

MONGOLIAN

BBQ

www.bendmongolianbbq.com

Build Your Own Bowl Or Fried Rice

STEP 1: CHOOSE YOUR PROTEIN



- Chicken**
Serving Size: 4
- Turkey**
Serving Size: 4
- Ham**
Serving Size: 2
- Khan's Crab**
Serving Size: 4
- Shrimp**
Serving Size: 4
- Tofu**
Serving Size: 2.8
- Marinated Steak**
Serving Size: 4
- Sliced Beef**
Serving Size: 2
- Sausage**
Serving Size: 2
- Marinated White Fish**
Serving Size: 3
- Calamari**
Serving Size: 4
- Scallops**
Serving Size: 4
- Pork**
Serving Size: 4
- Pepperoni**
Serving Size: 14

STEP 2: CHOOSE YOUR PROTEIN



- Lemon Pepper**
Serving Size: 1
- Salt**
Serving Size: 1
- Cajun Seasoning**
Serving Size: 1
- Dragon Salt**
Serving Size: 1

- Granulated Garlic**
Serving Size: 1
- Ginger**
Serving Size: 1
- Crushed Red Pepper**
Serving Size: 1
- Steakhouse Blend**
Serving Size: 1
- Cayenne Pepper**
Serving Size: 1
- Yellow Curry Salt**
Serving Size: 1
- Citrus Garlic Herb**
Serving Size: 1
- Black Pepper**
Serving Size: 1

STEP 3: PICK YOUR VEGGIES



- Carrots**
Serving Size: 1
- Baby Corn**
Serving Size: 1
- Bok Choy**
Serving Size: 1
- Butter**
Serving Size: 1
- Mushrooms**
Serving Size: 1
- Cilantro**
Serving Size: 1
- Eggs**
Serving Size: 0
- Jalapenos**
Serving Size: 1
- GG Peppers**
Serving Size: 2
- Mongo Mix**
Serving Size: 1
- Green Onions**
Serving Size: 1
- Pico de Gallo**
Serving Size: 1
- Potatoes**
Serving Size: 1

- Squash & Zucchini**
Serving Size: 1
- Water Chestnuts**
Serving Size: 1
- 3G Mix**
Serving Size: 1
- Bamboo Shoots**
Serving Size: 1
- Broccoli**
Serving Size: 1
- Cabbage**
Serving Size: 1
- Celery**
Serving Size: 1
- Classic Stir Fry Mix**
Serving Size: 1
- Green Beans**
Serving Size: 1
- Bean Sprouts**
Serving Size: 1
- Mandarin Oranges**
Serving Size: 1
- Mongo Peppers**
Serving Size: 1
- Onions**
Serving Size: 1
- Pineapples**
Serving Size: 1
- Snap Peas**
Serving Size: 1
- Spinach**
Serving Size: 1
- Tomatoes**
Serving Size: 1

STEP 4: SELECT A SAUCE



- 3G**
Serving Size: 1
- Chili Garlic Sauce**
Serving Size: 2
- Garlic Water**
Serving Size: 2
- Honey Soy Sauce**
Serving Size: 2

- Mongo BBQ**
Serving Size: 2
- Roasted Tomato Sauce**
Serving Size: 2
- Sweet N Sour Sauce**
Serving Size: 2
- Khan Pao**
Serving Size: 2
- Asian Chili Sauce**
Serving Size: 0.5
- Dragon Sauce**
Serving Size: 2
- Ginger Citrus Sauce**
Serving Size: 2
- Island Teriyaki Sauce**
Serving Size: 2
- Red Curry Peanut Sauce**
Serving Size: 2
- Stir Fry Sauce**
Serving Size: 2
- Szechuan Sauce**
Serving Size: 2

STEP 5: CALL YOUR STARCH



- Tortillas**
Serving Size: 1
- Brown Rice**
Serving Size: 5
- Spiral Pasta**
Serving Size: 1
- Steamed Rice**
Serving Size: 1
- Udon Noodles**
Serving Size: 1
- Fried Rice**
Serving Size: 5

Orders To Go Too!
Open 7 Days A Week
61535 S Hwy. 97, #10
(In Fred Meyer Center)
541-633-7293

