PICK A MEAL

BOWL 230-990 cal
1 entree & 1 side  starts at* $6.30

PLATE 380-1460 cal
2 entrees & 1 side  starts at* $7.80

BIGGER PLATE 530-1930 cal
3 entrees & 1 side  starts at* $9.30

Limit 3 entrees per plate

ENTREE CHOICES
Check the line for Chef’s Specials

Orange Chicken  380 cal
Kung Pao Chicken  290 cal
Mushroom Chicken  170 cal
Broccoli Beef  150 cal
Honey Walnut Shrimp  360 cal
Grilled Teriyaki Chicken  300 cal
Black Pepper Angus Steak  280 cal
Sweetfire Chicken Breast  380 cal
Eggplant Tofu  340 cal

*P Additional Premium Charge: $1.50
SIDE CHOICES
Choose One or get Half & Half

Chow Mein 510 cal
White Steamed Rice 380 cal
Super Greens 90 cal
Fried Rice 520 cal

MORE CHOICES

Chicken Egg Roll 200 cal $1.95
Veggie Spring Rolls (2) 190 cal $1.95
Cream Cheese Rangoon (3) 190 cal $1.95

A LA CARTE BOXES

<table>
<thead>
<tr>
<th>Entrees</th>
<th>Premium Entree</th>
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<tbody>
<tr>
<td>Sm</td>
<td>$4.40</td>
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<tr>
<td>Med</td>
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<tr>
<td>Lg</td>
<td>$10.40</td>
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<table>
<thead>
<tr>
<th>Sides</th>
<th>80-1040 cal</th>
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<tbody>
<tr>
<td>Med</td>
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<tr>
<td>Lg</td>
<td>$4.40</td>
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</tbody>
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SPICY Wok Smart | 300 calories or less & at least 8g of protein

DRINKS

Fountain 0-510 cal $1.89 $2.19

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