#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

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.

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!
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

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