PICK A MEAL

BOWL 190-990 cal
1 entree & 1 side $6.20

PLATE 240-1460 cal
2 entrees & 1 side $7.60

BIGGER PLATE 320-1930 cal
3 entrees & 1 side $9.10

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
Sm $4.10 $5.35
Med $7.40 $8.65
Lg $10.10 $11.35

Sides 120-1040 cal
Med $3.10 Lg $4.10

DRINKS
Fountain 0-510 cal $1.90 $2.10

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.