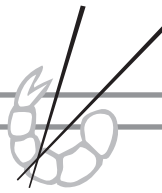


JENNIE

LOW'S

CHINESE CUISINE



Jennie's Light Creations

*All Light Creations can be steamed or stir-fried without oil.
Sauces can be served on the side by request.*

- Jennie's Special Won Tons**8.88
Plump won tons filled with pork, green onions, jicama and mushrooms. Cooked in water and served with an oyster-flavored sauce on a bed of Chinese cabbage and iceberg lettuce.
- Vegetables in Garlic Sauce**9.88
Crunchy snow peas, jicama, fresh mushrooms, carrots and zucchini quickly steamed and served with cellophane noodles in a light garlic sauce.
- ★ **Spicy Broccoli and String Beans**9.88
Fresh tender string beans and broccoli in a spicy garlic sauce. Steamed or stir-fried in broth and wine.
- Prawns and Vegetables in Black Bean Sauce**13.88
Prawns with snow peas, bell pepper, bean sprouts, carrots and yellow onion in a tasty black bean sauce. Steamed or stir-fried (oil free).
- ★ **Imperial Chicken**12.88
Slices of chicken breast, fresh mushrooms, zucchini, jicama, bamboo shoots, carrots and Chinese cabbage in a spicy brown sauce, garnished with pine nuts. Steamed or stir-fried (oil free).
- ★ **Hot Spicy Chicken**12.88
Slices of chicken breast, snow peas, fresh mushrooms, zucchini, jicama and bean sprouts in a chili garlic sauce. Steamed or stir-fried (oil free).
- ★ **Bean Curd with Vegetables**9.88
Soft tofu, pea sprouts, carrots, snow peas, bean sprouts and Chinese cabbage in a hot chili sauce. Steamed or stir-fried (oil free).
- ★ **Hunan Trio**18.88
Prawns, scallops and chicken breast with snow peas, bean sprouts, jicama and fresh mushroom in a sweet spicy sauce. Steamed or stir-fried (oil free).
- ★ **Basil Prawns**13.88
Prawns sauteed with sweet basil, pea sprouts, chayote squash, fresh mushrooms and carrots in a spicy basil sauce. Steamed or stir-fried (oil free).

Appetizers

- Pu Pu Platter**for two 15.88
.....each additional person 8.88
Barbecued spareribs, vegetable egg rolls, paper wrapped chicken, beef Teriyaki, deep-fried prawns and deep-fried won ton, fully cooked and ready for you to heat over your hibachi. A "fun" way to start your meal.
- Pork Pot Stickers (home-made) (6)**8.28
Dumplings filled with ground pork, cabbage, green onions and ginger. Pan fried or steamed.
- Chicken Pot Stickers (home-made) (6)**8.28
Dumplings filled with ground chicken, cabbage, green onions and ginger. Pan fried or steamed.
- Vegetable Pot Stickers (home-made) (6)**8.28
Dumplings filled with chopped black mushrooms, tofu and vegetables, flavored with ginger and green onions. Pan fried or steamed.
- Fried Won Ton (8)**7.88
A mixture of ground pork, black mushrooms and green onions, deep-fried and served with sweet and sour sauce.
- Vegetable Egg Rolls (4)**7.88
Bamboo shoots, mushrooms, cabbage and vegetables, wrapped in noodle skins and deep-fried. Served with sweet and sour sauce.
- Barbecued Spareribs (4)**10.88
Meaty pork spareribs marinated in Chinese barbecue sauce, then roasted.
- Deep-Fried Prawns (6)**9.88
Prawns dipped in a light batter and deep-fried. Served with sweet and sour sauce.
- Crab Puffs (6)**8.88
A mixture of crab meat, jicama, fresh water chestnuts, green onions and cream cheese wrapped in won ton skins and then deep-fried.
- Paper-Wrapped Chicken (8)**8.88
Morsels of tender chicken marinated in a flavorful sauce, wrapped in foil and deep-fried. (Almost no calories, since the oil never touches the chicken.)
- Lettuce Wraps**
Choice of minced prawns and vegetables or minced chicken and vegetables or mixed vegetables served with crispy lettuce cups.
Prawns \$13.88.....Chicken \$12.88.....Vegetable \$10.88

★ Starred items are moderately spicy. All dishes may be prepared spicy upon request.
Most dishes may be prepared without oil. • Gluten-Free Soy Sauce available upon request.
Any changes or substitutions subject to additional charge • 18% Gratuity added to parties of 6 or more.



Seafood

- ★ **Garlic Prawns** 13.88
Prawns sauteed with water chestnuts, carrots, snow peas and zucchini in a spicy garlic sauce.
- ★ **Hunan Prawns** 13.88
Sauteed fresh prawns with snow peas, jicama, fresh mushrooms and bamboo shoots in a spicy sauce.
- ★ **Princess Prawns** 14.88
Lightly battered fresh prawns, deep-fried then glazed in a spicy garlic and honey sauce with water chestnuts.
- Hong Kong Walnut Prawns** 16.88
A classic dish! Large prawns, quickly fried to a delicate crispiness then combined with crunchy honey-glazed walnuts and tossed in a light, creamy, tangy sauce.
- Black Bean Sauce Prawns** 13.88
Prawns sauteed with bell peppers, snow peas, celery, jicama and carrots in a black bean sauce.
- Sauteed Prawns** 13.88
Prawns sauteed with mixed vegetables in a light garlic flavored sauce.
- Lovers' Prawns** 18.88
Chicken, prawns, scallops, broccoli, carrots, Chinese cabbage, snow peas and fresh mushrooms in a brown sauce.
- Mo Shu Prawns** 13.88
(with 4 homemade pancakes)
Prawns, bean sprouts, cabbage, bamboo shoots, egg and mushrooms, stir-fried, served with Hoisin sauce.
(Additional pancakes 50¢ each.)
- Sweet and Sour Fish** 15.88
Lightly battered fresh fish fillets, deep-fried, topped with sweet and sour sauce.
- ★ **Hot Spiced Fish** 15.88
Lightly battered fresh fish fillets, fried, topped with Jennie's special hot sauce, chopped water chestnuts, carrots and mushrooms.
- Jennie's Calamari** 15.88
Fresh calamari (squid) dipped in a light batter and deep fried, then glazed with a honey coating.
- ★ **Scallops in Garlic Sauce** 16.88
Tender fresh scallops, sauteed with black mushrooms, carrots, snow peas, zucchini and water chestnuts in a spicy garlic sauce.
- Scallops with Black Bean Sauce** 16.88
Tender fresh scallops sauteed with vegetables in black bean sauce.

Pork, Beef & Lamb

- Mo Shu Pork** 11.88
(With 4 homemade pancakes)
Pork, bean sprouts, cabbage, egg and mushrooms, stir-fried, served with Hoisin sauce.
(Additional pancakes 50¢ each.)
- Sweet and Sour Pork** 11.88
Tender morsels of pork, deep-fried, then combined with bell peppers, yellow onions, carrots and pineapple in a sweet and sour sauce.
- Snow Pea Pork** 11.88
Shredded pork sauteed with snow peas, water chestnuts and bamboo shoots in a light garlic sauce.
- ★ **Szechuan Pork** 11.88
Shredded pork combined with Chinese cabbage and fresh mushrooms in a special hot and spicy sauce.
- ★ **Mongolian Beef** 12.88
Tender beef slices, green onions stir-fried in spicy Hoisin sauce and garnished with deep-fried rice noodles.
- Jennie's Beef** 12.88
Tender beef slices, stir-fried with snow peas, fresh mushrooms and bok choy in a tasty sauce.
- Peking Beef** 12.88
Thin beef sauteed with celery, broccoli and zucchini in brown bean sauce, topped with crisp won ton strips.
- Manchurian Beef** 13.88
Tender beef slices dipped in a light batter and deep-fried, then sauteed in a delicious sweet honey sauce.
- Asparagus Beef with Black Bean Sauce** Seasonal
Beef slices, asparagus and yellow onions sauteed with a delicious black bean sauce. (Seasonal)
- Beef with Broccoli** 12.88
Tender beef strips, first marinated, then sauteed with broccoli in a delicious brown sauce.
- ★ **Hunan Lamb** 15.88
Tender lamb slices, mushrooms, snow peas and jicama in a spicy sauce.
- ★ **Mongolian Lamb** 15.88
Tender slices of lamb, green onions and bamboo shoots sauteed in spicy Hoisin sauce and garnished with deep-fried rice noodles.

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Vegetables

Jennie's Broccoli	9.88
<i>Fresh broccoli, slightly cooked, then lightly sauteed in a brown sauce with garlic.</i>	
Vegetables Deluxe	9.88
<i>Snow peas, jicama, celery, carrots, broccoli, Chinese cabbage and zucchini in a light gravy.</i>	
Three Precious Mushrooms	10.88
<i>Black mushrooms, fresh mushrooms and button mushrooms with snow peas in a rich brown sauce.</i>	
★ Hot Spicy Eggplant	10.88
<i>Eggplant slices sauteed, then braised with bamboo shoots and water chestnuts in a spicy brown sauce.</i>	
★ Hot Spicy String Beans	10.88
<i>Fresh, tender string beans and green onions lightly sauteed, with a spicy sauce.</i>	
Sauteed Spinach in Garlic Sauce	9.88
<i>Tender fresh spinach lightly sauteed with garlic.</i>	
Braised Bean Curd with Vegetables	9.88
<i>Firm tofu sauteed with mixed vegetables, served in a brown sauce.</i>	
★ Szechuan Bean Curd with Vegetables	9.88
<i>Soft tofu sauteed with mixed vegetables, served in a hot pepper sauce.</i>	
Mo Shu Vegetables	10.88
<i>(With 4 homemade pancakes)</i>	
<i>Mushrooms, carrots, bean sprouts, bamboo shoots and cabbage served with Hoisin sauce.</i>	
<i>(Additional pancakes 50¢ each.)</i>	

Chow Mein or Chow Fun

Rice Noodles or Hong Kong-style crispy noodles - add 2.00

Jennie's Chow Mein	9.88
<i>Pan-fried noodles with shrimp, chicken, beef, cabbage, bean sprouts and green onions.</i>	
Tomato Beef Chow Mein	9.88
<i>Pan-fried soft noodles with tender beef slices, tomatoes and mixed vegetables. (This sauce is similar to sweet and sour sauce.)</i>	
Shrimp Chow Mein	9.38
<i>Pan-fried soft noodles with shrimp, cabbage, bean sprouts and green onions.</i>	
Chicken Chow Mein	9.38
<i>Pan-fried soft noodles with tender chicken morsels, cabbage, green onions and bean sprouts.</i>	

Beef Chow Mein	9.38
<i>Pan-fried soft noodles with tender beef strips, cabbage, green onions and bean sprouts.</i>	

Vegetable Chow Mein	8.98
<i>Pan-fried soft noodles with mixed vegetables.</i>	

★ Hot Spicy Noodles	9.38
<i>A Chinese version of spaghetti. Noodles stir-fried with chicken meat, bean sprouts, zucchini and green onions in a spicy bean sauce.</i>	

Jennie's Cantonese Noodles	9.38
One of our house specialties which must be tried. <i>Curly ramen noodles lightly sauteed with fresh, seasonal vegetables. Choice of sauce: original or spicy kung pao.</i>	

For other suggestions see "Soup – Noodles in Broth"

Rice

Steamed Rice (per person)	1.38
Brown Rice (per person)	1.68
Jennie's Fried Rice	9.88
<i>Rice stir-fried with shrimp, chicken, beef, eggs, carrots, green onions, lettuce and peas.</i>	
Shrimp Fried Rice	9.38
<i>Rice stir-fried with shrimp, eggs, peas, carrots, lettuce and green onions.</i>	
Chicken Fried Rice	9.38
<i>Rice stir-fried with chicken, eggs, peas, carrots, lettuce and green onions.</i>	
Vegetable Fried Rice	8.98
<i>Rice stir-fried with bean sprouts, bamboo shoots, peas, mushrooms, cabbage, carrots, green onions and yellow onion.</i>	

Desserts

Chilled Lichee	5.88
<i>A refreshing dessert of lichee fruit.</i>	

Beverages

Soft Drinks	2.88
Apple Juice	2.88
Tejava Iced Tea	3.38
Crystal Geyser Mineral Water	2.88

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Soups

(Small Serves 1-2 persons)

(Large serves 3-4 persons)

Wah Won Ton Soupsmall 8.88
.....large 10.88

Won ton, shrimp, pieces of chicken,
and Chinese cabbage in chicken stock.

Sizzling Rice Soupsmall 8.88
.....large 10.88

Shrimp, chicken pieces, water chestnuts, mushrooms and
Chinese cabbage in chicken soup. Combined at the table
with crisp rice patties to make a satisfying "sizzle."

Rainbow Chowder with Shrimp and Crab
.....small 8.88
.....large 10.88

A thick, tasty soup with crab meat, shrimp, carrots,
mushrooms, Chinese cabbage, cellophane noodles
and green onions, with egg drop in a rich base.

Hot and Sour Soupsmall 8.38
.....large 9.28

Chicken pieces, fresh beancake, mushrooms, bamboo
shoots and egg drop in a rich, thickened chicken stock,
lightly flavored with vinegar and white pepper to make
it "hot" (peppery) and "sour."

Westlake Minced Beef Soupsmall 8.88
.....large 10.88

A lightly thickened chicken soup with minced beef, fresh
mushrooms, green onions, Chinese parsley and egg drop.

Chicken Corn Soupsmall 8.38
.....large 9.28

Minced chicken, creamed corn and egg drop
in a chicken stock base.

Noodles in Broth

Jennie's Noodle Soup10.88
Shrimp, chicken, fresh vegetables and egg drop
with noodles in a thick chicken broth.

Chicken Noodle Soup9.88
Chicken, mixed vegetables and noodles in chicken broth.

Vegetable Noodle Soup8.88
Chinese cabbage, snow peas, water chestnuts, mushrooms
and noodles in clear chicken broth or water.

Seafood Noodle Soup11.88
Scallops, shrimp, mixed vegetables and noodles
in a clear chicken broth.

Poultry

★ **Kung Pao Chicken**12.88
Sliced chicken breast sauteed with celery, water chestnuts,
zucchini and bell pepper, in a spicy hot sauce, garnished
with roasted peanuts.

Pinenut Chicken12.88
A combination of chicken breast, zucchini, jicama,
and yellow onion, served in a light brown sauce.

Lemon Chicken12.88
Boneless nuggets of chicken breast dipped in a light batter,
then deep-fried. Served with a fresh, tangy lemon sauce.

★ **Princess Chicken**12.88
Lightly fried breast of chicken, sauteed with garlic, green
onions and ginger in a spicy sauce.

Basil Chicken12.88
Sliced chicken breast sauteed with sweet basil, pea sprouts,
chayote squash, fresh mushrooms and carrots in a spicy
basil sauce.

Mango Chicken12.88
Chicken breast slices sauteed with fresh mango, red bell
pepper, fresh mushrooms and snow peas in a sweet,
refreshing sauce.

Jennie's Chicken Salad10.88
Crisp lettuce, mixed vegetables, crispy won ton strips,
peanuts and sesame seeds, all tossed in a light oriental
dressing. Can be prepared with steamed white-meat
chicken or chicken lightly battered and deep fried.

Cashew Nut Chicken12.88
Slices of chicken breast sauteed with fresh mushrooms,
celery, jicama and chayote squash in a tasty sauce and
garnished with cashew nuts.

★ **Hunan Chicken**12.88
Slices of chicken breast stir-fried with snow peas, jicama,
fresh mushrooms and bamboo shoots, with a spicy sauce.

Snow White Chicken12.88
Slices of chicken breast, mushrooms, bamboo shoots
and snow peas, cooked in a delicate white sauce.

Mo Shu Chicken12.88
(with 4 homemade pancakes) Boneless chicken, bean sprouts,
egg, mushrooms, bamboo shoots and cabbage, sauteed.
Served with Hoisin sauce. (Additional pancakes .50 each.)

Chicken in Black Bean Sauce12.88
Tender chicken pieces, bell pepper, carrots, jicama, snow
peas and celery, stir-fried in black bean and garlic sauce.

Walnut Chicken12.88
Boneless chicken stir-fried with zucchini, celery, snow peas
and mushrooms, garnished with honey glazed walnuts.

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Welcome to Jennie Low's Chinese Restaurant!

Welcome to Jennie Low's Chinese Cuisine. The Chinese have a saying, "Ho Wok Mee," which translates into "great wok taste." Whether you're dining in or taking out I hope you enjoy your meal and experience "ho wok mee"! For those of you new to Jennie Low's Chinese Cuisine, I opened my first restaurant in Mill Valley in 1987. I owe a lot to that small place on Miller Avenue for it was where I learned from my mistakes and gathered experience. My second restaurant here in Novato soon followed and it is where I will someday retire. In the meantime I will continue to pursue my dream and passion of cooking for customers, who, over the years, have become friends to me. If you see me working the front desk or bussing tables, please feel free to say "Hi"!

Our menu features traditional dishes from many regions of China, including Cantonese, Mandarin, Szechuan and Hunan — cuisine developed over thousands of years. It is a wonderful blend of food and spices, and a healthy way to eat, based on low levels of saturated fats and extensive use of vegetables. At Jennie Low's we follow authentic Chinese recipes, adapted to California's vast array of fresh foods and always conscious of today's healthy ways of eating. We use local produce, cook only with canola oil, and never add MSG.

Our Light Creations offer dishes with even less fat and calories. We cook them with chicken broth instead of oil, or use the traditional Chinese technique of steaming. Most of your favorite dishes on the menu may also be modified for a low-fat meal. In addition, sauces can be served on the side, and you may request low-sodium soy sauce.

Please let us know if we can assist you in ordering your Chinese meal. Be sure to note the daily special displayed on the chalkboard, and if you don't see your favorite dish, just ask. Perhaps we can prepare it for you!

Enjoy your Chinese experience, and please come back!



Jennie Low