

PICK UP STIX

FRESH ASIAN FLAVORS

12/11/2023

Nutritional Guide

The FDA identifies major food allergens as Milk, Eggs, Peanuts, Tree Nuts, Crustacean Shellfish, Soybeans and Wheat, as well as ingredients that contain protein derived from these foods. All of these food allergens are contained in our recipes. All of our foods are prepared in a common kitchen, therefore, allergens could be present in any dish.

If you are allergic to these items listed, please use caution and your own judgment upon consumption.

For general information on food allergens, we suggest you visit the Food Allergy & Anaphylaxis Network website at www.foodallergy.com.

MENU ITEM	Servings per Portion	Calories per Serving	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Milk	Eggs	Peanut / Nuts / Tree Nuts	Fish	Shellfish	Soy	Wheat	Garlic	Ginger	Sesame Oil / Seeds	Gluten Free	Vegetarian
APPETIZERS																								
Asian Lettuce Wraps (4)	2	270	70	7	1	0	85	1000	17	1	11	32					X	X	X	X	X	X		
Chicken Dumplings Crispy (4)	1	300	150	5	1	0	15	304	16	2	2	5		X				X	X		X	X		
Chicken Dumplings Crispy (8)	2	300	150	5	1	0	15	304	16	2	2	5		X				X	X		X	X		
Chicken Dumplings Steamed (4)	1	115	40	4	1	0	12	304	16	2	2	5		X				X	X		X	X		
Chicken Dumplings Steamed (8)	2	115	40	4	1	0	12	304	16	2	2	5		X				X	X		X	X		
Chicken Egg Rolls (2)	2	180	40	5	1	0	15	260	20	1	3	7	X	X				X	X	X	X			
Cream Cheese Wontons (3)	1	250	150	17	6	0	30	310	19	1	1	5	X	X					X					
Cream Cheese Wontons (6)	2	250	150	17	6	0	30	310	19	1	1	5	X	X					X					
Edamame	2	150	35	4	0	0	0	105	14	2	3	15						X					X	X
Vegetable Spring Roll (1)	1	110	36	4	1	0	0	235	17	4	2	4							X	X		X		X
Vegetable Spring Rolls (2)	1	220	71	8	2	0	0	470	33	7	2	8							X	X		X		X
Vegetable Spring Rolls (4)	2	220	71	8	2	0	0	470	33	7	2	8							X	X		X		X
SOUPS																								
Wonton Soup Large	2	230	30	4	1	0	80	2470	24	2	10	23	X	X		X	X	X	X		X	X		
Wonton Soup Medium	1	130	15	2	0	0	40	1280	15	1	6	12	X	X		X	X	X	X		X	X		
Fried Crispy Noodles	1	70	5	0	0	0	0	180	15	1	0	3							X					
SALADS (with dressing)																								
Grilled Salmon Salad	2	330	180	20	2	0	30	450	23	3	11	13		X		X		X	X	X	X			
Signature Chinese Chicken	2	350	180	20	2	0	55	670	23	2	11	19		X				X	X	X	X			
CHICKEN ENTREES																								
Chicken & Vegetables	2	180	60	6	1	0	50	1330	10	1	4	19	X					X		X		X	X	
Crispy Honey	2	580	270	30	5	0	45	1230	51	2	24	22						X	X	X				
Firecracker	2	590	250	28	7	0	95	1370	61	1	21	25						X	X	X				
Garlic	2	230	50	5	1	0	50	910	25	2	14	22	X				X	X	X	X		X		
General's Orange	2	570	250	28	7	0	95	880	53	1	26	23						X	X			X		
Grilled Bourbon	2	300	70	8	3	0	30	1240	30	3	27	29					X						X	
Grilled Teriyaki Chicken & Vegetables	2	250	50	6	2	0	35	900	25	2	17	24						X	X					
House Special	2	580	210	23	5	0	115	1640	60	0	34	31		X				X	X	X		X		
Kung Pao	2	448	210	23	4	0	75	1400	35	2	13	25		X	X		X	X	X		X	X		
Thai Basil Cashew Chicken	2	290	130	14	2	0	45	920	22	2	13	21			X	X		X	X			X		
Thai Coconut Curry	2	290	140	16	10	0	45	780	19	4	10	19			X	X	X			X			X	
SPECIAL ORDERS with																								
WHITE MEAT CHICKEN (STEAMED)																								
Crispy Honey	2	310	40	4.5	1	0	45	1570	48	0	34	18						X	X	X				
House Special	2	560	170	19	4	0	120	1630	53	0	34	41						X	X	X		X		
House Special Chicken w/ Vegetables	2	590	180	20	4	0	120	1650	59	2	36	43						X	X	X				
Kung Pao	2	300	110	12	2	0	45	1370	28	2	14	22			X		X	X	X		X	X		
STEAK ENTREES																								
Beef and Broccoli	2	400	220	24	4	0	65	1280	22	2	14	21		X			X	X		X	X		X	
Kung Pao	2	490	280	31	5	0	65	1590	30	2	13	25		X	X		X	X	X		X	X		
Mongolian	2	380	210	24	4	0	65	1270	19	0	15	20		X			X	X		X			X	
SHRIMP ENTREES																								
Crispy Firecracker	2	340	150	17	3	0	55	860	39	2	14	10					X	X	X					
Crispy Honey	2	320	160	18	3	0	55	460	32	2	32	16					X	X	X	X				
Garlic	2	390	180	20	3	0	70	1100	48	2	14	4	X	X			X	X	X	X		X		
Kung Pao	2	400	240	27	4	0	70	1520	56	2	21	8		X	X		X	X	X		X	X		
Shrimp and Vegetables	2	340	190	21	4	0	70	1570	32	2	4	14	X				X	X		X		X	X	
Thai Coconut Curry	2	400	230	25	9	0	65	730	39	4	8	5			X	X	X	X		X			X	
SALMON ENTREES																								
Grilled Teriyaki Salmon	2	130	50	5	1	0	25	550	10	2	4	12				X		X	X	X				
TOFU/VEGETABLE ENTREES																								
Crispy Honey Tofu	2	480	230	26	5	0	0	410	45	2	24	11						X	X	X				X
Firecracker Tofu	2	520	230	26	5	0	0	1080	57	3	21	13						X	X					X
General's Orange Tofu	2	500	230	26	5	0	0	590	49	2	26	11						X	X	X				
House Tofu	2	570	240	26	5	0	0	1550	68	2	34	13						X	X	X		X		X
Kung Pao Tofu	2	340	169	17	3	0	0	1450	38	4	13	10			X		X	X	X		X	X		
Teriyaki Tofu	2	300	130	14	3	0	0	850	33	3	18	8						X	X					X
Thai Coconut Curry Tofu	2	360	210	23	12	0	0	750	29	5	10	9				X	X	X		X			X	

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RICE AND NOODLES																									
Steamed Brown Rice	2	160	10	1.5	0	0	0	5	33	3	0	3											X	X	
Steamed White Rice	2	180	2.5	0	0	0	0	0	40	1	0	4											X	X	
Egg Fried Rice	2	320	60	6	2	0	70	810	56	2	6	9	X	X			X	X	X				X		
Beef Fried Rice	2	540	240	26	5	0	110	910	57	2	5	18	X	X			X	X	X				X		
Chicken Fried Rice	2	440	120	13	3	0	110	850	60	2	5	19	X	X			X	X	X				X		
House Special Fried Rice	2	490	170	19	4	0	130	980	59	2	5	20	X	X			X	X	X				X		
Shrimp Fried Rice	2	370	70	8	2	0	150	1169	58	2	5	15	X	X			X	X	X				X		
Vegetable Fried Rice	2	340	60	7	2	0	70	810	58	2	5	10	X	X			X	X	X				X		
Chow Mein	2	360	30	3.5	0	0	0	1519	72	3	15	8		X			X	X	X	X			X		
Beef Chow Mein	2	570	180	20	3	0	35	1620	77	3	16	17		X			X	X	X	X			X		
Chicken Chow Mein	2	460	80	9	2	0	30	1540	76	3	16	16		X			X	X	X	X			X		
House Special Chow Mein	2	530	140	16	3	0	60	1680	75	2	15	18		X			X	X	X	X			X		
Shrimp Chow Mein	2	350	40	4.5	1	0	75	1560	62	2	16	12		X			X	X	X	X			X		
Vegetable Chow Mein	2	370	30	3.5	0	0	0	1520	74	3	16	9		X			X	X	X	X			X		
Chicken Drunken Noodles	2	440	30	3.5	1	0	45	900	75	5	11	23				X	X	X	X	X					
Shrimp Drunken Noodles	2	430	30	3	0	0	150	1570	80	5	11	18				X	X	X	X	X					
Steak Drunken Noodles	2	790	360	40	6	0	80	1050	78	5	11	25		X		X	X	X	X	X					
Tofu Drunken Noodles	2	610	170	19	3	0	0	880	91	6	11	16				X	X	X	X	X					
Chicken Pad Thai	2	720	240	25	6	0	120	1540	96	6	25	25		X	X		X	X	X	X				X	
Shrimp Pad Thai	2	640	180	20	3	0	225	2200	94	6	25	23		X	X	X	X	X	X	X				X	
Steak Pad Thai	2	980	501	57	9	0	155	1670	91	6	25	30		X	X	X		X		X				X	
KID'S MEALS																									
Chicken Dippers	1	440	250	28	5	0	26	0	26	2	0	22						X	X						
Crispy Honey Chicken	1	360	240	27	2	0	15	670	21	1	10	9						X	X	X					
General's Orange	1	460	210	23	6	0	70	690	41	1	20	23						X	X				X		
Grilled Teriyaki Chicken	1	270	70	8	3	0	15	900	20	0	16	30						X	X						
House Special Chicken	1	600	210	23	5	0	100	1930	68	0	41	28		X				X	X	X			X		
House Special Chicken w/ Vegetables	1	630	210	23	5	0	100	1950	74	2	43	30		X				X	X	X			X		
Served with:																									
Steamed Brown Rice	1	190	15	0	2	0	0	10	39	3	1	4											X	X	
Steamed White Rice	1	220	5	0	0	0	0	0	48	1	0	5											X	X	
Mandarin Oranges	1	35	0	0	0	0	0	5	9	1	9	1											X	X	
DESSERTS																									
Chocolate Covered Fortune Cookies (EA)	1	70		2.5	3			3	12	0		1	X	X				X	X						
Fortune Cookie	1	20	0	0	0	0	0	10	4	0	2	1		X				X	X						
Fudge Brownie	1	443	200	24	12	0	86	167	52	4	36	6	X	X				X	X						
SAUCES & DRESSINGS																									
Black Base																		X	X	X			X		
Bourbon Sauce																		X						X	
Cashew Sauce																X		X	X	X			X		
Drunken Noodle Sauce																X		X	X	X					
Firecracker Sauce																		X	X						X
Garlic Sauce													X					X	X	X			X		
Honey Sauce																		X	X						X
House Sauce																		X	X				X		X
Kung Pao Sauce																		X	X	X			X		
Mongolian Sauce																		X						X	
Orange Sauce																		X	X	X			X		
Pad Thai Sauce																X		X			X			X	
Teriyaki Sauce																		X	X						X
Thai Coconut Curry Sauce																X	X	X		X				X	
White Sauce													X					X					X	X	
Wonton Soup Base													X			X		X							
Dipping Sauce, Dumpling																		X	X		X	X	X	X	X
Dipping Sauce, Yellow Sweet & Sour																				X	X		X	X	X
Dressing, Honey Ginger																		X	X	X	X		X	X	X
Chili Paste																		X	X						X