

Boneless Ribs

Crispy Chicken

Combo for One

Each comes with 1 Rice

RICE: Choice of White, Brown, Egg Fried, Veggie Fried, Chicken Fried or Pork Fried Rice.
Beef or Shrimp Fried Rice add 1.50; Plain Lo-Mein add 1.00; Pork, Chicken, or Veggie Lo-Mein add 1.50; Beef or Shrimp Lo-Mein add 2.00

ADD ON \$0.50 (Only ONE Applies Each Combo): 1 Soup / Roll / Beverage

SOUP: Choice of Wonton, Hot & Sour, Egg-drop, Chicken Rice (or Noodle)

ROLL: Choice of Egg Roll or Veggie Spring Roll

BEVERAGE: Canned Soda / Bottled Water

\$8.45

- D31. **BROCCOLI**
x (A) Fresh Tofu (B) Chicken (C) Pork
- D32. **SEVEN VEGGIE**
x (A) Fresh Tofu (B) Chicken (C) Pork
- D33. **SPICY SZECHUAN**
x (A) Fresh Tofu (B) Chicken (C) Pork
- D34. **BLACK BEAN**
x (A) Fresh Tofu (B) Chicken (C) Pork
- D35. **HOT GARLIC**
x (A) Fresh Tofu (B) Chicken (C) Pork
- D37. **SPICY HUNAN**
x (A) Fresh Tofu (B) Chicken (C) Pork
- D39. **STEAMED VEGGIE**
x (A) Fresh Tofu (B) Chicken (C) Pork
- D54. **SWEET & SOUR CHICKEN**
- D55. **CRISPY CHICKEN**
- D61A. x **VEGETABLE LO MEIN**
- D61B. **CHICKEN LO MEIN**
- D61C. **PORK LO MEIN**

\$9.25

- D12. **FRIED CHICKEN WINGS (4)**
Choice of French Fries or Rice
(A) Plain (B) Hot Garlic (C) Chef (D) Buffalo
- D09. **BONELESS RIBS**
- D31. **BROCCOLI** (D) Beef (E) Prawns
- D32. **SEVEN VEGGI** (D) Beef (E) Prawns
- D33. **SPICY SZECHUAN** (D) Beef (E) Prawns
- D34. **BLACK BEAN** (D) Beef (E) Prawns
- D35. **HOT GARLIC** (D) Beef (E) Prawns
- D37. **SPICY HUNAN** (D) Beef (E) Prawns
- D39. **STEAMED VEGGI** (D) Beef (E) Prawns
- D41. **STRING BEANS** (D) Beef (E) Prawns
- D51. **GENERAL TSO**
x (A) Fried Tofu (B) Chicken
- D52. **SESAME**
x (A) Fried Tofu (B) Chicken
- D61D. **BEEF LO MEIN**
- D61E. **SHRIMP LO MEIN**

x Hot & Spicy Dishes
x Vegetable Specialties

Lunch Special

11:00 am to 3:00 pm Weekdays

Each comes with 1 Rice

RICE: Choice of White, Brown, Egg Fried, Veggie Fried, Chicken Fried, or Pork Fried Rice.
Beef or Shrimp Fried Rice add 1.50; Plain Lo-Mein add 1.00
Pork, Chicken or Veggie Lo-Mein add 1.50; Beef or Shrimp Lo-Mein add 2.00

ADD ON \$0.50 (Only ONE Applies Each Special): 1 Soup / Canned Soda / Bottled Water
SOUP: Choice of Wonton, Hot & Sour or Egg-Drop Soup

- L31. **BROCCOLI**
x (A) Fresh Tofu (B) Chicken (C) Pork
- L32. **SEVEN VEGGIE**
x (A) Fresh Tofu (B) Chicken (C) Pork
- L34. **BLACK BEAN**
x (A) Fresh Tofu (B) Chicken (C) Pork
- L35. **HOT GARLIC**
x (A) Fresh Tofu (B) Chicken (C) Pork
- L39. **STEAMED VEGGIE**
x (A) Fresh Tofu (B) Chicken (C) Pork
- L54. **SWEET & SOUR CHICKEN**
- L55. **CRISPY CHICKEN**
- L61A. x **VEGGIE LO MEIN** L66A. x **VEGGIE CHOW FENG**
- L61B. **CHICKEN LO MEIN** L66B. **CHICKEN CHOW FENG**
- L61C. **PORK LO MEIN** L66C. **PORK CHOW FENG**

\$7.75

- L09. **BONELESS RIBS**
- L12. **FRIED CHICKEN WINGS (3)**
Choice of French Fries or Rice
- L31. **BROCCOLI** (D) Beef (E) Prawns
- L32. **SEVEN VEGGIE** (D) Beef (E) Prawns
- L34. **BLACK BEAN** (D) Beef (E) Prawns
- L35. **HOT GARLIC** (D) Beef (E) Prawns
- L39. **STEAMED VEGGIE** (D) Beef (E) Prawns
- L41. **STRING BEANS** (D) Beef (E) Prawns
- L51. **GENERAL TSO**
x (A) Fried Tofu (B) Chicken
- L52. **SESAME**
x (A) Fried Tofu (B) Chicken
- L61D. **BEEF LO MEIN** L66D. **BEEF CHOW FENG**
- L61E. **SHRIMP LO MEIN** L66E. **SHRIMP CHOW FENG**

Wraps

Wraps with Chinese Coleslaw, (No Mayo), Lettuce, Cilantro & 1 Rice

WRAPPER: Choice of Plain, Wheat or Spinach

RICE (Inside the wrap): Choice of White, Brown, Egg Fried or Plain Lo-Mein.

- L91. **WRAP w. PEKING DUCK** 7.75
- L92. **WRAP w. STIR-FRIED**
x (A) Vegetable 6.95 (B) Chicken 6.95
(C) Beef 7.75 (D) Shrimp 7.75
- L93. **WRAP w. BONELESS RIBS** 6.95
- L94. **WRAP w.** 6.95
x (A) Tso's Chicken (B) Sesame Chicken
- L95. **WRAP w.** 6.95
x (A) Tso's Fried Tofu x (B) Sesame Fried Tofu

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Open 7 Days A Week

Monday - Friday 11 am - 10 pm
Saturday & Sunday 12 pm - 10 pm

FOR DELIVERY

Monday - Friday 5 pm - 10 pm
Saturday & Sunday 4:30 pm - 10 pm

Minimum of \$10 order within Hoboken

Delivery Fees Apply

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Salt & Pepper Prawns

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720 Monroe St., Suite C-103
(Monroe & 8th St)
Hoboken, NJ 07030



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Appetizers

1. **LO-FATT-CHOW EGG ROLL** 1.45
2. **VEGETABLE SPRING ROLL** 1.75
(A) w. Beef 1.85 (B) Asian (w. Chicken & Shrimp) 1.85
4. **SCALLION PANCAKE** 4.25
5. **EDAMAME (GREEN SOYBEANS)** 4.25
6. **STEAMED DUMPLINGS (6)** 5.00
(A) Pork (B) Chicken (C) Veggie
(D) Shrimp 5.75 (E) Combo (2 pork, 2 chicken & 2 veggie) 5.25
7. **PAN-FRIED DUMPLINGS (6)** 5.25
(A) Pork (B) Chicken (C) Veggie
(D) Shrimp 6.00 (E) Combo (2 pork, 2 chicken & 2 veggie) 5.50
9. **BBQ RIBS**
(A) Boneless 6.95-10.95
(B) Bone-In Spare Ribs (4) 6.95 (8) 11.50
10. **STEAMED WONTON** 5.25
(A) Spicy Szechuan (B) Spicy Peanut
11. **CHEESE WONTON (CRAB RANGOON) (8)** 5.45
12. **CRISPY WINGS (4)** 6.25
(A) Plain 6.00 (B) Hot Garlic 6.25
(C) Chef's 6.25 (D) Buffalo 6.25
13. **BEEF ON SKEWER (3)** 5.95
14. **CHICKEN ON SKEWER (3)** 5.50
15. **SEAWEED SALAD** 3.45



Tom Yum Seafood Soup

Add Mei-Feng / Lo-mein Noodle 0.50

21. **CHICKEN RICE SOUP** 2.25-3.75
(A) Chicken Noodle Soup 2.25-3.75
22. **CHICKEN VEGETABLE SOUP** 3.25-5.75
x (A) Tofu Vegetable Soup 3.25-5.75
23. **EGG DROP SOUP** 1.95-3.25
(A) Egg Drop Wonton Soup 2.45-4.25
24. **WONTON SOUP** 2.25-3.95
25. **HOT & SOUR SOUP** 2.45-4.25
26. **TOM YUM VEGETABLE SOUP** 7.25
Thai Style Hot & Sour Soup (Very Spicy)
(A) Tofu 7.25 (B) Chicken 7.75 (C) Seafood 9.50
27. **SEAFOOD VEGETABLE SOUP** 9.00

Nut Alert - Some Dishes Contain Nuts, Please Ask For Details.

x Vegetable Specialties y Hot & Spicy Dishes

Gluten-Free Sauce Available

Spicy or Non-Spicy Sauce Available



Working with only the freshest ingredients, our skilled chefs prepare dishes from scratch in our store.

That's the Lo-Fatt-Chow way enjoyed by our satisfied customers every day!

Our chefs cook with light,

"Low-Fat" style, sea salt, and no MSG.

Apple Curry Chicken (White Meat)



Signature Stir-Fry

Choose the style of dish and ingredient you want

Each comes with a small White Rice.
Brown Rice \$0.50, Egg F.R. \$2.25, Veggie F.R. \$3.55, Pork F.R. \$3.55,
Chicken F.R. 3.55, Beef F.R. \$3.95 or Shrimp F.R. \$3.95

- x Plain 8.75 x (A) Fresh Tofu 8.75 (B) Chicken 9.25
(C) Pork 9.25 (D) Beef 10.75 (E) Prawns 12.00

31. **FRESH BROCCOLI**
32. **SEVEN VEGETABLE**
Broccoli, carrots, snow peas, Chinese broccoli, red peppers, celery and mushrooms in our Brown sauce, stir-fried to a crispy, crunchy state of excitement.
33. **SPICY SZECHUAN**
Broccoli, red peppers, onions & hot chilies in our spicy Szechuan sauce
34. **BLACK BEAN**
Broccoli, onion, and baby corns, in our Black soyBean sauce.
35. **HOT GARLIC**
Broccoli, onions, mushrooms and carrots in our brown Hot Garlic sauce.
36. **GINGER BROCCOLI**
Broccoli, carrots, and snow peas, in our clear ginger sauce.
37. **SPICY HUNAN**
Broccoli, carrots, and celery in our spicy Hunan sauce.
38. **NUT LOVERS**
Kung Pao Peanuts / Cashews / Almonds.
Carrots, celery, baby corn, red peppers, water chestnuts, and bamboo shoots, stir-fried in our special sauce.
39. **LO-FATT STEAMED**
Mixed vegetables without the oil. Sauce unique to Lo-Fatt-Chow
41. **SNOW PEAS, or STRING GREEN BEANS**
42. **CHINESE BROCCOLI, or BABY BOK CHOY**
43. **MOO SHU** (Comes w. 6 crepes & hoisin sauce, No rice)

30. **APPLE CURRY CHICKEN** 10.75
Homemade style curry sauce cooked with apple, potato, onion, and carrots
44. **MONGOLIAN**
(A) Beef 11.25 (B) Chicken 10.00
Stir-fried with scallions, onions, celery, and carrots in our spicy black pepper sauce.
45. **BEEF PEPPER MUSHROOMS** 10.75
Beef steak with red peppers, onions, and mushrooms.
46. **MOO GOO GUY PAN** 9.75
Sliced chicken with mixed fresh Chinese vegetable, mushrooms and water chestnuts.
47. **SEAFOOD DELIGHT** 13.45
Prawns, scallops, lobster tail, mussels, calamari and vegetable in our clear garlic sauce
48. **HAPPY FAMILY** 12.25
Pork, beef, chicken, prawns, scallops, and vegetables.
50. **PRAWNS IN LOBSTER SAUCE** 12.00

Prices are subject to change without notice and do not include applicable taxes and delivery charge.

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Chef's Choice

Each comes with a small White Rice.
Brown Rice \$0.50, Egg F.R. \$2.25, Veggie F.R. \$3.55, Pork F.R. \$3.55,
Chicken F.R. 3.55, Beef F.R. \$3.95 or Shrimp F.R. \$3.95

51. **GENERAL TSO'S**
x (A) Fried Tofu 10.75 (B) Chicken 10.75
(C) Beef 11.75 (D) Prawns 12.25
52. **SESAME**
x (A) Fried Tofu 10.75 (B) Chicken 10.75
(C) Beef 11.75 (D) Prawns 12.25
53. **ORANGE PEEL**
(A) Chicken 10.75 (B) Beef 11.75
54. **SWEET & SOUR CHICKEN** 9.25
55. **CRISPY CHICKEN** 10.75
56. **SALT AND PEPPER PRAWNS** 12.75



Noodles

61. **LO-MEIN**
x (A) Vegetable / (B) Chicken / (C) Pork 4.95-8.25
(D) Beef / (E) Shrimp 5.65-9.25
(F) House (Chicken, beef, pork, shrimp, scallops & veggies) 10.75
62. **SESAME NOODLES** 6.95
Egg noodles toss w. sesame peanut sauce or spicy Szechuan sauce
63. **SPICY SZECHUAN NOODLES**
Egg noodles toss w. sesame peanut sauce or spicy Szechuan sauce
- x (A) Vegetable / (B) Chicken / (C) Pork 4.95-8.25
(D) Beef / (E) Shrimp 5.65-9.25
64. **DOUBLE PAN-FRIED NOODLES**
Angel-hair bird nest egg noodles
x (A) Vegetable / (B) Chicken / (C) Pork 10.75
(D) Beef / (E) Shrimp 11.75
(F) House (Chicken, beef, pork, shrimp, scallops & veggies) 12.50
(G) Seafood (Prawns, scallops, lobster tail, mussels, calamari & veggies) 13.75
65. **FUKIEN MEIN**
Stir-fried Fukien style angel-hair egg noodles
(A) House (Chicken, beef, pork, shrimp, scallops & veggies) 11.75
(B) Seafood (Prawns, scallops, lobster tail, mussels, calamari & veggies) 13.25
66. **CHOW-FENG**
Broad rice noodles
x (A) Vegetable / (B) Chicken / (C) Pork 9.25
(D) Beef / (E) Shrimp 10.25
67. **MEI-FENG**
Angel Hair rice noodles
x (A) Vegetable / (B) Chicken / (C) Pork 9.00
(D) Beef / (E) Shrimp 10.00
y (F) Singapore Mei-Feng 10.00
Shrimp, chicken, onions, red peppers, scallions and eggs in a spicy curry sauce.
68. **PAD THAI NOODLES**
Stir-fried rice noodles with eggs, fried tofu, bean sprouts, fish sauce, tamarind juice, garnished with crushed peanuts, cilantro and lime.
(A) Vegetable 9.95 (B) Chicken 9.95
(C) Pork 9.95 (D) Beef 11.25 (E) Shrimp 11.55

Rice

Shrimp Fried Rice

All of our fried rice dishes are with NO yellow dye, include peas, onions & are topped with scallions.

White rice 1.75-2.95 Brown fried rice add 0.50-1.00
Brown rice 1.95-3.50 Add egg to fried rice 0.50-1.00

75. **EGG FRIED RICE** 3.25-6.00
76. x **VEGETABLE FRIED RICE** 4.55-7.95
77. x **MUSHROOM FRIED RICE** 4.55-7.95
78. **PORK FRIED RICE** 4.55-7.95
79. **PORK & PINEAPPLE FRIED RICE** 4.55-7.95
82. **CHICKEN FRIED RICE** 4.55-7.95
83. **BEEF FRIED RICE** 4.95-8.75
84. **SHRIMP FRIED RICE** 4.95-8.75
85. **HOUSE FRIED RICE** 4.95-8.75
Shrimp, chicken & mushroom
86. **YOUNG CHU FRIED RICE** 8.95
Shrimp, chicken, pork, and eggs.



Wraps

Wraps with Chinese Coleslaw, (No Mayo), Lettuce, Cilantro & 1 Rice WRAPPER: Choice of Plain, Wheat or Spinach
RICE (Inside the wrap): Choice of White, Brown, Egg Fried or Plain Lo-Mein.

91. **PEKING DUCK** 7.75
92. **STIR-FRIED**
x (A) Veggie 6.95 (B) Chicken 6.95
(C) Beef 6.95 (D) Shrimp 7.75
93. **BONELESS RIBS** 6.95
94. y (A) Tso's Chicken (B) Sesame Chicken 6.95
95. y (A) Tso's Fried Tofu x (B) Sesame Fried Tofu x 6.95

Kid's Korner

- K1. **CHICKEN BALLS w. FRENCH FRIES** 3.95
W. sweet and sour dipping sauce.
- K2. **CHOW DOG w. FRENCH FRIES** 3.95
Beef frank rolled in an egg roll wrap.
- K3. **CHEESE ROLL w. FRENCH FRIES** 3.95
Mozzarella cheese in an egg roll wrap.
- K4. **EGG FRIED RICE (8 oz)** 2.25
Egg w. plain fried rice.
- K5. **CHICKEN FRIED RICE (8 oz)** 2.95
Chicken w. plain fried rice.
- K6. **PLAIN LO-MEIN (8 oz)** 2.25
- K7. **CHICKEN LO-MEIN (8 oz)** 2.95
Chicken w. Plain Lo-Mein.

Chow Dogs