CHINESE WOK

Nutritional & Allergen Information (per SKU)

Menu card nutrition & allergen information booklet of Chinese Wok products.
An average active adult requires 2,000 kcal of energy per day. However, calorie needs may vary.
All information provided is in compliance with FSSAI labelling and display regulations.

Allergen key:



Gluten



Soy



Milk



Egg



Groundnut / Tree Nut



Sulphite



Fish / Crustacean

MSG: Yes

added MSG declared

Product Group	Item Name	Veg/ Non-Veg	Serving Size (g)	Energy (kcal/100g)	Energy (kcal/ serving)	Protein (g/100g)	Protein (g/serving)	Total Fat (g/100g)	Total Fat (g/serving)	Saturated Fat (g/100g)	Trans Fat (g/100g)	Carbohydrate (g/100g)	Total Sugars (g/100g)	Added Sugar (g/100g)	Cholesterol (mg/100g)	Sodium (mg/100g)	Allergens	MSG Declared
Desserts	Choco Lava	Veg	80	349.1	279	4.6	3.7	15.5	12.4	9.3	0	47.8	35.0	33.3	8.9	249.5		No
Desserts	Black Forest Mousse Cake	Veg	52	329.7	171	3.8	2.0	15.3	8.0	9.6	0	44.2	30.5	26.2	9.8	193.9		No
Desserts	Chocolate Mousse	Veg	52	299.5	156	3.3	1.7	17.5	9.1	15.3	0	32.2	25.9	23.2	8.5	297.6		No
Large Fries	Crispy Classic	Veg	140	263.2	368	4.2	5.9	11.2	15.7	5.2	0	36.4	1.3	0.3	BLQ	339.1		No
Large Fries	Crispy Schezwan	Veg	140	272.0	381	4.4	6.2	10.8	15.1	5.9	0	39.3	2.5	0.8	BLQ	528.4		Yes
Signature Wok Bowl's	Veg Fried Rice + Veg Desi Chilli Gravy	Veg	550	123.2	678	4.7	25.9	6.0	33.0	3.2	0	12.6	0.8	<0.15	BLQ	492.8		Yes
Signature Wok Bowl's	Veg Fried Rice + Chk Desi Chilli Gravy	Non-Veg	550	125.6	691	5.2	28.6	5.6	30.8	2.7	0	13.6	0.5	<0.15	BLQ	442.9		Yes
Signature Wok Bowl's	Veg Hakka Noodles + Veg Desi Chilli Gravy	Veg	550	118.7	653	3.6	19.8	5.9	32.5	2.4	0	12.8	0.5	<0.15	BLQ	496.0		Yes
Signature Wok Bowl's	Veg Hakka Noodle + Chk Desi Chilli Gravy	Non-Veg	550	123.1	677	5.5	30.3	5.9	32.5	2.4	0	12.0	0.7	<0.15	BLQ	422.1		Yes
Signature Wok Bowl's	Veg Fried Rice + Chicken Schezwan Gravy	Non-Veg	550	122.4	673	5.5	30.3	5.6	30.8	3.0	0	12.5	0.2	<0.15	BLQ	429.1		Yes
Signature Wok Bowl's	Veg Hakka Noodle + Chk Schezwan Gravy	Non-Veg	550	121.5	668	5.4	29.7	5.9	32.5	2.7	0	11.7	0.7	<0.15	BLQ	469.7		Yes
Signature Wok Bowl's	Veg Fried Rice + Paneer Schezwan Gravy	Veg	550	129.4	712	4.9	27.0	6.2	34.1	4.4	0	13.5	0.5	<0.15	BLQ	420.7		Yes
Signature Wok Bowl's	Veg Hakka Noodle + Paneer Schezwan Gravy	Veg	550	125.9	692	5.2	28.6	6.3	34.7	4.2	0	12.1	0.5	<0.15	BLQ	444.5		Yes
Gravy	Manchurian Ball In Manchurian Gravy	Veg	270	86.4	233	1.3	3.5	4.0	10.8	1.5	0	11.3	1.8	<0.15	BLQ	569.2		Yes
Gravy	Paneer Manchurian Gravy	Veg	270	100.3	271	6.2	16.7	7.1	19.2	4.8	0	2.9	2.4	<0.15	35.9	489.9		Yes
Gravy	Chicken Manchurian Gravy	Non-Veg	270	100.5	271	7.2	19.4	6.9	18.6	3.3	0	2.4	2.0	<0.15	33.5	586.9		Yes
Gravy	Manchurian Ball In Desi Chilli Gravy †	Veg	270	71.6	193	1.8	4.9	1.2	3.2	0.7	0	13.4	1.7	0.7	BLQ	618.9		Yes
Gravy	Paneer Desi Chilli Gravy	Veg	270	102.1	276	6.1	16.5	7.7	20.8	5.1	0	2.1	1.1	<0.15	38.1	469.6		Yes
Gravy	Chicken Desi Chilli Gravy	Non-Veg	270	100.1	270	7.7	20.8	6.9	18.6	3.1	0	1.8	1.0	<0.15	34.5	625.3		Yes
Gravy	Chicken Schezwan Gravy	Non-Veg	270	100.3	271	7.2	19.4	7.1	19.2	3.6	0	1.9	0.8	<0.15	36.2	524.4		Yes
Gravy	Paneer Schezwan Gravy	Veg	270	97.2	262	5.9	15.9	7.2	19.4	4.8	0	2.2	0.9	<0.15	37.9	466.6		Yes
Value Bowls	Veg Fried Rice + Veg Manchurian Gravy Bowl	Veg	420	115.9	487	2.8	11.8	4.3	18.1	2.2	0	16.5	1.1	<0.15	BLQ	424.6		Yes
Value Bowls	Veg Hakka Noodles + Veg Manchurian Gravy Bowl	Veg	420	116.6	490	2.9	12.2	4.2	17.6	1.7	0	16.8	0.8	<0.15	BLQ	460.0		Yes
Value Bowls	Fried Rice + Chicken Manchurian Gravy Bowl	Non-Veg	420	119.0	500	4.7	19.7	5.0	21.0	2.3	0	13.8	1.2	<0.15	BLQ	381.7		Yes
Value Bowls	Hakka Noodles + Chicken Manchurian Gravy Bowl	Non-Veg	420	115.6	486	4.6	19.3	4.8	20.2	2.0	0	13.5	0.7	<0.15	BLQ	454.2		Yes
Noodles	Double Egg Chowmein	Non-Veg	450	161.9	729	5.3	23.9	7.9	35.6	2.5	0	17.4	0.7	<0.15	61.3	547.0		Yes
Noodles	Double Egg Schezwan Noodles	Non-Veg	450	162.8	733	5.8	26.1	7.6	34.2	2.4	0	17.8	0.7	<0.15	60.0	544.7		Yes
Noodles	Double Egg Chilli Garlic Noodles	Non-Veg	450	159.0	716	6.0	27.0	7.4	33.3	2.3	0	17.1	0.7	<0.15	63.0	717.6		Yes
Noodles	Chicken Hakka Noodles	Non-Veg	450	141.7	638	5.6	25.2	4.9	22.1	2.1	0	18.8	0.7	<0.15	33.2	659.4		Yes
Noodles	Chicken Chowmein	Non-Veg	450	155.3	699	5.7	25.7	5.3	23.9	2.3	0	21.2	0.8	<0.15	33.1	617.3		Yes
Noodles	Chicken Schezwan Noodles	Non-Veg	450	140.7	633	4.9	22.1	4.7	21.2	2.2	0	19.7	0.8	<0.15	36.4	458.5		Yes
Noodles	Chicken Chilli Garlic Noodles	Non-Veg	450	159.0	716	5.3	23.9	4.6	20.7	2.0	0	24.1	0.7	<0.15	34.1	708.4		Yes
Noodles	Veg Burnt Garlic Noodle	Veg	450	162.5	731	3.5	15.8	4.1	18.5	1.4	0	27.9	0.5	<0.15	BLQ	425.7		Yes
Noodles	Chicken Burnt Garlic Noodle	Non-Veg	450	164.7	741	5.2	23.4	4.7	21.2	2.0	0	25.4	0.5	<0.15	38.4	613.1		Yes
Momo's	Veg Classic Steamed	Veg	150	186.4	280	4.0	6.0	5.6	8.4	3.2	0	30.0	1.1	<0.15	BLQ	551.6		Yes
Momo's	Veg Classic Fried	Veg	150	249.1	374	4.2	6.3	9.9	14.9	4.8	0	35.8	1.3	<0.15	BLQ	684.3		Yes
Momo's	Veg Corn N Cheese Steamed	Veg	150	199.0	299	6.2	9.3	6.6	9.9	4.8	0	28.7	2.3	0.8	9.4	519.7		Yes
Momo's	Veg Corn N Cheese Fried	Veg	150	264.9	397	6.7	10.1	10.5	15.8	6.5	0	35.9	2.8	0.9	12.6	615.2		Yes
Momo's	Veg Crispy Kurkure	Veg	150	276.4	415	5.3	8.0	9.2	13.8	3.6	0	43.1	1.5	0.2	BLQ	564.6		Yes
Momo's	Chicken Classic Steamed	Non-Veg	150	207.8	312	9.2	13.8	8.2	12.3	5.1	0	24.3	0.9	<0.15	37.2	578.5		Yes
Momo's	Chicken Classic Fried	Non-Veg	150	277.2	416	8.9	13.4	12.8	19.2	6.3	0	31.6	1.0	0.2	36.5	548.2		Yes
Momo's	Chicken Crispy Kurkure	Non-Veg	150	287.0	431	9.6	14.4	13.0	19.5	5.9	0	32.9	1.3	0.2	36.2	819.8		Yes
Noodles	Veg Hakka Noodles	Veg	450	158.5	713	2.9	13.1	4.1	18.5	1.4	0	27.5	0.8	<0.15	BLQ	654.9		Yes
Noodles	Veg Chowmein	Veg	450	148.4	668	3.5	15.8	4.4	19.8	1.5	0	23.7	0.8	<0.15	BLQ	811.4		Yes
Noodles	Veg Schezwan Noodles	Veg	450	142.6	642	3.5	15.8	4.2	18.9	1.5	0	22.7	0.6	<0.15	BLQ	591.4		Yes
Noodles	Veg Chilli Garlic Noodles	Veg	450	149.2	671	3.9	17.6	4.0	18.0	1.4	0	24.4	0.8	<0.15	BLQ	705.3		Yes
Noodles	Double Egg Hakka Noodles	Non-Veg	450	161.8	728	5.9	26.6	7.4	33.3	2.3	0	17.9	0.6	<0.15	65.1	437.3		Yes
Rice	Veg Fried Rice	Veg	450	159.9	720	3.1	14.0	3.9	17.6	1.5	0	28.1	<0.15	<0.15	BLQ	645.1		Yes
Noodles	Double Egg Burnt Garlic Noodle	Non-Veg	450	187.9	846	5.8	26.1	7.9	35.6	2.4	0	23.4	0.7	<0.15	60.5	596.5		Yes
Rice	Veg Schezwan Fried Rice	Veg	450	152.8	688	3.2	14.4	4.4	19.8	1.7	0	25.1	0.5	<0.15	BLQ	640.9		Yes
Rice	Veg Chilli Garlic Fried Rice	Veg	450	162.2	730	3.4	15.3	4.2	18.9	1.6	0	27.7	0.7	<0.15	BLQ	753.0		Yes
Rice	Double Egg Fried Rice	Non-Veg	450	162.6	732	5.7	25.7	7.0	31.5	2.3	0	19.2	1.1	<0.15	62.7	603.1		Yes
Rice	Double Egg Schezwan Fried Rice	Non-Veg	450	167.1	752	5.9	26.6	7.5	33.8	2.5	0	19.0	1.2	<0.15	63.1	455.2		Yes
Rice	Double Egg Chilli Garlic Fried Rice	Non-Veg	450	164.1	738	5.8	26.1	7.3	32.9	2.4	0	18.8	1.2	<0.15	60.9	438.1		Yes
Rice	Chicken Fried Rice	Non-Veg	450	145.6	655	5.8	26.1	5.2	23.4	2.2	0	18.9	0.7	<0.15	34.1	495.0		Yes
Rice	Chicken Schezwan Fried Rice	Non-Veg	450	150.1	675	5.6	25.2	5.3	23.9	2.2	0	20.0	0.6	<0.15	33.2	613.0		Yes
Rice	Chicken Chilli Garlic Fried Rice	Non-Veg	450	150.1	675	6.1	27.5	5.3	23.9	2.1	0	19.5	0.7	<0.15	36.6	512.5		Yes
Rice	Veg Burnt Garlic Fried Rice	Veg	450	163.3	735	3.7	16.7	4.1	18.5	1.6	0	27.9	0.4	<0.15	BLQ	407.0		Yes
Rice	Chicken Burnt Garlic Fried Rice	Non-Veg	450	169.7	764	5.7	25.7	5.3	23.9	2.2	0	24.8	0.7	<0.15	34.0	408.0		Yes
Rice	Double Egg Burnt Garlic Rice	Non-Veg	450	182.4	821	5.8	26.1	7.2	32.4	2.4	0	23.6	0.8	<0.15	64.5	655.8		Yes
Spring Roll	Veg Spring Roll	Veg	150	248.1	372	4.2	6.3	10.1	15.2	4.3	0	35.1	7.3	1.5	BLQ	705.6		Yes
Spring Roll	Chicken Spring Roll	Non-Veg	150	265.4	398	8.9	13.4	11.0	16.5	5.4	0	32.7	7.4	1.2	30.5	766.3		Yes
Starter	Veg Manchurian Dry	Veg	350	146.7	513	2.8	9.8	5.1	17.9	2.6	0	22.4	0.7	<0.15	BLQ	737.4		Yes
Starter	Desi Chilli Paneer Dry	Veg	350	193.2	676	10.7	37.5	16.0	56.0	10.7	0	1.6	1.4	<0.15	48.0	581.3		Yes
Starter	Chicken Manchurian Dry	Non-Veg	350	155.4	544	13.2	46.2	10.2	35.7	5.4	0	2.7	0.8	<0.15	39.8	518.7		Yes
Starter	Desi Chilli Chicken Dry	Non-Veg	350	165.7	580	14.3	50.1	11.7	41.0	5.7	0	0.8	0.6	<0.15	47.2	462.6		Yes
Starter	Honey Chilli Potato	Veg	350	207.4	726	3.1	10.9	7.8	27.3	3.6	0	31.2	4.3	0.6	BLQ	473.6		Yes
Starter	Sweet Chilli Chicken	Non-Veg	350	173.1	606	12.9	45.2	11.1	38.9	6.7	0	5.4	4.4	<0.15	45.4	621.1		Yes

BLQ = below limit of quantification. "<0.15" = below the reported detection limit. *Sodium and trans fat are from the original laboratory test (not part of the October retest).*

Disclaimer: Nutritional information provided is approximate and indicative. Nutritional value tends to change with serve size, process of preparation, and source of raw material, and all values have been rounded off to the nearest decimal. All the products are analyzed at FSSAI-approved and NABL-accredited laboratories. Pepsi, Pepsi Zero Sugar, 7up, 7up Zero Sugar, Mirinda, Mountain Dew, is a registered trademark of PepsiCo, Inc. Lipton is a trademark used under license. Pepsi, Pepsi Zero Sugar & Mountain Dew contains caffeine. Pepsi Zero Sugar, 7Up Zero Sugar & Lipton Iced Tea contains non-caloric sweeteners. Pepsi Zero Sugar contains an admixture of sucralose and acesulfame potassium, not recommended for children, pregnant women, and lactating mothers. 7up Zero Sugar contains aspartame, admixture of sucralose and acesulfame potassium. Not recommended for phenylketonurics, for children, pregnant women, and lactating mothers. Lipton Iced Tea (Lemon Flavoured) is ready to serve tea-based beverage proprietary food.

MSG – Monosodium glutamate: All products marked "Yes" contain added monosodium glutamate. Not recommended for infants below 12 months and pregnant women. All our products are for immediate consumption only.