

# Nutrition & Allergy Information | Main Menu

## Main Menu Nutrition Information

	Calories	Cals From Fat	Fat (g)	Saturated Fat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Main Menu											
LOCAL FAVORITES (Selections may vary by location)											
Wok Fired Flank Steak**	840	450	50	15	0.5	145	2860	55	4	16	46
Singapore Firecracker Chicken**	700	380	43	13	1	160	1840	29	4	11	53
Jicama Kung Pao Tofu Tacos (3)**	200	90	10	1.5	0	0	1470	16	3	9	9
Jicama Kung Pao Tofu Tacos (4)**	220	100	11	1.5	0	0	1510	18	4	9	11
Cauliflower Tempura**	420	260	29	4.5	0	5	700	40	5	14	6
Sesame Crusted Ahi Steak**	690	300	33	4.5	0	70	3150	41	18	13	60
Wok Fired Filet Mignon**	930	500	56	18	1.5	175	2360	52	4	15	55
Dali Chicken	650	250	28	4.5	0	125	2690	50	8	19	54
Lemon Pepper Shrimp	480	230	25	4	0	100	1790	46	12	19	24
Black Bean Chicken	500	140	16	3	0	155	2910	23	2	14	65
Chengdu Lamb	610	320	36	8	0	130	1710	29	3	12	42
Chinese Red Wine & Pepper Braised Beef	590	230	26	8	1	45	1870	42	5	15	46
Flaming Red Wontons	390	220	24	3.5	0	25	2730	27	1	6	14
DELIGHTFUL DISHES											
Shrimp with Lobster Sauce	380	180	20	4	0	365	2950	20	3	7	29
Vegetable Lo Mein	600	90	10	1.5	0	20	3540	108	9	35	23
Ginger Chicken with Broccoli	520	130	15	2.5	0	125	2990	43	8	22	59
Hong Kong Style Sea Bass	570	400	44	8	0	85	1840	18	4	7	27

SMALL PLATES											
Salt & Pepper Calamari	750	360	40	4.5	0	145	6400	72	2	24	26
Jicama Pork Tacos	320	170	19	4	0	40	980	23	3	12	15
Chicken Satay	420	200	22	10	0	75	750	21	2	15	33
Edamame with Kosher Salt	400	150	17	2.5	0	0	1960	25	12	1	37
Chang's BBQ Spare Ribs	1210	570	64	18	3	245	3550	62	2	50	97
Crispy Green Beans Original	1040	730	81	12	0.5	30	1560	71	8	11	8
Crispy Green Beans Small	690	520	58	8	0	20	1130	37	4	7	4
Dynamite Shrimp	490	360	39	5	0	45	890	26	2	5	6
Kale & Quinoa Dip	280	50	6	1	0	0	1050	43	5	10	11
Chang's Chicken Lettuce Wraps	580	260	29	6	0	30	2590	48	6	22	34
Chang's Vegetarian Lettuce Wraps	470	190	21	2.5	0	0	2390	39	7	11	25
Jicama Lobster & Shrimp Tacos	380	270	30	10	0.5	135	770	13	2	2	14
Orange Ginger Edamame	420	170	19	3	0	0	1610	33	13	1	37
Jicama Kung Pao Chicken Tacos	370	210	24	3.5	0	40	760	17	4	6	21
Northern Style Spare Ribs	1130	570	63	18	3	245	6260	41	2	32	97
DIM SUM											
Vegetable Spring Rolls (2)	230	50	6	1	0	0	1320	43	3	25	3
Vegetable Spring Rolls (4)	350	100	11	1.5	0	0	1960	58	5	27	5
Saigon Summer Rolls	360	130	15	2	0	20	970	44	4	11	13
Handmade Pork Dumpling Pan Fried (4)	270	100	11	3.5	0	35	780	27	3	7	16
Handmade Pork Dumplings Pan Fried (6)	420	160	17	5	0	55	1330	42	5	12	25
Handmade Pork Dumpling Steamed (4)	200	25	2.5	0.5	0	35	800	27	1	6	15
Handmade Pork Dumpling Steamed (6)	320	35	4	1	0	55	1360	43	1	11	23
Handmade Shrimp Dumplings Pan Fried (4)	200	50	6	1	0	85	1470	25	2	5	14

Handmade Shrimp Dumplings Pan Fried (6)	320	80	9	2	0	130	2350	40	4	8	21
Handmade Shrimp Dumplings Steamed (4)	190	20	2.5	0	0	115	800	21	0	7	19
Handmade Shrimp Dumplings Steamed (6)	290	35	4	0	0	175	1350	33	1	11	29
House-Made Egg Rolls (2)	360	100	11	2	0	15	1340	55	4	20	10
House-Made Egg Rolls (4)	640	190	22	4	0	25	2550	92	7	25	19
Hand-Folded Crab Wontons (4)	380	180	20	9	0.5	0	1130	43	1	5	9
Hand-Folded Crab Wontons (6)	610	270	30	13	1	0	1960	74	1	9	14
SUSHI											
Spicy Tuna Roll*	280	25	3	0	0	25	930	43	4	11	17
California Roll*	350	80	9	1.5	0	10	1140	52	5	14	13
Dynamite Scallop Roll*	420	110	12	1.5	0	25	1370	54	5	15	20
Ahi Tartare with Avocado*	380	130	14	2	0	35	930	34	6	6	29
Lobster Avocado Roll*	400	160	18	2.5	0	35	730	45	7	9	14
Kaleidoscope Roll*	270	90	10	1.5	0	25	740	30	5	8	14
SOUPS											
Egg Drop Soup Bowl	280	100	11	2.5	0	155	2980	38	0	11	7
Egg Drop Soup Cup	40	15	1.5	0	0	25	450	6	0	2	1
Chang's Spicy Chicken Noodle Soup	590	140	16	2.5	0	70	3310	80	5	12	36
Hot & Sour Soup Bowl	460	110	13	3.5	0	5	9590	58	5	15	27
Hot & Sour Soup Cup	70	15	2	0.5	0	0	1440	9	1	2	4
Wonton Soup Bowl	460	110	12	2	0	130	2850	49	2	17	38
Wonton Soup Cup	110	25	3	0	0	35	560	11	0	4	10
SALADS											
Lemongrass Chicken Salad	660	350	40	6	0	60	1030	55	8	31	26
Shanghai Waldorf Salad	630	460	51	8	0.5	0	750	36	8	20	11



Lo Mein with Chicken	730	160	18	2.5	0	75	3680	105	7	33	41
Lo Mein with Pork	790	230	25	5	0	75	3790	107	6	33	37
Lo Mein with Shrimp	640	120	14	2	0	110	3810	104	7	33	29
Lo Mein with Vegetables	600	90	10	1.5	0	20	3540	108	9	35	23
Pad Thai Combo	1090	210	23	4	0	260	4930	159	9	41	47
Pad Thai with Chicken	1140	230	25	4.5	0	245	4870	160	9	41	53
Pad Thai with Shrimp	1040	190	21	4	0	275	4980	158	9	41	41
Singapore Street Noodles	920	220	24	3.5	0	75	1530	130	11	16	32

### CHICKEN ENTRÉES

Chang's Spicy Chicken	960	320	35	6	0	130	1940	102	0	90	61
Korean BBQ Chicken Stir-Fry	910	410	46	7	0	130	1410	73	5	46	63
Almond Cashew Chicken	730	260	29	4.5	0	130	5120	57	7	33	63
Cantonese-Style Lemon Chicken	1190	380	43	9	0	175	1510	133	1	98	65
Orange Peel Chicken	980	350	39	6	0	140	2430	92	7	68	70
Crispy Honey Chicken	1200	430	48	7	0	95	1410	130	1	50	55
Sesame Chicken	990	330	36	6	0	130	2590	102	7	77	69
Sweet & Sour Chicken	830	280	31	4.5	0	75	910	98	2	69	44
Kung Pao Chicken	1090	580	64	10	0	125	2520	58	8	28	70

### VEGETARIAN ENTRÉES

Coconut Curry Vegetables	1270	810	90	36	0	0	2800	73	19	31	47
Buddha's Feast Stir-Fried	480	110	12	1	0	0	3860	65	10	28	30
Buddha's Feast Steamed	250	35	4	0	0	0	300	32	9	11	26
Ma Po Tofu	950	550	62	9	0	0	4140	61	16	26	54
Stir-Fried Eggplant	480	210	23	3.5	0	0	3730	65	9	41	7

### BEEF & PORK ENTRÉES

Beef A La Sichuan	810	320	35	8	0	130	3320	77	4	67	47
Beef with Broccoli	710	330	37	8	0	135	4020	45	7	24	54
Sweet & Sour Pork	740	220	24	6	0	15	1540	104	3	71	29
Orange Peel Beef	820	330	37	8	0	130	3080	77	7	60	49
Shaking Beef	770	420	47	14	0.5	135	3310	44	5	21	45
Mongolian Beef	790	400	45	10	0	175	3370	37	1	29	61
Pepper Steak	680	350	38	8	0	145	3720	31	4	18	52
SEAFOOD ENTRÉES											
Crispy Honey Shrimp	1040	370	41	5	0	160	2160	131	4	50	31
Chang's Lobster & Shrimp Rice	1030	430	48	13	1	420	2560	98	6	8	46
Kung Pao Shrimp	840	500	55	9	0	110	2910	47	16	18	37
Salt & Pepper Prawns	650	280	32	3.5	0	260	3140	45	4	13	49
Hunan Style Hot Fish	650	250	28	4	0	110	2800	51	4	39	50
Oolong Chilean Sea Bass	630	340	37	7	0	70	3360	42	5	28	36
Walnut Shrimp with Melon	1420	1020	113	18	0	145	1390	69	13	47	33
Kung Pao Scallops	850	440	49	7	0	160	2720	47	8	19	58
Asian Grilled Salmon	600	310	35	5	0	65	1220	15	6	8	56
Orange Peel Shrimp	660	260	29	4.5	0	110	2620	78	15	51	27
HAPPY HOUR											
Chang's Chicken Lettuce Wraps	580	260	29	6	0	30	2590	48	6	22	34
Chang's Vegetarian Lettuce Wraps	470	190	21	2.5	0	0	2390	39	7	11	25
Chicken Satay	420	200	22	10	0	75	750	21	2	15	33
Edamame with Kosher Salt	400	150	17	2.5	0	0	1960	25	12	1	37
Orange Ginger Edamame	420	170	19	3	0	0	1610	33	13	1	37
Jicama Kung Pao Chicken Tacos	370	210	24	3.5	0	40	760	17	4	6	21



GF Kids Chicken Fried Rice	510	80	9	2.5	0	215	1720	78	2	10	26
GF Steamed Baby Buddha's Feast	60	5	0	0	0	0	50	12	5	3	4
KIDS SIDES											
Kids Steamed Snap Peas	10	0	0	0	0	0	0	2	1	1	1
Kids Steamed Carrots	10	0	0	0	0	0	20	3	1	1	0
Kids Fruit Cup	30	0	0	0	0	0	5	7	1	6	0
Kids Steamed Broccoli	10	0	0	0	0	0	10	1	1	0	1
KIDS DRINKS											
Kids Milk 2%	180	70	7	4.5	0	30	170	18	0	18	12
Kids Apple Juice	170	5	0	0	0	0	15	42	1	36	0
Kids Orange Juice	170	5	0.5	0	0	0	0	39	1	31	3
Kids Lemonade	120	0	0	0	0	0	0	31	0	29	0
Kids Strawberry Lemonade	110	0	0	0	0	0	0	30	0	27	0
Kids Soda	0-80		0		0	0	0-35	0-25	0	0-25	0
KIDS DESSERTS											
Kids Coconut Pineapple Ice Cream	250	110	12	8	0	45	85	32	0	24	4
Kids Vanilla Bean Ice Cream	230	120	13	10	0	60	65	25	0	23	5
Gluten Free Menu											
SMALL PLATES											
GF Chang's Chicken Lettuce Wraps	590	260	29	6	0	30	3090	46	6	19	36
SOUP											
GF Egg Drop Soup cup	40	15	1.5	0	0	25	450	6	0	2	1
GF Egg Drop Soup bowl	280	100	11	2.5	0	155	2980	38	0	11	7
SIDES											
GF Shanghai Cucumbers Small	70	25	3	0	0	0	1460	7	3	2	6



GF Shanghai Cucumbers Large	140	50	6	1	0	0	2920	13	7	4	12
GF Wok-Seared Spinach with Garlic Small	120	70	8	1	0	0	450	8	4	1	6
GF Wok-Seared Spinach with Garlic Large	160	80	9	1.5	0	0	900	15	9	2	12
NOODLES & RICE											
GF Fried Rice Combo	1210	280	31	7	0	320	3770	166	6	24	60
GF Fried Rice with Beef	1230	320	35	8	0	305	3850	161	4	24	63
GF Fried Rice with Pork	1300	360	40	10	0	295	3750	170	5	24	60
GF Fried Rice with Shrimp	1020	160	18	4	0	365	3800	164	7	23	44
GF Fried Rice with Vegetables	980	200	22	4.5	0	185	3240	166	8	26	29
GF Fried Rice with Chicken	1190	230	26	5	0	300	3550	167	7	23	68
GF Singapore Street Noodles	820	120	14	2	0	75	2600	125	9	16	32
CHICKEN ENTRÉES											
GF Chang's Spicy Chicken	960	320	35	6	0	130	1940	102	0	90	61
GF Cantonese-Style Lemon Chicken	1190	380	43	9	0	175	1510	133	1	98	65
GF Ginger Chicken with Broccoli	550	130	14	2.5	0	125	3690	47	8	25	63
BEEF ENTRÉES											
GF Mongolian Beef	800	380	42	9	0	175	4070	41	1	32	64
GF Pepper Steak	700	350	38	8	0	145	4240	34	4	21	54
GF Beef with Broccoli	740	330	36	8	0	135	4900	50	7	28	58
GF Beef à la Sichuan	830	320	35	8	0	130	3840	80	4	69	50
GF Shaking Beef	770	420	47	14	0.5	135	3310	44	5	21	45
SEAFOOD ENTRÉES											
GF Shrimp with Lobster Sauce	380	180	20	4	0	365	2950	20	3	7	29
VEGETARIAN ENTRÉES											
GF Buddha's Feast (Steamed)	110	5	0.5	0	0	0	80	22	8	7	8

GF Coconut Curry Vegetables	1270	810	90	36	0	0	2800	73	19	31	47
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DESSERTS

Berry Ginger Shortcake Large	1000	680	75	26	1	250	330	71	3	54	7
Berry Ginger Shortcake Large	500	340	38	13	0.5	125	170	37	2	28	3

## Main Menu Allergen Information

P.F. Chang's prioritizes the health and safety of our guests. Be sure to inform a manager or chef about your food allergy or special dietary needs at the beginning of your visit. Since recipes are subject to change, you should request a new allergen listing with each visit to our restaurant.

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Main Menu														
Starters														
Chang's Chicken Lettuce Wraps	X	X				X			X		X	X	X	
Vegetarian Lettuce Wraps	X	X									X	X	X	X
Dynamite Shrimp	X	X		X		X			X	X		X	X	
House-Made Egg Rolls (2 or 4)	X	X	X	X		X			X		X	X	X	X
Vegetable Spring Rolls (2 or 4)	X	X	X	X		X			X		X	X	X	X
Northern Style Spare Ribs (6)	X	X	X	X		X			X		X	X	X	X
Chang's BBQ Spare Ribs (6)	X	X	X	X		X			X		X	X	X	X
Salt & Pepper Calamari	X			X		X			X				X	

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
LOCAL FAVORITES (Selections may vary by location)														
Wok Fired Flank Steak**	X	X	X	X	X				X	X		X	X	
Singapore Firecracker **	X	X	X	X	X	X			X		X	X	X	

Jicama Kung Pao Tofu Tacos**	X	X						X		X		X	X	X
Cauliflower Tempura**	X	X	X	X	X	X			X		X	X	X	X
Sesame Crusted Ahi Steak**	X	X	X		X				X	X	X	X	X	
Wok Fired Filet Mignon**	X	X	X	X	X	X			X	X	X	X	X	X
Dali Chicken	X	X		X					X	X	X	X	X	
Lemon Pepper Shrimp	X	X	X	X	X	X			X	X	X	X	X	X
Black Bean Chicken	X	X	X	X		X			X		X	X	X	X
Chengdu Lamb	X	X	X	X		X			X		X	X	X	X
Chinese Red Wine & Pepper Braised Beef	X	X		X					X	X		X	X	X
Flaming Red Wontons	X	X		X		X			X	X	X	X	X	

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Small Plates														
Handmade Pork Dumplings Pan-Fried (4 or 6)	X	X		X		X			X	X	X	X	X	
Handmade Pork Dumplings Steamed (4 or 6)	X	X		X		X			X	X	X	X	X	
Handmade Shrimp Dumplings Pan-Fried (4 or 6)	X	X		X		X			X	X	X	X	X	
Handmade Shrimp Dumplings Steamed (4 or 6)	X	X		X		X			X	X	X	X	X	
Hand-Folded Crab Wontons (4 or 6)	X	X	X	X		X			X		X	X	X	X
Orange Ginger Edamame	X	X		X							X	X	X	
Steamed Edamame	X	X		X								X		
Saigon Summer Rolls (2)	X	X		X	X			X				X	X	
Jicama Pork Tacos (3)	X	X	X	X	X	X			X	X	X	X	X	X
Jicama Kung Pao Chicken Tacos (3)	X	X	X	X		X		X	X	X	X	X	X	X
Jicama Lobster Tacos (3)	X	X	X	X		X			X			X	X	

Kale & Quinoa Dip	X	X	X	X	X	X			X		X	X	X	X
Chicken Satay (3)	X	X			X	X	X	X	X	X	X	X	X	
Crispy Green Beans	X			X					X			X		

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Sushi														
Dynamite Scallop Roll	X	X		X	X	X			X	X	X	X	X	
Spicy Tuna Roll	X	X		X	X	X			X	X	X	X	X	
California Roll	X	X		X	X	X			X	X	X	X	X	
Kaleidoscope Roll	X	X		X	X	X			X	X	X	X	X	
Ahi Tartare with Avocado	X	X	X	X	X	X			X	X	X	X	X	X
Lobster Avocado Roll	X	X		X	X	X			X	X	X	X	X	

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Soups & Salads														
Egg Drop Soup (Cup or Bowl)	X			X		X			X		X		X	
Hot & Sour Soup (Cup or Bowl)	X	X	X	X					X		X	X	X	X
Wonton Soup (Cup or Bowl)	X	X		X		X			X		X	X	X	X
Chang's Chicken Noodle Soup (Bowl)	X			X		X			X	X	X		X	X
Seared Ahi Salad	X	X			X				X		X	X	X	
Shanghai Waldorf Salad	X	X					X			X	X	X	X	
Shanghai Waldorf Salad with Chicken	X	X		X	X	X	X			X	X	X	X	
Lemongrass Chicken Salad	X	X		X	X	X			X			X	X	

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Sides														
Brown Rice, steamed	X													
White Rice, steamed	X													
Fried Rice	X	X	X	X		X			X			X	X	X
Rainbow Quinoa	X												X	
Shanghai Cucumbers (large or small)	X	X									X	X		
Sichuan-Style Asparagus (large or small)	X	X								X	X	X	X	X
Spinach with Garlic (large or small)	X										X		X	
Spicy Green Beans (large or small)	X	X								X	X	X	X	X

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Chang's Specialties														
Chang's Spicy Chicken	X	X	X	X		X			X	X	X	X	X	
Korean BBQ Chicken Stir-Fry	X	X	X	X	X	X	X		X	X	X	X	X	
Cantonese-Style Lemon Chicken	X	X	X	X					X		X	X	X	
Almond and Cashew Chicken	X	X	X	X		X	X		X		X	X	X	X
Coconut Curry Vegetables	X	X					X	X	X	X	X	X	X	X
Buddha's Feast (Stir-Fried)	X	X							X		X	X	X	X
Buddha's Feast (Steamed)	X	X										X		X
Ma Po Tofu	X	X							X	X	X	X	X	X
Stir-Fried Eggplant	X	X							X	X	X	X	X	X
Beef a La Sichuan	X	X	X	X		X			X	X	X	X	X	X
Mongolian Beef	X	X	X	X		X			X		X	X	X	X

Shaking Beef	X	X	X	X	X				X			X	X	
Asian Grilled Salmon	X	X			X	X	X		X	X	X	X	X	
Oolong Chilean Sea Bass	X	X	X		X	X			X			X	X	X
Walnut Shrimp with Melon	X	X	X	X		X	X		X	X		X	X	
Chang's Lobster Rice	X	X	X	X		X			X	X		X	X	X
Salt & Pepper Prawns	X	X		X		X			X			X	X	
Hunan-Style Hot Fish	X	X	X	X	X	X			X	X	X	X	X	X

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Wok Classics														
Classic Honey Shrimp	X	X		X		X			X		X	X	X	
Classic Honey Chicken	X	X		X					X		X	X	X	
Chang's Kung Pao Chicken	X	X	X	X		X		X	X	X	X	X	X	X
Chang's Kung Pao Shrimp	X	X	X	X		X		X	X	X	X	X	X	X
Chang's Kung Pao Scallops	X	X	X	X		X		X	X	X	X	X	X	X
Orange Peel Chicken	X	X	X	X		X			X	X	X	X	X	X
Orange Peel Shrimp	X	X	X	X		X			X	X	X	X	X	X
Orange Peel Beef	X	X	X	X		X			X	X	X	X	X	X
Sweet & Sour Chicken	X	X		X					X			X	X	
Sweet & Sour Pork	X	X		X					X			X	X	
Sesame Chicken	X	X	X	X		X			X	X	X	X	X	X
Beef with Broccoli	X	X	X	X		X			X		X	X	X	X
Pepper Steak	X	X	X	X		X			X	X	X	X	X	X
Ginger Chicken with Broccoli	X	X	X	X		X			X		X	X	X	X

Shrimp with Lobster Sauce	X	X	X	X		X			X		X	X	X	X
	<b>Wheat</b>	<b>Soy</b>	<b>Milk</b>	<b>Egg</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Peanuts</b>	<b>Corn</b>	<b>Sulfites</b>	<b>Sesame</b>	<b>Legume</b>	<b>Onion</b>	<b>Mushroom</b>
Noodles & Rice														
Chang's Fried Rice Chicken	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Beef	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Pork	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Shrimp	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Vegetable	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Combo	X	X	X	X		X			X			X	X	X
Lo Mein Chicken	X	X	X	X		X			X		X	X	X	X
Lo Mein Beef	X	X	X	X		X			X		X	X	X	X
Lo Mein Pork	X	X	X	X		X			X		X	X	X	X
Lo Mein Shrimp	X	X	X	X		X			X		X	X	X	X
Lo Mein Combo	X	X	X	X		X			X		X	X	X	X
Singapore Street Noodles	X	X		X		X			X	X	X	X	X	X
Pad Thai Chicken	X	X		X	X	X		X	X	X	X	X	X	
Pad Thai Shrimp	X	X		X	X	X		X	X	X	X	X	X	
Pad Thai Combo	X	X		X	X	X		X	X	X	X	X	X	
Garlic Noodles	X	X	X	X		X			X		X	X	X	

	<b>Wheat</b>	<b>Soy</b>	<b>Milk</b>	<b>Egg</b>	<b>Fish</b>	<b>Shellfish</b>	<b>Tree Nuts</b>	<b>Peanuts</b>	<b>Corn</b>	<b>Sulfites</b>	<b>Sesame</b>	<b>Legume</b>	<b>Onion</b>	<b>Mushroom</b>
Desserts														
Banana Spring Rolls	X	X	X	X		X	X	X	X		X	X	X	X

New York-Style Cheesecake	X	X	X	X			X	X				X		
The Great Wall of Chocolate	X	X	X	X			X	X	X			X		
Apple Chai Cobbler	X		X	X			X	X	X	X		X		
Berry Ginger Shortcake	X	X	X	X			X	X	X			X		

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	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Gluten-Free														
GF Chang's Chicken Lettuce Wraps		X				X			X	X	X	X	X	X
GF Egg Drop Soup (Cup or Bowl)				X		X			X		X		X	
GF Chang's Fried Rice Chicken		X	X	X		X			X			X	X	
GF Chang's Fried Rice Beef		X	X	X		X			X			X	X	
GF Chang's Fried Rice Pork		X	X	X		X			X			X	X	
GF Chang's Fried Rice Shrimp		X	X	X		X			X			X	X	
GF Chang's Fried Rice Combo		X	X	X		X			X			X	X	
GF Chang's Fried Rice Vegetable		X	X	X		X			X			X	X	X
GF Singapore Street Noodles		X	X	X		X			X		X	X	X	
GF Spinach with Garlic (large or small)											X		X	
GF Shanghai Cucumbers (large or small)		X									X	X		
GF Chang's Spicy Chicken		X	X	X		X			X	X	X	X	X	
GF Cantonese-Style Lemon Chicken		X	X	X					X		X	X	X	
GF Ginger Chicken with Broccoli		X	X	X		X			X		X	X	X	
GF Beef a La Sichuan		X	X	X		X			X	X	X	X	X	
GF Mongolian Beef		X	X	X		X			X		X	X	X	
GF Shaking Beef		X	X	X	X				X			X	X	



GF Beef with Broccoli		X	X	X		X			X		X	X	X	
GF Pepper Steak		X	X	X		X			X	X	X	X	X	
GF Coconut Curry Vegetables		X					X	X	X	X	X	X	X	X
GF Buddha's Feast (steamed)												X		X
GF Shrimp with Lobster Sauce		X	X	X		X			X		X	X	X	X

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Gluten-Free Sides														
Gluten-Free Brown Rice, steamed														
Gluten-Free White Rice, steamed														
Gluten-Free Fried Rice		X	X	X		X			X			X	X	
Gluten-Free Rainbow Quinoa													X	

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Gluten-Free Desserts														
Berry Ginger Shortcake		X	X	X			X	X	X			X		

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Gluten-Free Kid's Menu														
GF Kid's Chicken Fried Rice		X	X	X		X			X			X	X	
GF Baby Buddha's Feast												X		

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom

Kids Menu														
Kid's Chicken with Honey Sauce	X	X		X					X			X	X	
Kid's Chicken with Sweet & Sour Sauce	X	X		X					X			X	X	
Kid's Chicken Lo Mein	X	X	X	X		X			X		X	X	X	X
Kid's Chicken Fried Rice	X	X	X	X		X			X			X	X	X
Baby Buddha's Feast: Steamed	X											X		
Baby Buddha's Feast: Stir-fried	X	X							X		X	X	X	X

	Calories	Cals From Fat	Fat (g)	Saturated Fat (g)	TransFat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
LUNCH MENU											
LUNCH WOK CLASSICS (VALUES DO NOT INCLUDE CHOICE OF SIDE)											
Almond Cashew Chicken	480	190	21	3	0	55	3760	41	5	24	32
Asian Grilled Salmon	370	190	21	3.5	0	40	810	11	4	5	35
Beef with Broccoli	420	200	22	4.5	0	65	2980	31	4	19	28
Chang's Spicy Chicken	570	220	24	4	0	80	1000	53	0	46	37
Crispy Honey Chicken	1000	280	31	4.5	0	55	1390	138	1	59	34
Crispy Honey Shrimp	770	210	24	3	0	80	1530	117	2	49	16
Ginger Chicken with Broccoli	300	100	11	2	0	65	1490	22	4	11	30
Korean BBQ Chicken Stir-Fry	460	210	23	3.5	0	60	780	39	3	25	30
Kung Pao Chicken	550	290	32	5	0	65	1250	28	4	14	37
Kung Pao Shrimp	450	290	31	5	0	55	1450	24	8	9	19
Mongolian Beef	430	230	26	5	0	90	1680	19	1	15	31
Orange Peel Chicken	540	220	25	4	0	70	1210	46	4	34	35
Orange Peel Shrimp	330	130	14	2.5	0	55	1310	39	8	25	14
Pepper Steak	390	210	23	5	0	75	2300	19	2	11	26
Sesame Chicken	730	210	24	4	0	70	2490	93	7	71	41
Sweet & Sour Chicken	500	190	21	3	0	45	510	54	1	36	27
Walnut Shrimp with Melon	710	510	57	9	0	75	700	35	7	24	17
CHOOSE YOUR RICE OR QUINOA											

White Rice	220	0	0	0	0	0	0	49	1	1	4
Brown Rice	190	15	0	0	0	0	0	40	3	0	4
Fried Rice	220	35	4	1	0	60	660	40	1	5	6
Quinoa	230	35	4	0	0	0	520	41	4	4	9
ADD ONS											
Egg Drop Soup Cup	40	15	1.5	0	0	25	450	6	0	2	1
Chang's Crisp Salad	270	200	22	3.5	0	0	580	14	2	5	3
House-Made Egg Roll	180	50	6	1	0	5	670	27	2	10	5
Hand-Folded Crab Wontons (2)	230	90	10	4.5	0	0	840	31	0	4	5
Vegetable Spring Roll	110	25	2.5	0	0	0	660	20	1	12	1
Hot & Sour Soup Cup	70	15	2	0.5	0	0	1440	9	1	2	4
LIGHTER LUNCH PAIRINGS											
CHOOSE SMALL PLATE OR SUSHI											
Chang's Chicken Lettuce Wraps	580	260	29	6	0	30	2590	48	6	22	34
Chang's Vegetarian Lettuce Wraps	470	190	21	2.5	0	0	2390	39	7	11	25
Jicama Kung Pao Chicken Tacos	370	210	24	3.5	0	40	760	17	4	6	21
Jicama Pork Tacos	320	170	19	4	0	40	980	23	3	12	15
Jicama Lobster & Shrimp Tacos	380	270	30	10	0.5	135	770	13	2	2	14
California Roll*	350	80	9	1.5	0	10	1140	52	5	14	13
Spicy Tuna Roll*	280	25	3	0	0	25	930	43	4	11	17
Kaleidoscope Roll*	270	90	10	1.5	0	25	740	30	5	8	14
Chicken Satay	420	200	22	10	0	75	750	21	2	15	33
Saigon Summer Rolls	360	130	15	2	0	20	970	44	4	11	13
Ahi Tartare with Avocado*	380	130	14	2	0	35	930	34	6	6	29
PAIRED WITH...											
Egg Drop Soup Cup	40	15	1.5	0	0	25	450	6	0	2	1

Chang's Crisp Salad	270	200	22	3.5	0	0	580	14	2	5	3
House-Made Egg Roll	180	50	6	1	0	5	670	27	2	10	5
Hand-Folded Crab Wontons (2)	230	90	10	4.5	0	0	840	31	0	4	5
Vegetable Spring Roll	110	25	2.5	0	0	0	660	20	1	12	1
Hot & Sour Soup Cup	70	15	2	0.5	0	0	1440	9	1	2	4
GLUTEN FREE LUNCH											
LUNCH (VALUES DO NOT INCLUDE CHOICE OF SIDE)											
GF Mongolian Beef	420	210	23	5	0	90	2040	21	1	16	32
GF Chang's Spicy Chicken	570	220	24	4	0	80	1000	53	0	46	37
GF Pepper Steak	410	210	23	5	0	75	2650	21	2	13	28
GF Beef with Broccoli	460	190	22	4.5	0	65	3670	36	4	22	31
GF Ginger Chicken with Broccoli	310	100	11	4.5	0	65	1840	24	4	13	31
CHOOSE YOUR RICE OR QUINOA											
White Rice	220	0	0	0	0	0	0	49	1	1	4
Brown Rice	190	15	0	0	0	0	0	40	3	0	4
GF Fried Rice	200	40	4.5	1	0	85	920	31	2	7	7
GF Quinoa	230	35	4	0	0	0	520	41	4	4	9
ADD ON											
GF Egg Drop Soup Cup	40	15	1.5	0	0	25	450	6	0	2	1

## Lunch Menu Allergen Information

P.F. Chang's prioritizes the health and safety of our guests. Be sure to inform a manager or chef about your food allergy or special dietary needs at the beginning of your visit. Since recipes are subject to change, you should request a new allergen listing with each visit to our restaurant.

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
LUNCH MENU														
SMALL PLATES														
Handmade Pork Dumplings Pan-Fried (4 or 6)	X	X		X		X			X	X	X	X	X	
Handmade Pork Dumplings Steamed (4 or 6)	X	X		X		X			X	X	X	X	X	
Handmade Shrimp Dumplings Pan-Fried (4 or 6)	X	X		X		X			X	X	X	X	X	
Handmade Shrimp Dumplings Steamed (4 or 6)	X	X		X		X			X	X	X	X	X	
Hand-Folded Crab Wontons (4 or 6)	X	X	X	X		X			X		X	X	X	X
Orange Ginger Edamame	X	X		X							X	X	X	
Steamed Edamame	X	X		X								X		
Saigon Summer Rolls (2)	X	X		X	X			X				X	X	
Jicama Pork Tacos (3)	X	X	X	X	X	X			X	X	X	X	X	X
Jicama Kung Pao Chicken Tacos (3)	X	X	X	X		X		X	X	X	X	X	X	X
Jicama Lobster Tacos (3)	X	X	X	X		X			X			X	X	
Kale & Quinoa Dip	X	X	X	X	X	X			X		X	X	X	X
Chicken Satay (3)	X	X			X	X	X	X	X	X	X	X	X	
Crispy Green Beans	X			X					X			X		

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
SUSHI														
Dynamite Scallop Roll	X	X		X	X	X			X	X	X	X	X	

Spicy Tuna Roll	X	X		X	X	X			X	X	X	X	X	
California Roll	X	X		X	X	X			X	X	X	X	X	
Kaleidoscope Roll	X	X		X	X	X			X	X	X	X	X	
Ahi Tartare with Avocado	X	X	X	X	X	X			X	X	X	X	X	X
Lobster Avocado Roll	X	X		X	X	X			X	X	X	X	X	

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
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SOUPS & SALADS

Egg Drop Soup (Cup or Bowl)	X			X		X			X		X		X	
Hot & Sour Soup (Cup or Bowl)	X	X	X	X					X		X	X	X	X
Wonton Soup (Cup or Bowl)	X	X		X		X			X		X	X	X	X
Chang's Chicken Noodle Soup (Bowl)	X			X		X			X	X	X		X	X
Seared Ahi Salad	X	X			X				X		X	X	X	
Shanghai Waldorf Salad	X	X					X			X	X	X	X	
Shanghai Waldorf Salad with Chicken	X	X		X	X	X	X			X	X	X	X	
Lemongrass Chicken Salad	X	X		X	X	X			X			X	X	

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
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Chang's Kung Pao Scallops	X	X	X	X		X		X	X	X	X	X	X	X
Sesame Chicken	X	X	X	X		X			X	X	X	X	X	X
Orange Peel Chicken	X	X	X	X		X			X	X	X	X	X	X
Orange Peel Shrimp	X	X	X	X		X			X	X	X	X	X	X
Sweet & Sour Chicken	X	X		X					X			X	X	
Beef with Broccoli	X	X	X	X		X			X		X	X	X	X
Pepper Steak	X	X	X	X		X			X	X	X	X	X	X
Beef a La Sichuan	X	X	X	X		X			X	X	X	X	X	X
Shrimp with Lobster Sauce	X	X	X	X		X			X		X	X	X	X
Asian Grilled Salmon	X	X			X	X	X		X	X	X	X	X	

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
LUNCH WOK CLASSICS														
Classic Honey Shrimp	X	X		X		X			X		X	X	X	
Classic Honey Chicken	X	X		X					X		X	X	X	
Chang's Kung Pao Chicken	X	X	X	X		X		X	X	X	X	X	X	X
Chang's Kung Pao Shrimp	X	X	X	X		X		X	X	X	X	X	X	X
Chang's Kung Pao Scallops	X	X	X	X		X		X	X	X	X	X	X	X
Orange Peel Chicken	X	X	X	X		X			X	X	X	X	X	X
Orange Peel Shrimp	X	X	X	X		X			X	X	X	X	X	X
Orange Peel Beef	X	X	X	X		X			X	X	X	X	X	X

Sweet & Sour Chicken	X	X		X					X			X	X
Sweet & Sour Pork	X	X		X					X			X	X
Sesame Chicken	X	X	X	X		X			X	X	X	X	X
Beef with Broccoli	X	X	X	X		X			X		X	X	X
Pepper Steak	X	X	X	X		X			X	X	X	X	X
Ginger Chicken with Broccoli	X	X	X	X		X			X		X	X	X
Shrimp with Lobster Sauce	X	X	X	X		X			X		X	X	X

**Wheat**      **Soy**      **Milk**      **Egg**      **Fish**      **Shellfish**      **Tree Nuts**      **Peanuts**      **Corn**      **Sulfites**      **Sesame**      **Legume**      **Onion**      **Mushroom**

NOODLES & RICE

Chang's Fried Rice Chicken	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Beef	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Pork	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Shrimp	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Vegetable	X	X	X	X		X			X			X	X	X
Chang's Fried Rice Combo	X	X	X	X		X			X			X	X	X
Lo Mein Chicken	X	X	X	X		X			X		X	X	X	X
Lo Mein Beef	X	X	X	X		X			X		X	X	X	X
Lo Mein Pork	X	X	X	X		X			X		X	X	X	X
Lo Mein Shrimp	X	X	X	X		X			X		X	X	X	X
Lo Mein Combo	X	X	X	X		X			X		X	X	X	X
Singapore Street Noodles	✓	✓		✓		✓			✓	✓	✓	✓	✓	✓

Singapore Street Noodles	^	^		^			^			^	^	^	^	^
Pad Thai Chicken	X	X		X	X		X		X	X	X	X	X	X
Pad Thai Shrimp	X	X		X	X		X		X	X	X	X	X	X
Pad Thai Combo	X	X		X	X		X		X	X	X	X	X	X
Garlic Noodles	X	X	X	X			X		X		X	X	X	X

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
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DESSERTS

Banana Spring Rolls	X	X	X	X		X	X	X	X		X	X	X	X
Flourless Chocolate Dome	X	X	X	X			X	X				X		
New York-Style Cheesecake	X	X	X	X			X	X				X		
The Great Wall of Chocolate	X	X	X	X			X	X	X			X		
Sweet Vanilla Cream Wontons	X	X	X	X		X	X		X		X	X	X	X
Chocolate Raspberry Wontons	X	X	X	X		X	X		X		X	X	X	X

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
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GLUTEN-FREE LUNCH

GF Chang's Spicy Chicken		X	X	X		X			X	X	X	X	X	
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GF Ginger Chicken with Broccoli	X	X	X		X			X		X	X	X	
GF Beef a La Sichuan	X	X	X		X			X	X	X	X	X	
GF Mongolian Beef	X	X	X		X			X		X	X	X	
GF Beef with Broccoli	X	X	X		X			X		X	X	X	
GF Pepper Steak	X	X	X		X			X	X	X	X	X	
GF Shrimp with Lobster Sauce	X	X	X		X			X		X	X	X	X

Wheat Soy Milk Egg Fish Shellfish Tree Nuts Peanuts Corn Sulfites Sesame Legume Onion Mushroom

GLUTEN-FREE SIDES

Gluten-Free Brown Rice, steamed													
Gluten-Free White Rice, steamed													
Gluten-Free Fried Rice		X	X	X		X		X			X	X	
Gluten-Free Rainbow Quinoa												X	

Wheat Soy Milk Egg Fish Shellfish Tree Nuts Peanuts Corn Sulfites Sesame Legume Onion Mushroom

GLUTEN-FREE DESSERTS

GF Flourless Chocolate Dome		X	X	X		X	X				X		
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GLUTEN-FREE KID'S MENU

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
GF Kid's Chicken Fried Rice		X	X	X		X			X			X	X	
GF Baby Buddha's Feast												X		

KIDS MENU

	Wheat	Soy	Milk	Egg	Fish	Shellfish	Tree Nuts	Peanuts	Corn	Sulfites	Sesame	Legume	Onion	Mushroom
Kid's Chicken with Honey Sauce	X	X		X					X			X	X	
Kid's Chicken with Sweet & Sour Sauce	X	X		X					X			X	X	
Kid's Chicken Lo Mein	X	X	X	X		X			X		X	X	X	X
Kid's Chicken Fried Rice	X	X	X	X		X			X			X	X	X
Baby Buddha's Feast: Steamed	X											X		
Baby Buddha's Feast: Stir-fried	X	X							X		X	X	X	X

