

# WOK & RAMEN

Asian-inspired bowls of noodles or rice, with fresh veggies, tender meats + flavorful sauces and broth.

PROTEIN  
9.99

VEGGIE  
8.99

## BUILD YOUR OWN RAMEN START WITH BROTH

Pork 160cal **GF**

Miso 130cal **V, GF**

## FILL WITH NOODLES

Ramen Noodles 370cal

Udon Noodles **V** 340ca

Rice Noodle **V, GF** 140cal

## ADD A PROTEIN

Chicken Thighs **GF** 120cal

Beef Brisket **GF** 230cal

Pork Belly **GF** 240cal

Tofu **V, GF** 80cal

All ramen bowls include bok choy, bean sprouts, green onion, shiitake mushrooms and soft boiled egg. 100cal

## EXTRAS

Protein +2 80-240cal

Veg +.50ea 5-10cal

Noodles +1 140-370cal



**V** - Vegan

**GF** - Made with Gluten Free Ingredients

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

\* Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# WOK & RAMEN

## BUILD YOUR OWN WOK

### PICK A PROTEIN

Chicken Thighs **GF** 120cal      Pork Belly **GF** 240cal

Beef Brisket **GF** 230cal      Tofu **V, GF** 80cal

### ADD SOME VEGGIES 5-10cal each

Choose up to 7 of your favorite seasonal veggies.

### BULK IT UP

Yakisoba Noodle **V** 230cal

Udon Noodles **V** 340cal

Rice Noodle **V, GF** 140cal

Organic White Rice **V, GF** 180cal

Organic Brown Rice **V, GF** 160cal

### GET SAUCY

Shanghai **V, GF**

A traditional Chinese sauce seasoned with soy, rice wine vinegar, sherry and sesame oil. *Contains Soy* 100cal

Peanut **V, GF**

A classic rich peanut sauce lightly spiced with ginger, garlic, lime and chile paste. *Contains Soy, Peanut* 230cal

Teriyaki **V, GF**

A lightly sweet soy base with accents of ginger, garlic and green onion. *Contains Soy* 190cal

Chogo Sauce **V**

A Korean style red pepper sauce with a perfect blend of sweet, spicy and tangy. *Contains Wheat, Soy* 60cal

Spicy Sweet Thai **V, GF**

A great stir-fry sauce with ginger, basil, cilantro, mint and a sweet soy base, with just a hint of heat. *Contains Soy* 160cal

Kung Pao **V**

A traditional Szechuan stir-fry sauce made with black bean paste, chile garlic paste, hoisin paste and red wine vinegar.

*Contains Wheat, Soy* 140cal

Asian Plum **GF**

Chinese plum sauce with garlic, ginger, basil, mint, cilantro, chiles and a hint of fish sauce. *Contains Anchovy* 320cal

Coconut Curry Sauce **V, GF**

North Indian curry paste is combined with coconut milk, ginger and lime. Lightly spiced, sugar and soy free. *Contains Coconut* 150cal

### CHOOSE SOME TOPPINGS:

Cilantro 0cal

Nori 0cal

Peanuts 80cal

Jalapeno 0cal

Basil 0cal

### EXTRAS

Soft Boiled Egg\* +1 80cal

Choi's Napa Kimchi **V** +1 10cal

Protein +2 80-240cal

Veg +.50ea 5-10cal

Rice or Noodles +1 140-340cal

\* Consuming raw or undercooked eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

# HOT WOK ORDER FORM

## CHOOSE A PROTEIN

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> VEGGIE        | <input type="checkbox"/> BEEF BRISKET |
| <input type="checkbox"/> CHICKEN THIGH | <input type="checkbox"/> PORK BELLY   |
| <input type="checkbox"/> TOFU          |                                       |

## CHOOSE A SAUCE

- |  |                                   |
|--|-----------------------------------|
| <input type="checkbox"/> ASIAN PLUM    | <input type="checkbox"/> CHOGO    |
| <input type="checkbox"/> COCONUT CURRY | <input type="checkbox"/> KUNG PAO |
| <input type="checkbox"/> PEANUT        | <input type="checkbox"/> SHANGHAI |
| <input type="checkbox"/> SWEET THAI    | <input type="checkbox"/> TERIYAKI |

## CHOOSE A NOODLE OR RICE

- |  |  |
|--|--|
| <input type="checkbox"/> ORGANIC<br>WHITE RICE | <input type="checkbox"/> ORGANIC<br>BROWN RICE |
| <input type="checkbox"/> RICE NOODLES          | <input type="checkbox"/> UDON NOODLES          |
| <input type="checkbox"/> YAKISOBA NOODLES      |  |

## TOPPINGS

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| <input type="checkbox"/> PEANUTS | <input type="checkbox"/> CILANTRO |
| <input type="checkbox"/> NORI    | <input type="checkbox"/> JALAPENO |
| <input type="checkbox"/> BASIL   |                                   |

## EXTRAS

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> SOFT BOILED EGG +1   | <input type="checkbox"/> KIMCHI +1    |
| <input type="checkbox"/> EXTRA PROTEIN +2     | <input type="checkbox"/> EXTRA VEG +1 |
| <input type="checkbox"/> EXTRA RICE/NOODLE +1 |                                       |

# RAMEN ORDER FORM

## CHOOSE A PROTEIN

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> VEGGIE         | <input type="checkbox"/> BEEF BRISKET |
| <input type="checkbox"/> CHICKEN THIGHS | <input type="checkbox"/> PORK BELLY   |
| <input type="checkbox"/> TOFU           |                                       |

## CHOOSE A BROTH

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> PORK RAMEN | <input type="checkbox"/> MISO RAMEN |
|-------------------------------------|-------------------------------------|

## CHOOSE A NOODLE OR RICE

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> RAMEN NOODLES | <input type="checkbox"/> RICE NOODLES |
| <input type="checkbox"/> UDON NOODLES  |                                       |

## EXTRAS

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> EXTRA PROTEIN +2      | <input type="checkbox"/> EXTRA VEG +1 |
| <input type="checkbox"/> EXTRA RICE/NOODLES +1 |                                       |

NOTES: \_\_\_\_\_

\_\_\_\_\_

NAME: \_\_\_\_\_

HERE

TO GO