	0.9	0	0	6.2
Totals (per serving)	708	100%	580	22.9	7.6	0.2	216.8	1232.3	18.7	1.9	0.9	70.7

Curry Fishball

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	207.9	38.60%	55	0	0	0	0	35.6	8.2	3	3	3
Pork Slices	102.7	19.00%	191.1	12.7	4.5	0.1	63.7	62.7	0	0	0	17.9
Crab	14.2	2.60%	12.2	0.1	0	0	8.4	41.8	0.1	0	0	2.5
Fried Tofu Skin	10.4	1.90%	76.1	7.3	1.3	0	0	1	0.9	0.1	0.1	1.9
Beans	20.2	3.80%	7.9	0	0	0	0	0.6	1.5	0.5	0.4	0.4
Vermicelli	9.4	1.80%	35.5	0	0	0	0	0	8.9	0.4	0	0
Fish Ball	40	7.40%	28	0.2	0	0	6	340	3.2	0	0.4	2.8
Mountain yam	42.1	7.80%	28.2	0	0	0	0	5.5	6.9	1.1	0.1	0.6
Enoki Mushrooms	15.2	2.80%	5.6	0	0	0	0	0.5	1.2	0.4	0	0.4
Corn	60.2	11.20%	59	0.5	0.1	0	0	3	14.1	1.7	2.3	2
Tempura	17	3.20%	36	0.6	0	0	1.5	132	5.4	0	0.6	1.8
Totals (per serving)	539.4	100%	535	21.5	5.8	0.1	79.6	622.7	50.4	7.1	6.9	33.1

Tomato Veggie

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	204.7	33.60%	24.6	0.3	0	0	0	22.5	4.6	2	2	2.3
Tomatoes	79.1	13.00%	14.2	0.2	0	0	0	4	3.1	0.9	2.1	0.7
Beancurd Pouch	38.9	6.40%	124.8	7.5	0	0	0	34.1	2	4.1	0	12.3
Pork Slices	102.7	16.80%	191.1	12.7	4.5	0.1	63.7	62.7	0	0	0	17.9
Corn	60.2	9.90%	59	0.5	0.1	0	0	3	14.1	1.7	2.3	2
Bunapi Mushroom	16.5	2.70%	6.6	0.2	0	0	0	0	1	0.5	0	0.3
BP Vermicelli	10.6	1.70%	39.8	0	0	0	0	0	10	0.4	0	0
Tofu	38.3	6.30%	55.5	3.3	0.5	0	0	5.4	1.6	0.9	0.3	6
Beans	20.8	3.40%	8.1	0	0	0	0	0.6	1.6	0.5	0.5	0.4
Enoki Mushrooms	14.4	2.40%	5.3	0	0	0	0	0.4	1.1	0.4	0	0.4
Poached Lotus Slice	23.5	3.90%	17.3	0	0	0	0	9.9	3.7	0.1	3.5	0.5
Totals (per serving)	609.7	100%	546	24.8	5.1	0.1	63.7	142.6	42.8	11.6	10.6	42.7