



Calories (USA)

CALORIES (USA)	PICK 1	PICK 2	PICK 3	WOK BOXES
Chicken Dishes	7oz	6oz	5oz	16oz
Chicken & Broccoli	350	300	250	800
General Tso's Chicken (spicy)	530	460	380	1220
Honey Garlic Chicken (Signature Dish)	630	540	450	1440
Orange Chicken (Signature Dish)	590	500	420	1340
Hunan Chicken (spicy)	280	240	200	640
Sesame Chicken	540	470	390	1250
Spicy Chicken (spicy)	200	170	140	450
Kung Pao Chicken (spicy)	250	220	180	580
Green Bean Chicken	210	180	150	480
Chicken with Mushrooms	210	180	150	480
Oriental Grilled Chicken	290	250	210	670
Chicken with Snow Peas	200	170	140	450
Honey Lemon Chicken	320	280	230	740
Black Pepper Chicken	220	190	160	510
Beef Dishes	7oz	6oz	5oz	16oz
Mongolian Beef	420	360	300	960
Spicy Beef (spicy)	250	220	180	580
Black Pepper Beef	250	220	180	580
Beef & Broccoli (Signature Dish)	270	230	190	610
Ginger Beef	490	420	350	1120
Pepper Steak	250	220	180	580
Hunan Beef (spicy)	290	250	210	670
Pork Dishes	7oz	6oz	5oz	16oz
Honey Garlic Ribs	530	450	380	1220
Sweet & Sour Pork	490	420	350	1120
BBQ Pork	350	300	250	800
Seafood Dishes	7oz	6oz	5oz	16oz
Garlic Shrimp & Vegetables	240	200	170	640
Vegetable Dishes	7oz	6oz	5oz	16oz
Fresh Vegetables	200	170	140	450
Garlic Green Beans	160	140	120	380
Black Mushroom Tofu	230	200	170	640



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CALORIES (USA)	PICK 1	PICK 2	PICK 3	WOK BOXES
Sides	4pcs	3pcs	3pcs	
Chicken Tenders	230	170	170	
Chicken Wings	330	250	250	
Breaded Shrimp	360	270	270	
	Cals/1pc			
Chicken Egg Roll	150			
Vegetable Egg Roll	150			
White Fish Tempura	170			
Sauce	1oz			
Sweet & Sour Sauce	40			
Soup	12oz			
Egg Drop Soup	70			
Hot & Sour Soup (spicy)	130			
Wonton Soup	190			
Noodle Soup	36oz			
Chicken	470			
Beef	550			
Shrimp	440			
Pork Dumpling	550			
Vegetable	330			
Shrimp Wonton	540			
Chicken Wonton	540			
Rice & Noodles	10oz	8oz	9oz	16oz
Bean Sprout Chow Mein	270	220	240	430
Shanghai Noodles	510	410	460	820
Noodles	440	350	390	690
Fried Rice	520	420	470	840
Steamed White Rice	460	370	420	750
Steamed Brown Rice	400	320	360	650