

FOR BEST RESULTS  
**TRAIN HARD**  
 AND  
**EAT RIGHT!**

### Gym Light Menu

\* For your diet pleasure we have carefully prepared these dishes with selected ingredients and natural seasoning

	Sm.	Lg.
S1. Plain Steamed Chicken (Over Brown Rice)	9.50	13.95
S2. Steamed Chicken & Egg White (Over Brown Rice)	9.75	13.95
S3. Steamed Chicken & Flank Steak (Over Brown Rice)	10.75	15.95
S4. Steamed Chicken & Shrimp (Over Brown Rice)	11.95	16.95
S5. Steamed Mixed Vegetables or Broccoli	7.50	10.95
S6. Steamed Green Jade Delight (Broccoli, String Beans, Snow Peas)	7.95	10.95
S7. Steamed Chicken w. Broccoli or Mixed Vegetable	8.15	13.50
S8. Steamed Prawns w. Broccoli or Mixed Vegetable	8.95	15.95
S9. Steamed Chicken & Prawns w. Mixed Vegetable		16.95
S10. Steamed Seafood Combo		18.25

### Above dishes come w. special ginger sauce

(Low sodium, no oil, corn starch or fat is used)

Additional sauce on the side extra charge \$1.00

	AMOUNT	CALORIES	PROTEIN gm	CARBOHYDRATE gm	FAT gm
Brown Rice (Cooked)	1 Pint= 2 Cups	468	9.8	101.2	2.4
Egg White	1 egg white	16	3.3	---	---
Chicken	4 oz	133	27.2	---	1.9
Shrimp	3 oz	77	15.4	1.3	0.6
Flank Steak	3 oz	122	18.4	---	4.8

### Side Orders

White Rice	(S) 1.25 (L) 2.50	Almond Cookies (3)	1.00
Brown Rice	(S) 1.75 (L) 3.50	Soda (20 oz)	1.75
Fried Noodles	0.50		

### LUNCH SPECIALS

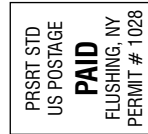
Served till 3:30 PM Monday to Saturday

Served with fried rice, white rice or brown rice

1.00 extra for choice of wonton, egg drop, hot & sour soup or egg roll

- L 1. Fried Rice (Choice of roast pork, chicken, beef, or veg) 6.95
- L 2. Lo Mein (without rice) (Choice of roast pork, chicken, beef, or veg) 6.95
- L 3. Chow Mei Fun (Thin Rice Noodle) (without rice) (Choice of roast pork, chicken, beef, or veg) 7.95
- L 4. Mixed Vegetable 6.95
- L 5. Broccoli with Garlic Sauce 6.95
- L 6. Bean Curd with Mixed Vegetable 6.95
- L 7. Roast Pork Egg Foo Young 7.25
- L 8. Double Sauteed Sliced Pork 7.25
- L 9. Shredded Pork with Garlic Sauce 7.25
- L10. Fried Chicken Wings 7.25
- L11. Sweet & Sour Chicken 7.25
- L12. Chicken Chow Mein 7.25
- L13. Diced Chicken with Peanuts 7.25
- L14. Sliced Chicken with Broccoli 7.25
- L15. Sliced Chicken with Vegetable 7.25
- L16. Sliced Chicken with Bean Curd 7.25
- L17. Sliced Chicken with Garlic Sauce 7.25
- L18. Beef with Broccoli 7.95
- L19. Pepper Steak with Onions 7.95
- L20. Shredded Beef Szechuan Style 7.95
- L21. Hunan Beef 7.95
- L22. Jumbo Shrimp with Broccoli 8.50
- L23. Jumbo Shrimp with Garlic Sauce 8.50
- L24. Jumbo Shrimp with Lobster Sauce 8.50
- L25. Boneless Spare Ribs 8.50
- L26. Chicken & Shrimp with Hoisin Sauce 7.95
- L27. House Special Chicken 7.95
- L28. Sesame Chicken 7.95
- L29. General Tso's Chicken 7.95

Hot & Spicy



HEALTHY FOOD  
 CHINESE RESTAURANT

### EAT IN & TAKE OUT

Catering or Party Orders Welcome!  
 Gift Certificate Available

TEL. (516) 931-1651  
 (516) 931-1656

235 Robbins Lane, Syosset, N.Y. 11791

### DELIVERY AVAILABLE

MINIMUM \$15.00  
 \$2.00 Delivery Charge  
 (2 to 4 miles)

	Lunch	Dinner
Mon. - Thurs.:	11:00 AM - 3:30 PM	4:30 PM - 9:30 PM
Friday:	11:00 AM - 3:30 PM	4:30 PM - 10:00 PM
Saturday:	11:30 AM - 10:00 PM	
Sunday:	12:00 PM - 9:30 PM	



ONLINE ORDER 10% OFF  
 www.yimswok.com

Designed & Printed by Sanford Printing, Inc. Copyright © 02/2018 第一印刷公司 718-461-1202

Since 1986



HEALTHY FOOD  
 CHINESE RESTAURANT



ONLINE ORDER 10% OFF  
 www.yimswok.com



## Appetizers

1. Egg Roll or Vegetable Roll	1.95
2. Fried Chicken Wings (8)	6.25
3. Spring Roll (1)	1.95
4. Bar-B-Q Chicken (4)	5.95
5. Bar-B-Q Beef (2)	5.95
6. Shrimp Toast (4)	6.25
7.  Wonton w. Hot Sesame Sauce	5.95
8. Fried Wonton (10)	4.50
9. Bar-B-Q Spare Ribs (6)	10.95
10. Boneless Ribs	Sm. 8.95 Lg. 16.95
12. Dumpling (Steamed or Fried) (6) <small>(Choice of Pork, Chicken or Vegetable)</small>	5.95
13. Scallions Pancake	4.95
14. Cold Noodle w. Sesame Sauce	6.25

## Soups

	Sm.	Lg.
16. Egg Drop Soup	2.00	4.00
17. Wonton Soup	2.00	4.00
18.  Hot & Sour Soup	2.50	5.50
19. Egg Drop Wonton Mixed	2.50	5.50
20. Chicken Noodle or Rice Soup	2.50	5.00
21. Vegetable Bean Curd Soup	3.00	5.25
22. Chicken & Corn Soup		5.95
23. Subgum Wonton Soup (for 2)		6.95
24. House Special Soup (for 2)		6.95

## Noodles

	Sm.	Lg.
25. Plain Lo Mein	5.50	7.95
26. Lo Mein w. Roast Pork, Chicken or Veg	6.00	8.50
27. Shrimp Lo Mein or Beef	6.50	8.95
28. Subgum Lo Mein		9.50
29. Chow Fun w. Roast Pork, Chicken or Veg <small>(Soft Rice Noodle)</small>		8.50
30. Shrimp Chow Fun or Beef		9.75
31. Chow Mee Fun w. Roast Pork, Chicken or Veg <small>(Thin Rice Noodle)</small>		8.95
32. Shrimp Chow Mee Fun or Beef		9.50
33. Subgum Chow Fun or Mee Fun		9.75

## Fried Rice

	Sm.	Lg.
34. Egg Fried Rice	5.75	7.95
35. Fried Rice w. Roast Pork, Chicken or Veg	6.00	8.50
36. Fried Rice w. Shrimp or Beef	6.75	9.50
37. Young Chow Fried Rice	7.00	9.50

Hot & Spicy

We can alter the spicy to suit your taste

## Chow Mein & Egg Foo Young

	Sm.	Lg.
38. Chow Mein w. Chicken, Shrimp, Pork, Beef or Veg.	6.50	8.75
39. Egg Foo Young w. Vegetables		8.95
40. Egg Foo Young w. Pork, Chicken or Shrimp		10.25

## Over White Rice Platters

41. Sliced white Meat Chicken in Brown Sauce	9.95
42. Sliced Beef in Black Bean Sauce	10.95
43.  Shrimp in Garlic Sauce	11.95
44. Chicken and Shrimp in Brown Sauce	11.95

## Vegetables

	Sm.	Lg.
45. Sauteed String Beans	6.95	10.95
46. Mixed Vegetables	6.95	10.95
47. Plain Sauteed Broccoli	6.95	10.95
48.  Broccoli w. Garlic Sauce	7.50	10.95
49. Bean Curd w. Mixed Veg	7.25	10.95
50.  Chinese Eggplant w. Garlic Sauce		10.95
51.  Bean Curd Szechuan Style		9.95
52. Bean Curd w. Black Bean Sauce		10.25
53. Moo Shu Veg (w. 4 Pancakes)		10.25
54. Black Mushroom w. Shanghai Bachoy		10.95
56. Sauteed Bamboo Shoots & Mushrooms		10.95
56a. Sauteed Shanghai Bachoy with Garlic		10.95

## Pork

	Sm.	Lg.
57. Roast Pork w. Broccoli	7.75	11.95
58.  Double Sauteed Pork	7.75	11.95
59.  Shredded Pork Szechuan Style	7.75	11.95
60. Sliced Pork w. Mixed Veg	7.75	11.95
61.  Shredded Pork w. Garlic Sauce	7.75	11.95
62. Moo Shu Pork (with 4 Pancakes)		11.95

## Poultry

	Sm.	Lg.
63. Sliced or Diced Chicken w. Broccoli	7.95	11.95
64. Sliced Chicken w. Mixed Veg	7.95	11.95
65. Sweet & Sour Chicken	7.95	11.95
66.  Sliced Chicken w. Garlic Sauce	7.95	11.95
67. Diced Chicken w. Cashew Nuts	7.95	11.95
68.  Diced Chicken w. Peanuts	7.95	11.95
69.  Sliced Chicken Hunan Style		11.95
70. Sliced Chicken w. Black Bean Sauce		11.95
71. Sliced Chicken w. Snow Peas		11.95
72. Moo Shu Chicken (w. 4 Pancakes)		11.95
73. Lemon Chicken		11.95
74. Boneless Chicken		11.95
75. Chicken w. Chinese Eggplant		13.95

## Beef

	Sm.	Lg.
76. Sliced Beef w. Broccoli	8.15	12.95
77. Sliced Beef w. Mixed Veg	8.15	12.95
78. Pepper Steak w. Onion	8.15	12.95
79.  Shredded Beef w. Garlic Sauce	8.15	12.95
80.  Shredded Beef w. Szechuan Style	8.15	12.95
81.  Sliced Beef Hunan Style	8.15	12.95
82. Sliced Beef w. Snow Peas		13.95
83. Sliced Beef w. String Beans		13.95
84. Moo Shu Beef (w. 4 Pancakes)		13.95
85. Beef w. Mushrooms & Bamboo Shoots		13.95

## Seafood

	Sm.	Lg.
86. Jumbo Shrimp w. Broccoli or Veg	8.50	14.95
87. Jumbo Shrimp w. Lobster Sauce	8.50	14.95
88.  Jumbo Shrimp w. Garlic Sauce	8.50	14.95
89.  Jumbo Shrimp Hunan Style	8.50	14.95
90. Shrimp w. Cashew Nuts	8.50	14.95
91.  Shrimp w. Peanuts	8.50	14.95
92.  Jumbo Shrimp w. Chili Sauce		14.95
93. Double Happy (Shrimp & Diced Chicken)		14.95
94. Moo Shu Shrimp (w. 4 Pancakes)		14.95
95. Jumbo Shrimp w. Snow Peas		15.95
96.  Scallops w. Garlic Sauce		15.95
97. Scallops w. Mixed Vegetables		15.95
98. Scallops w. Black Bean Sauce		15.95
99. Lobster (any style)		15.95

## Combination Platters

(Served w. Egg Roll & Roast Pork Fried Rice)

C1. Chicken Chow Mein	9.95
C2. Roast Pork Egg Foo Young	9.95
C3. Fried Chicken Wings	9.95
C4. Sweet & Sour Chicken	9.95
C5.  Hunan Chicken	9.95
C6. Sliced Chicken with Broccoli	9.95
C7.  Sliced Chicken with Garlic Sauce	9.95
C8. Pepper Steak with Onions	10.95
C9. Beef with Broccoli	10.95
C10.  Shredded Beef Szechuan Style	10.95
C11. Shrimp Chow Mein	10.95
C12. Jumbo Shrimp with Broccoli	10.95
C13. Jumbo Shrimp with Lobster Sauce	10.95
C14. Sesame Chicken	10.95
C15.  General Tso's Chicken	10.95
C16. Boneless Spare Ribs	10.95

## Chef's Specialties

左宗雞	General Tso's Chicken	12.95
芝麻雞	Sesame Chicken	12.95
陳皮雞	Chicken in Orange Flavor	12.95
子姜雞	Ginger Chicken	13.95
菠蘿雞	Pineapple Chicken	13.95
	<small>Juice white meat chicken, pineapple chunks, red bell pepper, snow peas, broccoli &amp; waterchestnuts in tasty light sauce.</small>	
本樓雞	House Special Chicken	13.95
芝麻牛	Crispy Shredded Beef w. Sesame Seeds	14.95
陳皮牛	Beef Orange Flavor	14.95
大三元	Triple Delight	16.95
	<small>Jumbo shrimp, beef, chicken and vegetable in brown sauce.</small>	
茄雞蝦	Chicken Shrimp w. Chinese Eggplant	16.95
	<small>Sliced chicken and jumbo shrimp sauteed w. fresh Chinese eggplant in garlic sauce.</small>	
魚香雙絲	Chicken & Beef in Garlic Sauce	15.50
	<small>Shredded chicken &amp; shredded beef w. eggplant, snow peas &amp; pepper in garlic sauce served w. scallion pancakes.</small>	
芝麻三樣	Sweet Family	16.95
	<small>Combination of white meat chicken jumbo shrimp &amp; beef cooked in rich brown sauce w. sesame seeds and serve w. crispy rice noodle</small>	
全家福	Happy Family	16.95
核桃蝦	Crispy Shrimp with Walnuts	15.95
芝麻蝦	Sesame Shrimp	15.95
陳皮蝦	Creaky Prawns in Orange Flavor	15.95
干貝牛	Fresh Scallops and Beef	16.95
本樓雙球	Romeo & Juliet	16.95
	<small>Large shrimp, slices of flank steak sauteed with broccoli, red bell peppers &amp; waterchestnuts in rich brown sauce.</small>	
糟溜大蝦	Blossom Shrimp	15.95
	<small>Jumbo shrimp sauteed w. snow peas, carrots, waterchestnuts, straw mushrooms &amp; broccoli in fresh garlic &amp; sweet rice wine sauce.</small>	
魚香雙鮮	Perfect Match	16.95
	<small>A classic provincial combination of jumbo shrimp &amp; scallops sauteed w. veg. in garlic sauce.</small>	
蒜茸大蝦	Grilled Shrimp with Garlic	15.95
	<small>Jumbo fantail shrimp w. fresh garlic grill to crunchy, served w. vegetable in brown sauce.</small>	
蝴蝶蝦	Butterfly Shrimp	16.95
	<small>Jumbo fantail shrimp pan fried w. bacon served veg. in brown sauce.</small>	
大四喜	Four Seasons	17.95
	<small>Lobster, shrimp, scallops, chicken &amp; veg. in rich brown sauce.</small>	
海鮮大會	Seafood Combination	18.95
	<small>Large prawns, scallops &amp; lobster meat sauteed w. snow peas, carrots, broccoli &amp; straw mushrooms in special white sauce.</small>	
三絲明蝦	San-Su Jumbo Shrimps	16.95
	<small>Jumbo shrimp sauteed w. shredded pork &amp; vegs.</small>	



Chicken Dumpling

Beef Chow Fun

Yang Chow Fried Rice

General Tso's Chicken

Grilled Shrimp w. Garlic

Crispy Shrimp w. Walnuts

Singapore Mei Fun

Happy Family