



## Our Food Philosophy: Wok'd Fresh Perfection

It's an obsession with little details — and big flavors. It's a commitment to the highest quality vegetables, lean, healthy meats, and Trans Fat Free cooking. It's taking a stand against MSG (we never add it to our food).

And it's wokking each meal fresh — just for you.

## Eating Healthy at Chin's: A Few Tips From Our Kitchen

Chin's is naturally a great option. (Who can argue with nutritious vegetables, lean meats, and fresh preparation?)

But if you have additional dietary concerns, we can help.

### CALORIES

If you're counting calories, you're in luck! We recommend the Potstickers, Fresh Vietnamese Spring Rolls, Salads, Soups, or any of the lighter Stir Fries (see below).

### FAT

If you're watching your fat intake, ask for your order to be wokked with chicken broth instead of oil.

Or just ask the kitchen to use half the amount of oil. If you're looking for a low-fat stir fry sauce, try the Hunan Sweet Chili. Lots of flavor and no guilt!

### CARBS

If you're watching carbs, try a stir fry without rice, or a salad with half the dressing.

### GLUTEN

If you are on a wheat-free diet, we recommend these dishes — all free of wheat, barley, rye and oats.

(Please note that products containing gluten are prepared in our kitchen.)

- Thai Basil Salad (order without chicken and noodles)
- Stir Fries: Tofu, Vegetable, Chicken, or Shrimp
- Stir Fry Sauces: Mandarin Orange, Sweet Chili or Indo Coconut Curry
- Noodle dishes: Order Pad Thai prepared with Curry sauce, or order Curry noodles prepared with Pad Thai noodles

### SAYING NO TO TRANS FAT AND MSG

We only use 100% natural corn oil — never partially hydrogenated oil. And we never add MSG to our food.

### FOOD ALLERGIES

Some of our dishes contain peanuts or soy. Please ask about alternatives if you are allergic to these foods.

### SPECIAL NOTE

This information is not to be used by individuals with special dietary needs in lieu of professional medical advice.

If you have dietary restrictions, please consult your physician. Ingredients or menu items may change at any time.



## Nutritional Information

We hope you will find this information useful in choosing an option that meets your mood, your nutritional goals, or both!  
 (Please Note: because we wok each dish fresh for you, the nutritional information will vary slightly.)

APPETIZERS	Calories	Total Fat	Carbs	Fiber	Protein
<b>Cream Cheese Puffs</b> (3)	351.0	22.8	28.8	0.6	7.5
<b>New Age Potstickers</b> (2)	96.0	2.8	12.8	2.0	4.6
<b>Chin's Wings</b> (3)	255.0	16.2	10.8	0.0	16.2
<b>Thai Spring Roll</b> (1)	169.0	8.0	21.0	1.7	3.0
<b>Shrimp Spring Roll</b> (1)	87.9	1.7	12.7	1.5	5.4
<b>Chicken Spring Roll</b> (1)	95.9	2.3	13.3	1.6	5.5

<b>Lettuce Wraps</b> (per serving; servings per order: 2)	158.0	11.5	4.3	0.4	9.3
Hoisin Sauce	136.0	1.4	27.0	0.0	2.7
Thai Peanut Sauce	91.0	5.6	7.4	0.6	2.4

SOUPS (based on cup-size serving)	Calories	Total Fat	Carbs	Fiber	Protein
<b>Egg Drop</b>	72.7	2.4	6.7	0.3	6.1
<b>Hot and Sour</b>	70.7	2.6	5.9	0.0	6.2

SALADS (per serving; servings per large salad: 2.5)	Calories	Total Fat	Carbs	Fiber	Protein
<b>Chinese Chicken Salad</b>	321.0	20.7	23.0	2.3	10.5
<b>Thai Basil Chicken Salad</b>	321.3	27.2	8.1	2.7	10.9

RICE (per serving; servings per dish: 2.5)	Calories	Total Fat	Carbs	Fiber	Protein
<b>White Rice</b>	171.0	0.5	38.0	0.4	4.0
<b>Brown Rice</b>	171.0	1.0	38.0	0.4	4.0

## STIR FRIES WITHOUT RICE

<b>Stir Fry without Sauce</b> (per serving; servings per dish: 2.5)	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	59.5	2.2	7.4	1.7	2.4
Tofu	174.0	13.0	5.4	1.7	8.5
Chicken	143.0	6.2	6.1	1.8	15.6
Pork	109.5	4.8	6.0	1.7	12.0
Beef	150.0	5.8	7.3	1.7	17.4
Shrimp	83.0	3.6	6.0	1.7	6.0

<b>Mongolian Stir Fry</b> (per serving; servings per dish: 2.5)	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	120.6	3.0	19.2	2.1	3.0
Tofu	229.6	13.6	17.4	2.0	9.1
Pork	195.0	6.2	19.2	2.1	12.6
Chicken	187.6	6.4	16.8	2.0	15.0
Beef	209.2	7.4	18.9	2.0	18.3
Shrimp	138.6	4.2	18.0	2.0	6.6



## STIR FRIES WITHOUT RICE *continued*

<b>Cantonese Black Bean</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	100.0	4.1	14.2	2.6	3.9
Tofu	225.0	14.7	14.2	2.6	10.0
Chicken	175.0	7.5	11.8	2.6	15.9
Pork	185.0	7.3	14.2	2.6	13.5
Beef	210.0	8.7	14.0	2.6	19.6
Shrimp	125.0	5.3	13.0	2.6	7.5

<b>Japanese Teriyaki</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	111.3	2.4	18.8	1.7	3.5
Tofu	226.0	13.3	16.8	1.7	9.6
Chicken	194.8	6.4	17.5	1.8	16.7
Pork	157.3	4.8	15.9	1.7	13.1
Beef	185.0	5.7	15.6	1.7	19.0
Shrimp	134.0	3.8	17.4	1.7	7.1

<b>Mandarin Orange Peel</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	117.6	2.4	21.4	1.7	2.6
Tofu	232.0	13.2	19.3	1.7	8.7
Chicken	201.1	6.4	20.1	1.8	15.8
Pork	162.9	4.4	18.2	1.7	12.2
Beef	182.0	5.2	17.9	1.7	17.7
Shrimp	140.0	3.7	19.9	1.7	6.2

<b>Hunan Sweet Chili</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	111.1	2.3	20.0	1.7	2.5
Tofu	226.0	13.2	18.0	1.7	8.6
Chicken	194.6	6.3	18.7	1.8	15.7
Pork	157.3	4.4	17.0	1.7	12.1
Beef	176.4	5.2	16.7	1.7	17.6
Shrimp	134.0	3.7	18.6	1.7	6.1

<b>Indo Coconut Curry</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	133.4	7.2	13.9	2.1	3.2
Tofu	248.0	18.0	11.9	2.0	9.2
Chicken	216.9	11.2	12.6	2.2	16.4
Pork	170.0	8.8	11.4	2.0	12.7
Beef	215.0	10.5	11.2	2.0	18.5
Shrimp	156.0	8.6	12.5	2.0	6.7



## STIR FRIES WITHOUT RICE *continued*

<b>Shanghai Sesame</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	138.6	6.0	18.1	2.1	2.9
Tofu	253.0	16.9	16.1	1.7	9.0
Chicken	222.1	10.0	16.8	2.2	16.1
Pork	183.2	7.7	15.3	1.7	12.5
Beef	210.0	9.2	15.0	1.7	18.2
Shrimp	162.0	7.4	16.7	1.7	6.5

<b>Thai Peanut</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	150.3	7.2	16.1	3.2	5.2
Tofu	264.0	18.0	14.1	3.1	11.3
Chicken	233.8	11.2	14.8	3.3	18.4
Pork	193.4	8.8	13.4	3.1	14.8
Beef	230.0	10.5	13.2	3.1	21.5
Shrimp	173.0	8.6	14.7	3.1	8.8

<b>Sichuan</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	113.6	2.7	19.2	2.5	3.0
Tofu	228.0	13.6	17.2	2.4	9.1
Chicken	197.1	6.7	17.9	2.6	16.2
Pork	160.1	4.8	16.3	3.1	14.8
Beef	200.0	5.7	16.0	3.1	21.5
Shrimp	137.0	4.1	17.8	2.4	6.6

## CLASSICS WITHOUT RICE

( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
<b>Lemon Chicken</b>	271.7	11.3	23.1	0.1	19.5
<b>Sweet &amp; Sour Chicken</b>	340.1	15.1	38.4	0.1	12.9
<b>Sesame Chicken</b>	363.6	20.4	31.2	0.1	13.9
<b>Vegetable Fried Rice</b>	402.0	9.4	71.8	1.0	8.0
<b>Ten Ingredient Fried Rice</b>	368.0	12.4	50.0	1.0	13.8

## NOODLE BOWLS

<b>Chow Fun</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	240.0	3.1	49.4	4.4	3.2
Tofu	300.6	9.1	48.8	4.3	5.6
Chicken	270.0	4.4	48.4	4.3	8.0
Pork	280.0	4.4	49.4	4.4	7.0
Beef	304.0	5.6	50.0	4.4	8.3
Shrimp	264.1	3.6	49.9	4.3	4.6



## NOODLE BOWLS *continued*

<b>Curry Noodles</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	251.0	5.5	40.3	4.1	7.8
Tofu	294.6	9.8	39.2	4.0	12.3
Chicken	277.8	6.8	39.4	4.0	12.6
Pork	285.0	6.8	40.3	4.1	11.7
Beef	313.4	8.1	41.0	4.1	17.0
Shrimp	258.2	6.0	39.8	4.0	9.3

<b>Pad Thai</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	299.0	7.4	51.0	4.9	6.7
Tofu	398.2	15.2	51.7	6.8	13.5
Chicken	354.7	9.2	51.0	4.9	18.1
Pork	356.0	10.4	50.0	4.8	16.2
Beef	403.3	12.4	49.1	4.8	23.5
Shrimp	325.4	7.6	51.8	4.9	12.1

<b>Thai Peanut Lo Mein</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	276.2	11.4	37.2	3.5	9.9
Tofu	375.2	19.1	37.9	5.3	16.7
Chicken	331.7	12.5	37.2	3.5	21.2
Pork	410.0	16.9	45.2	4.2	21.6
Beef	480.0	20.1	44.4	4.2	31.4
Shrimp	302.4	11.5	38.1	3.5	15.3

<b>Firecracker Noodles</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	259.3	6.8	41.5	3.9	7.9
Tofu	358.5	14.5	42.2	5.8	14.7
Chicken	315.0	8.0	41.5	3.9	19.3
Pork	368	11.2	48.8	4.6	19.0
Beef	416.9	13.3	48.0	4.6	27.6
Shrimp	285.7	7.0	42.3	3.9	13.3

<b>Teriyaki Udon</b> ( <i>per serving; servings per dish: 2.5</i> )	Calories	Total Fat	Carbs	Fiber	Protein
Vegetable	274.0	6.0	45.4	3.7	9.9
Tofu	373.2	13.7	46.1	5.6	16.7
Chicken	329.7	7.2	43.4	3.7	21.3
Pork	377.0	10.1	51.6	4.2	20.9
Beef	427.1	12	50.7	4.2	30.4
Shrimp	300.4	6.2	47.8	3.7	15.3