

Boneless Ribs

Crispy Chicken

Lunch Special

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

Combo for One

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**
x (A) Tofu (B) Chicken (C) Pork
- L32. D32. **SEVEN VEGGIE**
x (A) Tofu (B) Chicken (C) Pork
- L33. D33. **SPICY SZECHUAN VEGGIE**
x (A) Tofu (B) Chicken (C) Pork
- L34. D34. **BLACK BEAN**
x (A) Tofu (B) Chicken (C) Pork
- L35. D35. **HOT GARLIC VEGGIE**
x (A) Tofu (B) Chicken (C) Pork
- L38. D38. **KUNG PAO PEANUT VEGGIE**
x (A) Tofu (B) Chicken (C) Pork
- L39. D39. **STEAMED VEGGIE**
x (A) Tofu (B) Chicken (C) Pork
- L64. D64. **SWEET & SOUR CHICKEN**
- L65. D65. **CRISPY CHICKEN**
- L81A D81A. x **VEGETABLE LO MEIN**
- L81B D81B. **CHICKEN LO MEIN**
- L81C D81C. **PORK LO MEIN**

\$10.25 **\$12.95** Note: Prawns are 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

- L41. D41. **STRING BEANS**
(D) Beef (E) Prawns
- L51. D51. **TERIYAKI**
x (A) Tofu (B) Chicken
- L61. D61. **GENERAL TSO**
x (A) Tofu (B) Chicken
- L62. D62. **SESAME**
x (A) Tofu (B) Chicken
- L81D D81D. **BEEF LO MEIN**
- L81E D81E. **SHRIMP LO MEIN**



Party Trays

- P01. **EGG ROLL**
(20) 32.00 (30) 48.00
- P02. x **VEGETABLE SPRING ROLL**
(20) 38.00 (30) 57.00
- P12. **CRISPY CHICKEN WINGS**
(20) 40.00 (30) 58.00
- P64. **SWEET & SOUR CHICKEN** 46.00
- P06. **HANDMADE STEAM PORK DUMPLINGS (50)** 48.00
- P07. x **HANDMADE STEAM VEGETABLE DUMPLINGS (20)** 22.00
- P09. **BONELESS RIBS** 65.00
- P31. x **HOT GARLIC BROCCOLI** 45.00
- P31B. **BROCCOLI CHICKEN** 52.00
- P32A. x **SEVEN VEGETABLE W. TOFU** 52.00
- P32B. **SEVEN VEGETABLE CHICKEN** 52.00
- P61. **GENERAL CHICKEN** 58.00
- P62. **SESAME CHICKEN** 58.00
- P7X. x **VEGETABLE / PORK/ CHICKEN FRIED RICE** 40.00
- P81. x **VEGETABLE / PORK / CHICKEN LO MEIN** 42.00

Please call for additional catering dishes.



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

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**14 Washington St.
Tenafly, NJ 07670**

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11 am - 9:30 pm
Tuesday Closed

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Appetizers

1. **LO-FATT-CHOW EGG ROLL** 2.15
2. **SPRING ROLL (2 per order)**
(A) Veggie 4.50 (B) Asian (w. Chicken & Shrimp) 5.00
4. **SCALLION PANCAKE** 6.25
5. **EDAMAME (GREEN SOYBEANS)** 5.75
6. **HANDMADE STEAMED DUMPLINGS (6)** 6.75
(A) Pork (B) Chicken (C) Veggie 7.25
(E) Mixed (2 pork, 2 chicken & 2 veggie) 7.25
7. **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
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

Soups



Tom Yum Seafood Soup

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

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

x 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

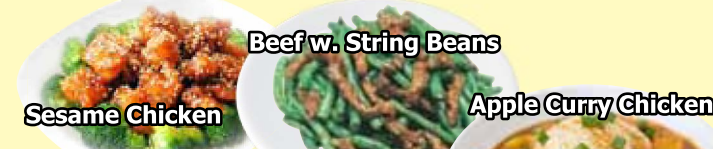
Choose the style of dish and ingredient you want

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** 13.95
x(A) 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
31. **FRESH BROCCOLI** 12.25
x(A) Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
32. **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.
x(A) Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
33. **SPICY SZECHUAN x VEGETABLE** 12.25
Broccoli, red peppers, onions & hot chillies in our spicy Szechuan sauce
x(A) Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
34. **BLACK BEAN x VEGETABLE** 12.25
Broccoli, onion, and baby corns, in our Black soyBean sauce.
x(A) Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
35. **HOT GARLIC x VEGETABLE** 12.25
Broccoli, onions, mushrooms and carrots in our brown Hot Garlic sauce.
x(A) Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
36. **GINGER BROCCOLI x VEGETABLE** 12.25
Broccoli, snow peas, and carrots in our clear ginger sauce.
x(A) Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
37. **CHINESE SPINACH W. FRESH GARLIC x** 13.25
x(A) Tofu 13.25 (B) Chicken 14.25
(C) Pork 14.25 (D) Beef 15.25
(E) Prawns 16.25
38. **KUNG PAO PEANUTS OR CASHEWS**
Carrots, celery, baby corn, red peppers, and water chestnuts, stir-fried in our special sauce.
x Vegetables 12.25 x(A) Tofu 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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39. **LO-FATT STEAMED x VEGETABLE** 12.25
Mixed vegetables without the oil. Sauce unique to Lo-Fatt-Chow
x(A) Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
40. **STRING GREEN BEANS** 12.25
x(A) Tofu 12.25 (B) Chicken 13.25
(C) Pork 13.25 (D) Beef 14.25
(E) Prawns 16.25
41. **MOO SHU x VEGETABLE** 12.75
x(A) Tofu 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 15.25
(E) Shrimp 15.25
42. **BABY BOK CHOY** 12.75
x(A) Tofu 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 14.75
(E) Prawns 16.75
43. **SNOW PEAS (Seasonal)** 12.75
x(A) Tofu 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 14.75
(E) Prawns 16.75
44. **HOT GARLIC EGGPLANTS** 12.75
x(A) Tofu 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 14.75
(E) Prawns 16.75
45. **ZUCCHINI W. FRESH GARLIC (Seasonal)** 12.75
x(A) Tofu 12.75 (B) Chicken 13.75
(C) Pork 13.75 (D) Beef 14.75
(E) Prawns 16.75
50. **MONGOLIAN**
(A) Beef 15.50 (B) Chicken 14.50
Stir-fried with scallions, onions, and carrots in our spicy black pepper sauce.
51. **TERIYAKI CHICKEN** 14.50
Stir-fried with onion in teriyaki sauce on top of lettuce bed.
52. **RED PEPPER STEAK W. ONION & MUSHROOM** 16.50
57. **SEAFOOD DELIGHT** 19.45
Prawns, scallops, calamari, lobster tail and vegetable in our clear sauce
58. **HAPPY FAMILY** 17.45
Pork, beef, chicken, prawns, scallops, and vegetables.
59. **PRAWNS IN LOBSTER SAUCE** 15.45



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

61. **GENERAL TSO'S**
x(A) Tofu 14.45 (B) Chicken 15.45
(C) Beef 15.95 (D) Prawns 16.45
62. **SESAME**
x(A) Tofu 14.45 (B) Chicken 15.45
(C) Beef 15.95 (D) Prawns 16.45
63. **ORANGE PEEL**
(A) Chicken 15.45 (B) Beef 15.95
64. **SWEET & SOUR CHICKEN** 13.25
65. **CRISPY CHICKEN** 14.95
Boneless white meat chicken cutlet w. lemon or chef's dipping sauce.
66. **SALT AND PEPPER PRAWNS** 16.95

Rice

Shrimp Fried Rice

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

75. **EGG FRIED RICE** 6.00-9.00
76. **VEGETABLE FRIED RICE** 7.15-10.95
77. **MUSHROOM FRIED RICE** 7.15-10.95
78. **PORK FRIED RICE** 7.15-10.95
79. **PORK & PINEAPPLE FRIED RICE** 7.15-10.95
82. **CHICKEN FRIED RICE** 7.15-10.95
83. **BEEF FRIED RICE** 7.50-11.75
84. **SHRIMP FRIED RICE** 7.50-11.75
86. **YOUNG CHU FRIED RICE** 11.95
Shrimp, chicken, pork, and eggs.



Noodles

81. **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
82. **SESAME NOODLES** 8.95-12.25
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
(F) House (Chicken, beef, pork, shrimp, scallops & veggies) 14.45
83. **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
(F) House (Chicken, beef, pork, shrimp, scallops & veggies) 14.45
84. **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
85. **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
86. **CHOW-FENG**
Broad rice noodles
x (A) Vegetable / (B) Chicken / (C) Pork 12.25
(D) Beef / (E) Shrimp 13.25
87. **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.
88. **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

