

# APPETIZERS

<b>ASIAN LETTUCE WRAPS</b> (2) 230 cal • Crisp lettuce with minced chicken, mushrooms, water chestnuts and green onions. Garnished with shredded carrots and bean sprouts.	<b>\$7.29</b>
<b>CHICKEN EGG ROLLS</b> (2) 2p. 180 cal • (1) 1p. 180 cal Delicious crispy egg rolls filled with chicken, carrots, green onions, cabbage and noodles.	<b>(2) \$ 3.79</b> <b>(1) \$ 1.99</b>
<b>VEGETABLE SPRING ROLLS</b> (2) 4p. 220 cal • (1) 2p. 220 cal Crispy wrap filled with cabbage, green onions, noodles, mushrooms and carrots.	<b>(4) \$4.99</b> <b>(2) \$ 2.79</b>
<b>GF EDAMAME</b> (2) 150 cal • Soybeans steamed until tender and perfect.	<b>\$ 3.99</b>
<b>CREAM CHEESE WONTONS</b> (2) 6p. 250 cal • (1) 3p. 250 cal Cream cheese blended with green onions and diced water chestnuts in a crisp wonton.	<b>(6) \$4.79</b> <b>(3) \$2.89</b>
<b>CHICKEN DUMPLINGS</b> (2) 8p. 115-300 cal • (1) 4p. 115-300 cal Dumplings stuffed with chicken, cabbage, shallots, ginger and green onions.	<b>(8) \$4.99</b> <b>(4) \$2.79</b>
<b>WONTON SOUP</b> (2) Large 170 cal • (1) Small 170 cal Wontons, shrimp, white chicken, broccoli, carrots, water chestnuts and mushrooms.	<b>(Large) \$5.99</b> <b>(Small) \$2.99</b>

# SALADS

Organic spring mix, romaine and iceberg, with fresh toppings and flavorful dressings.

<b>GF CHOPPED ASIAN VINAIGRETTE</b> (2) 340-350 cal <b>Hormone Free Grilled White Chicken Breast</b> <b>Wild Caught Alaskan Salmon</b>	<b>\$8.29</b> <b>\$10.99</b>
<b>GF SIGNATURE CHINESE</b> (2) 340 cal <b>Hormone Free Grilled White Chicken Breast</b> <b>Wild Caught Alaskan Salmon</b>	<b>\$8.29</b> <b>\$10.99</b>

<b>NEW HOUSE SPECIAL SALAD with Chicken or Tofu</b>	<b>\$8.49</b>
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Organic Spring mix, cabbage, peanuts, carrots, green onions, sesame seeds, crispy wonton strips and our famous House Special Chicken or Tofu in a spicy chili soy vinaigrette.

# RICE & NOODLES

<b>FRIED RICE</b> (2) 370-490 cal Perfectly seasoned fried rice with egg, bean sprouts, carrots, onions and peas.	<b>\$5.09</b>
<b>CHOW MEIN</b> (2) 330-440 cal Tender noodles with onions, cabbage, celery, carrots and bean sprouts in a sweet black sauce. <i>Add Vegetables or Tofu for \$1.79. Chicken for \$1.89. Beef or House (Chicken, Beef &amp; Shrimp) for \$1.99, or Shrimp for \$2.19.</i>	<b>\$5.69</b>

<b>CHICKEN THAI SWEET CHILI NOODLES</b> (2) 490 cal	<b>\$ 7.99</b>
Rice noodles tossed in sweet chili sauce with red peppers, carrots, white onions and broccoli.	
<b>GF CHICKEN PAD THAI</b> (2) 670 cal	<b>\$ 7.99</b>
Rice noodles in our tangy Pad Thai sauce with green and white onions, carrots, cilantro, egg, peanuts, and bean sprouts. <i>Substitute with Shrimp for \$2.19. (2) 630 cal</i>	

**SPICY** **GF** GLUTEN FREE **AsiaFit** FULL FLAVOR UNDER 400 CALORIES PER SERVING

# ENTREES

## CHICKEN ENTREES \$8.99

### STEAMED

<b>GF THAI COCONUT CURRY</b> (2) 270 cal White chicken with fresh red peppers, carrots, white onions and broccoli in our creamy Thai coconut curry.	
<b>GF GARLIC</b> (2) 220 cal • White chicken with freshly wok'd garlic, zucchini, carrots, broccoli, mushrooms, water chestnuts and snap peas in a sweet black sauce.	
<b>THAI SWEET CHILI</b> (2) 330 cal • White chicken with fresh red peppers, carrots, white onions and broccoli in our sweet red chili sauce.	
<b>GF CHICKEN &amp; VEGETABLES</b> (2) 200 cal White chicken with zucchini, carrots, broccoli, mushrooms, water chestnuts and snap peas in a white wine sauce.	

### GRILLED

<b>GF GRILLED BOURBON</b> (2) 340 cal • Tender grilled chicken tossed in our sweet and savory bourbon sauce.	
<b>GF GRILLED TERIYAKI CHICKEN &amp; VEGETABLES</b> (2) 390 cal Grilled chicken, broccoli and carrots in a sweet soy teriyaki sauce.	

### CLASSIC FAVORITES

<b>GENERAL'S ORANGE</b> (2) 580 cal • A sweet and tangy citrus delight.	
<b>ORANGE PEEL</b> (2) 650 cal • Fresh orange slices, red chili peppers and water chestnuts in a sweet orange sauce.	
<b>FIRECRACKER</b> (2) 630 cal • Starts sweet, finishes with a spicy kick, garnished with green onions.	
<b>KUNG PAO</b> (2) 480 cal • A blazing sauce with seared chilies, peanuts, water chestnuts, zucchini and dry chili peppers.	
<b>HOUSE SPECIAL</b> (2) 620 cal • A caramelized sauce of white wine, garlic and soy with green onions.	
<b>CRISPY HONEY</b> (2) 680 cal Crispy white chicken in a sweet honey sauce, garnished with green onions.	
<b>SWEET &amp; SOUR</b> (2) 500 cal • Crispy white chicken with pineapple, broccoli, carrots and onions in a sweet & sour sauce.	

## BEEF ENTREES \$9.19

<b>GF BEEF &amp; BROCCOLI</b> (2) 370 cal Garlic soy sauce with carrots and broccoli.	
<b>MONGOLIAN</b> (2) 500 cal • Rich mild soy and garlic with white and green onions over crispy rice noodles.	
<b>KUNG PAO</b> (2) 440 cal • A blazing sauce with seared chilies, peanuts, water chestnuts, zucchini and dry chili peppers.	

## WILD CAUGHT ALASKAN SALMON \$10.99

<b>GF GRILLED TERIYAKI SALMON</b> (2) 290 cal • Grilled teriyaki salmon with wok tossed fresh red peppers, carrots, broccoli, and onions.	
<b>GF GRILLED SALMON SALAD</b> (2) 260 cal • Grilled salmon over a bed of organic spring mix, romaine and iceberg, carrots, mandarin oranges, cilantro, green onions, sesame seeds and wonton strips with our Signature Honey Ginger dressing.	
<i>All entrees served with your choice of Steamed White Rice (2) (180 cal) or Brown Rice (2) (160 cal). Substitute Fried Rice (2) (470 cal) or Chow Mein (2) (435 cal) for \$1.99.</i>	

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

# ENTREES

## SHRIMP ENTREES \$9.99

<b>GF KUNG PAO</b> (2) 290 cal • A blazing sauce with seared chilies, peanuts, water chestnuts, zucchini and dry chili peppers.	
<b>GF GARLIC</b> (2) 230 cal • Freshly wok'd garlic, zucchini, carrots, broccoli, mushrooms, water chestnuts and snap peas in a sweet black sauce.	
<b>THAI SWEET CHILI</b> (2) 210 cal • Fresh red peppers, carrots, white onions and broccoli in our sweet red chili sauce.	
<b>GF SHRIMP &amp; VEGETABLES</b> (2) 180 cal • Succulent shrimp with zucchini, carrots, broccoli, mushrooms, water chestnuts and snap peas in a white wine sauce.	

## TOFU ENTREES \$7.99

<b>GF FIRECRACKER TOFU</b> (2) 430 cal Starts sweet, finishes with a spicy kick, garnished with green onions.	
<b>HOUSE TOFU</b> (2) 490 cal A caramelized sauce of white wine, garlic and soy with green onions.	
<b>TOFU SUBSTITUTION</b> (2) 370-490 cal We'll be happy to substitute tofu in any entree. <i>Some sauces may contain chicken or seafood stock.</i>	

<b>GF VEGETABLE FEAST</b> (2) 120-210 cal Zucchini, carrots, broccoli, mushrooms, water chestnuts and snap peas freshly wok'd in your choice of sweet soy dark or white wine sauce. <i>Sauces contain chicken stock.</i>	
<i>All entrees served with your choice of Steamed White Rice (2) (180 cal) or Brown Rice (2) (160 cal). Substitute Fried Rice (2) (470 cal) or Chow Mein (2) (435 cal) for \$1.99.</i>	

# FAMILY STYLE

<b>FAMILY VALUE PACK</b> (4) 560-1115 cal 2 Chicken Entrees, 1 Order of Chow Mein or Fried Rice, 4 Cream Cheese Wontons, 4 Crispy Dumplings and Steamed White or Brown Rice.	<b>\$25.99</b>
<b>KID'S WOK</b> • ages 12 and under 680-770 cal Choice of: House Special Chicken, Crispy Honey Chicken, General's Orange Chicken, or White Meat Chicken Dippers. Served with Steamed White or Brown Rice, Mandarin Oranges (36 cal) and a beverage.	<b>\$5.29</b>

# COMBOS

Served daily from 11:00 am to 3:00 pm.

<b>ANY CHICKEN ENTREE</b> 230-930 cal	<b>\$7.69</b>
<b>ANY BEEF ENTREE</b> 570-650 cal	<b>\$7.89</b>
<b>ANY SHRIMP ENTREE</b> 220-360 cal	<b>\$7.99</b>
<b>ANY TOFU ENTREE</b> 380-560 cal	<b>\$6.99</b>

Single serving entree with choice of rice or noodles (130-160 cal) and 2 Cream Cheese Wontons (170 cal).

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