

## SAUCE BAR

Item	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Sauce Allergens
Bekter's Ginger®	1 fl. oz.	20	0	0	0	0	200	5	0	4	0	Soy, Shellfish, Wheat†
Black Thai Peanut™	1 fl. oz.	60	40	4.5	0	0	230	11	0	2	1	Soy, Peanut, Tree nut, Dairy, Fish
Burn-Your-Village BBQ®	1 fl. oz.	35	0	0	0	0	660	7	0	6	1	Soy, Wheat†
Feed the Hordes Hoisin™	1 fl. oz.	30	0	0	0	0	260	7	0	5	0	Soy, Wheat†
Five Village Fire Szechuan™	1 fl. oz.	15	0	0	0	0	280	3	0	2	0	Soy, Shellfish, Wheat†
Khan's Favorite™	1 fl. oz.	20	0.5	0	0	0	340	3	0	2	0	Soy, Shellfish, Wheat†
Khan's Revenge™	1 fl. oz.	35	5	0.5	0	0	570	7	0	6	<1	Soy
Kung Pao Yow®	1 fl. oz.	35	10	1	0	0	380	6	0	2	0	--
Mongol Mustard™	1 fl. oz.	50	15	0	0	0	330	8	0	6	0	Soy, Wheat†
Nomad's Green Curry®	1 fl. oz.	40	25	2.5	0	0	220	3	0	<1	<1	Dairy, Tree nut
Not-So-Sweet & Sour®	1 fl. oz.	40	0	0	0	0	280	10	0	9	0	--
Samurai Teriyaki™	1 fl. oz.	35	0	0	0	0	700	7	0	5	1	Soy, Wheat†
Garlic Broth	1 fl. oz.	0	0	0	0	0	0	<1	0	0	0	--
Garlic Chili Sauce	1 fl. oz.	0	0	0	0	0	115	0	0	0	0	--
Garlic Oil	1/2 fl. oz.	110	110	12	1.5	0	0	0	0	0	0	--
Ginger Broth	1 fl. oz.	0	0	0	0	0	0	0	0	0	0	--
Hot Chili Oil	1/2 fl. oz.	120	110	12	2	0	0	1	<1	0	0	--
Jalapeno Juice	1 fl. oz.	0	0	0	0	0	360	0	0	0	0	--
Lemon Juice	1 fl. oz.	0	0	0	0	0	0	0	0	0	0	--
Lime Juice*	1 fl. oz.	0	0	0	0	0	0	1	0	0	0	--
Sesame Oil	1/2 fl. oz.	120	110	13	2	0	0	0	0	0	0	--
Sherry	1 fl. oz.	40	0	0	0	0	160	2	0	1	0	--
Soy Sauce	1 fl. oz.	10	0	0	0	0	920	0	0	0	2	Wheat, Soy
Sweet Chili Sauce*	1 fl. oz.	15	0	0	0	0	95	4	0	3	0	--

Sauces listed in **dark gray** are vegetarian-friendly.

ALL LISTED SAUCES ARE GLUTEN FREE AND MSG FREE.

† Wheat has been processed to meet FDA standards for Gluten Free foods.

\*Availability may vary by location. For any menu item not listed, please inquire with the manager.

\*\*Ranch dressing may contain MSG. Consult your local HuHot.

## DESSERTS

Item	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
Cheesecake w/chocolate topping	as served	1040	510	58	32	290	780	120	4	96	16	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Cheesecake w/white chocolate topping	as served	1040	510	57	32	290	840	121	2	93	14	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Cheesecake w/raspberry topping	as served	1000	510	57	32	290	820	110	2	92	14	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Cheesecake w/caramel topping	as served	1110	520	58	32	295	910	131	2	99	14	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Cheesecake rangoons w/raspberry topping	5 ct.	1170	580	64	24	170	1020	128	3	58	19	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Cheesecake rangoons w/chocolate topping	5 ct.	1190	580	64	24	170	1000	132	4	60	20	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Cheesecake rangoons w/white chocolate topping	5 ct.	1190	580	64	24	170	1030	133	3	58	19	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Cheesecake rangoons w/caramel topping	5 ct.	1230	580	64	24	175	1060	138	3	61	19	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Khan's Cake*	as served	820	350	50	29	150	150	83	4	60	7	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
Molten Muffin*	as served	780	420	47	28	275	125	83	4	64	11	Wheat, Soy, Dairy, Egg, Peanut, Tree nut
S'mores	8 ct.	1050	360	40	20	20	610	172	6	100	14	Wheat, Soy, Dairy
Turtle Cheesecake*	as served	770	440	49	28	150	540	77	2	56	9	Wheat, Dairy, Egg, Peanut, Tree nut

## KID'S MEALS

Item (single portion)	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens
2 ct. Chicken Fingers/Fries	as served	480	290	32	6	25	740	34	4	<1	15	Wheat
2 ct. Chicken Fingers/Fruit Cup	as served	280	120	14	2	25	550	30	2	17	12	Wheat
Macaroni & Cheese/Fries	as served	570	240	27	6	15	740	66	5	8	14	Wheat, Dairy
Macaroni & Cheese/Fruit Cup	as served	380	80	9	2.5	15	560	62	3	24	11	Wheat, Dairy
Mozzarella Sticks/Fries	4 pc.	620	260	29	10	45	2050	70	6	17	17	Wheat, Dairy
Mozzarella Sticks/Fruit Cup	4 pc.	430	100	11	6	45	1870	66	4	33	14	Wheat, Dairy

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years and 1,400 to 2,000 calories a day for children ages 9-13 years, but calorie needs vary.



# Allergy & Nutrition Information

**HuHot strives to offer an environment where many Guests with food allergies, sensitivities, or dietary preferences can be comfortable eating. If you have a food allergy, sensitivity, or dietary preference, consider taking the following precautions:**

1. Notify your server of any food allergies, sensitivities, or preferences and review written information. If you are unsure or need additional information, please ask to speak with a manager.
2. Ask an employee for assistance with getting fresh products from the cooler if you are sensitive to cross-contamination.
3. On request, Grill Warriors will clean an area of the grill for you, and use spatulas dedicated exclusively to your meal to minimize the risk of your product being cross-contaminated.

Keep in mind that, although we take precautions, due to the nature of our food line and cooking process, we cannot guarantee you will not come into contact with an allergen.

HuHot is committed to providing accurate nutritional and allergen information. This information is gathered from a combination of industry databases, manufacturer's information, and laboratory analysis and is based on HuHot standard ingredients and portions. Availability of HuHot standard ingredients may vary regionally or seasonally. The handcrafted nature of many items may also result in slight variations, as will the natural variability in ingredients.

Values stated for kids meals, soup, salad, appetizers, and desserts represent the product in its entirety. Any substitutions made to an item will affect the nutritional value. Values stated for Sauce Bar and Food Line items are based on the pre-cooked weight or volume of each item. Please ask a manager if you need additional information or contact [customer\\_service@huhot.com](mailto:customer_service@huhot.com).

APPETIZERS													
Item (single portion)	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Coconut Shrimp*	5 ct.	1030	420	47	10	80	2440	111	5	41	34	Wheat, Soy, Dairy, Shellfish, Egg, Tree nut	
Egg Roll **	4 ct.	970	480	54	12	30	2540	100	6	33	18	Wheat, Soy, Fish, Egg	
Egg Roll**	7 ct.	1550	850	94	21	55	3720	140	11	38	32	Wheat, Soy, Fish, Egg	
Krab Rangoon	4 ct.	890	420	47	16	80	1810	99	2	30	14	Wheat, Soy, Dairy, Shellfish, Fish, Egg	
Krab Rangoon	7 ct.	1420	750	83	28	140	2440	139	3	32	24	Wheat, Soy, Dairy, Shellfish, Fish, Egg	
Fried Potsticker	4 ct.	560	180	20	3	15	1540	82	2	29	2	Wheat, Soy	
Fried Potsticker	7 ct.	840	320	36	6	30	1950	109	3	30	3	Wheat, Soy	
Shrimp Wontons*	4 ct.	880	420	46	16	95	1700	96	2	30	15	Wheat, Dairy, Shellfish, Egg	
Shrimp Wontons*	7 ct.	1740	750	83	28	165	2240	224	12	88	29	Wheat, Dairy, Shellfish, Egg	
Taste of the Bounty (Potstickers, Egg rolls, Krab Rangoons)	3 ea.	1570	820	91	24	95	3200	154	7	35	25	Wheat, Soy, Dairy, Shellfish, Fish, Egg	

\*\*Egg rolls contain MSG

SOUP, SALADS, RICE, WRAPS													
Item	Serving Size (oz)	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergen	
Asian Salad	as served	300	130	14	4.5	<5	610	41	2	32	3	Dairy, Soy, Wheat	
Egg Drop Soup	8 fl. oz.	60	20	2	0	65	900	7	0	3	2	Egg	
Garden Salad w/Ranch** (2 fl. oz.)	as served	300	230	26	4.5	20	570	12	1	3	4	Dairy, Soy, Wheat	
HuHot & Sour Soup	8 fl. oz.	60	10	1	0	15	1330	13	0	9	<1	Egg, Soy, Wheat	
Teriyaki Chicken Salad	as served	1140	690	53	12	120	4280	127	8	87	40	Wheat, Dairy, Soy, Tree nut	
White Rice	1/4 cup	60	0	0	0	0	0	14	0	0	1	--	
Brown Rice	1/4 cup	50	0	0	0	0	0	11	0	0	1	--	
Tortilla Wrap	1 each	90	20	2	1	0	220	15	<1	0	3	Wheat	

FOOD LINE – vegetables & fruits													
Item	Serving Size	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Asparagus*	1/4 cup	5	0	0	0	0	0	<1	<1	0	1		
Baby Corn	1/4 cup	5	0	0	0	0	70	1	<1	0	<1		
Bamboo Shoots	1/4 cup	5	0	0	0	0	10	<1	0	0	1		
Bean Sprouts	1/4 cup	5	0	0	0	0	0	1	0	<1	<1		
Black Beans*	1/4 cup	60	0	0	0	0	150	10	5	0	3		
Broccoli	1/4 cup	0	0	0	0	0	0	<1	0	0	0		
Cabbage	1/4 cup	5	0	0	0	0	0	1	0	<1	0		
Carrots	1/4 cup	5	0	0	0	0	10	2	0	<1	0		
Celery	1/4 cup	5	0	0	0	0	30	1	<1	0	0		
Cilantro	1/4 cup	0	0	0	0	0	0	0	0	0	0		
Corn*	1/4 cup	30	0	0	0	0	5	7	1	2	1		
Edamame*	1/4 cup	60	15	1.5	0	0	15	5	2	1	5		
Garbanzo Beans*	1/4 cup	50	5	1	0	0	140	9	2	1	3		
Green Beans*	1/4 cup	10	0	0	0	0	0	2	<1	0	0		
Green Onions*	1/4 cup	5	0	0	0	0	5	1	<1	<1	0		
Jalapenos	1/4 cup	5	0	0	0	0	710	1	<1	0	0		
Mandarin Oranges*	1/4 cup	30	0	0	0	0	0	7	0	7	0		
Mangos*	1/4 cup	30	0	0	0	0	0	8	1	7	0		
Mushrooms	1/4 cup	0	0	0	0	0	0	<1	0	0	1		
Onions	1/4 cup	10	0	0	0	0	0	2	0	1	0		
Peppers	1/4 cup	5	0	0	0	0	0	1	0	<1	0		
Pineapple	1/4 cup	25	0	0	0	0	0	6	1	6	0		
Red Potatoes*	1/4 cup	25	0	0	0	0	15	6	0	0	0		
Snow Peas*	1/4 cup	10	0	0	0	0	0	1	0	<1	<1		
Spinach*	1/4 cup	0	0	0	0	0	0	0	0	0	0		
Tofu (SOY ALLERGEN)	2 oz.	70	30	3.5	.5	0	0	2	1	0	7		
Tomatoes*	1/4 cup	10	0	0	0	0	0	2	<1	1	0		
Water Chestnuts	1/4 cup	10	0	0	0	0	0	3	0	<1	0		
Yellow Squash*	1/4 cup	5	0	0	0	0	0	1	<1	1	0		
Zucchini	1/4 cup	0	0	0	0	0	0	<1	0	<1	0		

FOOD LINE – proteins & noodles													
Item	Serving Size	Calories	Calories from fat	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Allergens	
Beef	2 oz.	100	50	6	2	35	35	0	0	0	11	--	
Calamari*	2 oz.	50	5	1	0	130	25	2	0	0	9	Shellfish	
Chicken	2 oz.	80	40	4.5	1.5	35	160	0	0	0	9	--	
Cod	2 oz.	45	0	0	0	25	30	0	0	0	10	Fish	
Hot Sausage	2 oz.	160	130	14	5	35	540	1	0	0	7	--	
Krab*	2 oz.	50	0	0	0	<5	440	8	0	2	4	Wheat, Soy, Shellfish, Fish, Egg	
Meatballs*	2 oz.	140	90	10	4	30	550	3	<1	1	9	Wheat, Soy, Dairy, Egg	
Mild Sausage	2 oz.	180	140	16	6	35	540	3	0	1	6	--	
Mussels	2 oz.	50	10	1.5	0	15	160	2	0	0	7	Shellfish	
Pollock*	2 oz.	50	5	.5	0	40	50	0	0	0	11	Fish	
Pork	2 oz.	90	45	5	1.5	30	150	0	0	0	10	--	
Salmon*	2 oz.	80	30	3.5	0.5	30	25	0	0	0	11	Fish	
Scallops*	2 oz.	40	0	0	0	15	220	2	0	0	7	Shellfish	
Seafood Medley*	2 oz.	35	5	1	0	165	55	2	0	0	7	Shellfish	
Shrimp*	2 oz.	35	0	0	0	45	125	0	0	0	8	Shellfish	
Tilapia*	2 oz.	50	10	1	0	30	30	0	0	0	11	Fish	
Chinese Noodles	1/4 cup	60	20	2	0	0	70	8	0	0	1	Wheat, Egg	
Pad Thai Noodles	1/4 cup	60	0	0	0	0	10	15	1	0	1	--	
Yakisoba Noodles	1/4 cup	50	0	0	0	0	70	11	0	0	2	Wheat	

\*Wheat has been processed to meet FDA standards for Gluten Free foods.

\*Availability may vary by location. For any menu item not listed, please inquire with the manager.

Due to the nature of the food line, some cross contamination of allergens may occur.

2,000 calories a day is used for general nutrition advice for adults, but calorie needs vary.



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