

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	620	8	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.	40	5	0.5	0	0	510	7	0	6	<1	--
MeSo Garlic™	1 fl. oz.	20	0	0	0	0	430	4	0	2	<1	Wheat†, Soy, Shellfish
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	3	2.5	0	240	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	610	7	0	6	<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 MSG FREE

†Wheat has been processed to be at or below 20ppm of gluten after fermentation.

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

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
Chicken Fingers/Fries	as served	800	470	53	9	30	1940	58	4	14	23	Wheat
Chicken Fingers/Fruit Cup	as served	600	310	35	5	30	1750	54	2	30	20	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.



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 contact.
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 cross contact with your product.

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. For labeling, the FDA allows some very low calorie items to be rounded to zero calories. If using a larger portion than the standard serving, it may no longer round to zero calories. Please ask a manager if you need additional information or contact 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.	790	390	43	9	20	1880	88	4	31	14	Wheat, Soy, Fish, Egg	
Egg Roll	7 ct.	1250	690	76	16	35	2560	120	7	34	24	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	

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	180	80	9	2	<5	350	23	2	15	2	Dairy, Soy, Wheat	
Egg Drop Soup	8 fl. oz.	60	20	2	0	65	900	7	0	3	2	Egg	
Garden Salad w/Ranch** (1 fl. oz.)	as served	180	120	14	2	10	420	11	1	2	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	1180	530	59	13	120	4070	124	8	84	39	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	

*Wheat has been processed to be at or below 20ppm of gluten after fermentation.

**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.

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

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

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)		
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		
Brussels Sprouts*	1/4 cup	10	0	0	0	0	5	2	<1	0	<1		
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		
Cranberries*	1/4 cup	10	0	0	0	0	0	2	<1	<1	0		
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		
Jalapeños	1/4 cup	5	0	0	0	0	710	1	<1	0	0		
Kale*	1/4 cup	10	0	0	0	0	5	2	0	0	<1		
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		
Roasted Corn Medley*	1/4 cup	50	10	1.5	0	0	50	8	1	3	1		
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 & toppings													
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	
Chopped Peanuts	1 tbsp	45	35	4	0.5	0	0	1	<1	0	2	Peanut	
Chow Mein Noodles	1/4 Cup	60	15	2	0	0	110	9	0	0	2	Wheat, Egg	
Coconut	1 tbsp	30	20	2	2	0	15	3	0	2	0	Tree nut	
Garlic Chili Sauce	1 tbsp	0	0	0	0	0	115	0	0	0	0	--	
Crushed Red Pepper	1 tbsp	15	10	1	0	0	0	3	1	<1	<1	--	
Sesame Seeds	1 tbsp	50	40	4.5	0	0	20	1	<1	0	2	--	
Sunflower Seeds	1 tbsp	60	50	6	0.5	0	60	2	1	0	2	--	

