



# Healthy Choice & Vegetarian Specialties!



Notes Vegetarian Options



Notes Healthy Choice Options



## Appetizers

- A 2. Spring Rolls ✓
- A 3. Pan Fried Scallion Pancakes ✓
- A 9. Vegetable Ravioli ♥

## Soups

- SP 8. Bean Curd & Vegetable Soup ✓

## Chow & Lo Mein

- CM 1. Vegetables Chow Mein ✓
- LM 1. Vegetables Lo Mein ✓

## Rice

- R 1. Boiled White Rice ✓
- R 2. Fried Rice ✓

## Egg Foo Young & Chop Suey

- E 1. Vegetables Egg Foo Young ✓
- CS 1. Vegetables Chop Suey ✓

## Seafood, Chicken & Moo Shi

- S 3. Shrimp w/ Vegetables ♥
- S 5. Shrimp w/ Broccoli ♥
- S 7. Shrimp w/ Pea Pods ♥
- S 12. Scallop w Vegetables ♥
- S 15. Lobester w Vegetables ♥
- S 17. Seafood Combination ♥
- CH 1. Moo Goo Gai Pan ♥
- Ch 2. Chicken w/ Broccoli ♥
- CH 7. Chicken w/ Pea Pods ♥
- MS 1. Moo Shi Vegetables ✓

## Bean Curd & Vegetables

- V 1. Buddha's Delight ✓
- V 2. Mixed Vegetables ✓
- V 5. Braised Bean Curd ✓
- V 8. Fried bean Curd w/ Vegetables ✓

## House Specialties

- H 7. Vegetable Paradise ✓

*A unique & delightful combination of bean curd Szechuan style, mixed chinese vegetables & sauteed string beans*

- H 14. Three Delights ♥

*Tender beef, chicken & shrimp sauteed with a variety of vegetables*

- H 19. Seafood in the Nest ♥

*Lobster, crabmeat, scallops & shrimp lightly sauteed w/ a variety of Chinese vegetables*

