

The Flame Broiler

A healthy choice



PLATES

Every Combo plate is served with fresh green salad and seasonal fruit and a topping of chopped green onion is optional.

Chicken Plate 6.25

A generous helping of tender, Flame Broiler sauce basted chicken served over steamed rice and topped with Flame Broiler Sauce.

Beef Plate 6.25

A hearty serving of beef prepared with our own Flame Broiler marinade served over steamed rice and topped with Flame Broiler Sauce.

Chicken and Beef Plate 6.25

Flame Broiler sauce basted chicken and marinated beef served together over steamed rice and topped with Flame Broiler sauce.

Rib Plate 6.50

Two beef short ribs, cooked in our signature Flame Broiler marinade, served over steamed rice.

Always Good, Always Guaranteed

BOWLS

Chicken 4.35

A generous helping of tender, Flame Broiler sauce basted chicken served over steamed rice and topped with Flame Broiler sauce. Chopped green onions are optional.

Chicken Veggie 4.35

1/2 a bowl of steamed rice and 1/2 a bowl of steamed veggies topped with a generous layer of our Flame Broiler sauce basted chicken and Flame Broiler sauce. Chopped green onions are optional.

Beef 4.35

A hearty serving of beef prepared with our own Flame Broiler marinade served over steamed rice and topped with Flame Broiler sauce. Chopped green onions are optional.

Beef Veggie 4.35

1/2 a bowl of steamed rice and 1/2 a bowl of steamed veggies topped with a generous layer of our Flame Broiler marinated beef and Flame Broiler sauce. Chopped green onions are optional.

The Works 4.55

Flame Broiler basted chicken and marinated beef are happily married over steamed rice and steamed veggies.

Half & Half 4.35

Flame Broiler basted chicken and marinated beef are happily married over steamed rice and topped with Flame Broiler sauce. Chopped green onions are optional.

Chicken Items are served skinless & boneless. Add 50¢ per item for any change request from the regular menu.

FOR THE KIDS

Kid's meals include a child's portion of yummy meat and steamed rice topped with our signature Flame Broiler sauce. A topping of chopped green onions is optional. Every meal comes with a small drink and toy!

Kid's Chicken Meal 3.75

Tender, Flame Broiler sauce basted chicken served over steamed rice. All white meat, add 99¢

Kid's Beef Meal 3.75

Flame Broiler marinated beef served over steamed rice.

EXTRA & SIDE ORDERS

Extra Ribs 1.99

Extra Chicken 1.99

Extra Beef 1.99

Side of Veggies 1.99

Side of Rice 1.99

Kimchi 1.99

Garden Salad 1.99

Side of Rib 2.50

Side of Chicken 2.50

Side of Beef 2.50

All White Meat (Bowls)99

All White Meat (Plates) 1.50

Only One "Extra" Available Per Bowl Or Combo Plate.

Salad Dressings: Oriental Sesame Supreme (House)

BEVERAGES

Free Refills (Dine-In Only)

Coke • Diet Coke • Lemonade

Nestea Sweetened Raspberry Tea

Medium (20 oz) 1.20

Large (32 oz) 1.50

"Flavors may vary from location to location."

WE COOK FOR YOUR HEALTH!



2231 McCulloch Blvd - Suite 110
Lake Havasu City, AZ 86406

928-505-BOWL (2695)

TO HAVE THIS WONDERFUL FOOD DELIVERED CALL
(888) 428-2636 (888) HAVAmenu

The Flame Broiler

A healthy choice



A Healthier, Tastier Choice

The following menu items are featured in the book Healthy Dining in Los Angeles. Heartmarks (♥♥ and ♥) provide an easy way to identify entrees that meet nutrition guidelines recommended by leading health organizations for calories, fat, cholesterol, and/or sodium.

CHICKEN

♥ Calories: Good Choice (450.5)
 ♥♥ Fat: Excellent Choice (11.98g)*
 ♥ Cholesterol: Good Choice (112.6mg)
 Sodium: Moderate (648.1mg)**
 Exchanges: 5 3/4 Meat, 3 3/4 Bread
 Protein: 44g, Carbohydrate: 58g

CHICKEN VEGGIE

♥ Calories: Good Choice (484.2)
 ♥♥ Fat: Excellent Choice (12.23g)*
 ♥ Cholesterol: Good Choice (112.6mg)
 ♥ Sodium: Moderate (675.8mg)**
 Exchanges: 5 3/4 Meat, 2 1/4 Bread, 1 1/2 Veg
 Protein: 44g, Carbohydrate: 43g

BEEF

♥♥ Calories: Excellent Choice (434.69)
 ♥♥ Fat: Excellent Choice (9.78g)*
 ♥♥ Cholesterol: Excellent Choice (70.37mg)
 Sodium: Moderate (705.7mg)**
 Exchanges: 5 Meat, 3 3/4 Bread, 1/4 Fat
 Protein: 43g, Carbohydrate: 59g

BEEF VEGGIE

♥ Calories: Excellent Choice (391.5)
 ♥ Fat: Excellent Choice (9.87g)
 ♥♥ Cholesterol: Excellent Choice (70.37mg)
 Sodium: Moderate (733mg)**
 Exchanges: 5 Meat, 2 1/4 Bread, 1 1/2 Veg, 1/4 Fat
 Protein: 43g, Carbohydrate: 45g

VEGGIE

♥♥ Calories: Excellent Choice (175.1)
 ♥♥ Fat: Excellent Choice (.60g)
 ♥♥ Cholesterol: Excellent Choice (0 mg)
 ♥ Sodium: Good Choice (586.4mg)**
 Exchanges: 2 1/4 Bread, 2 Veg
 Protein: 6g, Carbohydrate: 45g



Cooked Fresh To Order • High Protein
 Low Fat • Low Calories • Fresh Vegetables


GUARANTEED DELICIOUS!

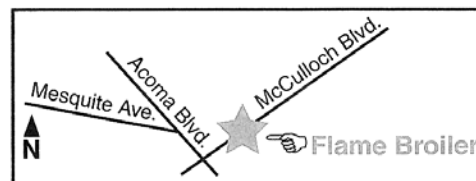
All Prices Subject To Change Without Notice

928-505-BOWL (2695)

2231 McCulloch Blvd - Suite 110
 (In The Smith's Shopping Center)



*Primarily unsaturated fat
 **If you request no added salt
 ♥♥ Excellent Choice
 ♥ Good Choice
 At least 2 fruit/
 vegetable servings



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