



chopsticks

modern stir-fry

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

#1 pick your starch

Chow Mein Noodles	190 Cals
Jasmine Rice	210 Cals
Asian Salad Greens	30 Cals
Feature Starch	350-490 Cals

#2 pick your veggie

Bok Choy	50 Cals
Spicy Beans	90 Cals
Feature Veggie	60-200 Cals

#3 pick your protein

Five Spice Tofu	320 Cals
Spicy Beef	160 Cals
Hoisin Chicken	260 Cals
Feature Protein	130-270 Cals

meal combo selections

combo 1 \$8.99 | 160-880 Cals

Your choice of 1 protein and 1 starch
OR veggie item

combo 2 \$9.99 | 190-1370 Cals

Your choice of 1 protein and 2 starch
OR veggie item

combo 3 \$10.59 | 220-1860 Cals

Your choice of 1 protein and 3 starch
OR veggie item

stir it up !



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sides options

Vegetable Egg Roll	\$3.19		110 Cals
Spring Roll	\$3.19		255 Cals
Vegetable Gyoza	\$3.19		114 Cals
Sambal & Lime Edamame	\$3.19		103 Cals
Spicy Cucumber Pickles	\$1.49		95 Cals
Sesame Cucumber Pickles	\$1.49		95 Cals
Extra Protein	\$4.99		
Extra Veg Starch	\$4.29		
Utensil	\$0.35		



Five Spice Sesame Tofu Salad 540 Cals