

# Wok This Way

Stir-fried to perfection

Cuisine: Asian

## Appetizers

|   |                         |               |
|---|-------------------------|---------------|
| <b>Spring Rolls (4 pc)</b>  | [WHEAT, SOY]            | <b>\$7.99</b> |
| Crispy vegetable spring rolls with sweet chili dipping sauce.<br><i>Cal: 280   Protein: 6g   Fat: 14g   Carbs: 32g</i>    |                         |               |
| <b>Wonton Soup</b>  | [WHEAT, SOY, SHELLFISH] | <b>\$8.49</b> |
| Pork and shrimp wontons in aromatic chicken broth with bok choy.<br><i>Cal: 210   Protein: 14g   Fat: 8g   Carbs: 20g</i> |                         |               |

## Mains

|   |                              |                |
|---|------------------------------|----------------|
| <b>Beef &amp; Broccoli Stir Fry</b>   | [SOY]                        | <b>\$15.99</b> |
| Tender beef and crisp broccoli in savory soy sauce, served over steamed rice.<br><i>Cal: 520   Protein: 34g   Fat: 18g   Carbs: 55g</i> |                              |                |
| <b>Vegetable Fried Rice</b>   | [SOY, EGG]                   | <b>\$12.99</b> |
| Day-old rice wok-tossed with seasonal vegetables, egg, and soy sauce.<br><i>Cal: 440   Protein: 12g   Fat: 14g   Carbs: 64g</i>         |                              |                |
| <b>Kung Pao Chicken</b>   | [SOY, PEANUT]                | <b>\$14.99</b> |
| Spicy diced chicken with peanuts, chili peppers, and Sichuan peppercorns.<br><i>Cal: 480   Protein: 30g   Fat: 22g   Carbs: 38g</i>     |                              |                |
| <b>Shrimp Lo Mein</b>   | [WHEAT, SOY, SHELLFISH, EGG] | <b>\$16.49</b> |
| Egg noodles stir-fried with jumbo shrimp and Asian vegetables.<br><i>Cal: 560   Protein: 28g   Fat: 16g   Carbs: 72g</i>                |                              |                |

## Desserts

|   |        |               |
|---|--------|---------------|
| <b>Mango Sticky Rice</b>  | [MILK] | <b>\$6.99</b> |
| Sweet coconut sticky rice topped with fresh mango slices.<br><i>Cal: 340   Protein: 4g   Fat: 8g   Carbs: 64g</i> |        |               |

## Drinks

|   |        |               |
|---|--------|---------------|
| <b>Jasmine Tea</b>  |        | <b>\$2.99</b> |
| Fragrant hot jasmine green tea.<br><i>Cal: 0   Protein: 0g   Fat: 0g   Carbs: 0g</i>                      |        |               |
| <b>Thai Iced Tea</b>  | [MILK] | <b>\$4.49</b> |
| Sweetened black tea with condensed milk over ice.<br><i>Cal: 180   Protein: 2g   Fat: 4g   Carbs: 36g</i> |        |               |