

APPETIZERS

CREAM CHEESE PUFFS (3) 360 cal crispy wontons bursting with garlic-seasoned cream cheese	(3) \$2.59 (6) \$4.79
EGG ROLLS (1) 210 cal chicken and shredded vegetables in an oversized crispy wrapper	(1) \$2.59 (2) \$4.79
POTSTICKERS (2) 100 cal wok-seared dumplings with chicken and vegetables	(2) \$2.59 (4) \$4.79
OYSTER WINGS (3) 450 cal wok-tossed in a savory oyster sauce	(3) \$4.79 (6) \$8.99
GF GARLIC SOY GREEN BEANS (SM) 210 cal fresh green beans tossed in a seasoned soy sauce	(SM) \$3.99 (LG) \$6.39
SAMPLER PLATE 870 cal 1 Egg Roll, 3 Cream Cheese Puffs and 3 Potstickers Sub Wings for Potstickers for \$1.00	\$ 8.19

RICE & NOODLES

side \$4.19 pint \$4.39 quart \$6.49

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 \$34.99
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 \$40.99
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

+ \$3.00 substitute Oyster Wings
+ \$1.50 per pint for beef or shrimp
+ \$3.00 per pint for Firecracker Shrimp
+ \$3.00 to upgrade to quart sized Vegetable Fried Rice or Asian Noodles

PINTS AND QUARTS

Pint Chicken 200-670 cal per person	\$14.49
Pint Beef 330 cal per person	\$15.99
Pint Shrimp 130 cal per person	\$16.49
Quart Chicken 200-670 cal per person	\$23.99
Quart Beef 330 cal per person	\$25.49
Quart Shrimp 130 cal per person	\$26.49

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 Firecracker Shrimp

COMBINATIONS

+ \$1.00 with beef or shrimp

CHIN DYNASTY PLATE 190-1240 cal any two 1/2 entrées	\$10.29
IMPERIAL PLATE 160-1100 cal 1/2 entrée and 1/2 appetizer Sub Wings for \$1.00	\$9.99
NOODLE BOWL 60-670 cal 1/2 entrée with Asian Noodles, White or Natural Brown Rice + \$.99 to upgrade to Vegetable Fried Rice 340 cal	\$9.29

CHICKEN ENTREES

\$10.29

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 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
- GF** **CASHEW CHICKEN** 300 cal
chicken breast wok-tossed with red bell peppers, broccoli
and celery in a mild hoisin sauce and garnished with cashews
- 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

\$11.29

- GF** **BEEF AND BROCCOLI** 330 cal
beef and broccoli with carrots stir fried in a savory teriyaki
sauce

SHRIMP ENTREES

\$11.29

- 辣** **FIRECRACKER SHRIMP** 480 cal Add \$1
crispy shrimp tossed in a fiery sauce that's bursting with
flavor!
- GF** **SHRIMP & VEGETABLES** 130 cal
tender shrimp stir fried with snap peas and carrots in a
mild, light sauce

VEGETABLE & TOFU ENTREES

- 辣** **FIRECRACKER TOFU** 280 cal \$9.69
Tofu in our sweet and spicy Mongolian sauce,
garnished with green onions
- GF** **MIXED VEGETABLES** 60 cal \$9.19
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

Entree calories listed as 6oz serving. Rice & Noodles as 4oz serving.
Nutritional information available online and upon request.
2,000 calories a day is used for general nutrition advice, but calorie needs vary.
Menu and Pricing subject to change