

# PICK A MEAL



**BOWL** 190-990 cal

1 entree & 1 side

starts at\* \$6.10



**PLATE** 240-1460 cal

2 entrees & 1 side

starts at\* \$7.30



**BIGGER PLATE** 320-1930 cal

3 entrees & 1 side

starts at\* \$8.80

*Limit 3 entrees per plate*

# ENTREE CHOICES

*Check the line for Chef's Specials*

Orange Chicken  380 cal

String Bean Chicken Breast  190 cal

Kung Pao Chicken  290 cal

Mushroom Chicken  170 cal

Beijing Beef  470 cal

Broccoli Beef  150 cal

Shanghai Angus Steak  310 cal

Honey Walnut Shrimp  360 cal

\*  Additional Premium Charge: \$1.25

## SIDE CHOICES

Choose One or get Half & Half

### Chow Mein

510 cal

### White Steamed Rice

380 cal

### Mixed Vegetables

80 cal

### Brown Steamed Rice

420 cal

### Fried Rice

520 cal

## MORE CHOICES

Chicken Egg Roll 200 cal

\$1.95

Veggie Spring Rolls (2) 190 cal

\$1.95

## A LA CARTE BOXES

### Entrees

80-1645 cal

Premium  
Entree

### Sides

120-1040 cal

Sm

\$4.10

\$5.35

Med

\$7.40

\$8.65

Lg

\$10.10

\$11.35

Med

\$3.10

Lg

\$4.10



## DRINKS

Fountain 0-510 cal

\$1.79 | \$2.09 |

 Spicy  Wok Smart | 300 calories or less & at least 8g of protein

2,000 cal/day is used for general nutrition advice. Calorie needs vary. More nutrition information available upon request.