



TIN DRUM
asiacafé

Nutritional Information

Tin Drum provides nutritional information regarding its menu items that is as complete as possible. However, please note the following:
 (i) Special or customized orders will alter the nutritional information contained herein. (ii) From time to time, Tin Drum may have to obtain products from different or substitute suppliers which may alter the nutritional information contained herein. (iii) Menu item ingredients are based upon recipes and portions, but variations may occur based upon ordinary differences inherent in the preparation, local suppliers, region of the country, and season of the year. (iv) Each of our menu items are prepared by hand, individually, so serving sizes can vary. (v) Differences in available dishware, packaging, or containers may affect the serving size. The nutritional information is updated periodically in an attempt to reflect the current nutritional value of our menu items.

Nutrition information powered by FoodCal.

Health claim legend: L = low fat, F = Free

	Protein / Rice	Serving	Calories	Calories fr. Fat	TotalFat	SaturatedFat	TransFat	Cholesterol	Sodium	Carb.	D Fiber	Sugars	Protein	Calorie	Fat	Sat Fat	Cholesterol	Sodium
CURRY		size																
Japanese Katsu	with chicken	1	730	220	26g	16g	0g	75mg	270mg	80g	2g	4g	38g				L	L
Japanese Katsu	with beef	1	720	240	28g	17g	0g	65mg	250mg	79g	2g	4g	33g				L	L
Japanese Katsu	with shrimp	1	670	200	23g	15g	0g	180mg	1010mg	80g	2g	4g	29g					
Japanese Katsu	with tofu	1	640	220	26g	16g	0g	0mg	210mg	81g	2g	4g	16g				F	L
Masaman Curry	with chicken	1	740	240	28g	17g	0g	65mg	260mg	81g	3g	4g	35g				L	L
Masaman Curry	with beef	1	760	270	32g	18g	0g	65mg	250mg	81g	3g	4g	34g				L	L
Masaman Curry	with shrimp	1	710	230	27g	16g	0g	180mg	1010mg	83g	3g	4g	30g					
Masaman Curry	with tofu	1	680	260	30g	16g	0g	0mg	210mg	83g	4g	4g	17g				F	L
Panang Curry	with chicken	1	750	230	27g	16g	0g	65mg	230mg	89g	11g	7g	38g				L	L
Panang Curry	with beef	1	780	260	30g	18g	0g	65mg	230mg	89g	11g	7g	38g				L	L
Panang Curry	with shrimp	1	730	220	26g	16g	0g	180mg	990mg	91g	11g	7g	33g	L				
Panang Curry	with tofu	1	690	240	29g	16g	0g	0mg	190mg	91g	11g	7g	21g	L			F	L

Thai Green Curry	with chicken	1	690	210	24g	16g	0g	65mg	200mg	76g	3g	2g	36g	L			L	L
Thai Green Curry	with beef	1	710	240	27g	17g	0g	65mg	200mg	76g	3g	2g	35g	L			L	L
Thai Green Curry	with shrimp	1	660	200	23g	15g	0g	180mg	950mg	77g	3g	2g	31g	L				
Thai Green Curry	with tofu	1	620	220	26g	16g	0g	0mg	150mg	77g	4g	2g	18g	L			F	L
Tikka Masala	with chicken	1	1110	590	67g	39g	**	215mg	370mg	97g	14g	16g	41g					L
Tikka Masala	with beef	1	1140	610	70g	41g	**	215mg	360mg	97g	14g	16g	40g					L
Tikka Masala	with shrimp	1	1090	580	66g	39g	**	330mg	1120mg	98g	14g	16g	36g					
Tikka Masala	with tofu	1	1050	600	69g	39g	**	150mg	320mg	98g	14g	16g	23g					L
Tin Drum	with chicken	1	760	250	28g	17g	0g	105mg	270mg	72g	2g	3g	48g				L	L
Tin Drum	with beef	1	750	270	31g	18g	0g	85mg	250mg	71g	2g	3g	42g				L	L
Tin Drum	with shrimp	1	680	220	25g	15g	0g	240mg	1260mg	73g	2g	3g	36g					
Tin Drum	with tofu	1	640	240	29g	16g	0g	0mg	190mg	73g	2g	3g	19g				F	L

FRIED RICE

Basil Fried Rice	with beef	1	670	120	13g	4.5g	0g	235mg	1180mg	96g	1g	10g	39g			L	L	
Basil Fried Rice	with chicken	1	650	90	10g	3g	0g	235mg	1180mg	96g	1g	10g	39g			L	L	
Basil Fried Rice	with shrimp	1	620	80	9g	2.5g	0g	350mg	1930mg	97g	1g	10g	34g	L		L	L	
Basil Fried Rice	with tofu	1	580	100	11g	3g	0g	170mg	1140mg	97g	2g	10g	22g	L		L	L	
Mandarin Fried Rice	with beef	1	730	130	14g	4.5g	**	415mg	1110mg	87g	1g	2g	57g			L	L	
Mandarin Fried Rice	with sausage	1	730	250	28g	8g	**	230mg	1120mg	86g	1g	2g	29g					
Mandarin Fried Rice	with shrimp	1	580	80	9g	2.5g	**	350mg	1060mg	87g	1g	2g	33g			L	L	
Mandarin Fried Rice	with tofu	1	540	100	11g	3g	**	170mg	260mg	88g	1g	2g	20g	L		L	L	L
Pineapple F. Rice	with beef	1	670	120	13g	4.5g	0g	235mg	1180mg	96g	1g	11g	38g			L	L	
Pineapple F. Rice	with chicken	1	650	90	10g	3g	0g	235mg	1190mg	96g	1g	11g	39g			L	L	
Pineapple F. Rice	with shrimp	1	620	80	9g	2.5g	0g	350mg	1940mg	98g	1g	11g	34g			L	L	
Pineapple F. Rice	with tofu	1	590	100	12g	3g	0g	170mg	1140mg	98g	2g	11g	21g	L		L	L	
Plain Fried Rice		1	500	60	7g	2g	0g	170mg	1130mg	91g	0g	9g	14g			L	L	
Plain Fried Rice	with beef	1	650	120	13g	4.5g	0g	235mg	1180mg	91g	0g	9g	38g			L	L	
Plain Fried Rice	with chicken	1	630	90	10g	3g	0g	235mg	1180mg	91g	0g	9g	38g			L	L	
Plain Fried Rice	with shrimp	1	600	80	9g	2.5g	0g	350mg	1930mg	93g	0g	9g	33g			L	L	
Plain Fried Rice	with tofu	1	560	100	11g	3g	0g	170mg	1130mg	93g	0g	9g	21g	L		L	L	

NOODLE

Cantonese Noodle	with chicken	1	410	50	6g	1.5g	0g	115mg	1120mg	53g	3g	9g	35g	L	L	L		
Cantonese Noodle	with beef	1	440	80	9g	3g	0g	115mg	1120mg	53g	3g	9g	34g	L	L	L		
Cantonese Noodle	with shrimp	1	390	45	5g	1g	0g	230mg	1870mg	54g	3g	9g	30g	L	L	L		
Cantonese Noodle	with tofu	1	350	70	8g	1.5g	0g	50mg	1070mg	55g	3g	9g	17g	L	L	L	L	
Lo Men	with beef	1	460	100	11g	3g	0g	115mg	1120mg	56g	4g	10g	34g		L	L		
Lo Men	with chicken	1	440	70	8g	1.5g	0g	115mg	1120mg	56g	4g	10g	35g	L	L	L		
Lo Men	with shrimp	1	410	60	7g	1g	0g	230mg	1870mg	57g	4g	10g	29g	L	L	L		
Lo Men	with tofu	1	460	100	11g	3g	0g	115mg	1120mg	56g	4g	10g	34g		L	L		
Pad Thai	with beef	1	530	140	16g	4.5g	0g	235mg	710mg	60g	3g	13g	35g			L		
Pad Thai	with chicken	1	500	110	13g	3g	0g	235mg	720mg	60g	3g	13g	36g	L	L	L		
Pad Thai	with shrimp	1	470	100	11g	2.5g	0g	350mg	1470mg	62g	3g	13g	30g	L	L	L		
Pad Thai	with tofu	1	440	120	14g	3g	0g	170mg	670mg	62g	3g	13g	18g	L		L		
Pad Woon Sen	with beef	1	500	130	14g	4g	0g	235mg	1230mg	56g	3g	10g	34g	L		L		
Pad Woon Sen	with chicken	1	480	100	11g	3g	0g	235mg	1230mg	56g	3g	10g	35g	L	L	L		
Pad Woon Sen	with shrimp	1	450	90	10g	2.5g	0g	350mg	1980mg	58g	3g	10g	29g	L	L	L		
Pad Woon Sen	with tofu	1	410	110	13g	2.5g	0g	170mg	1190mg	58g	3g	10g	17g	L	L	L		
Sing Chow Men	with beef	1	510	130	15g	4.5g	0g	235mg	1230mg	58g	4g	10g	34g	L		L		
Sing Chow Men	with chicken	1	490	100	12g	3g	0g	235mg	1230mg	58g	4g	10g	35g	L	L	L		
Sing Chow Men	with shrimp	1	460	90	11g	2.5g	0g	350mg	1980mg	59g	4g	10g	29g	L	L	L		
Sing Chow Men	with tofu	1	420	120	13g	2.5g	0g	170mg	1180mg	59g	4g	10g	17g	L	L	L		
Spicy Spaghetti	with beef	1	450	80	10g	3g	0g	115mg	1180mg	56g	4g	10g	34g		L	L		
Spicy Spaghetti	with chicken	1	420	60	7g	1.5g	0g	115mg	1180mg	56g	4g	10g	34g		L	L		
Spicy Spaghetti	with shrimp	1	400	45	5g	1g	0g	230mg	1930mg	57g	4g	10g	29g	L	L	L		
Spicy Spaghetti	with tofu	1	360	70	8g	1.5g	0g	50mg	1140mg	57g	4g	10g	17g	L	L	L	L	
Tom Yum Soup Noodle	with beef	1	350	50	6g	2g	0g	65mg	540mg	45g	2g	0g	26g	L	L	L	L	
Tom Yum Soup Noodle	with chicken	1	340	30	3.5g	1g	0g	70mg	550mg	45g	2g	0g	29g	L	L	L		
Tom Yum Soup Noodle	with shrimp	1	300	15	2g	0g	0g	180mg	1290mg	46g	2g	0g	22g	L	L	F		
Tom Yum Soup Noodle	with tofu	1	260	40	4.5g	0.5g	0g	0mg	490mg	47g	2g	0g	9g	L	L	L	F	

STIR FRY

Broccoli Stir Fry	with beef	1	570	70	8g	3g	0g	85mg	1140mg	80g	3g	9g	40g		L	L	L	
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Broccoli Stir Fry	with beef without rice	1	270	70	8g	3g	0g	85mg	1140mg	15g	3g	9g	35g	L				
Broccoli Stir Fry	with chicken	1	540	40	4g	1g	0g	85mg	1150mg	80g	3g	9g	41g	L	L	L	L	
Broccoli Stir Fry	w/ chicken w/ brown rice	1	560	50	6g	1.5g	0g	85mg	1150mg	82g	8g	9g	42g	L	L	L	L	
Broccoli Stir Fry	with chicken without rice	1	240	35	4g	1g	0g	85mg	1150mg	15g	3g	9g	36g	L	L	L		
Broccoli Stir Fry	with shrimp	1	500	25	2.5g	0g	0g	240mg	2150mg	82g	3g	9g	34g	L	L	F		
Broccoli Stir Fry	with tofu	1	450	50	6g	1g	0g	0mg	1080mg	82g	3g	9g	18g	L	L	L	F	
Mango Stir Fry	with beef	1	650	70	8g	3g	0g	85mg	1110mg	100g	1g	15g	40g		L	L	L	
Mango Stir Fry	with chicken	1	660	60	6g	1.5g	0g	105mg	1130mg	100g	1g	15g	47g		L	L	L	
Mango Stir Fry	w/ chicken w/ brown rice	1	610	70	8g	2g	0g	105mg	1140mg	85g	6g	15g	46g	L	L	L	L	
Mango Stir Fry	with chicken without rice	1	290	50	6g	1.5g	0g	105mg	1130mg	19g	1g	15g	40g		L	L		
Mango Stir Fry	with shrimp	1	530	50	6g	1g	0g	0mg	1050mg	102g	2g	15g	18g	L	L	L	F	
Mango Stir Fry	w/ shrimp w/ brown rice	1	160	50	6g	1g	0g	0mg	1050mg	20g	2g	15g	11g	L		L	F	
Mango Stir Fry	with shrimp without rice	1	160	50	6g	1g	0g	0mg	1050mg	20g	2g	15g	11g	L		L	F	
Mango Stir Fry	with tofu	1	530	50	6g	1g	0g	0mg	1050mg	102g	2g	15g	18g	L	L	L	F	
Sesame Stir Fry	with beef	1	650	90	10g	3g	0g	85mg	460mg	97g	2g	10g	40g		L	L	L	L
Sesame Stir Fry	with beef without rice	1	280	80	9g	3g	0g	85mg	460mg	16g	2g	10g	34g					
Sesame Stir Fry	with chicken	1	640	50	6g	1.5g	0g	95mg	480mg	97g	2g	10g	44g		L	L	L	L
Sesame Stir Fry	with shrimp	1	580	35	4g	0.5g	0g	240mg	1470mg	99g	2g	10g	34g	L	L	L		
Sesame Stir Fry	with tofu	1	540	60	8g	1g	0g	0mg	400mg	99g	3g	10g	18g	L	L	L	F	L
Sesame Stir Fry	with tofu with brown rice	1	540	60	8g	1g	0g	0mg	400mg	99g	3g	10g	18g	L	L	L	F	L
Sesame Stir Fry	with tofu without rice	1	170	60	7g	1g	0g	0mg	400mg	18g	3g	10g	11g	L		L	F	
Spicy Cashew Stir Fry	with beef	1	670	150	18g	4.5g	0g	85mg	1110mg	83g	1g	10g	41g			L	L	
Spicy Cashew Stir Fry	with beef without rice	1	370	150	17g	4g	0g	85mg	1110mg	18g	1g	10g	36g					
Spicy Cashew Stir Fry	with chicken	1	630	120	14g	2.5g	0g	85mg	1120mg	83g	1g	10g	42g		L	L	L	
Spicy Cashew Stir Fry	with shrimp	1	600	100	12g	1.5g	0g	240mg	2120mg	85g	1g	10g	35g		L	L		
Spicy Cashew Stir Fry	w/ shrimp w/ brown rice	1	620	120	14g	2g	0g	240mg	2120mg	86g	6g	10g	36g	L	L	L		
Spicy Cashew Stir Fry	with shrimp without rice	1	300	100	12g	1.5g	0g	240mg	2120mg	20g	1g	10g	30g			L		
Spicy Cashew Stir Fry	with tofu	1	550	130	16g	2g	0g	0mg	1060mg	85g	2g	10g	18g	L		L	F	
Sweet N Sour Stir Fry	with beef	1	670	90	10g	3g	0g	85mg	400mg	104g	< 1g	19g	39g		L	L	L	L
Sweet N Sour Stir Fry	with beef without rice	1	300	80	9g	3g	0g	85mg	400mg	23g	< 1g	19g	32g					
Sweet N Sour Stir Fry	with chicken	1	680	70	8g	1.5g	0g	105mg	420mg	105g	< 1g	19g	45g		L	L	L	L
Sweet N Sour Stir Fry	w/ chicken w/ brown rice	1	630	80	9g	2g	0g	105mg	420mg	90g	6g	19g	45g		L	L	L	L
Sweet N Sour Stir Fry	with shrimp	1	600	35	4g	0g	0g	240mg	1410mg	106g	< 1g	19g	33g	L	L	F		
Sweet N Sour Stir Fry	with shrimp without rice	1	240	30	3.5g	0g	0g	240mg	1410mg	24g	< 1g	19g	26g	L	L	F		
Sweet N Sour Stir Fry	with tofu	1	560	60	8g	1g	0g	0mg	340mg	106g	1g	19g	16g	L	L	L	F	L

Teriyaki Stir Fry	with beef	1	630	70	8g	3g	0g	85mg	470mg	95g	< 1g	11g	39g		L	L	L	L
Teriyaki Stir Fry	with beef without rice	1	260	70	8g	3g	0g	85mg	470mg	13g	< 1g	11g	32g					
Teriyaki Stir Fry	with chicken	1	610	40	4.5g	1.5g	0g	95mg	490mg	95g	< 1g	11g	42g		L	L	L	L
Teriyaki Stir Fry	w/ chicken w/ brown rice	1	560	60	7g	1.5g	0g	95mg	490mg	80g	6g	11g	42g	L	L	L	L	L
Teriyaki Stir Fry	with shrimp	1	560	25	2.5g	0g	0g	240mg	1480mg	96g	< 1g	11g	33g	L	L	F		
Teriyaki Stir Fry	with shrimp without rice	1	190	20	2g	0g	0g	240mg	1480mg	15g	< 1g	11g	26g	L	L	F		
Teriyaki Stir Fry	with tofu	1	510	50	6g	1g	0g	0mg	420mg	97g	< 1g	11g	16g	L	L	L	F	L

DRUMROLL

Chicken Teriyaki Drumroll	with chicken	1	310	90	10g	6g	0g	50mg	340mg	28g	2g	4g	24g					
Shrimp Tempura Drumroll	with shrimp	1	300	100	11g	5g	0g	120mg	840mg	30g	3g	4g	19g					
Steak Drumroll	with steak	1	330	120	13g	6g	0g	45mg	340mg	29g	2g	4g	22g				L	
Thai Chicken Drumroll	with chicken	1	320	110	12g	6g	0g	50mg	330mg	28g	2g	3g	24g					
Thai Drumroll	with tofu	1	260	110	12g	6g	0g	0mg	290mg	29g	2g	3g	11g				F	
Tempura Drumroll	with tofu	1	390	190	22g	7g	0g	0mg	310mg	35g	5g	5g	16g				F	L
Teriyaki Drumroll	with tofu	1	260	100	11g	5g	0g	0mg	300mg	29g	2g	4g	11g	L			F	

SOUP

Coconut Soup		16 oz.	180	150	18g	16g	0g	0mg	560mg	5g	< 1g	0g	3g					F
Coconut Soup	with chicken	16 oz.	220	160	19g	16g	0g	20mg	580mg	5g	< 1g	0g	11g					L
Coconut Soup	with shrimp	16 oz.	210	160	19g	16g	0g	60mg	830mg	6g	< 1g	0g	9g					
Coconut Soup	with tofu	16 oz.	200	160	20g	16g	0g	0mg	570mg	6g	< 1g	0g	5g					F
Egg Drop Soup		16 oz.	30	10	1.5g	0g	0g	45mg	550mg	2g	0g	0g	2g	L			F	
Egg Drop Soup	with chicken	16 oz.	70	20	2g	0.5g	0g	70mg	560mg	2g	0g	0g	11g	L	L	L		
Egg Drop Soup	with shrimp	16 oz.	60	15	2g	0g	0g	105mg	810mg	2g	0g	0g	9g	L	L	F		
Egg Drop Soup	with tofu	16 oz.	50	25	2.5g	0.5g	0g	45mg	550mg	3g	0g	0g	5g	L		L		
Hot N Sour Soup		16 oz.	45	15	2g	0g	0g	20mg	480mg	2g	0g	0g	4g	L		F	L	
Hot N Sour Soup	with chicken	16 oz.	90	25	3g	0.5g	0g	40mg	490mg	2g	0g	0g	12g	L	L	L		
Hot N Sour Soup	with shrimp	16 oz.	80	20	2.5g	0g	0g	80mg	750mg	3g	0g	0g	10g	L	L	F		
Hot N Sour Soup	with tofu	16 oz.	70	30	3.5g	0.5g	0g	20mg	480mg	3g	0g	0g	6g	L		L	L	

SPRING ROLL

Crab N Cheese Roll		1	170	130	14g	6g	0g	40mg	170mg	6g	0g	1g	4g					
Curry Chicken Roll		1	130	50	6g	1g	0g	35mg	70mg	5g	0g	0g	14g				L	
Thai Basil Roll		1	80	40	4.5g	0.5g	0g	0mg	55mg	8g	< 1g	0g	2g				F	L
Veggie Spring Roll		1	70	40	4.5g	0.5g	0g	0mg	70mg	7g	1g	1g	2g	L		L	F	L

SALAD

Small Chop-Chop Salad	no dressing		210		13g	2.5g	0g	0mg	350mg	22mg	5g		4g					
Large Chop-Chop Salad	no dressing		300		15g	2.5g	0g	0mg	440mg	38mg	11g		7g					
Small Chop-Chop Salad	cucumber-wasabi dsg.		295		22g	4g	0g	2g	475mg	22.5r	5g		4g					
Small Chop-Chop Salad	LF honey ginger dsg.		220		13g	2.5g	0g	0mg	430mg	24.5r	5g		4g					
Small Chop-Chop Salad	asian sesame dsg.		255		16g	3g	0g	0mg	485mg	26.5r	5g		4g					
Small Chop-Chop Salad	balsoymic vinaigrette dsg.		265		17.5g	3g	0g	0mg	352.5mg	26mg	5g		4g					
Large Chop-Chop Salad	cucumber-wasabi dsg.		470		33g	5.5g	0g	3g	690mg	39mg	11g		7g					
Large Chop-Chop Salad	LF honey ginger dsg.		320		15g	2.5g	0g	0mg	600mg	43mg	11g		7g					
Large Chop-Chop Salad	asian sesame dsg.		390		21g	3.5g	0g	0mg	710mg	47mg	11g		7g					
Large Chop-Chop Salad	balsoymic vinaigrette dsg.		410		24g	3.5g	0g	0mg	445mg	46mg	11g		7g					

SIDES

Fried Rice		10 oz.	340	20	2g	0.5g	0g	40mg	540mg	70g	0g	4g	7g		L	L	L	
Brown Rice		10 oz.	190	10	1.5g	0g	**	0mg	0mg	40g	3g	**	4g	L	L	F	F	F
Edamame		1	90	20	2g	0g	0g	0mg	30mg	4g	8g	0g	10g	L	L	F	F	L
Egg Noodles		10 oz.	230	30	3.5g	0.5g	0g	50mg	10mg	43g	2g	< 1g	8g		L	L		L
Japanese Gyoza		5	240	25	2.5g	0g	0g	30mg	510mg	43g	2g	2g	14g		L	F	L	
Rice Noodles		10 oz.	190	0	0g	0g	**	0mg	30mg	42g	2g	**	2g	L	L	F	F	L
Veggie Samosa		5	160	30	3g	0g	0g	0mg	520mg	30g	5g	3g	6g		L	F	F	
White Rice		10 oz.	200	0	0g	0g	**	0mg	0mg	44g	< 1g	0g	4g		L	F	F	F