



FORTUNE COOKIES®

Chinese Pisto

EAT HEALTHY STAY HEALTHY!



EAT HEALTHY STAY HEALTHY!

FORTUNE COOKIES say, "You are what you eat" Eat Healthy Stay Healthy! Welcome to Fortune Cookies, Orange County's first Chinese restaurant that offers healthy Chinese cuisine. Fortune Cookies offers a variety of delicious, low-fat, heart healthy portion controlled Chinese entrees. Chinese cuisine has long been recognized as high in fat, sodium, cholesterol and monosodium glutamate (MSG). Fortune Cookies stands apart from other Chinese restaurants by offering delicious and healthy Chinese entrées. Some of the steps we have taken to improve the nutrition of our entrées include:

1. Using only 100% white meat chicken
2. Using non-hydrogenated (trans-fat free) vegetable oil
3. Cooking without monosodium glutamate (MSG)
4. Offering lean USDA Grade beef
5. Using fresh vegetables
6. Using low sodium soy sauce in dishes prepared with soy
7. Using reduced fat condiments when necessary
8. Listing nutrition information to make you a more informed consumer
9. Offering modification to any entree to meet your dietary request
10. Gluten Free dishes available

Fortune Cookies' menu was prepared using the recipes passed down from a generation ago. The original chef was a man whom loved to cook and spent most of his life dreaming up new ways to improve Chinese cuisine for everyone. In keeping up with that family tradition, we at Fortune Cookies wanted to try and make the food not only great tasting but also good for your health.








**Nutrition statements in this menu are the basis of a meal planning system designed by a committee of the American dietetic Association and the American Diabetic Association. Additional calories from sauces, batters and cooking methods may apply to the nutrient content provided. Carbohydrate portions are approximate.*

The nutrition information provided in this menu is not intended to diagnose or treat any medical conditions. It is for informational purposes only. You should consult with a physician before beginning any nutrition or any healthy related program.

DAILY LUNCHEON SPECIALS

Served with soup, salad, egg roll and white, brown, or fried rice (soup is for dine in only)

SERVED FROM 11AM-3PM DAILY

 BUDDHA'S DELIGHT	\$9 ⁹⁹
SWEET & SOUR TOFU	\$9 ⁹⁹
VEGGIE LO MIEN	\$10 ³⁹
CHICKEN LO MIEN	\$10 ⁶⁹
BEEF LO MIEN	\$10 ⁹⁹
  STIR-FRIED SPICY STRING BEANS	\$10 ⁹⁹
VEGGIE CHOP SUEY	\$10 ⁹⁹
CHICKEN CHOP SUEY	\$11 ¹⁹
BEEF CHOP SUEY	\$11 ³⁹
SWEET AND SOUR CHICKEN	\$11 ¹⁹
MOO GOO GAI PAN	\$11 ¹⁹
CHICKEN WITH BROCCOLI	\$11 ¹⁹
 KUNG PAO CHICKEN	\$11 ¹⁹
SHA CHA CHICKEN	\$11 ¹⁹
CHICKEN WITH CASHEWS	\$11 ¹⁹
 GARLIC CHICKEN	\$11 ¹⁹
 CRISPY ORANGE CHICKEN	\$11 ⁹⁹
SWEET AND SOUR SHRIMP	\$11 ⁹⁹
SHRIMP WITH LOBSTER SAUCE	\$11 ⁹⁹
 SHRIMP WITH GARLIC SAUCE	\$11 ⁹⁹
SHRIMP WITH BROCCOLI	\$11 ⁹⁹
SHRIMP WITH ZUCCHINI	\$11 ⁹⁹
BROCCOLI WITH BEEF	\$11 ³⁹
MONGOLIAN BEEF	\$11 ³⁹
 KUNG PAO BEEF	\$11 ³⁹
 SZECHWAN BEEF	\$11 ³⁹



SPICY ITEMS



VEGETARIAN



GLUTEN FREE

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APPETIZERS

ORIENTAL CHICKEN SALAD \$8⁵⁹

Iceberg lettuce, carrots, sesame seeds, and crispy rice noodles

MINCED CHICKEN LETTUCE CUP \$11⁵⁹

Minced white meat chicken with finely chopped green & red bell pepper
95 CALORIES | 5 GRAMS CARBS | 16 GRAMS PROTEIN | 1 GRAMS TOTAL FAT | 1.5 GRAMS FIBER

VEGGIE LETTUCE CUP \$10³⁹

Minced tofu with finely chopped green & red bell pepper
65 CALORIES | 5 GRAMS CARBS | 6 GRAMS PROTEIN | 2.5 GRAMS TOTAL FAT | 2 GRAMS FIBER

STEAMED OR PAN FRIED CHICKEN POTSTICKER ... \$7⁹⁹

Minced ground chicken mixed with green onions wrapped in a potsticker
(8 pcs)
35 CALORIES | 4 GRAMS CARBS | 4 GRAMS PROTEIN | 2 GRAMS TOTAL FAT

SPRING ROLLS (4 pcs) \$5⁹⁹

Cabbage, carrots, and celery wrapped into a spring roll and lightly fried
65 CALORIES | 12 GRAMS CARBS | 4 GRAMS PROTEIN | 1 GRAMS FIBER

FRIED CHICKEN WONTONS (10 pcs) \$4⁹⁹

Chicken filled wontons lightly fried to a golden crisp

POPCORN SHRIMP (10 pcs) \$9⁹⁹

Lightly battered butterfly shrimp

SOUPS

HOT AND SOUR SOUP \$4⁹⁹ (S) | \$8⁹⁹ (L)

White meat chicken, eggs, tofu, and mushrooms in a flavorful broth.
96 CALORIES | 10 GRAMS CARBS | 4 GRAMS PROTEIN | 4 GRAMS TOTAL FAT | 4 GRAMS FIBER

EGG FLOWER SOUP \$4⁹⁹ (S) | \$8⁹⁹ (L)

Eggs, peas and carrots in a flavorful broth.
42 CALORIES | 6 GRAMS CARBS | 0 GRAMS PROTEIN | 4 GRAMS TOTAL FAT | 0 GRAMS FIBER

WOR WONTON SOUP \$11⁹⁹ (L)

Chicken filled wontons, assorted vegetables, shrimp, and chicken in a light seasoning broth.
56 CALORIES | 6 GRAMS CARBS | 4 GRAMS PROTEIN | 1 GRAMS TOTAL FAT | 0 GRAMS FIBER

SHRIMP WITH RICE CRISPY SOUP \$11⁹⁹ (L)

Shrimp with mushrooms, bamboo shoots, carrots, and snow peas in a clear broth sprinkled with rice crispy.
31 CALORIES | 0 GRAMS CARBS | 6 GRAMS PROTEIN | 0 GRAMS TOTAL FAT | 0 GRAMS FIBER



VEGETABLE WITH BEAN CURD SOUP \$9⁹⁹ (L)

Snow peas, carrots, mushrooms, broccoli, bamboo shoots, baby corn, and tofu in a delicious light broth.
20 CALORIES | 2 GRAMS CARBS | 15 GRAMS PROTEIN | 0.5 GRAMS TOTAL FAT | 0.5 GRAMS FIBER



Honey Glazed Walnut Shrimp

CHEF'S SPECIALTIES

🔥 CRISPY ORANGE CHICKEN \$14⁵⁹

Lightly battered white meat chicken breast blended with chili peppers, green onions, and orange peel house sauce.

290 CALORIES | 15 GRAMS CARBS | 45 GRAMS PROTEIN | 3 GRAMS TOTAL FAT | 0 GRAMS FIBER

FILET MIGNON FRENCH STYLE \$16⁵⁹

Cubed tenderloin stir-fried in our famous house brown sauce topped with black pepper. Served on a bed of lettuce.

330 CALORIES | 42 GRAMS PROTEIN | 18 GRAMS TOTAL FAT | 0 GRAMS FIBER

GOLDEN PUNGENT SHRIMP \$15⁹⁹

Lightly battered large shrimp sautéed with chef's special sweet and pungent sauce. Garnished with steamed broccoli.

305 CALORIES | 25 GRAMS CARBS | 42 GRAMS PROTEIN | 3 GRAMS TOTAL FAT | 4.5 GRAMS FIBER

HONEY GLAZED WALNUT SHRIMP \$16⁹⁹

Lightly battered shrimp coated with low fat mayonnaise and crispy glazed walnuts.

445 CALORIES | 35 GRAMS PROTEIN | 37.5 GRAMS TOTAL FAT | 1 GRAMS FIBER

🔥 ORANGE BEEF \$14⁹⁹

New York sliced beef lightly battered sautéed with chili peppers, green onion and orange peel house sauce

410 CALORIES | 15 GRAMS CARBS | 45 GRAMS PROTEIN | 18 GRAMS TOTAL FAT | 0 GRAMS FIBER

🔥 THAI SPICY CHICKEN WITH CASHEW \$13⁹⁹

White meat chicken breast with bamboo shoots, mushrooms, and jalapeños stir fried with our exquisite brown sauce.

386 CALORIES | 8 GRAMS CARBS | 48 GRAMS PROTEIN | 18 GRAMS TOTAL FAT | 3 GRAMS FIBER

🔥 KUNG PAO SHRIMP \$14⁹⁹

Large shrimps with white onion and green onion fried with our house sauce.

315 CALORIES | 5 GRAMS CARBS | 35 GRAMS PROTEIN | 12.5 GRAMS TOTAL FAT | 3 GRAMS FIBER



● Filet Mignon French Style



● Crispy Orange Chicken

CHICKEN

🔥 KUNG PAO CHICKEN \$13⁹⁹

Sliced white meat chicken breast with white onion, scallions and chili pepper sautéed with peanuts in our house fiery sauce.
290 CALORIES | 5 GRAMS CARBS | 37 GRAMS PROTEIN | 12 GRAMS TOTAL FAT | 3 GRAMS FIBER

MANDARIN CHICKEN WITH EGGPLANT \$13⁹⁹

Sliced white meat chicken breast sautéed with fresh eggplant, bell peppers, and onions in our special brown sauce.
372 CALORIES | 16.5 GRAMS CARBS | 61 GRAMS PROTEIN | 5 GRAMS TOTAL FAT

SWEET AND SOUR CHICKEN \$13⁹⁹

Battered chicken with pineapples, carrots, onions, and bell peppers in a sweet and pungent sauce.
310 CALORIES | 28 GRAMS CARBS | 43 GRAMS PROTEIN | 2.5 GRAMS TOTAL FAT | 3 GRAMS FIBER

🥬 MOO GOO GAI PAN \$13⁹⁹

Sliced white meat chicken breast with snow peas and mushrooms in a delightful white sauce.
163 CALORIES | 7 GRAMS CARBS | 27 GRAMS PROTEIN | 2 GRAMS TOTAL FAT | 8 GRAMS FIBER

🥬 BROCCOLI CHICKEN \$13⁹⁹

Sautéed white meat chicken breast with fresh broccoli in our house white sauce.
236 CALORIES | 10 GRAMS CARBS | 37 GRAMS PROTEIN | 3 GRAMS TOTAL FAT | 9 GRAMS FIBER

🔥 GARLIC CHICKEN \$13⁹⁹

Sliced white meat chicken breast, bamboo shoots, tree mushroom, and snow peas sautéed in our garlic brown sauce.
225 CALORIES | 10 GRAMS CARBS | 37 GRAMS PROTEIN | 3 GRAMS TOTAL FAT | 3.5 GRAMS FIBER

MOO SHU CHICKEN \$13⁹⁹

Shredded Chicken stir fried with veggies and egg white in our house brown sauce and wrapped in flour tortilla.
208 CALORIES | 31 GRAMS CARBS | 38 GRAMS PROTEIN | 2.5 GRAMS TOTAL FAT | 3 GRAMS FIBER

SHA CHA CHICKEN \$13⁹⁹

Tender white meat chicken breast with fresh mushrooms & spinach sautéed in our oriental satay sauce.
298 CALORIES | 20 GRAMS CARBS | 37 GRAMS PROTEIN | 3 GRAMS TOTAL FAT | 1 GRAMS FIBER

🥬 CHICKEN WITH ASSORTED GREENS \$13⁹⁹

White meat chicken breast mixed into a variety of healthy veggies including snow peas, carrots, broccoli, and bamboo shoots.
265 CALORIES | 17.5 GRAMS CARBS | 42 GRAMS PROTEIN | 3 GRAMS TOTAL FAT | 7 GRAMS FIBER



All pictures are for reference only.

● Moo Shu Chicken

● Sweet and Sour Chicken



Beef Szechwan

BEEF

HOUSE BEEF STEAK **\$16²⁹**

Filet mignon stir fried with fresh mushrooms, onions, and bell peppers topped with black pepper in our house brown sauce.

435 CALORIES | 13.5 GRAMS CARBS | 52 GRAMS PROTEIN | 20 GRAMS TOTAL FAT | 2 GRAMS FIBER

MONGOLIAN BEEF **\$14⁷⁹**

Sliced tender beef sautéed with white onion, green onions and minced ginger in our special brown sauce.

360 CALORIES | 6 GRAMS CARBS | 44 GRAMS PROTEIN | 18 GRAMS TOTAL FAT | 1 GRAMS FIBER

BEEF WITH BROCCOLI **\$14⁷⁹**

Sliced beef sautéed with broccoli in our special brown sauce.

325 CALORIES | 10 GRAMS CARBS | 39 GRAMS PROTEIN | 15 GRAMS TOTAL FAT | 4.5 GRAMS FIBER

🔥 KUNG PAO BEEF **\$14⁷⁹**

Sliced tender beef with white onion, scallions, and chili peppers sautéed with peanuts in our special fiery sauce.

390 CALORIES | 5 GRAMS CARBS | 37 GRAMS PROTEIN | 25 GRAMS TOTAL FAT | 3 GRAMS FIBER

🔥 BEEF SZECHWAN **\$14⁷⁹**

Shredded beef with celery, carrots, green onions, and chili peppers sautéed in our house brown sauce.

399 CALORIES | 9.5 GRAMS CARBS | 48 GRAMS PROTEIN | 19 GRAMS TOTAL FAT | 2 GRAMS FIBER

🔥 BEEF WITH GARLIC SAUCE **\$14⁷⁹**

Sliced beef, mushrooms, bamboo shoots, snow peas, and tree mushrooms in a special hot garlic sauce.

325 CALORIES | 10 GRAMS CARBS | 39 GRAMS PROTEIN | 15 GRAMS TOTAL FAT | 2.5 GRAMS FIBER

MOO SHU BEEF **\$14⁷⁹**

Shredded beef with mixed vegetables and egg white stir fried in a light brown sauce and wrapped in a flour tortilla.

445 CALORIES | 30 GRAMS CARBS | 48 GRAMS PROTEIN | 16 GRAMS TOTAL FAT | 6 GRAMS FIBER



SPICY ITEMS



VEGETARIAN



GLUTEN FREE




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Golden Pungent Shrimp


SEAFOOD

-  **SHRIMP WITH LOBSTER SAUCE** \$15⁴⁹
 Large shrimp with bamboo shoots, peas, carrots, and mushrooms mixed with egg white in our house white sauce.
 200 CALORIES | 6 GRAMS CARBS | 38 GRAMS PROTEIN | 3 GRAMS TOTAL FAT | 3 GRAMS FIBER
-  **SHRIMP WITH VEGETABLES** \$15⁴⁹
 Large shrimp, baby corn, broccoli, snow peas, mushrooms, carrots, zucchini, bamboo shoots and sautéed in our house white sauce.
 200 CALORIES | 14.5 GRAMS CARBS | 31 GRAMS PROTEIN | 2 GRAMS TOTAL FAT | 7 GRAMS FIBER
-  **SHRIMP WITH BROCCOLI** \$15⁴⁹
 Sautéed large shrimp mixed with fresh broccoli in a light, white sauce.
 178 CALORIES | 8 GRAMS CARBS | 31 GRAMS PROTEIN | 2.5 GRAMS TOTAL FAT | 9 GRAMS FIBER
-  **GARLIC SHRIMP** \$15⁴⁹
 Shrimp, bamboo shoots, fresh mushrooms, snow peas, and wood ear mushroom mixed into our house garlic brown sauce.
 225 CALORIES | 10 GRAMS CARBS | 39 GRAMS PROTEIN | 3 GRAMS TOTAL FAT | 2.5 GRAMS FIBER
-  **SHRIMP WITH ZUCCHINI** \$15⁴⁹
 Large stir fried shrimp with fresh bell peppers and zucchini in our light, white sauce.
 174 CALORIES | 7 GRAMS CARBS | 27 GRAMS PROTEIN | 2 GRAMS TOTAL FAT | 8 GRAMS FIBER



 Shrimp with Vegetables



 Shrimp with Garlic Sauce

All pictures are for reference only.



Steamed Fish Filet
with Ginger & Scallion

SWEET AND SOUR SHRIMP \$15⁴⁹

Large shrimp stir fried with pineapple, bell peppers, onions and carrots in our house sweet and sour.

325 CALORIES | 30 GRAMS CARBS | 41 GRAMS PROTEIN | 2.5 GRAMS TOTAL FAT | 1.5 GRAMS FIBER

STEAMED FISH FILET WITH GINGER AND SCALLION \$15⁹⁹

White Dover Sole filet cooked to perfection in a light soy sauce topped with ginger and scallions.

245 CALORIES | 42 GRAMS CARBS | 3.5 GRAMS TOTAL FAT | 0 GRAMS FIBER

SWEET AND SOUR FISH FILET \$15⁴⁹

Crispy Dover Sole filet with pineapples, carrots, bell peppers, and onions in our house sweet and sour sauce.

FISH FILET WITH BLACK BEAN SAUCE \$14³⁹

Dover Sole filet, bell peppers and onions cooked in our house black bean sauce.


225 CALORIES | 5 GRAMS CARBS | 37 GRAMS PROTEIN | 2.5 GRAMS TOTAL FAT | 1.5 GRAMS FIBER

 **FISH FILET WITH GARLIC SAUCE** \$14³⁹

Dover Sole filet, bamboo shoots, snow peas, tree-ear mushroom and fresh mushrooms in our house garlic sauce.

225 CALORIES | 10 GRAMS CARBS | 39 GRAMS PROTEIN | 2.5 GRAMS TOTAL FAT | 2.5 GRAMS FIBER



 Fish Filet with Black Bean Sauce



House Special
Chop Suey

CHOP SUEY

 **VEGGIE CHOP SUEY** **\$12⁹⁹**
 Snow peas, broccoli, carrots, and bean sprouts lightly sautéed in our house brown sauce.
 135 CALORIES | 27.5 GRAMS CARBS | 11 GRAMS PROTEIN | 0 GRAMS TOTAL FAT | 9 GRAMS FIBER

CHICKEN CHOP SUEY **\$13⁵⁹**
 White meat chicken breast stir fried with snow peas, broccoli, carrots, and bean sprouts in our house brown sauce.
 225 CALORIES | 11 GRAMS CARBS | 28 GRAMS PROTEIN | 2 GRAMS TOTAL FAT | 4 GRAMS FIBER

BEEF CHOP SUEY **\$13⁹⁹**
 Sliced Beef stir fried with snow peas, broccoli, carrots, and bean sprouts in our house brown sauce.
 382 CALORIES | 10 GRAMS CARBS | 25 GRAMS PROTEIN | 9 GRAMS TOTAL FAT | 4 GRAMS FIBER

SHRIMP CHOP SUEY **\$14⁹⁹**
 Large shrimp stir fried with snow peas, broccoli, carrots, and bean sprouts in our house brown sauce.
 236 CALORIES | 10 GRAMS CARBS | 25 GRAMS PROTEIN | 2 GRAMS TOTAL FAT | 4 GRAMS FIBER

HOUSE SPECIAL CHOP SUEY **\$14⁹⁹**
 White meat chicken breast, Sliced Beef, and large shrimp stir fried with snow peas, broccoli, carrots, and bean sprouts in our house brown sauce.
 312 CALORIES | 10 GRAMS CARBS | 25 GRAMS PROTEIN | 4 GRAMS TOTAL FAT | 4 GRAMS FIBER



Stir Fried String Beans




Gluten Free Veggies Choy Suey

All pictures are for reference only.



Tofu with Spinach

VEGETABLES


 **BUDDHA'S DELIGHT** \$11⁹⁹
 Our veggie deluxe. Baby corn, broccoli, snow peas, mushrooms, carrots, zucchini, bamboo shoots cooked to perfection in our house white sauce.
 100 CALORIES | 20 GRAMS CARBS | 8 GRAMS PROTEIN | 11 GRAMS TOTAL FAT | 8 GRAMS FIBER

 **MO PO TOFU** \$11⁹⁹
 Tofu sautéed with Szechwan style brown sauce topped with green onions.
 250 CALORIES | 3.5 GRAMS CARBS | 20 GRAMS PROTEIN | 14 GRAMS TOTAL FAT | 1 GRAMS FIBER

SWEET AND SOUR TOFU \$11⁹⁹
 Golden brown tofu with pineapple, bell peppers, onions, and carrots stir fried in our sweet and sour.
 290 CALORIES | 27.5 GRAMS CARBS | 19 GRAMS PROTEIN | 10 GRAMS TOTAL FAT | 2.5 GRAMS FIBER

MANDARIN EGGPLANT \$12²⁹
 Fresh eggplant, bell peppers, green onions and garlic sautéed in our special brown sauce.
 162 CALORIES | 15 GRAMS CARBS | 6 GRAMS PROTEIN | 10 GRAMS TOTAL FAT | 8 GRAMS FIBER

TOFU WITH SPINACH \$12⁶⁹
 Fresh spinach sautéed then mixed with tofu in our delicious brown sauce.
 260 CALORIES | 21 GRAMS CARBS | 14.5 GRAMS PROTEIN | 10 GRAMS TOTAL FAT | 4 GRAMS FIBER

 **SPICY FORTUNE TOFU** \$12⁶⁹
 Golden brown tofu, bamboo shoots, and jalapeños sautéed in our hot black bean sauce.
 410 CALORIES | 19.5 GRAMS CARBS | 29 GRAMS PROTEIN | 19.5 GRAMS TOTAL FAT | 15 GRAMS FIBER

 **SAUTÉED SPINACH IN GARLIC** \$12²⁹
 Fresh spinach with minced garlic prepared in a light seasoning.
 210 CALORIES | 15 GRAMS CARBS | 6 GRAMS PROTEIN | 15 GRAMS TOTAL FAT | 6.5 GRAMS FIBER

  **STIR FRIED STRING BEANS** \$13⁴⁹
 Fresh string beans and green onions & garlic stir fried in our delicious wine sauce.
 165 CALORIES | 15 GRAMS CARBS | 6 GRAMS PROTEIN | 10 GRAMS TOTAL FAT | 8 GRAMS FIBER

 SPICY ITEMS  VEGETARIAN  GLUTEN FREE



House Special
Lo Mein

LO MEIN

VEGGIE LO MEIN \$11⁹⁹
 Soft noodles with cabbage, green onions, mushrooms, bean sprouts, broccoli, and carrots stir fried in our house brown sauce.
 322 CALORIES | 61 GRAMS CARBS | 15 GRAMS PROTEIN | 8.5 GRAMS FIBER

CHICKEN LO MEIN \$12⁶⁹
 White meat chicken breast stir fried with soft noodles, cabbage, green onions, mushrooms, carrots, and bean sprouts in our house brown sauce.
 360 CALORIES | 53.5 GRAMS CARBS | 27.5 GRAMS PROTEIN | 15 GRAMS TOTAL FAT | 3.5 GRAMS FIBER

BEEF LO MEIN \$12⁹⁹
 Sliced Beef stir fried with soft noodles, cabbage, green onions, mushrooms, carrots, and bean sprouts in our house brown sauce.
 505 CALORIES | 72 GRAMS CARBS | 37 GRAMS PROTEIN | 6 GRAMS TOTAL FAT | 6 GRAMS FIBER

SHRIMP LO MEIN \$13⁴⁹
 Large shrimp stir fried with soft noodles, cabbage, green onions, mushrooms, carrots, and bean sprouts in our house brown sauce.
 409 CALORIES | 60.5 GRAMS CARBS | 31 GRAMS PROTEIN | 15 GRAMS TOTAL FAT | 5 GRAMS FIBER

HOUSE SPECIAL LO MEIN \$13⁴⁹
 Shrimp, sliced beef and white meat chicken stir fried with soft noodles, cabbage, green onions, mushrooms, carrots, and bean sprouts in our house brown sauce.
 463 CALORIES | 66 GRAMS CARBS | 34 GRAMS PROTEIN | 5.5 GRAMS TOTAL FAT | 5.5 GRAMS FIBER



● Chicken Lo Mein



● Veggie Lo Mein

All pictures are for reference only.



House Special Fried Rice

FRIED RICE

VEGGIE FRIED RICE \$10⁵⁹

Green peas, carrots, broccoli, bean sprouts, snow peas, and onions stir fried with egg into the finest fried rice you ever had!

445 CALORIES | 78 GRAMS CARBS | 21 GRAMS PROTEIN | 2.5 GRAMS TOTAL FAT | 8 GRAMS FIBER

BEEF FRIED RICE \$11⁶⁹

Sliced Beef cut to perfection and mixed with carrots, peas, onions, and egg.

590 CALORIES | 72 GRAMS CARBS | 40 GRAMS PROTEIN | 12 GRAMS TOTAL FAT | 6 GRAMS FIBER

CHICKEN FRIED RICE \$11⁶⁹

White meat tender chicken breast stir fried with carrots, peas, onions, and egg.

530 CALORIES | 72 GRAMS CARBS | 40 GRAMS PROTEIN | 4 GRAMS TOTAL FAT | 4.5 GRAMS FIBER

SHRIMP FRIED RICE \$12³⁹

Large shrimp stir fried with carrots, peas, onions, and egg.

520 CALORIES | 72 GRAMS CARBS | 39 GRAMS PROTEIN | 4 GRAMS TOTAL FAT | 6 GRAMS FIBER

HOUSE SPECIAL FRIED RICE \$12³⁹

Large shrimp, white meat chicken breast, sliced beef, carrots, peas, and onions mixed with egg.

520 CALORIES | 67 GRAMS CARBS | 40 GRAMS PROTEIN | 7 GRAMS TOTAL FAT | 6 GRAMS FIBER



Gluten Free Shrimp Fried Rice



Gluten Free Beef Fried Rice



CALORIE COUNTER

BUDDHA'S DELIGHT	100
MANDARIN EGGPLANT	162
MOO GOO GAI PAN	163
SHRIMP WITH ZUCCHINI	174
SHRIMP WITH BROCCOLI	178
SHRIMP WITH VEGETABLES	200
CHICKEN BROCCOLI	236
SHRIMP CHOP SUEY	236
MO PO TOFU	250
TOFU WITH SPINACH	260
CHICKEN CHOP SUEY	225
SHA CHA CHICKEN	298
HOUSE CHOP SUEY	312
VEGGIE LO MEIN	322
MOO SHU BEEF	341
CHICKEN LO MEIN	360
MONGOLIAN BEEF	360
MANDARIN CHICKEN WITH EGGPLANT	372
BEEF CHOP SUEY	382
CASHEW CHICKEN	386
SZECHWAN BEEF	399
SHRIMP LO MEIN	409
SPICY FORTUNE TOFU	410
HOUSE BEEF STEAK	435
HOUSE LO MEIN	463

SPICY DISHES CAN BE ALTERED TO MEET **YOUR SPICE** PREFERENCE.

- ◆ Most dishes may be steamed on request.
Calorie counts are based on half of the entree. Calorie counts do not include rice.
Minor variations in calorie counts may occur during entree preparation and production.
- ◆ Except for small trace amounts found in some canned sauces, no additional MSG is used.
Price vary by location.
- ◆ 18% gratuity will be added to parties of 6 or more.

**The nutrition information provided in this menu is not intended to diagnose, treat, or cure any condition. The information is for educational and informational purposes only. You should always consult with a physician before beginning any nutrition program.*



GLUTEN FREE

SHRIMP WITH RICE CRISPY SOUP

Shrimp with mushrooms, bamboo shoots, carrots, and snow peas in a clear broth sprinkled with rice crispy

VEGETABLE WITH BEAN CURD SOUP

Snow peas, carrots, mushrooms, broccoli, bamboo shoots, water chestnuts, and tofu in a delicious light broth

MOO GOO GAI PAN

Sliced white meat chicken breast with snow peas and mushrooms in a delightful white sauce

BROCCOLI CHICKEN

Sautéed white meat chicken breast with fresh broccoli

CHICKEN WITH ASSORTED GREENS

White meat chicken breast mixed into a variety of healthy veggies including snow peas, carrots, water chestnuts, broccoli, and bamboo shoots

SHRIMP WITH LOBSTER SAUCE

Large shrimp with water chestnuts, mushrooms, peas, and carrots mixed into our egg white sauce

SHRIMP WITH VEGETABLES

Shrimp, mushrooms, snow peas, baby corn, broccoli, carrots, water chestnuts, bamboo shoots, and zucchini sautéed in a light wine sauce

SHRIMP WITH BROCCOLI

Sautéed large shrimp mixed with fresh broccoli in a light wine sauce

SHRIMP WITH ZUCCHINI

Large shrimp stir fried with fresh zucchini and bell peppers in our light wine sauce

BUDDHA'S DELIGHT

Our veggie deluxe. Broccoli, baby corn, snow peas, zucchini, bamboo shoots, carrots, water chestnuts, and mushrooms cooked to perfection in our house light sauce

SAUTÉED SPINACH IN GARLIC

Fresh spinach with minced garlic prepared in a light seasoning

STIR FRIED SPICY STRING BEANS

Fresh string beans stir fried in our house white sauce

GLUTEN FREE FRIED RICE OR CHOP SUEY

VEGGIE, BEEF, CHICKEN, SHRIMP, HOUSE
Our gluten free fried rice and chop suey dishes are prepared with our gluten free house white sauce

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****ECRWSEDDM****
Postal Customer



FORTUNE COOKIES

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