

ENTRÉES

CHICKEN or TOFU - 13.49
STEAK or SHRIMP - 14.49

All entrées served with your choice of Steamed White Rice (2) (190 cal) or Brown Rice (2) (200 cal). Sub Fried Rice (2) (260 cal) or Asian Noodles (2) (435 cal) for \$2.69.



FIRECRACKER CHICKEN
(2) 650 cal.

Starts sweet, ends with a spicy kick. Garnished with green onions.



MONGOLIAN STEAK
(2) 450 cal.

Wok-seared steak, garlic, scallions, and mushrooms, tossed in a rich and sweet soy sauce.



KUNG PAO CHICKEN
(2) 450 cal.

A blazing sauce with seared chillies, peanuts, water chestnuts, zucchini, and dry chili peppers.



GRILLED BOURBON CHICKEN
(2) 300 cal.

Tender grilled chicken tossed in our sweet and savory bourbon sauce.



ORANGE CHICKEN
(2) 450 cal.

A sweet and tangy citrus delight.



HOUSE SPECIAL CHICKEN
(2) 580 cal.

A caramelized sauce of white wine, garlic, and soy. Garnished with green onions.



BEEF & BROCCOLI
(2) 460 cal.

Wok-seared steak, garlic, ginger, scallions, and broccoli, tossed in a rich and sweet soy sauce.



CRISPY HONEY CHICKEN
(2) 390 cal.

Crispy chicken breast in a sweet honey sauce. Garnished with green onions.



HONEY MANGO CHILI CHICKEN
(2) 440 cal.

Crispy chicken and juicy mangos tossed in a honey mango sauce. Served with a lime.



GRILLED TERIYAKI CHICKEN
(2) 250 cal.

Grilled chicken, broccoli, and carrots, tossed in a sweet soy teriyaki sauce.

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THAI COCONUT CURRY CHICKEN
(2) 300 cal.

Marinated chicken breast, red bell peppers, carrots, onions, and broccoli in a creamy Thai coconut curry sauce.



CHICKEN & VEGETABLES
(2) 120 cal.

Marinated chicken breast, broccoli, carrots, zucchini, water chestnuts, and snap peas in a white wine sauce.



KUNG PAO SHRIMP
(2) 380 cal.

A blazing sauce with seared chillies, peanuts, water chestnuts, zucchini, and dry chili peppers.



CRISPY SHRIMP
(2) 230-250 cal.

Crispy shrimp in choice of Honey or Firecracker sauce, with broccoli, carrots, red bell pepper, and onion.

RICE & NOODLES

KOREAN BBQ NOODLES WITH CHICKEN - 13.49
(2) 610 cal.

Marinated chicken breast, red bell peppers, onions, scallions, garlic, and noodles tossed in gochujang sauce.
Sub Steak or Shrimp for \$1.99.

DRUNKEN NOODLES WITH CHICKEN - 13.49
(2) 560 cal.

Stir fried rice noodles, red bell peppers, marinated chicken breast, white and green onions, basil, and garlic in a savory sweet and spicy sauce.
Sub Steak or Shrimp for \$1.99.

FRIED RICE - 8.99
(2) 400 cal.

Seasoned fried rice, egg, bean sprouts, carrots, onion, and peas.
Add Chicken, Steak, or Shrimp for \$2.99.



PAD THAI WITH CHICKEN - 13.49
(2) 720 cal.

Rice noodles, tangy Pad Thai sauce, green and white onions, carrots, cilantro, egg, peanuts, and bean sprouts.

CHOW MEIN - 8.99
(2) 360 cal.

Tender noodles, onion, cabbage, celery, carrots, and bean sprouts, in a sweet black sauce.
Add Chicken, Steak, or Shrimp for \$2.99.

SALMON & SALAD

WILD-CAUGHT GRILLED TERIYAKI SALMON - 14.49
(2) 360 cal.

Grilled wild-caught salmon glazed in teriyaki sauce. Served with red bell peppers, carrots, broccoli, and onions.

SIGNATURE CHINESE CHICKEN SALAD - 13.49
(2) 370 cal.

Grilled chicken breast, mixed greens, carrots, mandarin oranges, cilantro, sesame seeds, and wonton strips with honey citrus vinaigrette.

APPETIZERS

SIGNATURE CHICKEN LETTUCE WRAPS - 9.99
(2) 330 cal.

House-ground chicken with shitake mushrooms, scallions, water chestnuts, and garlic in a savory soy sauce. Served with lettuce cups.

CREAM CHEESE WONTONS
3 pc. 3.79 6 pc. 6.99

(1) 3 pc. 250 cal. • (2) 6 pc. 250 cal.
Cream cheese blended with green onions and diced water chestnuts in a crisp wonton. Hand made.

CHICKEN EGG ROLLS
1 pc. 2.99 2 pc. 5.79

(1) 1 pc. 180 cal. • (2) 2 pc. 180 cal.
Crispy egg roll filled with chicken, carrots, cabbage, mushrooms, and celery.

EDAMAME - 5.49
(2) 150 cal.

Soybeans steamed until tender and perfect.

CHICKEN DUMPLINGS
4 pc. 3.99 8 pc. 7.49

(1) 4 pc. 115-300 cal. • (2) 8 pc. 115-300 cal.
Dumplings stuffed with chicken, cabbage, shallots, ginger, and green onions.

VEGETABLE SPRING ROLLS
2 pc. 3.99 4 pc. 7.99

(1) 2 pc. 220 cal. • (2) 4 pc. 220 cal.
Crispy wrap filled with cabbage, green onions, noodles, mushrooms, and carrots.

WONTON SOUP
Medium - 5.29 Large - 9.29

(1) Medium 160 cal. • (2) Large 160 cal.
Wontons, shrimp, chicken breast, carrots, broccoli, and mushrooms.

FAMILY VALUE PACKS

FAMILY VALUE PACK FOR 3 - 39.99 (3) 710 - 1900 cal.

2 Chicken Entrées, 4 Cream Cheese Wontons, 4 Crispy Dumplings, Fried Rice or Chow Mein, White or Brown Rice, and 4 Chocolate Dipped Fortune Cookies.

FAMILY VALUE PACK FOR 4-5 - 50.99 (5) 710 - 1900 cal.

3 Chicken Entrées, 4 Cream Cheese Wontons, 4 Crispy Dumplings, Fried Rice or Chow Mein, 2 White or Brown Rice, and 8 Chocolate Dipped Fortune Cookies.

FAMILY VALUE PACK FOR 6-7 - 63.99 (7) 710 - 1900 cal.

4 Chicken Entrées, 8 Cream Cheese Wontons, 8 Crispy Dumplings, Fried Rice or Chow Mein, 3 White or Brown Rice, and 8 Chocolate Dipped Fortune Cookies.

Upgrade to Steak or Shrimp for \$1/Entrée, White or Brown Rice to Fried Rice or Asian Noodles for \$2.69/Side, 4 Cream Cheese Wontons or Crispy Dumplings to 2 Chicken Egg Rolls for \$2.50.



MENU ICON KEY: Spicy Gluten-Free AsiaFit Under 500 Cal. Per Serving

2000 calories a day is used for general nutrition advice, but calorie needs vary. Before placing your order, please inform one of our Team Members of any food allergies. Gluten-free and vegetarian recommendations available upon request. Pick Up: 50¢ entree fee per item. All items are prepared and cooked on the same equipment. Additional nutrition information is available upon request and at pickyup.com. *THESE ITEMS ARE COOKED TO ORDER AND MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

SCAN FOR ALLERGEN GUIDE

