

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)	11.95	15.95
S2.	Steamed Chicken & Egg White (Over Brown Rice)	12.90	15.95
S3.	Steamed Chicken & Flank Steak (Over Brown Rice)	12.90	17.95
S4.	Steamed Chicken & Shrimp (Over Brown Rice)	13.95	17.95
S5.	Steamed Mixed Vegetables or Broccoli	9.15	11.95
S6.	Steamed Green Jade Delight (Broccoli, String Beans, Snow Peas)	9.15	12.95
S7.	Steamed Chicken w. Broccoli or Mixed Vegetable	10.90	14.90
S8.	Steamed Prawns w. Broccoli or Mixed Vegetable	11.25	17.90
S9.	Steamed Chicken & Prawns w. Mixed Vegetable		17.95
S10.	Steamed Seafood Combo		19.95

### 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

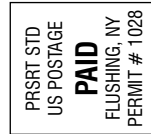
Served till 3:30 PM Tuesday to Saturday

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** 7.95  
(Choice of roast pork, chicken, beef, or veg)
- L 2. **Lo Mein (without rice)** 7.95  
(Choice of roast pork, chicken, beef, or veg)
- L 3. **Chow Mei Fun (Thin Rice Noodle) (without rice)** 8.95  
(Choice of roast pork, chicken, beef, or veg)
- L 4. **Mixed Vegetable** 7.95
- L 5. **Broccoli with Garlic Sauce** 7.95
- L 6. **Bean Curd with Mixed Vegetable** 7.95
- L 7. **Roast Pork Egg Foo Young** 7.95
- L 8. **Double Sauteed Sliced Pork** 7.95
- L 9. **Shredded Pork with Garlic Sauce** 7.95
- L10. **Fried Chicken Wings** 7.95
- L11. **Sweet & Sour Chicken** 7.95
- L12. **Chicken Chow Mein** 7.95
- L13. **Diced Chicken with Peanuts** 7.95
- L14. **Sliced Chicken with Broccoli** 7.95
- L15. **Sliced Chicken with Vegetable** 7.95
- L16. **Sliced Chicken with Bean Curd** 7.95
- L17. **Sliced Chicken with Garlic Sauce** 7.95
- L18. **Beef with Broccoli** 8.95
- L19. **Pepper Steak with Onions** 8.95
- L20. **Shredded Beef Szechuan Style** 8.95
- L21. **Hunan Beef** 8.95
- L22. **Jumbo Shrimp with Broccoli** 9.95
- L23. **Jumbo Shrimp with Garlic Sauce** 9.95
- L24. **Jumbo Shrimp with Lobster Sauce** 9.95
- L25. **Boneless Spare Ribs** 9.95
- L26. **Chicken & Shrimp with Hoisin Sauce** 9.95
- L27. **House Special Chicken** 8.95
- L28. **Sesame Chicken** 8.95
- L29. **General Tso's Chicken** 8.95

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)

MONDAY : CLOSED  
 TUESDAY : 11:00 AM - 9:00 PM  
 WEDNESDAY: 11:00 AM - 9:00 PM  
 THURSDAY : 11:00 AM - 9:00 PM  
 FRIDAY : 11:00 AM - 9:30 PM  
 SATURDAY : 11:30 AM - 9:30 PM  
 SUNDAY : 12:00 NOON - 9:00 PM



[www.yimswok.com](http://www.yimswok.com)

Since 1986



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 CHINESE RESTAURANT**



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## Appetizers

1. Egg Roll or Vegetable Roll	1.95
2. Fried Chicken Wings (8)	6.95
3. Spring Roll (1)	1.95
4. Bar-B-Q Chicken (4)	7.95
5. Bar-B-Q Beef (2)	7.95
6. Shrimp Toast (4)	6.25
7.  Wonton w. Hot Sesame Sauce	5.95
8. Fried Wonton (10)	5.50
9. Bar-B-Q Spare Ribs	Sm. 10.95 Lg. 20.95
10. Boneless Ribs	Sm. 9.95 Lg. 16.95
12. Dumpling (Steamed or Fried) (6) <small>(Choice of Pork, Chicken or Vegetable)</small>	6.95
13. Scallions Pancake	5.95
14. Cold Noodle w. Sesame Sauce	6.25

## Soups

	Sm.	Lg.
16. Egg Drop Soup	2.50	5.00
17. Wonton Soup	2.50	5.00
18.  Hot & Sour Soup	2.75	5.95
19. Egg Drop Wonton Mixed	2.75	5.95
20. Chicken Noodle or Rice Soup	2.95	6.00
21. Vegetable Bean Curd Soup	7.95	
22. Chicken & Corn Soup	7.95	
23. Subgum Wonton Soup (for 2)	8.95	
24. House Special Soup (for 2)	8.95	

## Noodles

	Sm.	Lg.
25. Plain Lo Mein	6.95	8.95
26. Lo Mein w. Roast Pork, Chicken or Veg	7.95	9.95
27. Shrimp Lo Mein or Beef	7.95	9.95
28. Subgum Lo Mein	10.95	
29. Chow Fun w. Roast Pork, Chicken or Veg <small>(Soft Rice Noodle)</small>	9.95	
30. Shrimp Chow Fun or Beef	11.95	
31. Chow Mee Fun w. Roast Pork, Chicken or Veg <small>(Thin Rice Noodle)</small>	9.95	
32. Shrimp Chow Mee Fun or Beef	10.95	
33. Subgum Chow Fun or Mee Fun	10.95	
56a.  Singapore Mee Fun	11.95	

## Fried Rice

	Sm.	Lg.
34. Egg Fried Rice	6.95	8.95
35. Fried Rice w. Roast Pork, Chicken or Veg	7.95	9.95
36. Fried Rice w. Shrimp or Beef	7.95	9.95
37. Young Chow Fried Rice	10.95	

Hot & Spicy

We can alter the spicy to suit your taste

## Chow Mein & Egg Foo Young

	Lg.
38. Chow Mein w. Chicken, Shrimp, Pork, Beef or Veg.	9.95
39. Egg Foo Young w. Vegetables	10.95
40. Egg Foo Young w. Pork, Chicken or Shrimp	10.95

## Over White Rice Platters

41. Sliced white Meat Chicken in Brown Sauce	11.95
42. Sliced Beef in Black Bean Sauce	12.95
43.  Shrimp in Garlic Sauce	12.95
44. Chicken and Shrimp in Brown Sauce	12.95

## Vegetables

	Sm.	Lg.
45. Sauteed String Beans	9.65	11.95
46. Mixed Vegetables	9.65	11.95
47. Plain Sauteed Broccoli	9.65	11.95
48.  Broccoli w. Garlic Sauce	9.65	11.95
49. Bean Curd w. Mixed Veg	9.65	11.95
50.  Chinese Eggplant w. Garlic Sauce	11.95	
51.  Bean Curd Szechuan Style	11.95	
52. Bean Curd w. Black Bean Sauce	11.95	
53. Moo Shu Veg (w. 4 Pancakes)	11.95	
54. Black Mushroom w. Shanghai Bachoy	11.95	
56. Sauteed Bamboo Shoots & Mushrooms	11.95	
56a. Sauteed Shanghai Bachoy with Garlic	11.95	

## Pork

	Sm.	Lg.
57. Roast Pork w. Broccoli	9.75	12.95
58.  Double Sauteed Pork	9.75	12.95
59.  Shredded Pork Szechuan Style	9.75	12.95
60. Sliced Pork w. Mixed Veg	9.75	12.95
61.  Shredded Pork w. Garlic Sauce	9.75	12.95
62. Moo Shu Pork (with 4 Pancakes)	12.95	

## Poultry

	Sm.	Lg.
63. Sliced or Diced Chicken w. Broccoli	9.95	12.95
64. Sliced Chicken w. Mixed Veg	9.95	12.95
65. Sweet & Sour Chicken	9.95	12.95
66.  Sliced Chicken w. Garlic Sauce	9.95	12.95
67. Diced Chicken w. Cashew Nuts	9.95	12.95
68.  Diced Chicken w. Peanuts	9.95	12.95
69.  Sliced Chicken Hunan Style	12.95	
70. Sliced Chicken w. Black Bean Sauce	12.95	
71. Sliced Chicken w. Snow Peas	12.95	
72. Moo Shu Chicken (w. 4 Pancakes)	12.95	
73. Lemon Chicken	12.95	
74. Boneless Chicken	12.95	
75. Chicken w. Chinese Eggplant	14.95	

## Beef

	Sm.	Lg.
76. Sliced Beef w. Broccoli	10.50	15.95
77. Sliced Beef w. Mixed Veg	10.50	15.95
78. Pepper Steak w. Onion	10.50	15.95
79.  Shredded Beef w. Garlic Sauce	10.50	15.95
80.  Shredded Beef w. Szechuan Style	10.50	15.95
81.  Sliced Beef Hunan Style	15.95	
82. Sliced Beef w. Snow Peas	16.95	
83. Sliced Beef w. String Beans	15.95	
84. Moo Shu Beef (w. 4 Pancakes)	15.95	
85. Beef w. Mushrooms & Bamboo Shoots	15.95	

## Seafood

	Sm.	Lg.
86. Jumbo Shrimp w. Broccoli or Veg	10.95	15.95
87. Jumbo Shrimp w. Lobster Sauce	10.95	15.95
88.  Jumbo Shrimp w. Garlic Sauce	10.95	15.95
89.  Jumbo Shrimp Hunan Style	15.95	
90. Shrimp w. Cashew Nuts	10.95	15.95
91.  Shrimp w. Peanuts	10.95	15.95
92.  Jumbo Shrimp w. Chili Sauce	15.95	
93. Double Happy (Shrimp & Diced Chicken)	15.95	
94. Moo Shu Shrimp (w. 4 Pancakes)	15.95	
95. Jumbo Shrimp w. Snow Peas	16.95	
96.  Scallops w. Garlic Sauce	16.95	
97. Scallops w. Mixed Vegetables	16.95	
98. Scallops w. Black Bean Sauce	16.95	

## Combination Platters

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

C1. Chicken Chow Mein	10.95
C2. Roast Pork Egg Foo Young	10.95
C3. Fried Chicken Wings	10.95
C4. Sweet & Sour Chicken	10.95
C5.  Hunan Chicken	10.95
C6. Sliced Chicken with Broccoli	10.95
C7.  Sliced Chicken with Garlic Sauce	10.95
C8. Pepper Steak with Onions	11.95
C9. Beef with Broccoli	11.95
C10.  Shredded Beef Szechuan Style	11.95
C11. Shrimp Chow Mein	11.95
C12. Jumbo Shrimp with Broccoli	11.95
C13. Jumbo Shrimp with Lobster Sauce	11.95
C14. Sesame Chicken	11.95
C15.  General Tso's Chicken	11.95
C16. Boneless Spare Ribs	11.95

## 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	15.95
陳皮牛	Beef Orange Flavor	15.95
大三元	Triple Delight	17.95
	<small>Jumbo shrimp, beef, chicken and vegetable in brown sauce.</small>	
茄雞蝦	Chicken Shrimp w. Chinese Eggplant	17.95
	<small>Sliced chicken and jumbo shrimp sauteed w. fresh Chinese eggplant in garlic sauce.</small>	
魚香雙絲	Chicken & Beef in Garlic Sauce	16.50
	<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	17.95
	<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	17.95
核桃蝦	Crispy Shrimp with Walnuts	17.95
芝麻蝦	Sesame Shrimp	17.95
陳皮蝦	Creaky Prawns in Orange Flavor	17.95
干貝牛	Fresh Scallops and Beef	17.95
本樓雙球	Romeo & Juliet	18.95
	<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	16.95
	<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	17.95
	<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	17.95
	<small>Jumbo fantail shrimp w. fresh garlic grill to crunchy, served w. vegetable in brown sauce.</small>	
蝴蝶蝦	Butterfly Shrimp	17.95
	<small>Jumbo fantail shrimp pan fried w. bacon served veg. in brown sauce.</small>	
大四喜	Four Seasons	18.95
	<small>Lobster, shrimp, scallops, chicken &amp; veg. in rich brown sauce.</small>	
海鮮大會	Seafood Combination	19.95
	<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	17.95
	<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