



MENU NUTRITION

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ORDERING OPTIONS:



A LA CARTE
Individual Entrees/Sides



Bowl
1 Entree & 1 Side



Plate
2 Entrees & 1 Side



Bigger Plate
3 Entrees & 1 Side

SIDES:



Chow Mein
510 Calories
20g Fat
80g Carbs
13g Protein



Fried Rice
520 Calories
16g Fat
85g Carbs
11g Protein



Steamed Rice
380 Calories
0g Fat
87g Carbs
7g Protein



Super Greens
90 Calories
3g Fat
10g Carbs
6g Protein

ENTREES:

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Sizzling Shrimp
130 Calories
4g Fat
11g Carbs
12g Protein



Orange Chicken
490 Calories
23g Fat
51g Carbs
25g Protein



Black Pepper Steak
210 Calories
10g Fat
13g Carbs
19g Protein



Honey Walnut Shrimp
360 Calories
24g Fat
27g Carbs
11g Protein



Grilled Teriyaki Chicken
275 Calories
10g Fat
14g Carbs
33g Protein



Kung Pao Chicken
290 Calories
19g Fat
14g Carbs
16g Protein



Honey Sesame Chicken
340 Calories
15g Fat
35g Carbs
16g Protein



Beijing Beef
480 Calories
27g Fat
46g Carbs
14g Protein



Mushroom Chicken
220 Calories
14g Fat
10g Carbs
13g Protein



SweetFire Chicken
360 Calories
15g Fat
40g Carbs
15g Protein



String Bean Chicken
210 Calories
12g Fat
13g Carbs
12g Protein



Broccoli Beef
150 Calories
7g Fat
13g Carbs
9g Protein



Black Pepper Chicken
280 Calories
19g Fat
15g Carbs
13g Protein



Eggplant Tofu
340 Calories
24g Fat
23g Carbs
7g Protein



Super Greens
45 Calories
2g Fat
5g Carbs
3g Protein

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APPETIZERS:



Chicken Egg Roll (1)
200 Calories
10g Fat
20g Carbs
6g Protein



Veggie Spring Rolls (2)
240 Calories
14g Fat
24g Carbs
4g Protein



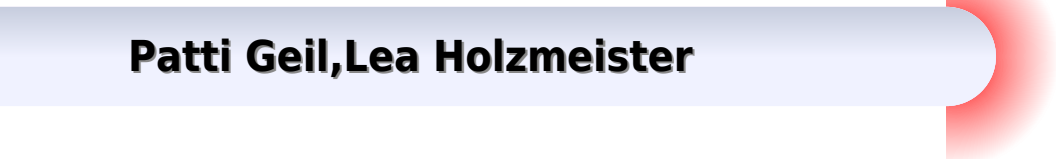
Rangoon (3)
190 Calories
8g Fat
24g Carbs
5g Protein



Chicken Potstickers (3)
160 Calories
6g Fat
20g Carbs
6g Protein

Whats Menu Guide Healthy Restaurant

Patti Geil, Lea Holzmeister



Whats Menu Guide Healthy Restaurant:

What's on the Menu? Toby Smithson, Susan Weiner, 2015-12 How often do you eat out at restaurants If you re like the rest of us your answer will likely fall into the several times a week range Challenged by hectic family social and work schedules the first obligation that most Americans remove from their plate is cooking meals at home And unfortunately in exchange for the convenience of quick and easy dining out we tend to sacrifice the most vital aspects of our health and wellbeing In What s On The Menu renowned dietitians Susan Weiner and Toby Smithson help you make the healthiest possible meal choices at virtually any restaurant Their suggested menu items from an exhaustive list of well known eateries will save you the guesswork of determining which dish is most healthy and delish while essential information on an array of common cuisines will allow you to make informed choices anywhere you eat With quick reference tips for people who are working to manage their weight reduce cardiovascular risk improve control of diabetes or reverse pre diabetes What s On The Menu offers invaluable advice designed to help you make simple decisions to eat and live well

Management by Menu, 4e Study Guide Lendal H. Kotschevar, Diane Withrow, 2007-08-17 Management by Menu is an invaluable resource for its presentation of the menu as a central theme that influences all foodservice functions Its unique perspective of tying the menu to overall management principles provides the future manager with the big picture of the operation of a restaurant

Beyond the Menu: A Restaurant Start-up Guide: Launching and Managing a Profitable Restaurant Ravi Wazir, 2024-06-20 Do you dream of starting your own restaurant or caf some day Here s your no nonsense roadmap to becoming a restaurateur Venturing into the restaurant business is a popular choice today yet few new eateries survive It s important to discover how to manage business risks and make well informed choices for your restaurant start up before you go live Beyond the Menu A Restaurant Start Up Guide is packed with information on the nuts and bolts of the restaurant industry as well as techniques to handle money marketing manpower and operational issues Top business consultant Ravi Wazir shares proven techniques and strategies honed by hospitality professionals over decades USE THIS BOOK AS A REFERENCE TO Design your restaurant Plan your menu Organize your team Manage your budget Get your certificates and approvals And a whole lot more Whether you are a businessman with no knowledge of restaurants a practising professional or an industry student if you plan to embark on a journey of realising your restaurant dream and are not sure how this book will help you avoid painful mistakes and do it right the first time

Diabetes Meal Planning Made Easy Hope Warshaw, 2010-03-15 Planning a meal around diabetes doesn t have to be difficult Meal planning is one of the hardest parts of managing diabetes The new edition of Hope Warshaw s best selling book gives you all the tools you need to plan and eat healthier meals Updated to include the latest nutrition recommendations for the American Diabetes Association and the federal government s Dietary Guidelines for Americans Diabetes Meal Planning Made Easy is a resource no person with diabetes should be without The Fourth Edition of Diabetes Meal Planning Made Easy provides the answers to all questions

you have What are my health and nutrition goals What is the best kind of oil to use How do I make my favorite recipes healthier Do I need dietary supplements What strategies can I use to make food shopping and preparation easier

The Restaurant John R. Walker, 2021-12-02 THE RESTAURANT AN AUTHORITATIVE UP TO DATE AND ONE STOP GUIDE TO THE RESTAURANT BUSINESS In the newly revised The Restaurant From Concept to Operation Ninth Edition accomplished hospitality and restaurant professional John R Walker delivers a comprehensive exploration of opening a restaurant from the initial idea to the grand opening The book offers readers robust applications based coverage of all aspects of developing opening and running a restaurant Readers will discover up to date material on staffing legal and regulatory issues cost control financing marketing and promotion equipment and design menus sanitation and concepts Every chapter has been revised updated and enhanced with several industry examples sidebars charts tables photos and menus The ninth edition of The Restaurant From Concept to Operation provides readers with all the information they need to make sound decisions that will allow for the building of a thriving restaurant business The book also offers A thorough introduction to the restaurant business from the history of eating out to the modern challenges of restaurant operation A comprehensive exploration of restaurants and their owners including quick casual sandwich family fine dining and other establishments Practical discussions of menus kitchens and purchasing including prices and pricing strategies menu accuracy health inspections and food purchasing systems In depth examinations of restaurant operations including bar and beverage service budgeting and control and food production and sanitation An indispensable resource for undergraduate and graduate restaurant and food management services and business administration students The Restaurant From Concept to Operation Ninth Edition is also perfect for aspiring and practicing restaurant owners and restaurant investors seeking a one stop guide to the restaurant business

The New Power Eating Kleiner, Susan, Greenwood-Robinson, Maggie, 2018 The New Power Eating delivers a science based nutrition plan that explains what to eat and when and how to customize your diet for your physique performance and energy needs This is the authoritative guide for adding muscle and cutting fat

101 Tips on Nutrition for People with Diabetes Patti Geil, Lea Holzmeister, 2006-07-03 In this new edition diabetes experts Patti Geil and Lea Ann Holzmeister provide handy tips on meal planning general nutrition managing medication and meals shopping and cooking weight loss and more

Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults Expert Panel on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults (U.S.), 1998 Of evidence based recommendations Introduction Overweight and obesity background Examination of randomized controlled trial evidence Treatment guidelines Summary of recommendations Future research

Diabetes Weight Loss: Week by Week Jill Weisenberger, 2012-07-10 More than 23 million adult Americans have diabetes More than two thirds of American adults with type 2 diabetes are significantly overweight or obese The majority of overweight people have tried unsuccessfully to lose weight one or more times only to regain it within months They know that losing weight can improve their health they just

need to know how to make it happen and how to keep those pounds off Diabetes Weight Loss Week by Week guides people with diabetes through the steps toward lasting weight loss better health and possibly improved blood glucose control With a week by week approach and emphasis on incremental changes readers gain the knowledge skills and confidence required for permanent weight loss and lifestyle change Readers also learn from the triumphs of others by reading their brief stories and the included recipes show how to bring healthy meals into the house *The Mediterranean Diabetes Cookbook* Amy Riolo,2012-02-29 2011 NAUTILUS SILVER AWARD WINNER Diabetic Mediterranean recipes fabulous for people with type 2 diabetes Rich in lean meats healthy fiber omega 3 fatty acids and antioxidants

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