

MENU ITEM NAME	BLUE	GREEN	PURPLE	MENU ITEM NAME	BLUE	GREEN	PURPLE
Weight Watchers Points for P.F. Changs				Lunch Menu			
Main Menu Items				Rice Bowls			
Tempura Calamari & Vegetables	32	32	32	Mongolian Beef	15	15	15
Edamame	9	9	9	Beef & Broccoli	13	13	13
Chang's BBQ Spare Ribs (6)	28	28	28	Ginger Chicken with Broccoli	10	10	10
Northern Style Spare Ribs (6)	22	22	22				
Dynamite Shrimp	20	20	20	Sesame Chicken	19	19	19
Chang's Chicken Lettuce Wraps	24	24	24	Kung Pao Chicken	16	16	16
Chang's Vegetarian Lettuce Wraps	21	21	21	Chang's Spicy Chicken	23	23	23
Chili Garlic Green Beans	20	20	20	Kung Pao Shrimp	14	14	14
Kung Pao Brussel Sprouts	28	28	28	Crispy Honey Chicken	29	29	29
Crispy Green Beans	34	34	34	Sweet & Sour Chicken	22	22	22
Vegetable Spring Rolls (2)	15	15	15	Sides			
Handmade Pork Dumplings Pan Fried (6)	17	17	17	Fried Rice	16	16	16
Handmade Pork Dumpling Steamed (6)	14	15	15	White Rice - individual serving (6oz)	6	6	6
Handmade Shrimp Dumplings Pan Fried (6)	10	11	11	Brown Rice - individual serving (6oz)	5	5	5
Handmade Shrimp Dumplings Steamed (6)	8	8	8	Sauce Trio	7	7	7
House-Made Egg Rolls Pork (2)	21	21	21				
Hand-Folded Crab Wontons (6)	24	24	24	Kids Menu			
Korean Bulgogi Lettuce Wraps	18	18	19	Kids Honey Chicken	15	15	15
Salads (no protein)				Kids Sweet & Sour Chicken	13	13	13
Mandarin Crunch Salad	28	28	28	Kids Chicken Lo Mein	11	11	11
Asian Caesar Salad	12	13	13	Kids Chicken Fried Rice	17	17	15
Sushi				Baby Buddha's Feast Stir Fried	6	6	6
Kung Pao Dragon Roll	15	16	16	Baby Buddha's Feast Steamed	2	2	2
Spicy Tuna Roll	9	9	9	GF Kids Chicken Fried Rice	17	17	15
Shrimp Tempura Roll	19	19	19				
California Roll	14	14	14	Kids Sides			
Dynamite Shrimp Roll	27	27	27				
Soups				Kids Steamed Snap Peas	0	0	0
Egg Drop Soup Bowl	10	10	10	Kids Steamed Carrots	0	0	0
Egg Drop Soup Cup	1	1	1	Kids Fruit Cup	2	2	1
Hot & Sour Soup Bowl	13	13	13	Kids Steamed Broccoli	0	0	0

Hot & Sour Soup Cup	2	2	2				
Wonton Soup Bowl	15	15	15	Gluten Free Menu			
Wonton Soup Cup	3	3	3	Appetizers			
Chicken Entrees				GF Chang's Chicken Lettuce Wraps	15	15	15
Chang's Spicy Chicken	33	33	33	Soups			
Chang's Spicy Chicken Steamed	19	19	19	GF Egg Drop Soup cup	1	1	1
Ginger Chicken with Broccoli	13	13	13	GF Egg Drop Soup bowl	10	10	10
Crispy Honey Chicken	36	36	36	Entrees			
Sesame Chicken	31	31	31	GF Chang's Spicy Chicken	29	29	29
Sesame Chicken Steamed	18	18	18	GF Mongolian Beef	22	22	22
Sweet & Sour Chicken	30	30	30	GF Beef with Broccoli	22	22	22
Kung Pao Chicken	28	28	28	GF Shrimp with Lobster Sauce	13	13	13
Kung Pao Chicken Steamed	19	19	19	GF Ginger Chicken with Broccoli	13	13	13
Orange Chicken	38	38	38	Noodles and Rice			
Beef and Pork Entrees				GF Pad Thai Combo	40	40	40
Beef with Broccoli	21	21	21	GF Pad Thai Chicken	41	41	41
Mongolian Beef	24	24	24	GF Pad Thai Shrimp	40	40	40
Korean Bulgogi Steak	41	40	40	GF Singapore Street Noodles	35	35	35
Pepper Steak	19	19	19	GF Fried Rice Combo	36	36	36
Pepper Steak Steamed	14	14	14	GF Fried Rice with Beef	34	34	34
Vegatarian Entrees				GF Fried Rice with Pork	37	37	37
Buddha's Feast Stir-Fried	13	13	13	GF Fried Rice with Shrimp	33	33	33
Buddha's Feast Steamed	6	6	6	GF Fried Rice with Vegetables	29	29	29
Ma Po Tofu	27	27	27	GF Fried Rice with Chicken	32	32	32
Stir Fried Eggplant	21	21	21	Sides			
Seafood Entrees				GF Fried Rice	16	16	16
Crispy Honey Shrimp	33	33	33				
Kung Pao Shrimp	22	23	23				
Kung Pao Shrimp Steamed	17	17	17				
Salt & Pepper Prawns	22	22	22				
Oolong Chilean Sea Bass	18	18	18				
Shrimp with Lobster Sauce	13	13	13				
Shrimp with Lobster Sauce Steamed	10	10	10				
Miso Glazed Salmon	19	19	19				
Noodles and Rice							

Fried Rice Combo	36	36	36			
Fried Rice with Beef	34	34	34			
Fried Rice with Chicken	32	32	32			
Fried Rice with Pork	36	36	36			
Fried Rice with Shrimp	29	29	29			
Fried Rice with Vegetables	29	29	29			
Lo Mein Combo	29	30	30			
Lo Mein Beef	28	27	27			
Lo Mein Chicken	26	26	26			
Lo Mein Pork	30	31	31			
Lo Mein Shrimp	23	24	24			
Lo Mein Vegetables	24	24	24			
Pad Thai Combo	42	42	42			
Pad Thai Chicken	42	43	43			
Pad Thai Shrimp	42	42	42			
Singapore Street Noodles	33	35	35			
Ramen						
Spicy Miso Ramen	22	22	22			
Tonkotsu Ramen	26	26	26			

Disclaimer: Points were calculated by Life is Sweeter by Design using the WW points calculator. The points were figured using nutritional values. This is not associated or endorsed by Weight Watchers International, Inc. This is only a guide and you should always figure points yourself based on exactly what you are eating. This was based on the menu at the time of creation and could change at any time.