

China Gourmet

3970 N Broadway #102
Boulder, CO 80403
303-440-3500
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Healthy Entrees

These entrees are steamed and served with our Master Chef's special sauce on the side. NO SUGAR, SALT, CORNSTARCH OR VEGTABLE OIL is used

Steamed Assorted Vegetables	7.95
Steamed Tofu with Vegetables	7.95
Steamed Chicken with Vegetables	8.25
Steamed Beef with Vegetables	9.25
Steamed Shrimp with Vegetables	9.95
Steamed Fish Filet with Vegetables	10.95
Steamed Sea Scallops with Vegetables	11.95
Steamed Seafood with Vegetables	11.95

Lunch served Sunday thru Friday 11:30AM to 2:30PM
Dinner served after 2:30PM
Lunch includes a choice of rice (white, brown or fried), soup (egg drop, hot & sour or wonton) and appetizer (veggie spring roll or 2 fried chicken wings)

Vegetables

(Vegetarians: Please request to have chicken stock left out)

Egg Foo Young Seasoned vegetables and egg patties fried, topped with additional veggies in a house garlic sauce	Lunch 6.50 / Dinner 7.95
Vegetarian's Delight Assorted fresh vegetables stir-fried in a white ginger sauce	Lunch 6.50 / Dinner 7.95
Tofu and Vegetables Tofu with assorted fresh vegetables stir-fried in a garlic sauce	Lunch 6.50 / Dinner 7.95
Tempeh and Vegetables Tempeh with assorted fresh vegetables stir-fried in a garlic sauce	Lunch 6.50 / Dinner 7.95
Broccoli and Cashews Fresh broccoli stir-fried with carrots and topped with cashews	Lunch 6.50 / Dinner 7.95
★ Hunan Style Tofu Tofu with assorted vegetables stir-fried with a spicy hot bean sauce	Lunch 6.50 / Dinner 7.95
★ Sesame Tofu Fried tofu cubes tossed in a sweet and spicy sesame seed sauce	Lunch 6.50 / Dinner 7.95
Mu Shu Vegetables Sautéed eggs, cabbage, carrots, onions and wood-ear mushrooms served with 4 flour pancakes (dinner) / 2 flour pancakes (lunch) and hoisin sauce	Lunch 6.50 / Dinner 7.95
Snow Peas, Water chestnuts and Black Mushrooms Fresh snow peas, water chestnuts and black mushrooms stir-fried with a white garlic sauce	Lunch 6.50 / Dinner 7.95
Curry Lover's Delight Mixed vegetables stir-fried with a curry sauce	Lunch 6.50 / Dinner 7.95
Coconut Curry Vegetables Mixed vegetables stir-fried with a coconut curry sauce	Lunch 6.50 / Dinner 7.95
★ Kung Pao Vegetables Mixed vegetables stir-fried with a hot garlic sauce topped with peanuts	Lunch 6.50 / Dinner 7.95
★ Eggplant with Hot Garlic Sauce Eggplant, wood ear mushrooms and bamboo stir-fried in a spicy garlic sauce	Lunch 6.50 / Dinner 7.95
Fresh Bok Choy Bok Choy sautéed with garlic	Dinner 7.95

★Hot and Spicy

Poultry

- Sweet n' Sour Chicken** **Lunch 6.50 / Dinner 8.25**
Battered and fried white meat chicken served with pineapples and sweet and sour sauce
- Chicken Egg Foo Young** **Lunch 6.50 / Dinner 8.25**
Seasoned vegetables and egg patties fried, topped with white meat chicken and additional veggies in a house garlic sauce
- Mushroom Chicken** **Lunch 6.50 / Dinner 8.25**
Sliced chicken sautéed with mushrooms, snow peas, napa and carrots in a white ginger sauce
- Chicken with Broccoli** **Lunch 6.50 / Dinner 8.25**
Tender white meat chicken stir-fried with carrots and broccoli
- Chicken with Fresh Vegetables** **Lunch 6.50 / Dinner 8.25**
Tender white meat chicken stir-fried with mixed veggies in a house garlic sauce
- Cashew Chicken** **Lunch 6.50 / Dinner 8.25**
Diced chicken stir-fried with celery, water chestnuts and zucchini in a garlic sauce topped with cashews
- Coconut Curry Chicken** **Lunch 6.50 / Dinner 8.25**
Tender chicken with carrots, onions, green and red peppers cooked in a rich coconut curry sauce
- ★ **Kung Pao Chicken** **Lunch 6.50 / Dinner 8.25**
Diced chicken stir-fried with celery, water chestnuts, zucchini and green and red peppers in a spicy chili sauce topped with peanuts
- ★ **Szechwan Chicken** **Lunch 6.50 / Dinner 8.25**
Shredded chicken, celery, carrots, onions and bamboo stir-fried in a spicy Szechwan sauce
- Mu Shu Chicken** **Lunch 6.50 / Dinner 8.25**
Chicken sautéed with eggs, cabbage, carrots, onions and wood-ear mushrooms served with 4 flour pancakes (dinner) / 2 flour pancakes (lunch) and Hoisin sauce
- ★ **Basil Chicken** **Lunch 6.50 / Dinner 8.25**
Chicken breast stir-fried bok choy and green and red peppers in a spicy basil sauce
- ★ **Firecracker Chicken** **Lunch 6.50 / Dinner 8.25**
Tender white meat chicken stir-fried with shredded snow peas, red peppers and jalapeno
- ★ **China Gourmet Chicken** **Lunch 6.50 / Dinner 8.25**
Diced chicken stir-fried with green peppers, carrots, onions and jalapenos
- Chicken Snow Peas** **Lunch 6.50 / Dinner 8.95**
Chicken stir-fried with snow peas and carrots in house garlic sauce
- Lemon Chicken** **Lunch 6.50 / Dinner 8.95**
Chicken breast marinated in lemons, deep fried and served with lemon sauce
- ★ **Orange Chicken** **Lunch 6.50 / Dinner 8.95**
Crispy chicken chunks stir-fried with sun dried orange peels in a sweet and spicy sauce
- ★ **Sesame Chicken** **Lunch 6.50 / Dinner 8.95**
Crispy chicken chunks tossed in a sweet and spicy sesame sauce
- ★ **General Tsao's Chicken** **Lunch 6.50 / Dinner 8.95**
Crispy chicken chunks in a sweet and spicy tomato based sauce with steamed broccoli on the side

★ Hot and Spicy

Pork

- ★**Mongolian Pork** **Lunch 6.50 / Dinner 8.25**
Pork stir-fried with onions and scallions
- Pork with Vegetables** **Lunch 6.50 / Dinner 8.25**
Shredded pork with an assortment of mixed veggies stir-fried in house garlic sauce
- Mu Shu Pork** **Lunch 6.50 / Dinner 8.25**
Pork sautéed with eggs, cabbage, carrots, onions and wood-ear mushrooms served with 4 flour pancakes (dinner) / 2 flour pancakes (lunch) and hoisin sauce
- ★**Twice Cooked Pork** **Lunch 6.50 / Dinner 8.25**
BBQ pork stir-fried with cabbage, carrots and green peppers in spicy chili sauce
- BBQ Pork with Vegetables** **Lunch 6.50 / Dinner 8.25**
BBQ pork with mixed vegetables stir-fried in house garlic sauce
- ★**Pork with Hot Garlic Sauce** **Lunch 6.50 / Dinner 8.25**
Shredded pork with bamboo and wood ear in a hot garlic sauce

Beef

- Beef with Fresh Vegetables** **Lunch 6.95 / Dinner 9.25**
Beef with an assortment of fresh vegetables stir-fried in house garlic sauce
- Beef and Broccoli** **Lunch 6.95 / Dinner 9.25**
Tender marinated beef slices stir-fried with broccoli and carrots
- Green Pepper Beef** **Lunch 6.95 / Dinner 9.25**
Tender marinated beef slices stir-fried with green peppers, carrots and onions
- ★**Szechwan Beef** **Lunch 6.95 / Dinner 9.25**
Shredded beef stir-fried with celery, onions, carrots and bamboo strips
- ★**Mongolian Beef** **Lunch 6.95 / Dinner 9.25**
Beef stir-fried with onions and scallions
- ★**Spicy Mushroom Beef** **Lunch 6.95 / Dinner 9.25**
Marinated beef slices stir-fried with jalapeños, red peppers and mushrooms
- ★**Kung Pao Beef** **Lunch 6.95 / Dinner 9.25**
Tender beef slices stir-fried with celery, water chestnuts, zucchini, green and red peppers in a spicy chili sauce topped with peanuts
- ★**Orange Flavored Beef** **Lunch 7.25 / Dinner 9.25**
Crispy chunks of beef stir-fried with sun dried orange peels in a sweet and spicy sauce
- ★**Sesame Beef** **Lunch 7.25 / Dinner 9.25**
Crispy chunks of beef tossed in a sweet and spicy sesame sauce
- ★**Hunan Beef** **Lunch 7.25 / Dinner 9.25**
Crispy chunks of beef stir-fried with green pepper, carrots, onions, snow peas and black mushrooms in a hot bean sauce

★ Hot and Spicy

Seafood

- Sweet n' Sour Shrimp** **Lunch 7.25 / Dinner 9.95**
Battered and fried jumbo shrimp served with pineapples and sweet and sour sauce
- Cashew Shrimp** **Lunch 7.25 / Dinner 9.95**
Marinated jumbo shrimp stir-fried with celery, water chestnuts and zucchini in a garlic sauce topped with cashew nuts
- Mu Shu Shrimp** **Lunch 7.25 / Dinner 9.95**
Shrimp sautéed with eggs, cabbage, carrots, onions and wood-ear mushrooms served with 4 flour pancakes (dinner) / 2 flour pancakes (lunch) and hoisin sauce
- ★**Kung Pao Shrimp** **Lunch 7.25 / Dinner 9.95**
Shrimp stir-fried with celery, water chestnuts, zucchini, green and red peppers in a spicy chili sauce topped with peanuts
- ★**Shrimp with Hot Mandarin Sauce** **Lunch 7.25 / Dinner 9.95**
Shrimp stir-fried with green peppers, onions and carrots in a spicy tomato based sauce
- Shrimp with Lobster Sauce** **Lunch 7.25 / Dinner 9.95**
Jumbo prawns cooked with peas, onions, carrots, snow peas and eggs in lobster sauce
- Shrimp with Fresh Vegetables** **Lunch 7.25 / Dinner 9.95**
Large shrimp stir-fried with fresh veggies in white ginger sauce
- Coconut Curry Shrimp** **Lunch 7.25 / Dinner 9.95**
Jumbo shrimp with carrots, onions and green peppers in coconut curry sauce
- ★**Volcano Shrimp** **Lunch 7.25 / Dinner 9.95**
Crispy jumbo shrimp stir-fried in a firing volcano sauce over a bed of steamed broccoli
- ★**Tangerine Prawns** **Lunch 7.25 / Dinner 9.95**
Crispy fried shrimp stir-fried with sun dried orange peels and assorted veggies in orange flavored sauce
- Shrimp with Snow Peas** **Lunch 7.25 / Dinner 9.95**
Sautéed shrimp with snow peas, carrots and water chestnuts in a white ginger sauce
- ★**Hunan Shrimp** **Lunch 7.25 / Dinner 9.95**
Steamed shrimp stir-fried with green pepper, carrots, onions, snow peas and black mushrooms in a hot bean sauce
- ★**Crispy Garlic Shrimp** **Lunch 7.25 / Dinner 9.95**
Jumbo shrimp stir-fried with shredded celery, onions, carrots, bamboo and dried whole red chilies
- ★**Sesame Seed Prawns** **Lunch 7.25 / Dinner 10.95**
Lightly fried jumbo prawns tossed in sweet and spicy sesame sauce over steamed veggies

★ Hot and Spicy

- Ginger Scallion Shrimp** **Lunch 7.25 / Dinner 10.95**
Lightly fried shrimp stir-fried with ginger, scallions and eggs
- ★**Triple Harvest** **Lunch 7.25 / Dinner 10.95**
Shrimp, chicken and beef stir-fried with onions and scallions
- ★**Happy Family** **Lunch 7.25 / Dinner 10.95**
BBQ pork, chicken, shrimp and beef stir-fried with hot garlic sauce served over steamed vegetables
- ★**Kung Pao Triple Delight** **Lunch 7.25 / Dinner 10.95**
Shrimp, chicken and beef stir-fried with celery, water chestnuts, zucchini and green pepper in chili sauce topped with peanuts
- ★**Kung Pao Scallops** **Lunch 7.95 / Dinner 11.95**
Sea scallops stir-fried with celery, water chestnuts, zucchini, green and red peppers in a spicy chili sauce topped with peanuts
- Black Bean Scallops** **Lunch 7.95 / Dinner 11.95**
Jumbo Seattle scallops cooked with assorted vegetables in a black bean sauce
- Scallops with Garlic Sauce** **Lunch 7.95 / Dinner 11.95**
Jumbo Seattle scallops stir-fried with fresh vegetables in garlic sauce
- ★**Hunan Scallops** **Lunch 7.95 / Dinner 11.95**
Steamed sea scallops stir-fried with green pepper, carrots, onions, snow peas and black mushrooms in a hot bean sauce
- ★**Sesame Seed Scallops** **Lunch 7.95 / Dinner 11.95**
Lightly fried jumbo prawns tossed in a sweet and spicy sesame sauce over steamed veggies
- Black Bean Fish** **Lunch 7.25 / Dinner 10.95**
Tender white sole fish cooked with green peppers, onions and carrots in a black bean sauce
- ★**Szechwan Fish** **Lunch 7.25 / Dinner 10.95**
Tender slices of white sole stir-fried with celery, onions, carrots and bamboo strips
- Fish with Fresh Vegetables** **Lunch 7.25 / Dinner 10.95**
White sole fish stir-fried with fresh vegetables in garlic sauce
- ★**Fish with Hot Mandarin Sauce** **Lunch 7.25 / Dinner 10.95**
Steamed white sole fish stir-fried with green pepper, carrots, onions, and water chestnuts in a tomato based sauce
- Ginger Scallion Fish** **Dinner 10.95**
Steamed white sole fish served over bean sprouts spiced with ginger and scallions

★ Hot and Spicy