



These numbers are intended for use as a guideline when selecting items from our menu that best meet your individual nutritional needs. The values provided below were calculated based on the entire dish, not individual servings. **Unless noted here, the values do NOT include white or brown rice.**

Nutritional values are not exact; since we cook each dish to order, there can be variances in the actual numbers versus recipe specifications. However, since each dish is prepared specifically for you, many of our items may be modified to better meet your personal tastes or dietary needs. If you have a food allergy or special dietary restriction, please notify a manager or chef on your next visit and we will do our best to accommodate your request.

ITEM	CALORIES	PROTEIN	FAT	SAT FAT	CARBS	FIBER
STARTERS						
CHANG'S CHICKEN LETTUCE WRAPS	377	28	12	3	35	5
<i>with Special Sauce add</i>	55	2	1	0	9	0
<i>with Rice Sticks add</i>	135	0	0	0	33	0
CHANG'S CHICKEN LETTUCE WRAPS - GLUTEN FREE	477	31	12	3	63	5
CHANG'S VEGETARIAN LETTUCE WRAPS	281	25	4	0	37	7
<i>with Special Sauce add</i>	55	2	1	0	9	0
<i>with Rice Sticks add</i>	135	0	0	0	33	0
CRISPY GREEN BEANS	507	8	28	4	59	8
<i>with Crispy Green Bean Sauce add</i>	451	0	48	6	5	0
SEARED AHI TUNA	210	26	9	1	9	1
<i>with Potsticker Sauce add</i>	36	2	1	0	6	0
<i>with Mustard Vinaigrette add</i>	66	4	2	0	7	0
HARVEST SPRING ROLLS	287	6	15	2	30	2
<i>with Sweet and Sour Sauce add</i>	57	0	0	0	15	0
CRAB WONTONS	440	19	26	9	32	2
<i>with Spicy Plum Sauce add</i>	110	0	0	0	28	0
SALT AND PEPPER CALAMARI	720	33	11	3	118	3
<i>with Chili Bean Sauce add</i>	81	3	1	0	12	0
PEKING DUMPLINGS - PAN FRIED	367	18	23	7	21	1
PEKING DUMPLINGS - STEAMED	327	18	18	6	21	1
<i>with Potsticker Sauce add</i>	57	2	1	0	0	0
SHRIMP DUMPLINGS - PAN FRIED	305	21	13	2	25	1
SHRIMP DUMPLINGS - STEAMED	265	21	8	1	25	1
<i>with Shrimp Dumpling Sauce add</i>	24	3	0	0	1	0
VEGETABLE DUMPLINGS - PAN FRIED	307	9	11	2	43	2
VEGETABLE DUMPLINGS - STEAMED	267	9	7	1	43	2
<i>with Potsticker Sauce add</i>	57	2	1	0	0	0
NORTHERN STYLE SPARE RIBS	720	49	54	14	6	0
CHANG'S SPARE RIBS	1356	93	89	24	43	1
SOUPS AND SALADS						
WONTON SOUP - BOWL	354	21	10	2	44	3
CHANG'S CHICKEN NOODLE SOUP - BOWL	512	64	13	3	30	2
HOT AND SOUR SOUP - BOWL	652	37	18	4	82	34
HOT AND SOUR SOUP - CUP	85	5	2	0	11	4
EGG DROP SOUP - BOWL	367	7	14	3	51	1
EGG DROP SOUP - CUP	48	1	2	0	7	0
CHICKEN CHOPPED SALAD	401	47	14	3	21	5
<i>with Our Signature Ginger Dressing add</i>	483	1	48	7	9	0
CHANG'S WEDGE	244	8	19	5	12	5
<i>with Creamy Wedge Dressing add</i>	443	3	43	7	8	1
CHANG'S WEDGE WITH CHICKEN	595	57	35	9	12	5
<i>with Creamy Wedge Dressing add</i>	443	3	43	7	8	1
BIKINI SHRIMP SALAD	192	8	6	0	30	4
<i>with Watermelon Citrus Vinaigrette add</i>	240	1	23	3	7	0

ITEM	CALORIES	PROTEIN	FAT	SAT FAT	CARBS	FIBER
THE GRILL						
ASIAN MARINATED NEW YORK STRIP	1432	92	86	30	68	2
CITRUS SOY SALMON - SERVED WITH BROWN RICE	1000	69	59	20	42	4
CITRUS SOY SALMON - SERVED WITH WHITE RICE	1025	70	58	20	49	2
LEMONGRASS PRAWNS	907	34	58	21	65	4
SICHUAN CHICKEN FLATBREAD	1160	52	80	23	56	4
TRADITIONAL LUNCH BOWLS						
PEPPER STEAK LUNCH BOWL						
<i>Served with white rice</i>	968	55	39	10	94	3
<i>Served with brown rice</i>	820	54	28	8	82	7
ALMOND AND CASHEW CHICKEN LUNCH BOWL						
<i>Served with white rice</i>	955	63	26	4	112	5
<i>Served with brown rice</i>	909	62	27	4	101	9
BEEF WITH BROCCOLI LUNCH BOWL						
<i>Served with white rice</i>	890	59	26	8	99	5
<i>Served with brown rice</i>	844	58	27	18	87	8
BUDDHA'S FEAST LUNCH BOWL						
<i>Served with white rice</i>	587	24	6	1	113	7
<i>Served with brown rice</i>	541	23	8	1	101	11
MOO GOO GAI PAN LUNCH BOWL						
<i>Served with white rice</i>	591	41	6	1	88	3
<i>Served with brown rice</i>	545	40	8	2	76	7
CITRUS SOY SALMON LUNCH BOWL						
<i>Served with white rice</i>	1093	49	62	20	79	2
<i>Served with brown rice</i>	1047	48	63	20	67	6
SHRIMP WITH LOBSTER SAUCE LUNCH BOWL						
<i>Served with white rice</i>	732	38	23	4	87	2
<i>Served with brown rice</i>	686	37	25	5	75	6
CRISPY HONEY CHICKEN LUNCH BOWL						
<i>Served with white rice</i>	989	62	12	3	138	2
<i>Served with brown rice</i>	943	61	13	3	126	6
TRADITIONS						
MOO GOO GAI PAN	661	54	34	5	32	4
SHRIMP WITH LOBSTER SAUCE	480	42	22	3	24	1
CRISPY HONEY CHICKEN	867	53	11	3	121	3
LO MEIN WITH BEEF	1374	67	80	16	94	8
LO MEIN WITH PORK	1400	63	54	17	95	8
LO MEIN WITH CHICKEN	1198	51	67	11	97	8
LO MEIN WITH SHRIMP	1134	43	64	10	97	8
LO MEIN COMBO	1409	66	83	16	98	8
ALMOND AND CASHEW CHICKEN	815	81	30	5	63	5
BEEF WITH BROCCOLI	1118	93	65	17	38	7
PEPPER STEAK	971	95	48	15	32	4
CHICKEN						
PHILIP'S BETTER LEMON CHICKEN	1051	58	42	7	113	5
SWEET AND SOUR CHICKEN	764	40	20	4	107	3
CHANG'S SPICY CHICKEN	923	56	37	6	88	1
MU SHU CHICKEN	715	47	38	8	49	23
GINGER CHICKEN WITH BROCCOLI	656	60	26	3	45	7
GINGER CHICKEN WITH BROCCOLI - GLUTEN FREE	677	61	30	5	43	7
CHICKEN WITH BLACK BEAN SAUCE	678	76	23	4	33	1
KUNG PAO CHICKEN	1228	74	79	12	58	8
GROUND CHICKEN AND EGGPLANT	792	33	40	7	73	9
ORANGE PEEL CHICKEN	1151	61	46	8	127	14
DALI CHICKEN	1091	91	52	9	53	6

ITEM	CALORIES	PROTEIN	FAT	SAT FAT	CARBS	FIBER
MEAT						
SWEET AND SOUR PORK	1095	61	46	14	106	3
MU SHU PORK	871	57	50	13	50	25
WOK SEARED LAMB	1081	62	80	28	29	8
WOK CHARRED BEEF	941	63	63	14	33	8
MONGOLIAN BEEF	1178	96	73	19	29	2
BEEF A LA SICHUAN	1172	86	64	17	56	5
ORANGE PEEL BEEF	1568	88	85	20	115	14
CHENGDU SPICED LAMB	1056	62	75	19	34	5
SEAFOOD						
WILD ALASKAN SOCKEYE SALMON STEAMED WITH GINGER	646	60	36	6	23	5
WILD ALASKAN SOCKEYE SALMON STEAMED WITH GINGER - <i>GLUTEN FREE</i>	672	60	36	6	30	6
CANTONESE SHRIMP	330	33	12	2	21	4
CANTONESE SCALLOPS	408	39	16	3	26	4
OO LONG MARINATED SEA BASS	521	64	12	3	40	3
CRISPY HONEY SHRIMP	1061	35	44	6	118	2
SHRIMP WITH CANDIED WALNUTS	1225	60	80	12	74	2
CHANG'S LEMON SCALLOPS	952	69	28	4	100	3
SALT AND PEPPER PRAWNS	844	45	50	7	55	5
LEMON PEPPER SHRIMP	701	36	36	5	59	5
HOT FISH	1338	60	71	14	111	8
KUNG PAO SCALLOPS	1136	87	57	8	66	9
KUNG PAO SHRIMP	977	60	58	8	58	9
SICHUAN FROM THE SEA SCALLOPS	1030	70	36	5	98	3
SICHUAN FROM THE SEA SHRIMP	728	44	37	5	55	3
SICHUAN FROM THE SEA CALAMARI	1078	69	36	6	118	4
ORANGE PEEL SHRIMP	1010	47	41	6	118	14
NOODLES, MEINS, AND RICE						
CHOW MEIN WITH BEEF	793	54	26	7	84	7
CHOW MEIN WITH PORK	898	61	34	10	83	6
CHOW MEIN WITH CHICKEN	689	49	16	3	84	6
CHOW MEIN WITH SHRIMP	625	41	13	2	84	6
CHOW MEIN COMBO	912	61	34	8	86	6
DOUBLE PAN-FRIED NOODLES WITH BEEF	1186	53	56	11	112	6
DOUBLE PAN-FRIED NOODLES WITH PORK	1208	50	60	12	114	7
DOUBLE PAN-FRIED NOODLES WITH CHICKEN	1072	42	47	7	115	7
DOUBLE PAN-FRIED NOODLES WITH SHRIMP	1031	37	46	7	115	7
DOUBLE PAN-FRIED NOODLES COMBO	1384	68	69	13	118	7
CANTONESE CHOW FUN WITH CHICKEN	1045	60	23	4	146	5
CANTONESE CHOW FUN WITH BEEF	1212	69	38	10	142	5
GARLIC NOODLES	612	18	11	2	111	6
SINGAPORE STREET NOODLES	572	28	16	3	81	7
SINGAPORE STREET NOODLES - <i>GLUTEN FREE</i>	566	28	15	2	81	4
P.F. CHANG'S FRIED RICE WITH BEEF	1228	58	40	10	150	5
P.F. CHANG'S FRIED RICE WITH PORK	1360	55	57	13	150	5
P.F. CHANG'S FRIED RICE WITH CHICKEN	1208	47	44	8	151	5
P.F. CHANG'S FRIED RICE WITH SHRIMP	1154	40	41	7	149	4
P.F. CHANG'S FRIED RICE COMBO	1539	68	69	14	154	5
DAN DAN NOODLES	1087	51	30	6	145	7
TAM'S NOODLES	1678	58	93	17	144	6
BROWN RICE - <i>CUP</i>	254	5	2	0	53	4
WHITE RICE - <i>CUP</i>	295	6	1	0	64	1
VEGETARIAN PLATES						
BUDDHA'S FEAST - <i>STEAMED</i>	137	8	1	0	29	10
BUDDHA'S FEAST - <i>STIR FRIED</i>	367	25	5	0	66	10
COCONUT CURRY VEGETABLES	686	30	46	25	48	12
VEGETARIAN MA PO TOFU	537	40	19	1	51	6
STIR-FRIED EGGPLANT	590	10	34	5	64	10
VEGETABLE CHOW FUN	878	22	8	1	181	26

ITEM	CALORIES	PROTEIN	FAT	SAT FAT	CARBS	FIBER
SIDES						
SHANGHAI CUCUMBERS	124	10	6	1	8	4
GARLIC SNAP PEAS - <i>SMALL</i>	129	4	7	1	13	4
GARLIC SNAP PEAS - <i>LARGE</i>	205	7	10	1	23	7
SPINACH STIR-FRIED WITH GARLIC - <i>SMALL</i>	77	7	3	0	9	6
SPINACH STIR-FRIED WITH GARLIC - <i>LARGE</i>	140	12	6	1	16	11
SPICY GREEN BEANS - <i>SMALL</i>	234	7	13	3	23	6
SPICY GREEN BEANS - <i>LARGE</i>	602	14	40	7	48	13
SICHUAN-STYLE ASPARAGUS - <i>SMALL</i>	97	6	3	0	16	3
SICHUAN-STYLE ASPARAGUS - <i>LARGE</i>	204	11	6	1	34	6
ASIAN SLAW	585	5	57	8	19	5
DESSERTS						
APPLE PIE MINI DESSERT	170	1	4	2	34	1
BANANA SPLIT MINI DESSERT	167	1	6	1	28	1
CARROT CAKE MINI DESSERT	295	2	14	4	42	1
CREAMY STRAWBERRY CHEESECAKE MINI DESSERT	239	3	20	12	14	1
GREAT WALL OF CHOCOLATE MINI DESSERT	336	1	26	4	24	2
TRES LECHE LEMON DREAM MINI DESSERT	216	4	8	4	32	1
S'MORES MINI DESSERT	323	3	12	7	50	1
TIRAMISU MINI DESSERT	202	3	14	7	15	0
BANANA SPRING ROLLS	814	12	37	16	130	7
COCONUT-PINEAPPLE ICE CREAM	111	4	12	8	25	0
THE GREAT WALL OF CHOCOLATE CAKE	2237	20	90	21	376	13
FLOURLESS CHOCOLATE DOME - <i>GLUTEN FREE</i>	572	8	26	0	84	8

ON YOUR NEXT VISIT TO P.F. CHANG'S TRY ORDERING YOUR FAVORITE DISH:

STOCK VELVETED

This traditional style of Chinese cooking uses vegetable stock instead of oil. This method can reduce calories by 150 to 300, fat by 15 to 30 grams, and carbohydrates by 29 grams.

- Expect a tender, moist protein with less crunch than the original

LIGHT OR NO OIL

By lightening or eliminating the oil you can reduce calories by 150-250 calories and fat by 15-25 grams.

- Expect a slightly less crunchy version of the original

LIGHT SAUCE, NO SAUCE OR SAUCE ON THE SIDE

This allows greater control over certain nutritional aspects like sodium and sugar

ADDITIONS & SUBSTITUTIONS ARE WELCOMED

Add 3 of your favorite vegetables or substitute a protein or vegetable to suit your preference.

- Useful for the Guest who wants to increase the nutritional value of a dish or those with specific dietary needs.