

WOK COMBO VEGETABLE ENTRÉES

	Servings per Portion	Per Serving			
		Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
House Special Tofu	1	980	9.0	2410	98
House Special Tofu w/ Vegetables	1	1010	9.0	2430	104
Kung Pao Tofu	1	630	6.0	2280	61
Garlic Tofu	1	590	5.0	1980	63
Tofu and Vegetables	1	590	5.0	1990	63
Crispy Honey Tofu	1	620	4.5	540	78
Orange Peel Tofu	1	620	4.5	1370	77
Sweet and Sour Tofu	1	680	4.5	420	98
Lemon Tofu	1	650	4.5	30	89
Mongolian Tofu	1	670	5.0	1900	70
Tofu and Broccoli	1	600	5.0	2020	65

WOK COMBO SIDES

Steamed White Rice	1	150	0.0	0	32
Steamed Brown Rice	1	130	0.0	5	26
Egg Fried Rice	1	170	1.5	310	22
Plain Chow Mein	1	180	0.0	830	35
Plain Yakisoba Noodles	1	220	0.0	890	40
Vegetable Egg Roll (1)	1	110	0.5	240	16
Crispy Dumplings (2)	1	150	2.5	280	13
Cream Cheese Wontons (2)	1	170	4.0	210	13
Small Garden Salad	1	50	0.0	100	6

WOK WISE™

Vegetable Egg Rolls (1)	1	110	0.5	240	16
Vegetable Egg Rolls (2)	1	220	1.5	470	33
Vegetable Egg Rolls (4)	2	215	1.3	470	33
Steamed Dumplings (4)	1	200	3.5	320	18
Steamed Dumplings (8)	2	200	3.5	320	19
Edamame	2	70	0.0	48	6
Wonton Soup	3	123	0.7	940	14
Chinese Chicken Salad	1	390	2.0	990	36
Sweet 'n Spicy Thai Chicken Salad	1	360	3.0	810	23
Buddha's Feast - Dark Sauce	2	220	0.5	1525	39
Buddha's Feast - White Wine Sauce	2	125	0.5	625	17
Shrimp and Vegetables	2	195	1.0	1380	19
Chicken and Vegetables - White Wine Sauce	2	235	1.3	655	16

WOK WISE™ COMBOS (with brown rice & salad)

Buddha's Feast - Dark Sauce	1	460	1.5	2110	81
Buddha's Feast - White Wine Sauce	1	350	1.0	955	54
Chicken and Vegetables - White Wine Sauce	1	460	1.5	985	49
Garlic Shrimp	1	520	1.5	2935	80
Shrimp and Vegetables	1	390	1.0	1605	52

DRAGON DEALS VALUE MENU

Orange Peel Chicken	1	980	7.0	1480	130
Crispy Honey Chicken	1	970	7.0	1560	124
Kung Pao Chicken Value Bowl	1	750	6.0	2350	83
Beef & Broccoli Value Bowl	1	760	5.0	2190	91
House Yakisoba Value Bowl	1	680	2.5	2820	100
Chicken Pad Thai Value Bowl	1	480	3.0	1360	73

CATERING - ENTRÉES

House Special Chicken - SM	5	720	7	1660	55
House Special Chicken - MED/LG	8/16	710	7	1630	55
Kung Pao Chicken - SM	5	670	5	1830	64
Kung Pao Chicken - MED/LG	8/16	660	5	1830	64
Garlic Chicken - SM	5	480	4	1370	42
Garlic Chicken - MED/LG	8/16	490	4.5	1370	42
Orange Peel Chicken - SM	5	870	7	1080	105
Orange Peel Chicken - MED/LG	8/16	820	6	1070	101
Chicken and Vegetables - SM	5	300	1.5	1360	32
Chicken and Vegetables - MED/LG	8/16	310	1.5	1360	32
Sweet and Sour Chicken - SM	5	610	4	980	81
Sweet and Sour Chicken - MED/LG	8/16	620	4.5	980	82
Crispy Honey Chicken - SM/MED/LG	5/8/16	800	7	1540	74
House Special Beef - SM	5	800	8	1810	61

CATERING - ENTRÉES

	Servings per Portion	Per Serving			
		Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
House Special Beef - MED/LG	8/16	800	8	1780	61
Beef and Broccoli - SM/MED/LG	5/8/16	550	5	1510	48
Mongolian Beef - SM	5	810	7	1500	60
Mongolian Beef - MED/LG	8/16	830	7	1510	62
Garlic Shrimp - SM/MED/LG	5/8/16	250	1	1940	35
Shrimp and Vegetables - SM/MED/LG	5/8/16	180	1	1230	18
Orange Peel Tofu - SM	5	660	4.5	970	85
Orange Peel Tofu - MED/LG	8/16	660	4.5	970	85
Buddha's Feast - SM	5	130	0	580	17
Buddha's Feast - MED/LG	8/16	140	0	590	17
House Special Chicken Box Lunch	1	880	5	2110	119

CATERING - SIDES

Pad Thai Chicken Noodles - SM	10	380	3	1000	46
Pad Thai Chicken Noodles - MED/LG	16/32	370	3	990	45
House Chow Mein Noodles - SM	10	230	1	920	38
House Chow Mein Noodles - MED/LG	16/32	230	1	940	38
Chicken Chow Mein Noodles - SM/MED/LG	10/16/32	260	1	890	38
Vegetable Chow Mein Noodles - SM/MED/LG	10/16/32	170	0	830	33
House Fried Rice - SM	10	220	1.5	420	29
House Fried Rice - MED/LG	16/32	270	2.5	470	30
Chicken Fried Rice - SM	10	220	1.5	380	29
Chicken Fried Rice - MED/LG	16/32	270	2.5	410	29
Vegetable Fried Rice - SM	10	170	1	370	28
Vegetable Fried Rice - MED/LG	16/32	230	2	400	29
Egg Fried Rice - SM	10	170	1	370	27
Egg Fried Rice - MED/LG	16/32	220	1	400	28

CATERING - SALADS

Chinese Chicken Salad - SM	10	100	0	240	9
Chinese Chicken Salad - MED	16	100	0	230	8
Chinese Chicken Salad - LG	32	90	0	230	8
Mandarin Garden Salad - SM	10	100	0	45	12
Mandarin Garden Salad - MED	16	100	0	45	11
Mandarin Garden Salad - LG	32	100	0	45	11
Stix Original Dressing	1	10	0	120	2
Spicy Lime Cilantro Dressing	1	10	0	105	3

CATERING - APPETIZERS & DESSERTS

Cream Cheese Wonton (1)	1	80	2	105	6
Vegetable Egg Roll (1)	1	110	0.5	240	16
Crispy Dumpling (1)	1	70	1	140	6
Asian Lettuce Wraps (1)	1	130	0	250	8
Hoisin Fruit Sauce	1	10	0	70	3
Apple Cinnamon Wrap (1)	1	110	0.5	80	18

Wok your tastebuds, not your waistline.

Let us help you make healthier choices.

- We offer Steamed Brown Rice, with 3 grams of fiber per serving.
- Many of our menu items are 500 calories or less
- We only use boneless, skinless chicken in all of our chicken entrées
- We only use 100% Trans Fat free oil
- You can substitute steamed white meat chicken or tofu in any of our dishes.



FRESH ASIAN FLAVORS®

Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

There may be variations in nutritional content across servings, based on variations in overall size and quantities of ingredients, and based on special ordering. Wok Wise [TM] - Pick Up Stix favorites with about 500 calories or less. Calorie content does not include dressing, side sauces or rice unless otherwise specified. © 2010 Pick Up Stix, Inc. 7/10

FRESH ASIAN FLAVORS®

The Pick Up Stix® Dragon is pretty fit and trim. That's because he knows we only wok up lean, boneless, skinless chicken in his favorite House Special Chicken. He sometimes gets brown rice too. Pick Up Stix® has always offered lighter choices, like steamed brown rice and steamed white meat chicken, and even tofu. So, be the Dragon. Eat Right, eat Pick Up Stix®.

NUTRITIONAL INFORMATION



STARTERS

	Servings per Portion	Per Serving			
		Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
Cream Cheese Wontons (3)	1	250	6.0	310	19
Cream Cheese Wontons (6)	2	250	6.0	310	20
Pot Sticker Sauce	2	35	0.0	600	8
Vegetable Egg Roll (1)	1	110	0.5	240	16
Vegetable Egg Rolls (2)	1	220	1.5	470	33
Vegetable Egg Rolls (4)	2	215	1.3	470	33
Yellow Sweet & Sour Sauce	2	23	0.0	53	6
Crispy Dumplings (4)	1	300	4.5	570	25
Crispy Dumplings (8)	2	295	4.5	565	26
Asian lettuce Wraps (4)	2	375	1.8	765	25
Hoisin Fruit Sauce	2	30	0.0	215	8
Edamame	2	70	0.0	48	6

SOUPS

Wonton Soup	3	123	0.7	940	14
Cup of Wonton Soup	1	180	1.0	1220	20
Hot & Sour Soup	3	190	0.8	1270	26
Fried Crispy Noodles	1	70	0.0	180	15

SALADS

Chinese Chicken Salad	1	390	2.0	990	36
Shanghai Lemon Shrimp Salad	1	510	4.0	910	67
Sweet 'n Spicy Thai Chicken Salad	1	360	3.0	810	23
Mandarin Garden Side Salad	1	220	1.0	110	23
Thai Sweet Chili Dressing	1	138	0.0	638	129
Stix Original Dressing	1	120	0.0	1480	30
Fat Free Spicy-Lime Cilantro Dressing	1	130	0.0	1310	33

CHICKEN ENTRÉES

House Special Chicken	2	620	5.5	1735	55
House Special Chicken w/ Vegetables	2	560	4.5	1735	58
Kung Pao Chicken	2	595	5.5	2100	49
Garlic Chicken	2	425	3.5	1565	43
Chicken and Vegetables	2	315	1.3	1560	36
Sweet and Sour Chicken	2	575	4.0	905	81
Lemon Chicken	2	670	5.5	870	78
Orange Peel Chicken	2	645	5.5	1120	75
Crispy Honey Chicken	2	645	5.0	1250	69

WHITE MEAT CHICKEN ENTRÉES (STEAMED)

House Special Chicken	2	415	1.8	1705	41
House Special Chicken w/ Vegetables	2	370	1.3	1700	51
Kung Pao Chicken	2	370	2.3	2050	38
Honey Chicken	2	310	1.3	435	43
Garlic Chicken	2	310	1.3	1545	36
Orange Peel Chicken	2	320	1.3	1070	44
Sweet and Sour Chicken	2	375	1.3	355	63
Lemon Chicken	2	335	1.3	58	52
Mongolian Chicken	2	390	1.3	1485	43
Chicken and Broccoli	2	315	1.3	1590	38

WHITE MEAT CHICKEN ENTRÉES (Wok'd)

House Special Chicken	2	510	3.5	1710	46
House Special Chicken w/ Vegetables	2	515	3.0	1730	54
Kung Pao Chicken	2	420	3.0	2055	40
Honey Chicken	2	360	2.0	435	46
Garlic Chicken	2	360	2.0	1545	38
Orange Peel Chicken	2	370	2.0	1070	46
Sweet and Sour Chicken	2	430	2.0	360	65
Lemon Chicken	2	385	2.0	60	54
Mongolian Chicken	2	440	2.0	1485	45
Chicken and Broccoli	2	370	2.0	1590	40

SHRIMP ENTRÉES

Kung Pao Shrimp	2	340	1.8	2775	42
Garlic Shrimp	2	280	1.0	2270	40
Shrimp and Vegetables	2	185	1.0	1385	18

VEGETABLE ENTRÉES

	Servings per Portion	Per Serving			
		Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
Buddha's Feast - Dark Sauce	2	220	0.5	1525	39
Buddha's Feast - White Wine Sauce	2	125	0.5	625	17
Tofu and Vegetables	2	540	4.5	1530	55
Crispy Honey Tofu	2	535	4.5	405	63
Orange Peel Tofu	2	550	4.5	1040	65
Sweet and Sour Tofu	2	600	4.5	325	82
Lemon Tofu	2	560	4.5	28	71
Mongolian Tofu	2	615	4.5	1455	62
Tofu and Broccoli	2	540	4.5	1560	57
House Special Tofu	2	710	6.5	1645	70
House Special Tofu w/ Vegetables	2	750	6.5	1670	77
Garlic Tofu	2	535	4.5	1515	55
Kung Pao Tofu	2	560	5.0	2125	58

BEEF ENTRÉES

House Special Beef	2	655	6.0	1840	58
House Special Beef w/ Vegetables	2	575	4.5	1810	61
Kung Pao Beef	2	530	5.0	2140	48
Garlic Beef	2	470	4.0	1630	46
Beef and Broccoli	2	475	4.0	1675	48
Mongolian Beef	2	550	4.0	1570	53

NOODLE BOWLS

Pad Thai Chicken	2	740	6.0	2135	92
Pad Thai Shrimp	2	645	4.5	2640	89
Spicy Basil Chicken Noodles	2	585	5.5	1055	57
Spicy Basil Shrimp Noodles	2	490	4.0	1560	55
Dan Dan Chicken Noodles	2	465	2.3	820	61
Dan Dan Shrimp Noodles	2	370	0.8	1325	59

CHOW MEIN & YAKISOBA

House Special Chow Mein	2	495	1.8	2080	80
Chicken Chow Mein	2	475	1.5	1960	79
Beef Chow Mein	2	500	2.0	1990	80
Shrimp Chow Mein	2	415	0.5	2270	77
Vegetable Chow Mein	2	355	0.5	1865	70
Plain Chow Mein	2	435	0.5	2070	87
House Special Yakisoba Noodles	2	430	1.8	1945	59
Chicken Yakisoba Noodles	2	415	1.5	1820	58
Beef Yakisoba Noodles	2	435	2.0	1850	59
Shrimp Yakisoba Noodles	2	355	0.5	2130	56
Vegetable Yakisoba Noodles	2	330	0.5	1810	57
Plain Yakisoba Noodles	2	460	0.5	1810	81

TERIYAKI BOWLS

Chicken w/ Steamed White Rice	1	1040	3.5	4200	176
Chicken w/ Steamed Brown Rice	1	980	3.5	4210	161
Chicken w/ Egg Fried Rice	1	1090	6.0	4970	150
Beef w/ Steamed White Rice	1	1170	5.0	4150	186
Beef w/ Steamed Brown Rice	1	1110	5.0	4160	171
Beef w/ Egg Fried Rice	1	1220	8.0	4920	160
Vegetables w/ Steamed White Rice	1	850	1.0	3980	177
Vegetables w/ Steamed Brown Rice	1	800	1.0	3990	162
Vegetables w/ Egg Fried Rice	1	900	4.0	4760	151

STEAMED & FRIED RICE

House Special Fried Rice	2	550	5.0	915	57
Chicken Fried Rice	2	530	5.0	790	56
Beef Fried Rice	2	555	5.0	820	58
Shrimp Fried Rice	2	470	4.0	1100	55
Vegetable Fried Rice	2	450	3.5	775	56
Egg Fried Rice	2	470	3.5	865	61
Steamed White Rice (Pint)	2	90	0.0	0	20
Steamed Brown Rice (Pint)	2	80	0.0	3	17
Family Value Pack Steamed White Rice	4	70	0.0	0	15
Family Value Pack Steamed Brown Rice	4	60	0.0	3	12

KID'S WOK

	Servings per Portion	Per Serving			
		Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
House Special Chicken	1	550	4.5	1870	55
House Special Chicken w/ Vegetables	1	580	4.5	1890	60
Crispy Honey Chicken	1	580	4.5	1090	65
Teriyaki Chicken	1	350	2.0	2120	49
White Meat Chicken Dippers	1	490	5.0	950	29
Steamed White Rice	1	220	0.0	0	48
Steamed Brown Rice	1	190	0.0	10	39
Apple Cinnamon Wrap	1	110	0.5	80	18
Kids Mandarin Oranges	2	18	0.0	3	5
Yellow Sweet & Sour Sauce	2	23	0.0	53	6

DESSERTS

Apple Cinnamon Wrap (1)	1	110	0.5	80	18
Apple Cinnamon Wraps (4)	4	110	0.6	80	18
Fudge Brownie	1	430	6.0	260	57
Fortune Cookie	1	35	0.0	10	7

WOK COMBO CHICKEN ENTRÉES

House Special Chicken	1	830	7.0	2520	77
House Special Chicken w/ Vegetables	1	800	6.0	2520	80
Kung Pao Chicken	1	600	6.0	2350	51
Garlic Chicken	1	560	4.5	2050	54
Chicken and Vegetables	1	390	1.5	2030	44
Sweet and Sour Chicken	1	700	4.5	1090	100
Lemon Chicken	1	850	7.0	1040	101
Orange Peel Chicken	1	820	7.0	1480	96
Crispy Honey Chicken	1	810	7.0	1560	90

WOK COMBO CHICKEN ENTRÉES (STEAMED)

House Special Chicken	1	570	2.5	2480	60
House Special Chicken w/ Vegetables	1	560	2.5	2490	65
Kung Pao Chicken	1	420	2.5	2320	41
Crispy Honey Chicken	1	410	1.5	580	59
Garlic Chicken	1	380	1.5	2020	44
Orange Peel Chicken	1	410	1.5	1410	58
Sweet and Sour Chicken	1	470	1.5	450	79
Lemon Chicken	1	440	1.5	70	70
Mongolian Chicken	1	460	1.5	1940	51
Chicken and Broccoli	1	390	2.0	2060	46

WOK COMBO CHICKEN ENTRÉES (Wok'd)

House Special Chicken	1	680	4.5	2490	65
House Special Chicken w/ Vegetables	1	600	4.0	2490	70
Kung Pao Chicken	1	480	3.5	2320	44
Crispy Honey Chicken	1	650	4.5	640	64
Garlic Chicken	1	440	2.5	2020	46
Orange Peel Chicken	1	470	2.5	1410	61
Sweet and Sour Chicken	1	530	2.5	450	81
Lemon Chicken	1	690	4.5	125	75
Mongolian Chicken	1	520	2.5	1940	54
Chicken and Broccoli	1	450	2.5	2060	48

WOK COMBO SHRIMP ENTRÉES

Kung Pao Shrimp	1	390	2.0	3130	46
Garlic Shrimp	1	340	1.5	2830	48
Shrimp and Vegetables	1	210	1.0	1500	20

WOK COMBO BEEF ENTRÉES

House Special Beef	1	910	8.0	2670	83
House Special Beef w/ Vegetables	1	870	7.0	2660	85
Kung Pao Beef	1	660	6.0	2440	55
Garlic Beef	1	620	5.0	2140	58
Beef and Broccoli	1	620	5.0	2190	59
Mongolian Beef	1	700	5.0	2070	65

WOK COMBO VEGETABLE ENTRÉES

Buddha's Feast - Dark Sauce	1	280	1.0	2000	49
Buddha's Feast - White Wine Sauce	1	280	1.0	2000	49
Chicken Chow Mein	1	590	2.5	2420	88
Beef Chow Mein	1	620	3.0	2470	90
Vegetable Chow Mein	1	450	1.0	2390	86

