

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 \$0.99*

- 辣** **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

- 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, carrots and water
chestnuts in a mild, light sauce

VEGETABLE & TOFU ENTREES

- 辣** **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