

SIDE CHOICES

Choose One or get Half & Half

Chow Mein

510 cal

Super Greens

90 cal

Fried Rice

520 cal

White Steamed Rice

380 cal

Brown Steamed Rice

420 cal

A LA CARTE BOXES

Entrees

150-1960 cal

Premium
Entree

Sides

90-1040 cal

Sm \$4.10 | \$5.35

Med \$7.40 | \$9.90

Lg \$10.10 | \$13.85

Med \$3.10

Lg \$4.10



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

MORE CHOICES

Chicken Egg Roll 380 cal \$1.95

Veggie Spring Rolls (2) 190 cal \$1.95

Cream Cheese Ragoons (3) 190 cal \$1.95

DRINKS



Fountain 0-570 cal \$2.40 | \$2.60

Bottled Water \$1.95

Assorted Bottled Drinks Prices Vary

Juice \$2.75

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

PICK A MEAL



BOWL 240-1010 cal
1 entree & 1 side

starts at* \$6.30

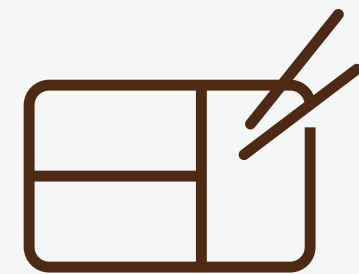
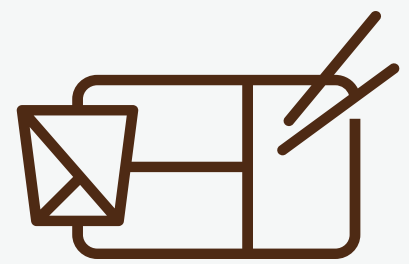


PLATE 390-1500 cal
2 entrees & 1 side

starts at* \$7.80



BIGGER PLATE 540-1990 cal
3 entrees & 1 side

starts at* \$9.30

Limit 3 entrees per plate

FAMILY FEAST

240-1990 cal per person

3 lg entrees & 2 lg sides • serves 4-5

starts at* \$34.00

ENTREE CHOICES

Check the line for Chef's Specials

Orange Chicken  490 cal

String Bean Chicken Breast  190 cal

Kung Pao Chicken  290 cal

Mushroom Chicken  220 cal

Beijing Beef  470 cal

Broccoli Beef  150 cal

Honey Walnut Shrimp  360 cal

Grilled Teriyaki Chicken  300 cal

SweetFire Chicken Breast  380 cal

Black Pepper Chicken  280 cal

Black Pepper Angus Steak  180 cal

Honey Sesame Chicken 420 cal

*  Additional Premium Charge: Entree + \$1.25 | Family Feast Entree + \$3.75