

Rolls servings per oz	Rolls	Calories	Salads per serving by oz	Salad	Calories
Kaffir Chicken	1.2	32	Kaffir Chicken	4.8	130
Lemongrass Beef	1	45	Lemongrass Beef	4	180
Sesame Pork	1.2	62	Sesame Pork	4.8	248
BBQ Pork	1.2	62	BBQ Pork	4.8	248
Tofu	1.2	50	Tofu	4.5	187
Prawn	0.8	22	Prawn	2.2	62
Curry Chicken	1.2	33	Roasted Shallots	0.3	15
Roasted Shallots	0.1	5	Roasted Peanuts	0.3	51
Roasted Peanuts	0.1	17	Vermicelli Noodles	6.4	198
Vermicelli Noodles	1	31	Green Leaf Lettuce	3.5	15
Rice Paper (1 1/2 paper)	1.5	45	Carrots	1.5	18
Rice Paper (2 papers)	2	60	Cucumber	3	10
Green Leaf Lettuce	0.4	2	Red Onion	0.6	6
Carrots	0.5	6	Jicama	2	22
Cucumber	1	3.5	Pineapple	1.5	15
Red Onion	0.3	3	Baby Spinach	0.6	5
Jicama	0.8	9	Pickled Daikon & Carrots	3	75
Pineapple	0.5	5	Bean Sprouts	2.5	12
Baby Spinach	0.2	2	Mango	1.5	27
Pickled Daikon & Carrots	1	25	Tomatoes	2.2	9
Bean Sprouts	0.6	5	Jackfruit	1.5	39
Mango	0.5	9	Bell Peppers	1.6	15
Tomatoes	0.7	3	Jalapenos	1.5	12
Jackfruit	0.5	13	Cilantro	0.2	1
Bell Peppers	0.5	5	Mint	0.2	1
Jalapenos	0.4	3	Chives	0.2	1
Cilantro	0.1	0.5	Mandarin Oranges	1.5	30
Mint	0.1	0.5			
Chives	0.1	0.5			
Mandarin Oranges	0.5	10			
Jasmine Rice	1 serv	210			
Brown Rice	1 serv	200			

Pho per serving by oz	Pho	Calories	Banh Mi Servings	Banh Mi	Calories
Tofu	3	150	Kaffir Chicken	3	80
Prawn	2.2	62	Lemongrass Beef	3	135
White Meat Chicken	3.5	96	Sesame Pork	3	155
Eye Round Beef	3	105	BBQ Pork	3	155
Pho Noodles	4.5	139	Tofu	3	125
Red Onion	0.6	6	Prawn	1.6	45
Bean Sprouts	2.5	12	Roasted Shallots	0.1	5
Cilantro/Culantro	0.1	1	French Bread "8	1 Serv	369
Beef Pho	TTL	450	Green Leaf Lettuce	0.3	2
Chicken Pho	TTL	310	Mayo	1 TBSP	90
Vegetarian Pho	TTL	300	Cucumber	1	3.5
Jasmine Rice	1 Ser	210	Pickled Daikon & Carrots	1	25
Brown Rice	1 Ser	200	Cilantro	0.05	0.5