

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 2.25; Plain Lo-Mein add 1.75

**ADD ON** (Only 1 Applies Each Combo): 1 Soup / Roll / Beverage

**SOUP: \$1.75** Choice of Wonton, Hot & Sour, Egg-drop, Chicken Rice or Noodle

**ROLL: \$1.25** Choice of Egg Roll or Veggie Spring Roll

**BEVERAGE: \$1.25** Canned Soda

### \$11.95

**D31. BROCCOLI**

✘ (A) Tofu (B) Chicken (C) Pork

**D32. SEVEN VEGGIE**

✘ (A) Tofu (B) Chicken (C) Pork

**D33. SPICY SZECHUAN**

✘ (A) Tofu (B) Chicken (C) Pork

**D34. BLACK BEAN**

✘ (A) Tofu (B) Chicken (C) Pork

**D35. HOT GARLIC**

✘ (A) Tofu (B) Chicken (C) Pork

**D37. SPICY BAMBOO SHOOT**

✘ (A) Tofu (B) Chicken (C) Pork

**D39. STEAMED VEGGIE**

✘ (A) Tofu (B) Chicken (C) Pork

**D54. SWEET & SOUR CHICKEN**

**D55. CRISPY CHICKEN**

**D61A. VEGETABLE LO MEIN**

**D61B. CHICKEN LO MEIN**

**D61C. PORK LO MEIN**

### \$12.95

**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 BAMBOO SHOOT** (D) Beef (E) Prawns

**D39. STEAMED VEGGI** (D) Beef (E) Prawns

**D41. STRING BEANS** (D) Beef (E) Prawns

**D51. GENERAL TSO**

✘ (A) Tofu (B) Chicken

**D52. SESAME**

✘ (A) Tofu (B) Chicken

**D61D. BEEF LO MEIN**

**D61E. SHRIMP LO MEIN**



Hot & Spicy Dishes

Vegetable Specialties

### Lunch Special

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

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 2.25; Plain Lo-Mein add 1.75

**ADD ON** (Only 1 Applies Each Combo): 1 Soup / Roll / Beverage

**SOUP: \$1.75** Choice of Wonton, Hot & Sour, Egg-drop

**ROLL: \$1.25** Choice of Egg Roll or Veggie Spring Roll

**BEVERAGE: \$1.25** Canned Soda

### \$9.25

**L31. BROCCOLI**

✘ (A) Tofu (B) Chicken (C) Pork

**L32. SEVEN VEGGIE**

✘ (A) Tofu (B) Chicken (C) Pork

**L34. BLACK BEAN**

✘ (A) Tofu (B) Chicken (C) Pork

**L35. HOT GARLIC**

✘ (A) Tofu (B) Chicken (C) Pork

**L39. STEAMED VEGGIE**

✘ (A) Tofu (B) Chicken (C) Pork

**L54. SWEET & SOUR CHICKEN**

**L55. CRISPY CHICKEN**

**L61A. VEGGIE LO MEIN**

**L61B. CHICKEN LO MEIN**

**L61C. PORK LO MEIN**

### \$10.25

**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**

✘ (A) Tofu (B) Chicken

**L52. SESAME**

✘ (A) Tofu (B) Chicken

**L61D. BEEF LO MEIN**

**L61E. SHRIMP LO MEIN**



### Wraps

Vietnamese Style Wraps with Chinese Coleslaw (No Mayo), Lettuce, Cilantro, and Brown Rice.

**L92. WRAP w. STIR-FRIED**

✘ (A) Vegetable 9.25 (B) Chicken 9.25  
(C) Beef 9.55 (D) Shrimp 9.55

**L93. WRAP w. BONELESS RIBS**

9.25

**L94. WRAP w.**

9.25

✘ (A) Tso's Chicken (B) Sesame Chicken

**L95. WRAP w.**

9.25

✘ (A) Tso's Tofu (B) Sesame Tofu

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Great Chinese Food Prepared HOT, FAST & FRESH!

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In order to serve our customers better, please have your order ready before you call. For assistance or online order, please visit our website:

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

44 Gibraltar Drive  
(Rte 10 Eastbound - Powder Mill Plaza)  
Morris Plains, NJ 07950

Open 6 Days A Week  
11 am - 9:30 pm  
Tuesday Closed

\*\*\*\*\*ECRWSS\*\*\*\*\*  
LOCAL  
POSTAL CUSTOMER

We Cook In  
TRANS FAT  
FREE Oils



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General Tso Chicken

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2026 Rev.

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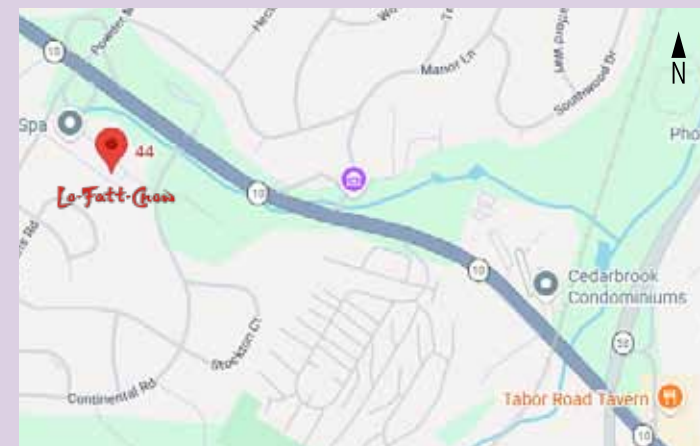
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TRANS FAT  
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# Lo-Fatt-Chow

CHINESE CUISINE  
973-538-8080

Open 6 Days A Week  
11 am - 9:30 pm  
Tuesday Closed

## Appetizers

1. **LO-FATT-CHOW EGG ROLL** 2.35
2. **SPRING ROLL (2 per order)**  
(A) Veggie 4.50 (B) Asian (w. Chicken & Shrimp) 5.00
4. **SCALLION PANCAKE** 5.50
5. **EDAMAME (GREEN SOYBEANS)** 5.25
6. **STEAMED DUMPLINGS (6)** 6.75  
(A) Pork (B) Chicken (C) Veggie 7.25  
(E) Mixed (2 pork, 2 chicken & 2 veggie) 7.25
7. **PAN-FRIED DUMPLINGS (6)** 7.25  
(A) Pork (B) Chicken (C) Veggie 7.75  
(E) Mixed (2 pork, 2 chicken & 2 veggie) 7.75
9. **BBQ RIBS**  
(A) Boneless 9.75-13.75  
(B) Bone-In Spare Ribs (4) 9.95 (8) 16.75
10. **STEAMED WONTON** 7.25  
(A) Spicy Szechuan (B) Spicy Peanut
11. **CHEESE WONTON (CRAB RANGOON) (8)** 7.75
12. **CRISPY WINGS (4)**  
(A) Plain 8.00 (B) Hot Garlic 9.00  
(C) Chef's 9.00 (D) Buffalo 9.00
13. **SWEET & SOUR CHICKEN (NO RICE)** 7.95
14. **CHICKEN ON SKEWER (3)** 8.00



Tom Yum Seafood Soup

## Soups

21. **CHICKEN SOUP** 3.95-5.45  
(A) Rice (B) Noodle (C) Mei Feng
22. **VEGETABLE SOUP** 4.95-7.45  
x (A) TOFU  
x (B) CHICKEN  
(C) SHRIMP 11.00  
(D) SEAFOOD 11.00
23. **EGG DROP SOUP** 3.75-4.95  
(A) EGG DROP WONTONS 4.15-6.00
24. **WONTON SOUP** 4.15-6.00
25. **HOT & SOUR SOUP** 4.15-6.00
26. **TOM YUM VEGETABLE SOUP** 9.80  
Thai Style Hot & Sour Soup (Very Spicy)  
(A) Tofu 9.80 (B) Chicken 10.20  
(C) Shrimp 12.00 (D) Seafood 12.00
27. **MISO SOUP** 4.15-6.00

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

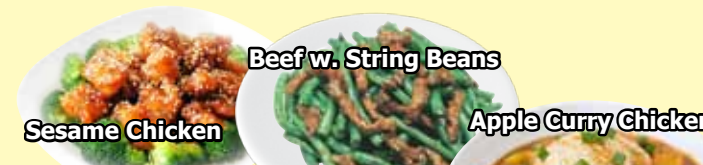
Choose the style of dish and ingredient you want

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

30. **APPLE CURRY x VEGETABLE** 13.45  
x(A) Tofu 13.45 (B) Chicken 14.20  
(C) Pork 14.20 (D) Beef 15.25  
(E) Prawns 17.25  
Homemade style apple curry sauce cooked with potatoes, tomato, onion, and carrots
31. **FRESH BROCCOLI** 11.75  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
32. **SEVEN VEGETABLE** 11.75  
Broccoli, carrots, snow peas or water chestnuts, red peppers, celery and mushrooms in our Brown sauce, stir-fried to a crispy, crunchy state of excitement.  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
33. **SPICY SZECHUAN x VEGETABLE** 11.75  
Broccoli, red peppers, onions & hot chillies in our spicy Szechuan sauce  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
34. **BLACK BEAN x VEGETABLE** 11.75  
Broccoli, onion, and baby corns, in our Black soyBean sauce.  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
35. **HOT GARLIC x VEGETABLE** 11.75  
Broccoli, onions, mushrooms and carrots in our brown Hot Garlic sauce.  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
36. **GINGER BROCCOLI x VEGETABLE** 11.75  
Broccoli, snow peas, and carrots in our clear ginger sauce.  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
37. **BAMBOO SHOOTS x VEGETABLE** 11.75  
Bamboo shoots, wooden mushroom, carrots, and celery in our spicy Hunan sauce.  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
38. **KUNG PAO PEANUTS OR CASHEWS**  
Carrots, celery, baby corn, red peppers, and water chestnuts, stir-fried in our special sauce.  
x Vegetables 11.75 x(A) Tofu 11.75  
(B) Chicken 12.75 (C) Pork 12.75  
(D) Beef 13.75 (E) Prawns 15.75

Prices are subject to change without notice and do not include applicable taxes and delivery charge.  
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39. **LO-FATT STEAMED x VEGETABLE** 11.75  
Mixed vegetables without the oil. Sauce unique to Lo-Fatt-Chow  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
40. **STRING GREEN BEANS** 11.75  
x(A) Tofu 11.75 (B) Chicken 12.75  
(C) Pork 12.75 (D) Beef 13.75  
(E) Prawns 15.75
41. **MOO SHU x VEGETABLE** 12.25  
x(A) Tofu 12.25 (B) Chicken 13.25  
(C) Pork 13.25 (D) Beef 14.75  
(E) Shrimp 14.75
42. **BABY BOK CHOY** 12.25  
x(A) Tofu 12.25 (B) Chicken 13.25  
(C) Pork 13.25 (D) Beef 14.25  
(E) Prawns 16.25
43. **SNOW PEAS** 12.25  
x(A) Tofu 12.25 (B) Chicken 13.25  
(C) Pork 13.25 (D) Beef 14.25  
(E) Prawns 16.25
44. **HOT GARLIC EGGPLANTS**  
x(A) Tofu 12.25 (B) Chicken 13.25  
(C) Pork 13.25 (D) Beef 14.25  
(E) Prawns 16.25
45. **MONGOLIAN**  
(A) Beef 14.25 (B) Chicken 13.25  
Stir-fried with scallions, onions, celery, and carrots in our spicy black pepper sauce.
47. **SEAFOOD DELIGHT** 18.95  
Prawns, scallops, calamari, lobster tail and vegetable in our clear sauce
48. **HAPPY FAMILY** 16.95  
Pork, beef, chicken, prawns, scallops, and vegetables.
50. **PRAWNS IN LOBSTER SAUCE** 14.95  
Prawns: Jumbo Shrimp



## 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

51. **GENERAL TSO'S**  
x(A) Tofu 13.95 (B) Chicken 13.95  
(C) Beef 15.45 (D) Prawns 15.95
52. **SESAME**  
x(A) Tofu 13.95 (B) Chicken 13.95  
(C) Beef 15.45 (D) Prawns 15.95
53. **ORANGE PEEL**  
(A) Chicken 13.95 (B) Beef 14.95
54. **SWEET & SOUR CHICKEN** 12.45
55. **CRISPY CHICKEN** 14.45
56. **SALT AND PEPPER PRAWNS** 16.45

## Shrimp Fried Rice

## Rice

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

White rice 2.25-4.00 Brown fried rice add 1.75  
Brown rice 2.75-4.25 Add egg to fried rice 1.75

75. **EGG FRIED RICE** 5.50-8.50
76. **VEGETABLE FRIED RICE** 6.65-10.45
77. **MUSHROOM FRIED RICE** 6.65-10.45
78. **PORK FRIED RICE** 6.65-10.45
79. **PORK & PINEAPPLE FRIED RICE** 6.65-10.45
82. **CHICKEN FRIED RICE** 6.65-10.45
83. **BEEF FRIED RICE** 7.00-11.25
84. **SHRIMP FRIED RICE** 7.00-11.25
86. **YOUNG CHU FRIED RICE** 11.45  
Shrimp, chicken, pork, and eggs.



Shrimp Lo Mein

House Fukien Mein

## Noodles

61. **LO-MEIN**  
x (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
62. **SESAME NOODLES** Egg noodles toss w. sesame peanut sauce or spicy Szechuan sauce  
x (A) Vegetable / (B) Chicken / (C) Pork 7.95-11.25  
(D) Beef / (E) Shrimp 8.95-12.25
63. **SPICY SZECHUAN NOODLES**  
Egg noodles toss w. sesame peanut sauce or spicy Szechuan sauce  
x (A) Vegetable / (B) Chicken / (C) Pork 7.95-11.25  
(D) Beef / (E) Shrimp 8.95-12.25
64. **DOUBLE PAN-FRIED NOODLES**  
Angel-hair bird nest egg noodles  
x (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
65. **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
66. **CHOW-FENG**  
Broad rice noodles  
x (A) Vegetable / (B) Chicken / (C) Pork 12.25  
(D) Beef / (E) Shrimp 13.25
67. **MEI-FENG**  
Angel Hair rice noodles  
x (A) Vegetable / (B) Chicken / (C) Pork 12.00  
(D) Beef / (E) Shrimp 13.00  
x (F) Singapore Mei-Feng 13.00  
Shrimp, chicken, onions, red peppers, scallions and eggs in a spicy curry sauce.
68. **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 14.55

