

TRY ONE OF OUR CHEF'S SUGGESTIONS

NOODLE BOXES

| | \$ | REG |
|---|---------|---------|
| BB BOX Hokkien noodles, beef, vegetables, black bean sauce | \$12.90 | \$15.90 |
| SWEET & SOUR PORK Hokkein noodles, BBQ pork, pineapple, vegetables, sweet & sour sauce | \$12.90 | \$15.90 |
| SINGAPORE IN A BOX Rice vermicelli noodles, BBQ pork, egg, vegetables, mild curry sauce | \$12.90 | \$15.90 |
| LONGEVITY BOX Thin egg noodles, onion, bok choy, capsicum, shallots and prawns wok tossed in a ginger & sesame sauce | \$12.90 | \$15.90 |
| SATAY CHICKEN Thin egg noodles, chicken, vegetables, peanut satay sauce (add coconut milk for creaminess) | \$12.90 | \$15.90 |
| PAD THAI Rice stick noodles, prawns, chicken, egg, vegetables, spicy thai chilli sauce, garnished with fresh bean sprouts, lemon & roasted peanuts | \$13.90 | \$16.90 |
| CKT BOX Thick rice noodles, BBQ pork, vegetables, egg, spicy oyster & soy sauce | \$12.90 | \$15.90 |
| CHILLI CRAB Hokkien noodles, seafood flakes, egg, vegetables, singapore chilli crab sauce | \$12.90 | \$15.90 |
| MI GORENG Hokkien noodles, chicken, prawns, egg, tomato, peas, shallots, spicy blend of Asian flavours garnished with fried onion | \$13.90 | \$16.90 |
| MONGO Hokkien noodles, beef, vegetables, special mongolian sauce | \$12.90 | \$15.90 |
| CHILLI COMBO Thick rice noodles, BBQ Pork, chicken, beef & vegetables in a hot chilli sauce | \$12.90 | \$15.90 |

RICE BOXES

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| FRIED RICE BOX White rice, Asian pork sausages, egg, vegetables, traditional soy sauce | \$12.90 | \$15.90 |
| NASI GORENG BOX White rice, egg & vegetables in a chilli flavoured sauce with your choice of: - Vegetable (add \$1 for tofu) - Chicken, Pork, Beef or Seafood - Meat & Seafood | \$11.90 \$12.90 \$13.90 | \$14.90 \$15.90 \$16.90 |

SOUPS

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| TOM YUM SOUP Rice vermicelli noodles, seafood, mushrooms, tomato, lemongrass, lime leaves, hot & sour soup | | \$15.90 |
| COMBINATION NOODLE SOUP Thin egg noodles, bok choy & bean shoots with chicken, beef, BBQ pork & prawns, fresh shallots in clear soup | | \$16.90 |
| LAKSA SOUP Hokkien & rice vermicelli noodles, vegetables, coconut milk & curry soup with choice of: - Vegetable (add \$1 for tofu) - Chicken, Pork, Beef or Seafood - Meat & Seafood | | \$14.90 \$15.90 \$16.90 |

WOKFIT

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| COCONUT CURRY CHICKEN Brown rice or broccoli noodles, quinoa, kale, Asian greens, chicken, cold pressed coconut oil, unsweetened organic coconut milk, curry spices | \$13.90 HC | \$16.90 |
| GINGER & SHALOTS Brown rice or broccoli noodles, quinoa, kale, Asian greens, chicken & prawn | \$13.90 | \$16.90 |
| BEEF & BLACK BEAN Brown rice or broccoli noodles, quinoa, kale, Asian greens, beef, fresh lime, birds eye chilli's | \$13.90 HC | \$16.90 |
| SESAME BEEF Brown rice or broccoli noodles, quinoa, kale, Asian greens & beef | \$13.90 HC | \$16.90 |
| GARLIC CHILLI Brown rice or broccoli noodles, quinoa, kale, Asian greens with egg & tofu | \$13.90 HC | \$16.90 |
| SOY WITH EGG & CHICKEN Brown rice or broccoli noodles, quinoa, kale, broccoli, peas, egg, soy sauce (Add \$1.60 for Wok Kids Meal) | \$13.90 HC | \$16.90 |

PLANT BASED

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| VG BOX (V, GF) brown rice, quinoa, kale, baby corn, snow peas and mixed veggies with puffs of tofu wok tossed in our soy & ginger sauce | \$13.90 HC | \$16.90 |
| GARLIC SOY WOKFIT BOX (V) Vermicelli noodles, kale, quinoa, baby corn & mixed veggies with tofu puffs, fresh garlic & soy sauce | \$13.90 HC | \$16.90 |

WOK KIDS MEAL

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| (includes small box, juice, cookie, toy & activity box) | | |
| SWEET & SOUR PORK WOK KIDS MEAL with Hokkien noodles, pineapple & veggies | \$14.50 | |
| HONEY SOY CHICKEN WOK KIDS MEAL with Hokkien noodles and veggies | \$14.50 HC | |
| FRIED RICE WOK KIDS MEAL with Chinese sausage, white rice, egg, veggies in salt reduced soy sauce | \$14.50 HC | |
| SOY WITH EGG & CHICKEN WOKFIT KIDS MEAL with brown rice & superfoods | \$15.50 HC | |

SIDES & SWEETS

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| SPRING ROLLS (V) (5) vegetable filling with sweet chilli dipping sauce | | \$4.50 |
| STEAMED DIM SIMS (4) with soy sauce | | \$4.90 |
| CRACKER BAG freshly cooked prawn crackers | | \$2.90 |
| SALT & PEPPER SQUID (6) with fresh shallots, wedge of lemon, chilli mayo | | \$6.90 |
| FRIED PRAWN DUMPLINGS (4) with NEW Kewpi Mayo | | \$6.90 |
| SINGA CHIPS Singapore noodle flavoured hot potato chip (add 50c for Sriracha Kewpi Mayo) | | \$3.50 |
| NUTELLA & BANANA SPRING ROLL (VG) (1) handmade spring roll filled with Nutella and banana dusted with icing sugar. | | \$4.20 |
| NUTELLA & CARAMILK SPRING ROLL (VG) (1) handmade spring roll filled with Nutella and Caramilk dusted with icing sugar. | | \$4.20 |
| FORTUNE COOKIE (1) | | 70c |

OPEN 7 DAYS FROM 11am - 9pm*

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| *Trading hours vary, please contact your closest store for actual times. | Gungahlin P: 6241 3838 | Belconnen P: 6162 3939 | Wanniassa P: 6296 6868 | Phillip P: 6285 3338 | Braddon P: 6162 4747 | Amaroo P: 6241 8040 | Queanbeyan P: 6179 4035 | Kippax P: 6170 2998 | Conder P: 6294 0682 |
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HC = Meals that meet the Healthier Choices Canberra criteria

VG = Vegetarian
GF = Gluten Free
V = Vegan

1 CHOOSE YOUR SIZE

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REG

2 CHOOSE YOUR FLAVOUR

HEAT INDEX

MILD

MEDIUM

HOT

Oyster & Soy

Garlic

Mongolian))

Hot Chilli)))

Honey Soy

Teriyaki

Satay)

Schezuan))

Soy (V) (GF option available)

VG (VG, GF) (soy & ginger)

Black Bean

Curry)

Chilli Crab))

Sweet 'n' Sour (VG, V)

Sweet Chilli)

(V, GF & VG options available)

3 CHOOSE YOUR NOODLES OR RICE

Hokkien

Rice Vermicelli (GF)

Brown Rice (VG, GF) (Add \$1)

Thin Egg

Thick Rice (GF)

Broccoli Noodles (Add \$1.60)

Rice Stick (Pad Thai) (GF)

White Rice (GF)

4 CHOOSE YOUR VEGGIES

STANDARD
OPTIONAL

Bean Shoots
Snow Peas

Carrot
Baby Corn

Broccoli
Tomatoes

Onion
Peas

Bok Choy
Shallots

Capsicum
Pineapple

5 CHOOSE YOUR PROTEIN

S

REG

Vegetable (add \$1.00 for tofu)

\$11.90

\$14.90

Chicken, Beef, BBQ Pork or Seafood

\$12.90

\$15.90

Meat & Seafood

\$13.90

\$16.90

EXTRAS

All Meats

\$2.50

Seafood

\$2.50

Vegetables

\$1.50

Egg

\$1.50

Wokfit ingredients

\$1.60

Fresh Chilli

\$1.00

Garlic/Ginger

\$1.00

Tofu

\$1.00

Packaging

\$0.30

Sauce

\$1.00

Plant Based Chicken

\$3.00

No Noodles

\$3.00

VG = Vegetarian | GF = Gluten Free | V = Vegan

Why not make
it a meal?



For only
\$5.50
extra

Purchase any box & add a
390ml drink + 5 spring rolls

Visit the wokitup
website!



Visit the wokfit
website!

