# Choose a Meal

<table>
<thead>
<tr>
<th>Meal Type</th>
<th>Entrees/Sides</th>
<th>Calories</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bowl</strong></td>
<td>1 + Side(s)</td>
<td>240-1010</td>
<td>$8.29</td>
</tr>
<tr>
<td><strong>Plate</strong></td>
<td>2 Entrees + Side(s)</td>
<td>390-1500</td>
<td>$9.79</td>
</tr>
<tr>
<td><strong>Bigger Plate</strong></td>
<td>3 Entrees + Side(s)</td>
<td>540-1990</td>
<td>$11.29</td>
</tr>
<tr>
<td><strong>Family Feast</strong></td>
<td>2 Large Sides</td>
<td></td>
<td>$43.00</td>
</tr>
</tbody>
</table>

# Choose Sides

<table>
<thead>
<tr>
<th>Category</th>
<th>Side</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td>Super Greens</td>
<td>90 cal</td>
</tr>
<tr>
<td><strong>Noodles</strong></td>
<td>Chow Mein</td>
<td>510 cal</td>
</tr>
<tr>
<td><strong>Rice</strong></td>
<td>Fried Rice</td>
<td>520 cal</td>
</tr>
<tr>
<td></td>
<td>White Rice</td>
<td>380 cal</td>
</tr>
</tbody>
</table>

**A La Carte**

Medium $4.69  
Large $5.69
### 3 CHOOSE ENTREES

**FAVORITES**
- The Original Orange Chicken®  490 cal
- Beijing Beef®  470 cal
- Honey Sesame Chicken  420 cal
- Sweet Fire Chicken
- Hot Orange Chicken  590 cal

**PREMIUM**  $1.59
- Black Pepper Steak  180 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

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**A LA CARTE**
- Small $5.29  Medium $8.59  Large $11.79

**PREMIUM A LA CARTE**
- Small $6.79  Medium $10.09  Large $12.79

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### 4 EXTRAS

**APPETIZERS**  160-200 cal  |  $2.59
- Chicken Egg Roll (1)  200 cal
- Veggie Spring Roll (2)  190 cal
- Cream Cheese Rangoon (3)  190 cal
- Apple Pie Roll (1)  150 cal

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**DRINKS**
- Fountain 0-510 cal  $2.59

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