



BUILD YOUR OWN **STIR-FRY** (550 – 670 Cals)



TOFU \$9.99



CHICKEN or BEEF \$12.99 SHRIMP \$12.99

1. PICK YOUR VEGGIES

Broccoli, Carrots, Green pepper, Red pepper, Mushrooms, Onions, Olives, Garlic, Cabbage

2. CHOOSE YOUR PROTEIN

Chicken, Beef, Shrimp or Tofu

3. CHOOSE YOUR SAUCE

Teriyaki, Red Thai, Szechwan, Sweet Chili, Shanghai, Sweet & Sour, Soy

4. RICE OR NOODLES

Brown Rice , Jasmine Rice, Cantonese Noodles(wheat), Rice Noodles

5. TOPPINGS

Cilantro, Green Onions, Sesame Seeds

6. ADD A SPRING ROLL \$2.99



BUILD YOUR OWN PASTA (550 – 670 Cals)



TOFU \$9.99



CHORIZO \$11.99



CHICKEN \$12.99

BEEF \$12.99

SHRIMP \$12.99

1. PICK YOUR VEGGIES

Broccoli, Carrots, Green pepper, Red pepper, Mushrooms, Onions, Olives, Garlic, Broccoli

2. CHOOSE YOUR PROTEIN

Chicken, Beef, Shrimp, Chorizo, Light life Ground

3. CHOOSE YOUR SAUCE



Rose, Alfredo, Tomato Sauce

4. CHOOSE YOUR PASTA

Whole Wheat Penne, Gluten Free Pasta, Spaghetti, Rotini



5. TOPPINGS

Parmesan, Basil, Chili Flakes

6. ADD A GARLIC BREAD \$1.99