

APPETIZERS

CREAM CHEESE PUFFS (3) 360 cal crispy wontons bursting with garlic-seasoned cream cheese	(3) \$2.09 (6) \$3.99
EGG ROLLS (1) 210 cal chicken and shredded vegetables in an oversized crispy wrapper	(1) \$2.09 (2) \$3.99
POTSTICKERS (2) 100 cal wok-seared dumplings with chicken and vegetables	(2) \$2.09 (4) \$3.99
OYSTER WINGS (3) 430 cal wok-tossed in a savory oyster sauce	(3) \$3.09 (6) \$5.99
GF GARLIC SOY GREEN BEANS (SM) 210 cal fresh green beans tossed in a seasoned soy sauce	(SM) \$2.99 (LG) \$4.79
SAMPLER PLATE 830 cal 1 Egg Roll, 2 Cream Cheese Puffs, 2 Wings and 2 Potstickers	\$6.99

RICE & NOODLES

side **\$3.29** pint **\$3.99** quart **\$5.99**

ASIAN NOODLES 310 cal
stir-fried noodles and vegetables seasoned with
a light soy sauce

VEGETABLE FRIED RICE 340 cal
with mushrooms, green onions, sprouts and egg,
seasoned with mushroom soy sauce

PARTIES FOR 3 AND 4

PARTY FOR THREE **\$26.99**
any two pint-sized entrées, quart of White (3.5) 300 cal or
Natural Brown Rice (3.5) 260 cal, 9 Cream Cheese Puffs (9)
120 cal and 4 Chocolate-Dipped Fortune Cookies (4) 100 cal

PARTY FOR FOUR **\$31.99**
any three pint-sized entrées, quart of White (3.5) 300 cal or
Natural Brown Rice (3.5) 260 cal, pint of Vegetable Fried Rice
(2) 340 cal or Asian Noodles (2) 310 cal, 9 Cream Cheese Puffs
(9) 120 cal and 4 Chocolate-Dipped Fortune Cookies (4) 100 cal

+ \$1.00 per pint for beef or shrimp
+ \$3.00 per pint for Crispy Honey Shrimp
+ \$3.00 to upgrade to quart sized Vegetable Fried Rice or Asian Noodles

PINTS AND QUARTS

Pint Chicken 200-670 cal per person	\$10.99
Pint Beef 330 cal per person	\$11.49
Pint Shrimp 130 cal per person	\$11.99
Quart Chicken 200-670 cal per person	\$17.49
Quart Beef 330 cal per person	\$18.49
Quart Shrimp 130 cal per person	\$19.49

*Pints and Quarts include White (1.5) 300 cal or Natural Brown Rice
(1.5) 260 cal. Upgrade to Vegetable Fried Rice (1.5) 340 cal or Asian
Noodles (1.5) 310 cal for \$1.50/pint or \$3.00/quart
+ \$3.00 per pint or + \$5.00 per quart for Crispy Honey Shrimp*

COMBINATIONS

+ \$1.00 with beef or shrimp

CHIN DYNASTY PLATE 190-1240 cal **\$7.99**
any two 1/2 entrées

IMPERIAL PLATE 160-1100 cal **\$7.59**
1/2 entrée and 1/2 appetizer

NOODLE BOWL 60-670 cal **\$6.99**
1/2 entrée with Asian Noodles, White
or Natural Brown Rice
+ \$0.99 to upgrade to Vegetable Fried Rice 340 cal

CHICKEN ENTREES

\$7.99

*Entrées and Combinations include White 300 cal or Natural Brown
Rice 260 cal. Upgrade to Vegetable Fried Rice 340 cal
or Asian Noodles 310 cal for \$9.99*

辣 GF THAI SWEET CHILI 200 cal
chicken breast stir fried with red peppers, carrots, green
beans and onions in a flavorful, sweet chili garlic sauce

辣 GF THAI COCONUT CURRY 230 cal
coconut curry with thai spices stir fried with tender chicken,
broccoli, red pepper, green beans, onions and carrots

GF GRILLED BOURBON CHICKEN 360 cal
grilled chicken wok-tossed in a sweet and
savory bourbon sauce

GF LEMON CHICKEN 250 cal
lightly battered chicken breast with our signature
lemon sauce

ORANGE CHICKEN 570 cal
our tangy citrus delight!

GF SWEET & SOUR CHICKEN 280 cal
lightly battered chicken breast with sweet and sour sauce,
pineapple and carrots

辣 MONGOLIAN CHICKEN 470 cal
starts sweet, finishes spicy!

辣 PEKING CHICKEN 480 cal
crispy strips with a zesty garlic sauce stir fried with sweet
red peppers

辣 SESAME CHICKEN 670 cal
crispy chicken tossed with our bold, spicy sesame sauce
and sesame seeds

BEEF ENTREES

\$8.99

GF BEEF AND BROCCOLI 330 cal
beef and broccoli with carrots and diced water chestnuts
stir fried in a savory teriyaki sauce

SHRIMP ENTREES

\$8.99

CRISPY HONEY SHRIMP 480 cal **Add \$1**
succulent shrimp in a sweet honey glaze

GF SHRIMP & VEGETABLES 130 cal
tender shrimp stir fried with snap peas, carrots and water
chestnuts in a mild, light sauce

VEGETABLE & TOFU ENTREES

辣 GF FIRECRACKER TOFU 280 cal **\$7.79**
Tofu in our sweet and spicy Mongolian sauce,
garnished with green onions

GF MIXED VEGETABLES 60 cal **\$6.49**
wok seasoned stir fried broccoli, zucchini, carrots
and red peppers with a hint of garlic

辣 SPICY

AsiaFit

FULL FLAVOR
UNDER 400 CALORIES
PER SERVING

GF GLUTEN FREE

Menu and Pricing subject to change