

# POTSTICKERS & DUMPLINGS

## POTSTICKERS

classic pan-fried northern chinese dumplings served with soy-ginger dip, spicy mustard and sweet plum sauces

- ALL NATURAL CHICKEN POTSTICKERS (5) ... 5.95
- VEGETABLE POTSTICKERS (5) ..... 5.75
- POTSTICKER COMBO (3 chicken, 2 vegetable).. 5.95

## CHINESE DUMPLINGS


steamed dumplings, served with soy-ginger dip or our own fiery hot sauce

- ALL NATURAL CHICKEN DUMPLINGS (5) .... 5.95
- VEGETABLE DUMPLINGS (5)..... 5.75
- DUMPLINGS COMBO (3 chicken, 2 vegetable)... 5.95
- FIERY DUMPLINGS (chicken or vegetable) ..... 5.95

# TO SHARE

## SPECIALTIES

to start your meal, choose two or three of these specialties for the table to share

-  **SPICY SICHUAN GREEN BEANS** ..... 4.50  
wrinkled and sweet, fiery chili sauce
-  **CRISPY GARLIC TOFU** ..... 4.95  
sesame crusted, signature garlic sauce
- GRILLED CHICKEN SATAYS** ..... 4.95  
tender marinated grilled chicken, peanut sauce
-  **OLD WORLD CHICKEN & SHRIMP EGG ROLL**..... 1 pc. 4.95 ..... 2 pc. 8.95  
hand rolled daily to ensure freshness and flavor, with plum & sesame mustard sauces
- BARBECUE SPARERIBS** ..... 6.95  
tender ribs, teriyaki barbecue glaze
- CHINESE CHICKEN LETTUCE WRAPS** ..... 7.50  
an asian favorite, chicken, bibb lettuce, hoisin sauce
- Wow!* **THAI BEEF LETTUCE WRAPS** ..... 7.95  
tender prime steak seared with thai herbs, peanuts, salad cups
- THAI HERB CALAMARI** ..... 8.95  
lightly fried, fresh, never frozen, two fresh lemon dipping sauces, spicy & mild
- SPICY SICHUAN EGGPLANT** ..... small 5.95 large (with rice) 10.95  
tender eggplant, shiitake, bamboo, peppers, spicy sichuan sauce

## SUMMER ROLLS

tender rice paper wrappers, salad greens, lemongrass and sweet basil, peanut & fresh lemon dip sauces

-  **VEGETARIAN VEGETABLE** ..... 4.95  
changes with the seasons, always fresh
- ALL NATURAL CHICKEN** ..... 5.95  
poached chicken breast, fresno pepper, thai herbs
- SHRIMP** ..... 6.95  
the classic thai shrimp roll, a big bowl favorite
- COMBINATION** ..... 6.95  
choose any two rolls

# SOUPS AND SALADS

- DUMPLING NOODLE SOUP** ..... 3.50... 5.95  
chicken or vegetable dumplings with noodles, vegetables, tasty chicken broth
- VIETNAMESE CHICKEN NOODLE SOUP (PHO)** ..... 3.95... 6.95  
rice noodles, herbs, tangy lemon, chili pepper
- Wow!* **CHINESE HOT & SOUR SOUP** ..... 6.95  
made-to-order, world renowned classic, pork, chicken, mushrooms
- TOM YUM SHRIMP SOUP** ..... 7.95  
made to order, tangy & spicy, with thai ginger, chillies, lemongrass, kaffir lime & shrimp
-  **SPICY SESAME PEANUT NOODLES** ..... 4.95  
cool temperature, hot flavor
-  **HOUSE MIXED GREENS SALAD** ..... 3.95  
seasonal mesclun mix, light sesame vinaigrette
- ASIAN CHICKEN SALAD** ..... 8.95  
red peppers, rice sticks, asian vinaigrette, cilantro, peanut dressing, shredded chicken or chicken satays
- MANDARIN CHICKEN SALAD** ..... 8.95  
fresh oranges, toasted almonds, crunchy noodles, cilantro, sesame-ginger vinaigrette
- LUCKY 8 VEGETABLES & TOFU** ..... salad 11.95 with brown rice 12.95  
a warm salad of wrinkled green beans, spinach, napa, crispy tofu and more, sesame soy sauce



MADE FAMOUS BY BEN PAO



VEGETARIAN

# 正宗中華料理

## CHINESE

### CHICKEN

served with thai jasmine rice, substitute fried rice for 99¢

- KUNG PAO CHICKEN** ..... 11.95  
all natural chicken, blackened chillies, roasted peanuts, sweet spicy sauce
- GINGER CHICKEN** ..... 12.95  
all natural chicken breast, fresh ginger, lemon, herbs, light rice wine broth
-  **SPICY CASHEW CHICKEN** ..... 12.95  
crispy golden chicken, hot pepper, fiery chili sauce
- ORANGE CHICKEN** ..... 12.95  
golden chicken, ginger, scallions, red pepper, fresh sweet & sour citrus sauce
-  **SESAME CHICKEN** ..... 13.95  
sesame crusted chicken, caramelized soy glaze, fresno pepper, scallions

### BEEF

served with thai jasmine rice, substitute fried rice for 99¢

- BEEF & BROCCOLI** ..... 12.95  
tender all natural beef, broccoli florets, shiitake mushrooms, light garlic wine sauce
-  **SPICY SICHUAN BEEF** ..... 12.95  
hot peppers, bamboo shoots, shiitake & button mushrooms, chili pepper sauce, garlic, wine
- KUNG PAO BEEF WITH SWEET GREEN BEANS** ..... 12.95  
tender all natural beef, blackened chillies, sweet wrinkled green beans, chopped peanuts
- MONGOLIAN BEEF** ..... 14.95  
lots of tender all natural beef, shiitake & button mushrooms, green onions
-  **SEVEN FLAVOR CRISPY BEEF** ..... 14.95  
lemon grass, roasted peanuts, dried and fresh chillies, hoisin sauce, thai basil

### SEAFOOD

fresh seafood from sustainable sources

- SWEET GINGER SEA SCALLOPS & SHRIMP** ..... 15.95  
fresh sea scallops, shrimp, mushrooms, sweet vinegar-soy glaze
- SHANGHAI SHRIMP & SCALLOPS** ..... 15.95  
tender scallops and shrimp, sautéed with asian vegetables and water chestnuts
- TERIYAKI GLAZED FRESH SALMON** ..... 17.95  
naturally-raised salmon, our own teriyaki sauce, seasonal vegetable, fried rice
-  **BLACK PEPPER SCALLOPS** ..... 19.95  
wok seared east coast scallops in a blend of spices with seasonal vegetables

### FRIED RICE

our lightly sautéed thai jasmine rice is generously topped with the following

- TERIYAKI GLAZED CHICKEN** ..... 11.95  
all natural chicken, red bell peppers, peas, scallions
-  **UNFRIED FRIED RICE** ..... 11.95  
jasmine rice, wok tossed with lots of ginger and spicy fresno chillies, shiitake, bamboo, sichuan vegetable, pressed tofu (sunny side egg optional)
-  **BARBECUE PORK** ..... 12.95  
heirloom pork, naturally raised
- TERIYAKI SHRIMP** ..... 13.95  
shrimp, glazed pineapple, red bell peppers

### NOODLES

wide wheat flour noodles made by our noodlemaker

- KUNG PAO TOFU & SPINACH** ..... 11.95  
wide wheat noodles, tofu, blackened chillies, roasted peanuts, sweet spicy sauce
- KUNG PAO CHICKEN WITH NOODLES** ..... 11.95  
chicken, blackened chillies, roasted peanuts, sweet spicy sauce
- STEAK & NOODLES** ..... 13.95  
sliced steak, browned wide noodles, broccoli, fresno peppers, garlic wine sauce
-  **SICHUAN PORK BELLY** ..... 13.95  
house smoked bacon, fresno chillies, wok tossed noodles, sweet spicy sichuan sauce



MADE FAMOUS BY BEN PAO



VEGETARIAN

# THAI

## CURRIES

### HOMEMADE THAI CURRY

our curries are made from scratch with fresh-toasted home-ground spices, served with thai jasmine rice

-  **SPICY THAI GREEN VEGETABLE CURRY** ..... 11.95  
tofu, seasonal vegetables, baby bok choy, sweet green beans, green curry
- YELLOW CURRY VEGETABLE WITH TOFU** ..... 11.95  
bok choy, green beans, seasonal vegetables, yellow coconut curry sauce
-  **CLAYPOT PANANG CURRY CHICKEN** ..... 12.95  
all natural chicken in peanut-coconut curry sauce, fresnos, snow peas
- YELLOW CURRY CHICKEN WITH SWEET GREEN BEANS** ..... 12.95  
mildly spicy thai yellow coconut curry, sautéed all natural chicken
- CLAY POT SHRIMP PANANG** ..... 14.95  
shrimp in peanut-coconut curry sauce, sweet peas, grape tomato, thai basil

# PAD THAI

### A BIG BOWL SIGNATURE:

thailand's famous dish, ours has the clean, bright taste of fresh lemon and herbs with rice noodles, basil, eggs, sprouts & peanuts - mildly spicy

- VEGETABLE PAD THAI WITH TOFU** ..... 11.95  
fresh asian vegetables, tofu
- ALL NATURAL CHICKEN PAD THAI** ..... 12.95  
sliced chicken, herbs, our own sauce
- SHRIMP PAD THAI** ..... 13.95  
wok-seared shrimp
- SALMON PAD THAI** ..... 17.95  
we only purchase from operations that follow sustainable practices

# THAI SPECIALTIES

we use mein (original spaghetti noodles) and fragrant jasmine rice from thailand

-  **RED HOT PEPPER CHICKEN NOODLES** ..... 11.95  
chinese egg noodles, all natural chicken, fresh chili peppers, chopped peanuts, red onions, cilantro, hot sauce
-  **THAI HOT PEPPER CHICKEN WITH BASIL & PEANUTS** ..... 12.95  
all natural chicken, fresh chili peppers, peanuts, red onions, cilantro, hot sauce
- THAI SHRIMP FRIED RICE** ..... 13.95  
red curry spiced shrimp, sautéed jasmine rice & vegetables, thai herbs, peanuts
-  **THAI HOT PEPPER SHRIMP WITH BASIL & PEANUTS** ..... 13.95  
shrimp, fresh chili peppers, peanuts, red onions, cilantro, hot sauce
- BANGKOK SHRIMP & SCALLOPS** ..... 15.95  
wok tossed shrimp and scallops, snow peas, hot peppers, thai herbs, lemon, peanuts



**WARNING:** For those who like it truly hot, look no further. We have listed all of our spicy dishes with this icon. The dishes contain any or all of the following: fresh thai chilies, dried thai chilies, homemade thai curry paste, sichuan chili paste & red fresno chilies. We take our hot food seriously.

Please alert your server if you have special dietary restrictions due to a food allergy or intolerance. Please note that peanuts are used in many menu items and can inadvertently find their way into other dishes. Consuming raw materials, raw or undercooked meats, poultry, eggs, shellfish, or seafood may increase your risk of foodborne illness. Ask your server for vegetarian or gluten-free options.



VEGETARIAN

# From OUR FARM to YOUR TABLE

We are privileged to work with both the Minneapolis and St. Paul farmer's markets, as well as Untiedt's farm in Waverly. Our chefs hand select locally grown produce of the highest quality in the spring, summer and fall for our stir fry bar and signature Big Bowl dishes.

# STIR FRY BAR



## SELECT YOUR PROTEIN

VEGETABLE .....	12.95
TOFU .....	13.95
ALL NATURAL CHICKEN .....	14.95
CRUNCHY SESAME CHICKEN .....	14.95
SLICED BEEF .....	15.95
SHRIMP .....	15.95



## SELECT YOUR SAUCE

- SWEET & SOUR LEMON** - a classic: mild and fresh
- TERIYAKI** - tangy and sweet; soy, sugar, and rice wine vinegar
- THAI COCONUT YELLOW CURRY** - coconut milk & lemongrass
- KUNG PAO** - sweet and spicy bean sauce, chilies, garlic & peanuts
- PANANG RED CURRY** - fresh toasted spices, crushed peanuts
- SICHUAN** - fiery garlic chili
- CHINESE GINGER GARLIC** - ginger, oyster & soy sauces

## VEGETARIAN SAUCES

- VEGETARIAN GINGER SOY** - shiitake broth with garlic & ginger
- VEGETARIAN SPICY GREEN CURRY** - house toasted spices, coconut
- VEGETARIAN SWEET & SOUR LEMON** - a classic, mild and fresh
- VEGETARIAN KUNG PAO** - sweet and spicy bean sauce, chilies, garlic & peanuts



## SELECT RICE OR NOODLES

Our rice is the finest thai jasmine; our fresh noodles are crafted by our chinese supplier in california

- CHINESE EGG NOODLES** - 'mein,' spaghetti shaped wheat noodles
- JASMINE RICE** - fragrant long-grain of thailand
- CHINESE FRIED RICE** - eggs, scallions, soy..... add 99c



## FILL YOUR BOWL OR CHEF'S CHOICE

...instead of a little bit of everything, pick one or two feature vegetables, two to four secondary vegetables, and top it with vegetables that season (e.g. chilies, onions, cilantro)

**BOWL TIPS:** too few vegetables = heavy sauce • too many vegetables = light sauce

**CHEF'S CHOICE:** relax and never leave the comfort of your seat by ordering our chef's selection of fresh vegetables (snow peas, broccoli, green beans, bok choy, carrots, bamboo shoots, bell peppers, bean sprouts)



**SIT BACK...  
WE WILL BRING IT TO YOUR TABLE!**

**VEGETARIAN**  
BIGBOWL.COM/CHEFS-BLOG



MPLSFARMERSMARKET.COM