

鮮

亚洲
味

**WOK COMBO
WHITE MEAT CHICKEN [STEAMED]**

	Servings per Portion	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
Lemon Chicken	1	440	1.5	70	70
Mongolian Chicken	1	460	1.5	1940	51
Chicken and Broccoli	1	390	2	2060	46

WOK COMBO TOFU

	Servings per Portion	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
Tofu and Vegetables	1	580	5	2000	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	1900	70
Tofu and Broccoli	1	600	5	2020	65

DRAGON DEALS VALUE MENU

Crispy Honey Chicken Special	1	810	7	1560	90
Orange Peel Chicken Special	1	820	7	1480	96

Served with

Brown Rice and Salad	1	180	0	105	31
White Rice and Salad	1	200	0	100	38
Kung Pao Chicken Bowl	1	600	6	2350	51
Beef & Broccoli Bowl	1	620	5	2190	59

Served with

Steamed Brown Rice	1	130	0	5	26
Steamed White Rice	1	150	0	0	32
Rice and Rolls	1	690	5	1340	94

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
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

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

	Servings per Portion	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
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
Honey Ginger Dressing	1	15	0	130	2
Spicy Lime Cilantro Dressing	1	10	0	105	3

CATERING - WINGS

House Special – SM/MED/LG	10/16/32	110	1.5	310	6
Sesame BBQ – SM/MED/LG	10/16/32	120	1.5	320	5
Kung Pao – SM/MED/LG	10/16/32	130	2	360	5

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
- We NEVER add MSG to our food
- 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. © 2009 Pick Up Stix, Inc. 6/09



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	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)
Cream Cheese Wontons (3)	1	250	6	310	19
Cream Cheese Wontons (6)	2	250	6	310	19
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	220	1.5	470	33
Crispy Dumplings (4)	1	300	4.5	570	25
Crispy Dumplings (8)	2	300	4.5	570	25
Asian lettuce Wraps (4)	2	370	2	760	25
Edamame	1	140	0	95	12
Pot Sticker Sauce	1	70	0	1200	15
Yellow Sweet & Sour Sauce	1	45	0	105	12
Hoisin Fruit Sauce	1	60	0	430	16

SOUPS

Wonton Soup	3	120	0.5	940	14
Hot & Sour Soup	3	190	1	1270	26
Fried Crispy Noodles	1	70	0	180	15

SALAD

House Special Chicken Salad	1	730	6	1780	76
Chinese Chicken Salad	1	390	2	990	36
Wonton Chicken Salad	1	640	6	1260	65
Mandarin Garden Side Salad	1	220	1	110	23
Stix Original Dressing	1	150	0	1780	36
Fat Free Spicy-Lime Cilantro Dressing	1	150	0	1570	40
Honey Ginger Dressing	1	220	1.5	1920	33

ENTRÉES

House Special Chicken	2	620	5	1740	55
House Special Chicken w/ Vegetables	2	560	4.5	1740	59
House Special Beef	2	660	6	1840	58
House Special Beef w/ Vegetables	2	580	4.5	1810	61
Kung Pao Chicken	2	590	6	2100	49
Kung Pao Beef	2	530	5	2140	48
Kung Pao Shrimp	2	340	2	2780	42
Garlic Chicken	2	430	3.5	1560	43
Garlic Beef	2	470	4	1630	46
Garlic Shrimp	2	280	1	2270	40
Chicken and Vegetables	2	310	1.5	1560	36
Shrimp and Vegetables	2	190	1	1380	18
Beef and Broccoli	2	480	4	1680	48
Mongolian Beef	2	550	4	1570	53
Sweet and Sour Chicken	2	570	4	910	81
Lemon Chicken	2	670	5	870	78
Orange Peel Chicken	2	650	6	1120	75
Crispy Honey Chicken	2	640	5	1250	69

CHOW MEIN & YAKISOBA

House Chow Mein	2	490	1.5	2090	79
Chicken Chow Mein	2	480	1.5	1960	78
Beef Chow Mein	2	500	2	1990	80
Shrimp Chow Mein	2	420	0.5	2270	77
Vegetable Chow Mein	2	350	0	1860	69
Plain Chow Mein	2	440	0	2070	87
House Yakisoba	2	430	1.5	1940	59
Chicken Yakisoba	2	420	1.5	1820	58
Beef Yakisoba	2	440	2	1850	60
Shrimp Yakisoba	2	360	0.5	2130	57
Vegetable Yakisoba	2	340	0	1800	58
Plain Yakisoba	2	460	0	1810	81

WOK SMART

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	220	1.5	470	33
Steamed Dumplings (4)	1	200	3.5	320	18
Steamed Dumplings (8)	2	200	3.5	320	18
Edamame	1	140	0	95	12

WOK SMART

Wonton Soup	3	120	0.5	940	14
Chinese Chicken Salad	1	390	2	990	36
Buddha's Feast – Dark Sauce	2	220	0	1530	38
Buddha's Feast – White Sauce	2	130	0	620	16
Shrimp and Vegetables	2	190	1	1380	18

WOK SMART COMBOS (Includes steamed brown rice and small garden salad)

Chicken and Vegetables	1	450	2	990	50
Shrimp and Vegetables	1	380	1.5	1610	52
Garlic Shrimp	1	520	2	2940	81
Buddha's Feast – Dark Sauce	1	460	1.5	2100	81
Buddha's Feast – White Sauce	1	350	1.5	950	53

STEAMED & FRIED RICE

House Fried Rice	2	550	5	910	57
Chicken Fried Rice	2	530	5	790	56
Beef Fried Rice	2	550	5	820	58
Shrimp Fried Rice	2	470	4	1100	55
Vegetable Fried Rice	2	450	3.5	770	55
Egg Fried Rice	2	470	3.5	870	61
Steamed White Rice	2	180	0	0	40
Steamed Brown Rice	2	160	0	5	33

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	4970	150
Beef w/ Steamed White Rice	1	1170	5	4150	186
Beef w/ Steamed Brown Rice	1	1110	5	4160	171
Beef w/ Egg Fried Rice	1	1220	8	4920	160
Vegetables w/ Steamed White Rice	1	840	1	3980	176
Vegetables w/ Steamed Brown Rice	1	790	1	4000	161
Vegetables w/ Egg Fried Rice	1	890	4	4760	150

ASIAN WINGS

House Special Asian Wings (6)	1	650	8	1840	32
Kung Pao Asian Wings (6)	1	760	11	2140	26
Sesame BBQ Asian Wings (6)	1	680	10	1880	29
House Special Meal – White Rice	1	1060	11	2550	82
House Special Meal – Brown Rice	1	1040	11	2550	76
Kung Pao Meal – White Rice	1	1210	15	2960	74
Kung Pao Meal – Brown Rice	1	1180	15	2960	68
Sesame BBQ Meal – White Rice	1	1100	14	2610	77
Sesame BBQ Meal – Brown Rice	1	1080	14	2620	71

NOODLE BOWLS

Pad Thai Chicken	2	740	6	2140	91
Pad Thai Shrimp	2	640	4.5	2640	89
Spicy Basil Chicken	2	590	5	1050	57
Spicy Basil Shrimp	2	490	4	1560	55
Dan Dan Chicken	2	460	2.5	820	61
Dan Dan Shrimp	2	370	0.5	1330	58

KID'S MEALS

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	2120	49

Served with

Steamed White Rice	1	220	0	0	48
Steamed Brown Rice	1	190	0	10	39
Apple Cinnamon Wrap	1	110	0.5	80	18

DESSERTS

Apple Cinnamon Wraps (1)	1	110	0.5	80	18
Apple Cinnamon Wraps (4)	2	220	1.5	160	36
Fudge Brownie	1	430	6	260	57
Fortune Cookie	1	35	0	10	7

WHITE MEAT CHICKEN (STEAMED)

House Special Chicken	2	420	2	1710	41
House Special Chicken w/ Vegetables	2	360	1	1690	48
Kung Pao Chicken	2	370	2	2050	38
Crispy Honey Chicken	2	310	1	440	43
Garlic Chicken	2	310	1.5	1550	36
Orange Peel Chicken	2	320	1	1070	44
Sweet and Sour Chicken	2	380	1	360	63
Lemon Chicken	2	330	1	60	52
Mongolian Chicken	2	390	1	1490	43
Chicken and Broccoli	2	320	1.5	1590	37

TOFU

House Special Tofu	2	710	6	1640	70
House Special Tofu w/ Vegetables	2	750	6	1670	77
Kung Pao Tofu	2	560	5	2120	58
Garlic Tofu	2	530	4.5	1510	55
Tofu and Broccoli	2	540	4.5	1560	57
Tofu and Vegetables	2	530	4.5	1530	55
Mongolian Tofu	2	610	4.5	1450	62
Sweet and Sour Tofu	2	600	4.5	330	82
Lemon Tofu	2	560	4.5	30	71
Orange Peel Tofu	2	550	4.5	1040	65
Crispy Honey Tofu	2	530	4.5	400	62

WOK COMBO ENTRÉES

House Special Chicken	1	830	7	2520	77
House Special Chicken w/ Vegetables	1	800	6	2530	81
House Special Beef	1	910	8	2670	83
House Special Beef w/ Vegetables	1	880	7	2660	86
House Special Tofu	1	980	9	2410	98
House Special Tofu w/ Vegetables	1	1010	9	2430	104
Kung Pao Chicken	1	600	6	2350	51
Kung Pao Beef	1	660	6	2440	55
Kung Pao Shrimp	1	390	2	3130	46
Kung Pao Tofu	1	630	6	2280	61
Garlic Chicken	1	560	4.5	2050	54
Garlic Beef	1	620	5	2140	58
Garlic Shrimp	1	340	1.5	2830	48
Garlic Tofu	1	590	5	1980	63
Chicken and Vegetables	1	380	1.5	2040	44
Shrimp and Vegetables	1	210	1.5	1500	20
Beef and Broccoli	1	620	5	2190	59
Mongolian Beef	1	700	5	2070	65
Sweet and Sour Chicken	1	700	4.5	1090	100
Lemon Chicken	1	850	7	1040	101
Orange Peel Chicken	1	820	7	1480	96
Crispy Honey Chicken	1	810	7	1560	90

WOK COMBO SIDES

Steamed White Rice	1	150	0	0	32
Steamed Brown Rice	1	130	0	5	26
Egg Fried Rice	1	170	1.5	310	22
Plain Chow Mein	1	180	0	830	35
Plain Yakisoba Noodles	1	220	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	210	13
Small Garden Salad	1	50	0	100	6

WOK COMBO WHITE MEAT CHICKEN (STEAMED)

House Special Chicken	1	570	2.5	2480	60
House Special Chicken w/ Vegetables	1	530	2	2480	66
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