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VEGETABLES

Super Greens 30 cal

NOODLES

Chow Mein 510 cal

RICE

Fried Rice 520 cal

White Rice 380 cal

Brown Rice 420 cal

A LA CARTE

Medium \$4.40 Large \$5.40

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BOWL

1 Entrée + Side(s)
240-1010 cal \$7.90

PLATE

2 Entrée + Side(s)
390-1500 cal \$9.40

BIGGER PLATE

3 Entrée + Side(s)
540-1990 cal \$10.90

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APPETIZERS 160 200 CAL \$2.10

DRINKS

Fountain 0-570 cal \$2.35 \$2.79 \$2.99

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional information available upon request.

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FAVORITES

The Original Orange Chicken 490 cal
Beijing Beef 470 cal

PREMIUM +\$1.50

Honey Walnut Shrimp 360 cal

WOK SMART

300 CALORIES OR LESS AND AT LEAST 8G OF PROTEIN

Broccoli Beef 150 cal

Kung Pao Chicken 290 cal

Grilled Teriyaki Chicken 300 cal

A LA CARTE

Small \$4.40 Medium \$7.70 Large \$10.40

PREMIUM A LA CARTE

Small \$5.90 Medium \$9.10 Large \$11.80