2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

### Al la Carte Appetizers

<table>
<thead>
<tr>
<th>Appetizer</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Roll (2 pc)</td>
<td>$2.99</td>
<td>200</td>
</tr>
<tr>
<td>Chicken Egg Roll (1 pc)</td>
<td>$2.99</td>
<td>170</td>
</tr>
<tr>
<td>Shrimp Dumpling (3 pc)</td>
<td>$2.99</td>
<td>110</td>
</tr>
<tr>
<td>Cream Rangoon</td>
<td>$2.99</td>
<td>280</td>
</tr>
</tbody>
</table>

### Starch

<table>
<thead>
<tr>
<th>Starch</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simple Fried Rice</td>
<td>490</td>
</tr>
<tr>
<td>Simple Chow Mein</td>
<td>530</td>
</tr>
</tbody>
</table>

### Protein

<table>
<thead>
<tr>
<th>Protein</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>General TSO’s Chicken</td>
<td>360</td>
</tr>
<tr>
<td>Kung Pao Chicken</td>
<td>330</td>
</tr>
<tr>
<td>Broccoli Beef</td>
<td>180</td>
</tr>
<tr>
<td>Veggies Delight</td>
<td>120</td>
</tr>
<tr>
<td>Tofu</td>
<td>60</td>
</tr>
</tbody>
</table>