

PICK UP STIX

FRESH ASIAN FLAVORS

03.12.2021

Nutritional Guide

The FDA identifies major food allergens as Milk, Eggs, Peanuts, Tree Nuts, Crustacean Shellfish, Soybeans and Wheat, as well as ingredients that contain protein derived from these foods. All of these food allergens are contained in our recipes. All of our foods are prepared in a common kitchen, therefore, allergens could be present in any dish. If you are allergic to these items listed, please use caution and your own judgment upon consumption.

For general information on food allergens, we suggest you visit the Food Allergy & Anaphylaxis Network website at www.foodallergy.com.

MENU ITEM	Servings per Portion	Calories per Serving	Calories from fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Milk	Eggs	Peanut / Nuts	Fish	Shellfish	Soy	Wheat	Garlic	Ginger	Sesame Oil / Seeds	Gluten Free	Vegetarian
APPETIZERS																								
Asian Lettuce Wraps (4)	2	230	35	4	1	0	85	810	14	1	10	32	X				X	X	X	X	X	X		
Chicken Dumplings Crispy (4)	1	300	150	5	1	0	15	304	16	2	2	5		X			X	X	X		X	X		
Chicken Dumplings Crispy (8)	2	300	150	5	1	0	15	304	16	2	2	5		X			X	X	X		X	X		
Chicken Dumplings Steamed (4)	1	115	40	4	1	0	12	304	16	2	2	5		X			X	X	X		X	X		
Chicken Dumplings Steamed (8)	2	115	40	4	1	0	12	304	16	2	2	5		X			X	X	X		X	X		
Chicken Egg Rolls (2)	2	180	40	5	1	0	15	260	20	1	3	7	X	X			X	X	X	X	X			
Cream Cheese Wontons (3)	1	250	150	17	6	0	30	310	19	1	1	5	X	X				X						
Cream Cheese Wontons (6)	2	250	150	17	6	0	30	310	19	1	1	5	X	X				X						
Edamame	2	150	35	4	0	0	0	105	14	2	3	15					X						X	X
Vegetable Spring Roll (1)	1	110	36	4	1	0	0	235	17	4	2	4						X	X			X		X
Vegetable Spring Rolls (2)	1	220	71	8	2	0	0	470	33	7	2	8						X	X			X		X
Vegetable Spring Rolls (4)	2	220	71	8	2	0	0	470	33	7	2	8						X	X			X		X
SOUPS																								
Wonton Soup Large	2	170	35	4	1	0	70	1530	20	1	1	14	X	X		X	X	X	X					
Wonton Soup Medium	1	170	35	4	1	0	70	1530	20	1	1	14	X	X		X	X	X	X					
Fried Crispy Noodles	1	70	5	0	0	0	0	180	15	1	0	3						X						
SALADS (with dressing)																								
Chopped Asian Vinaigrette with Chicken	2	350	200	22	3	0	50	540	24	4	12	20						X		X	X	X	X	
Chopped Asian Vinaigrette with Salmon	2	340	200	22	3	0	25	330	24	4	12	15				X		X	X	X	X	X	X	
Grilled Salmon Salad	2	340	210	23	4	0	30	520	23	2	12	13		X		X		X	X	X	X	X		
Signature Chinese Chicken	2	340	210	24	4	0	55	380	23	2	12	19		X				X	X	X	X	X		
House Special Salad with Chicken	2	590	250	28	5	0	90	1910	57	4	33	31		X	X			X	X	X	X	X		
House Special Salad with Tofu	2	540	240	27	4	0	5	1850	60	6	33	17		X	X			X	X	X	X	X		X
CHICKEN ENTREES																								
Chicken & Vegetables	2	200	60	6	1	0	55	630	12	2	4	22	X					X		X		X	X	
Crispy Honey	2	680	300	33	6	0	50	1180	65	2	34	25			X			X	X	X				
Firecracker	2	630	160	17	4	0	75	500	55	5	27	22						X	X					
Garlic	2	250	60	6	1	0	55	860	25	2	17	22	X				X	X	X	X		X		
General's Orange	2	580	210	24	5	0	60	1300	47	3	19	16						X	X	X	X			
Grilled Bourbon	2	340	80	9	3	0	30	570	31	3	23	34				X							X	
Grilled Teriyaki Chicken & Vegetables	2	370	100	11	4	0	90	1860	30	7	30	34						X	X	X	X			
House Special	2	620	250	27	5	0	135	1860	55	0	39	38		X				X	X	X				
Kung Pao	2	480	230	26	5	0	90	1270	35	2	19	29		X	X			X	X	X	X	X		
Spicy Korean Chicken & Shrimp	2	210	60	7	1	0	100	1160	23	2	12	17					X	X	X	X	X	X		
Sweet & Sour	2	500	180	20	4	0	30	780	69	4	44	15						X						
Thai Basil Cashew Chicken	2	330	160	18	3	0	55	640	20	2	10	23			X	X		X	X	X		X		
Thai Coconut Curry	2	270	110	12	7	0	18	950	18	4	9	24			X	X		X	X	X			X	
SPECIAL ORDERS with																								
WHITE MEAT CHICKEN (STEAMED)																								
Crispy Honey	2	280	45	5	1	0	55	280	37	0	34	20				X		X	X	X				
House Special	2	410	80	9	2	0	115	1500	38	0	37	42						X	X	X				
House Special Chicken w/ Vegetables	2	330	50	6	1	0	55	1480	46	2	40	23						X	X	X				
Kung Pao	2	320	110	12	2	0	55	1240	27	2	19	26			X			X	X	X		X	X	
Sweet and Sour	2	330	50	5	1	0	55	260	49	2	42	21											X	
BEEF ENTREES																								
Beef and Broccoli	2	380	150	16	3	0	60	950	35	4	17	17	X	X				X	X	X	X		X	
Kung Pao	2	440	200	22	4	0	60	1300	35	2	19	25		X	X			X	X	X	X		X	
Mongolian	2	500	170	19	4	0	75	1020	40	1	16	26		X				X	X	X	X		X	
Spicy Korean Beef	2	350	150	17	4	0	60	900	29	2	12	22		X				X	X	X	X		X	
SHRIMP ENTREES																								
Crispy Firecracker	2	690	310	18	3	0	100	3220	73	2	44	30						X	X	X				
Crispy Honey	2	520	160	18	3	0	100	1070	74	2	19	19				X		X	X	X				
Garlic	2	210	45	5	1	0	120	1370	28	2	17	12	X					X	X	X	X		X	
Kung Pao	2	290	110	12	2	0	155	2140	32	2	20	17			X			X	X	X	X		X	
Shrimp and Vegetables	2	180	50	6	1	0	155	1570	16	2	5	14	X					X	X	X	X		X	X
Thai Coconut Curry	2	220	90	10	6	0	155	1600	21	4	9	15			X			X	X	X	X			X
Spicy Korean Chicken & Shrimp	2	210	60	7	1	0	100	1160	23	2	12	17						X	X	X	X		X	
SALMON ENTREES																								
Grilled Teriyaki Salmon	2	290	50	6	1	0	25	600	46	4	6	16				X		X	X	X		X		

Grilled Teriyaki Chicken w/ Vegetables	1	480	140	15	5	0	120	2430	39	9	45	45						X	X	X	X				
House Special	1	780	280	32	6	0	170	2200	73	0	53	47		X				X	X	X					
Kung Pao	1	570	270	30	6	0	100	1680	43	2	24	33		X	X			X	X	X		X	X		
Sweet and Sour	1	690	250	27	5	0	40	1020	92	4	62	19							X						
Thai Coconut Curry	1	370	220	24	3	0	55	920	17	4	9	23				X	X				X				X
BEEF COMBOS (entrée only)																									
Beef and Broccoli	1	570	210	24	5	0	45	1390	45	4	24	31	X	X				X	X	X	X			X	
House Special	1	910	830	37	8	0	175	1850	66	0	40	56		X				X	X	X					
Kung Pao	1	590	270	30	6	0	90	1750	46	2	24	34		X	X			X	X	X	X	X	X	X	X
Mongolian	1	600	210	23	5	0	90	1480	52	2	24	30		X				X	X	X	X			X	
SHRIMP COMBOS (entrée only)																									
Garlic	1	300	80	8	1	0	185	2040	37	2	25	17	X					X	X	X	X			X	
Kung Pao	1	350	130	14	2	0	185	2430	37	2	25	20			X			X	X	X		X			
Shrimp and Vegetables	1	220	80	8	1	0	185	1710	18	2	6	16	X					X	X		X		X	X	X
TOFU/VEG COMBOS (entrée only)																									
Crispy Honey Tofu	1	670	310	34	6	0	0	340	73	3	45	15			X			X	X	X					
Firecracker Tofu	1	700	310	34	6	0	0	1790	80	4	54	17						X	X						X
House Special Tofu	1	620	270	30	5	0	0	1560	66	3	40	17						X	X	X					X
Kung Pao Tofu	1	510	260	29	5	0	0	1600	47	4	24	16			X			X	X	X		X	X		
Sweet & Sour Tofu	1	670	250	28	5	0	0	340	90	5	62	13						X						X	X
Thai Coconut Curry Tofu	1	510	320	35	11	0	0	900	34	5	9	14			X			X	X	X		X			X
Vegetable Feast - Dark Sauce	1	230	50	6	1	0	0	1220	38	4	27	6	X					X	X	X	X		X		
Vegetable Feast - Light Sauce	1	150	50	6	1	0	0	890	19	4	8	5	X					X		X		X	X		X
SPECIAL ORDER COMBOS with																									
WHITE MEAT CHICKEN (STEAMED)(entrée only)																									
Honey	1	210	40	4.5	1	0	45	190	25	0	23	17			X			X	X	X					
House Special	1	550	110	12	3	0	140	2160	56	0	54	52						X	X	X					
House Special Chicken w/ Vegetables	1	490	90	10	2	0	95	2140	61	1	56	37						X	X	X		X			
Kung Pao	1	360	130	15	3	0	55	1630	33	2	25	26			X			X	X	X		X			
Sweet and Sour	1	470	70	8	2	0	70	390	73	3	63	26													X
SIDES - COMBOS																									
Steamed Brown Rice	1	130	10	1	0	0	0	5	26	2	0	3												X	X
Steamed White Rice	1	150	5	0	0	0	0	0	32	0	0	3												X	X
Chicken Dumplings Crispy (2)	1	150	75	3	0	0	8	152	8	1	1	3		X				X	X			X	X		
Chicken Dumplings Steamed (2)	1	60	20	2	0	0	6	152	8	1	1	3		X				X	X			X	X		
Cream Cheese Wontons (2)	1	170	100	11	4	0	20	210	13	1	1	3	X	X					X						
Egg Fried Rice	1	140	25	3	1	0	35	350	24	1	3	4	X	X				X	X	X				X	
Plain Chow Mein	1	140	15	1.5	0	0	0	560	28	1	7	3		X				X	X	X	X		X		
Small Garden Salad (with dressing)	1	80	50	6	0	0	0	170	8	1	3	1		X				X	X	X	X				X
Vegetable Spring Roll (1)	1	130	36	4	1	0	0	235	17	4	2	4								X	X		X		X