1. CHOOSE A MEAL

- BOWL
  1 Entree + Side(s)
  240-1010 cal
  $7.59

- PLATE
  2 Entrees + Side(s)
  390-1500 cal
  $8.99

- BIGGER PLATE
  3 Entrees + Side(s)
  540-1990 cal
  $10.19

- FAMILY FEAST
  3 Large Entrees + 2 Large Sides
  1280-7015 cal
  $39.99

2. CHOOSE SIDES

- VEGETABLES
  Super Greens 90 cal

- NOODLES
  Chow Mein 510 cal

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

3. CHOOSE ENTREES

- FAVORITES
  The Original Orange Chicken® 490 cal
  Beijing Beef® 470 cal
  Honey Sesame Chicken 420 cal
  Sweet Fire Chicken 380 cal

- PREMIUM
  Honey Walnut Shrimp 360 cal
  Crispy Almond Chicken 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 cal
  Black Pepper Chicken 280 cal
  Black Pepper Steak 180 cal

4. EXTRAS

- APPETIZERS
  160-200 cal | $2.35
  Chicken Egg Roll 200 cal
  Veggie Spring Roll 190 cal
  Cream Cheese Rangoon 190 cal

- A LA CARTE
  Small $4.99    Medium $8.19    Large $10.99

- DRINKS
  Fountain 0-510 cal
  $2.19

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