



INDOCHINE
A FAR EAST CAFE
Thai • Vietnamese

Weight Watchers Information

Thai Foods

Chile beef (Neua pad prik),

1 cup = 6 points

Curry, green chicken (Gaeng Kheow Wan Gai)

1 cup = 7 points

Drunken noodles

1 cup = 5 points

Ginger chicken

1 cup = 7 points

Mussaman beef curry

1 cup = 19 points

Pad si-iew (Stir-fried beef with noodles)

1 cup = 6 points

Pad Thai (rice noodles with chicken and shrimp)

1 cup = 9 points

Panang curry

with beef, 1 cup = 13 points

with chicken, 1 cup = 12 points

with pork, 1 cup = 14 points

Peanut sauce

spicy, 2 Tbsp = 4 points

Satay

beef, with peanut sauce,

2 skewers with 1/4 cup sauce = 11 points

beef, without peanut sauce,

2 skewers = 5 points

chicken, with peanut sauce,

2 skewers (with 1/4 cup sauce) = 11 points

chicken, without peanut sauce,
2 skewers = 3 points

Soup

hot and spicy chicken, 1 cup = 3 points

Thai chicken coconut, 1 cup = 8 points

Sticky rice with mango

1 cup sliced mangoes with

1/2 cup sticky rice = 9 points

Thai beef salad

1 cup = 14 points

Thai chicken salad

1 cup = 11 points

Thai coffee or tea

1 cup = 7 points

Thai grilled beef (Nuea nam tok)

1/2 cup on lettuce leaves = 5 points

Thai seafood salad

2 cups = 10 points

Tom yum kung

1 cup = 2 points

Vietnamese Foods

Banh xeo (Vietnamese crepe)

1 (8" x 3") = 15 points

Green papaya salad with pork and shrimp

1 cup = 3 points

Lemon grass chicken

1 cup = 8 points

Nuoc cham

1 Tbsp = 0 points

Soup

Asparagus crab 1 cup = 2 points

Vietnamese beef noodle 1 cup = 2 points

Spring roll

Fresh, Vietnamese 1 (1 3/4 oz) = 2 points

Fried, Vietnamese 1 (4" long) = 4 points

Dipping sauce 2 Tbsp = 0 points

Vietnamese beef balls

(Thit bo vien) 6 (1 1/2 oz) = 2 points

Korean Foods**JapChae**

beef, 1 cup = 7 points

chicken, 1 cup = 7 points

pork, 1 cup = 7 points

Kim Chee

1/2 cup = 0 points