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Lunch Special

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11:00 am to 3:00 pm Weekdays and Saturday (Tuesday Closed)

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Combo for One

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Each comes with 1 Rice
RICE: Choice of White, Brown, Plain Fried, Egg Fried, or Pork Fried Rice.
ADD ON (Only 1 Applies Each Combo):
\$1 Wonton Soup, Egg-drop Soup, Egg Roll, Veggie Spring Roll or Canned Soda

Lunch Special	Combo for One
\$9.25	\$11.95
L31. D31.	BROCCOLI
	✕ (A) Tofu (Fresh / Fried) (B) Chicken (C) Pork
L32. D32.	SEVEN VEGGIE
	✕ (A) Tofu (Fresh / Fried) (B) Chicken (C) Pork
L33. D33.	🌶️ SPICY SZECHUAN VEGGIE
	✕ (A) Tofu (Fresh / Fried) (B) Chicken (C) Pork
L34. D34.	BLACK BEAN
	✕ (A) Tofu (Fresh / Fried) (B) Chicken (C) Pork
L35. D35.	🌶️ HOT GARLIC VEGGIE
	✕ (A) Tofu (Fresh / Fried) (B) Chicken (C) Pork
L38. D38.	🌶️ KUNG PAO PEANUT VEGGIE
	✕ (A) Tofu (Fresh / Fried) (B) Chicken (C) Pork
L39. D39.	STEAMED VEGGIE
	✕ (A) Tofu (Fresh / Fried) (B) Chicken (C) Pork
L64. D64.	SWEET & SOUR CHICKEN
L65. D65.	CHICKEN CUTLET
L91A D91A.	✕ VEGETABLE LO MEIN
L91B D91B.	CHICKEN LO MEIN
L91C D91C.	PORK LO MEIN
\$10.25	\$12.95 Note: Prawn is Jumbo Shrimp
L12. D12.	FRIED CHICKEN WINGS (4)
	Choice of French Fries or Rice
L09. D09.	BONELESS RIBS
L31. D31.	BROCCOLI
	(D) Beef (E) Prawns
L32. D32.	SEVEN VEGGIE
	(D) Beef (E) Prawns
L33. D33.	🌶️ SPICY SZECHUAN VEGGIE
	(D) Beef (E) Prawns
L34. D34.	BLACK BEAN VEGGIE
	(D) Beef (E) Prawns
L35. D35.	🌶️ HOT GARLIC VEGGIE
	(D) Beef (E) Prawns
L38. D38.	🌶️ KUNG PAO PEANUT VEGGIE
	(D) Beef (E) Prawns
L39. D39.	STEAMED VEGGIE
	(D) Beef (E) Prawns



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Party Trays

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P01.	EGG ROLL	
	(20) 32.00 (30) 48.00	
P02.	✕ VEGETABLE SPRING ROLL	
	(20) 38.00 (30) 57.00	
P12.	FRIED CHICKEN WINGS	
	(20) 40.00 (30) 58.00	
P64.	SWEET & SOUR CHICKEN	46.00
P06.	HANDMADE STEAM PORK DUMPLINGS (50)	48.00
P07.	✕ HANDMADE STEAM VEGETABLE DUMPLINGS (20)	22.00
P09.	BONELESS RIBS	65.00
P31.✕	🌶️ HOT GARLIC BROCCOLI	45.00
P31B.	BROCCOLI CHICKEN	52.00
P32A.	✕ SEVEN VEGETABLE W. TOFU (Fresh / Fried)	52.00
P32B.	SEVEN VEGETABLE CHICKEN	52.00
P61.🌶️	GENERAL CHICKEN	58.00
P62.	SESAME CHICKEN	58.00
P7X.	✕ VEGETABLE / PORK/ CHICKEN FRIED RICE	40.00
P91.	✕ VEGETABLE / PORK / CHICKEN LO MEIN	42.00

Please call for additional catering dishes.



Nut Alert - Some Dishes Contain Nuts, Please Ask For Details.
✕ Vegetable Specialties 🌶️ Hot & Spicy Dishes

PRSRT STD.
ECRWSS
U.S. Postage
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EDDM Retail

Great Chinese Food Prepared **HOT, FAST & FRESH !**

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Northvale.LoFattChow.com/order

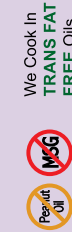
Order online for pickup or delivery - fresh,
healthy Chinese food just a few clicks away.

**244 Livingston St
Northvale, NJ 07647**

Open 6 Days A Week

Mon. - Sat.: 11 am - 9 pm | Sunday: 12 pm - 9 pm

Tuesday Closed



We Cook In
**TRANS FAT
FREE** Oils



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General Tso Chicken

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2026

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Appetizers

- LO-FATT-CHOW EGG ROLL** 2.15
- ✕ **SPRING ROLL (2 per order)**
(A) Veggie 4.50 (B) Asian (w. Chicken & Shrimp) 5.00
- ✕ **SCALLION PANCAKE** 6.25
- ✕ **EDAMAME** (GREEN SOYBEANS) 5.75
- HANDMADE STEAMED DUMPLINGS** (6) 6.75
(A) Pork (B) Chicken (C) Veggie 7.25
(E) Mixed (2 pork, 2 chicken & 2 veggie) 7.25
- HANDMADE PAN-FRIED DUMPLINGS** (6) 7.25
(A) Pork (B) Chicken (C) Veggie 7.75
(E) Mixed (2 pork, 2 chicken & 2 veggie) 7.75
- BBQ RIBS**
(A) Boneless 9.75-13.75
(B) Bone-In Spare Ribs (4) 9.95 (8) 16.75
- 🔥 **STEAMED WONTON** 7.25
(A) Spicy Szechuan (B) Spicy Peanut
- CHEESE WONTON** (CRAB RANGOON) (8) 7.75
- FRIED WINGS** (4)
(A) Plain 8.00 (B) Hot Garlic 9.00
(C) Chef's 9.00 (D) Buffalo 9.00
- SWEET & SOUR CHICKEN** (NO RICE) 7.95
- CHICKEN ON SKEWER** (3) 8.00



Tom Yum Seafood Soup

Soups

- CHICKEN SOUP** 3.95-5.45
(A) Rice (B) Noodle (C) Mei Feng
- ✕ **VEGETABLE SOUP** 4.95-7.45
✕ (A) FRESH TOFU
(B) CHICKEN
(C) SHRIMP 11.00
(D) SEAFOOD 11.00
- EGG DROP SOUP** 3.75-4.95
(A) EGG DROP WONTONS 4.15-6.00
- WONTON SOUP** 4.15-6.00
- 🔥 **HOT & SOUR SOUP** 4.15-6.00
- 🔥 **TOM YUM VEGETABLE SOUP** 9.80
Thai Style Hot & Sour Soup (Very Spicy)
(A) Fresh Tofu 9.80 (B) Chicken 10.20
(C) Shrimp 12.00 (D) Seafood 12.00

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

✕ Vegetable Specialties 🔥 Hot & Spicy Dishes



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.

Chicken Broccoli



Signature Stir-Fry

Choose the style of dish and ingredient you want

Each comes with a small White Rice.
Brown Rice \$1.50, Egg F.R. \$4.50, Veggie F.R. \$5.50, Pork F.R. \$5.50,
Chicken F.R. \$5.50, Beef F.R. \$6.00 or Shrimp F.R. \$6.00

- 🔥 **APPLE CURRY ✕ VEGETABLE** 13.95
✕ (A) Fried Tofu 13.95 (B) Chicken 14.70
(C) Pork 14.70 (D) Beef 15.75
(E) Prawns 17.75
Homemade style apple curry sauce cooked with potatoes, tomato, onion, and carrots
- ✕ **FRESH BROCCOLI** 12.25
✕ (A) Tofu (Fresh / Fried) 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
- ✕ **SEVEN VEGETABLE** 12.25
Broccoli, carrots, snow peas or water chestnuts, red peppers, celery and mushrooms, stir-fried to a crispy, crunchy state of excitement.
✕ (A) Tofu (Fresh / Fried) 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
- 🔥 **SPICY SZECHUAN ✕ VEGETABLE** 12.25
Broccoli, red peppers, onions & hot chilies in our spicy Szechuan sauce
✕ (A) Tofu (Fresh / Fried) 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
- BLACK BEAN ✕ VEGETABLE** 12.25
Broccoli, onion, and baby corns, in our Black soyBean sauce.
✕ (A) Tofu (Fresh / Fried) 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
- 🔥 **HOT GARLIC ✕ VEGETABLE** 12.25
Broccoli, onions, mushrooms and carrots in our brown Hot Garlic sauce.
✕ (A) Tofu (Fresh / Fried) 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
- GINGER BROCCOLI ✕ VEGETABLE** 12.25
Broccoli, snow peas, and carrots in our clear ginger sauce.
✕ (A) Tofu (Fresh / Fried) 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
- CHINESE SPINACH W. FRESH GARLIC ✕** 13.25
✕ (A) Tofu (Fresh / Fried) 13.25 (B) Chicken 14.25
(C) Pork 14.25 (D) Beef 15.25
(E) Prawns 17.25
- 🔥 **KUNG PAO PEANUTS OR CASHEWS**
Carrots, celery, baby corn, red peppers, and water chestnuts, stir-fried in our special sauce.
✕ Vegetables 12.25 ✕ (A) Tofu (Fresh/Fried) 12.25
(B) Chicken 13.25 (C) Pork 13.25
(D) Beef 14.25 (E) Prawns 16.25

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

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- LO-FATT STEAMED ✕ VEGETABLE** 12.25
Mixed vegetables without the oil. Sauce unique to Lo-Fatt-Chow
✕ (A) Fresh Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
- ✕ **STRING GREEN BEANS** 12.25
✕ (A) Tofu (Fresh / Fried) 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
- MOO SHU ✕ VEGETABLE** 12.75
✕ (A) Tofu (Fresh / Fried) 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 15.25
(E) Shrimp 15.25
- ✕ **BABY BOK CHOY** 12.75
✕ (A) Tofu (Fresh / Fried) 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 14.75
(E) Prawns 16.75
- ✕ **SNOW PEAS** (Seasonal) 12.75
✕ (A) Tofu (Fresh / Fried) 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 14.75
(E) Prawns 16.75
- 🔥 **HOT GARLIC EGGPLANTS** 12.75
✕ (A) Tofu (Fresh / Fried) 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 14.75
(E) Prawns 16.75
- ✕ **ZUCCHINI W. FRESH GARLIC** (Seasonal) 12.75
✕ (A) Tofu (Fresh / Fried) 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 14.75
(E) Prawns 16.75
- 🔥 **MONGOLIAN**
(A) Beef 15.50 (B) Chicken 14.50
Stir-fried with scallions, onions, and carrots in our spicy black pepper sauce.
- TERIYAKI CHICKEN** 14.50
Stir-fried with onion in teriyaki sauce on top of lettuce bed.
- RED PEPPER STEAK W. ONION & MUSHROOM** 16.50
- SEAFOOD DELIGHT** 19.45
Prawns, scallops, calamari, lobster tail and vegetable in our clear sauce
- HAPPY FAMILY** 17.45
Pork, beef, chicken, prawns, scallops, and vegetables.
- PRAWNS IN LOBSTER SAUCE** 15.45



Sesame Chicken



Beef w. String Beans



Apple Curry Chicken

Chef's Choice

Each comes with a small White Rice.

Brown Rice \$1.50, Egg F.R. \$4.50, Veggie F.R. \$5.50, Pork F.R. \$5.50,
Chicken F.R. \$5.50, Beef F.R. \$6.00 or Shrimp F.R. \$6.00

- 🔥 **GENERAL TSO'S**
✕ (A) Fried Tofu 14.45 (B) Chicken 15.45
(C) Beef 15.95 (D) Prawns 16.45
- SESAME**
✕ (A) Fried Tofu 14.45 (B) Chicken 15.45
(C) Beef 15.95 (D) Prawns 16.45
- 🔥 **ORANGE PEEL**
(A) Chicken 15.45 (B) Beef 15.95
- SWEET & SOUR CHICKEN** 13.25
- CHICKEN CUTLET** 14.95
Boneless white meat chicken cutlet w. lemon or chef's dipping sauce.
- SALT AND PEPPER PRAWNS** 16.95

Rice

All of our fried rice dishes
are with NO yellow dye, include
peas, carrots & onions. No Egg.

Shrimp Fried Rice

White rice 2.25-4.00 Brown fried rice add 1.50
Brown rice 3.00-5.00 Add egg to fried rice 1.50

- EGG FRIED RICE** 6.00-9.00
- ✕ **VEGETABLE FRIED RICE** 7.15-10.95
- ✕ **MUSHROOM FRIED RICE** 7.15-10.95
- PORK FRIED RICE** 7.15-10.95
- PORK & PINEAPPLE FRIED RICE** 7.15-10.95
- CHICKEN FRIED RICE** 7.15-10.95
- BEEF FRIED RICE** 7.50-11.75
- SHRIMP FRIED RICE** 7.50-11.75
- YOUNG CHU FRIED RICE** 11.95
Shrimp, chicken, pork, and eggs.



Shrimp Lo Mein



House Fukien Mein

Noodles

- LO-MEIN**
✕ (A) Vegetable / (B) Chicken / (C) Pork 7.95-11.25
(D) Beef / (E) Shrimp 8.95-12.25
(F) House (Chicken, beef, pork, shrimp, scallops & veggies) 14.45
- 🔥 **SESAME NOODLES** 93. 🔥 **SPICY SZECHUAN NOODLES**
Egg noodles toss w. sesame peanut sauce or spicy Szechuan sauce
✕ (A) Vegetable / (B) Chicken / (C) Pork 7.95-11.25
(D) Beef / (E) Shrimp 8.95-12.25
(F) House (Chicken, beef, pork, shrimp, scallops & veggies) 14.45
- DOUBLE PAN-FRIED NOODLES**
Angel-hair bird nest egg noodles
✕ (A) Vegetable / (B) Chicken / (C) Pork 14.25
(D) Beef / (E) Prawns 15.25
(F) House (Chicken, beef, pork, prawns, scallops & veggies) 16.45
(G) Seafood (Prawns, scallops, calamari, lobster tail & veggies) 17.45
- FUKIEN MEIN**
Stir-fried Fukien style angel-hair egg noodles
(A) House (Chicken, beef, pork, shrimp, scallops & veggies) 15.75
(B) Seafood (Shrimp, scallops, calamari, lobster tail & veggies) 16.45
- CHOW-FENG**
Broad rice noodles
✕ (A) Vegetable / (B) Chicken / (C) Pork 12.25
(D) Beef / (E) Shrimp 13.25
- MEI-FENG**
Angel Hair rice noodles
✕ (A) Vegetable / (B) Chicken / (C) Pork 12.00
(D) Beef / (E) Shrimp 13.00
🔥 (F) Singapore Mei-Feng 13.00
Shrimp, chicken, onions, red peppers, scallions and eggs in a spicy curry sauce.
- 🔥 **PAD THAI NOODLES**
Stir-fried rice noodles with eggs, bean sprouts, fish sauce, tamarind juice, garnished with crushed peanuts, cilantro and lime.
(A) Vegetable 11.95 (B) Chicken 12.95
(C) Pork 12.95 (D) Beef 14.25 (E) Shrimp 14.75

