

1

## CHOOSE A MEAL

### BOWL

1 Entree + Side(s)  
240 - 1010 cal 9.70

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### PLATE

2 Entrees + Side(s)  
390 - 1500 cal 11.35

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### BIGGER PLATE

3 Entrees + Side(s)  
540 - 1990 cal 13.00

2

## CHOOSE SIDES

### VEGETABLES

Super Greens 90 cal

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### NOODLES

Chow Mein 510 cal

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### RICE

Fried Rice 520 cal  
White Rice 380 cal  
Brown Rice 420 cal

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### A LA CARTE

Medium 5.10 Large 6.20

# 3

## CHOOSE ENTREES

### FAVORITES

The Original Orange Chicken® 490 cal 

Beijing Beef® 470 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

### A LA CARTE

Small 5.95    Medium 9.60    Large 12.60

### PREMIUM A LA CARTE

Small 7.65    Medium 12.90    Large 17.50

# 4

## EXTRAS

APPETIZERS 2.20

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### DRINKS

	<i>M</i>	<i>L</i>
Fountain 0-570 cal	3.29	3.59

### BOTTLES

Water 3.79

Juice 3.99

Drinks 3.69

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