



TRAINING TABLE MENU

Training for an endurance event, like the P.F. Chang's Rock 'N' Roll Arizona Marathon & 1/2 Marathon, requires increased levels of calories, carbohydrates, proteins and other nutrients. To get you to the finish line, an elite group of world-class athletes have helped design our Training Table Menu.

Proteins help maintain your muscles and other soft tissues. As you begin to ramp up your mileage, increase your protein intake to speed muscle recovery. Endurance athletes should consume 0.55 to 0.65 grams of protein daily for each pound of body weight. Carbohydrates provide fuel (glycogen) your body needs for both quick and long-lasting energy. In addition, carbs are essential for muscle recovery after those long training runs. When training for a marathon, runners should consider consuming 2 to 5 grams of carbs daily for each pound of body weight.

WILD ALASKAN SALMON STEAMED WITH GINGER*

*Calories 646 Protein 60 Carbs 23
Total Fat 36 Saturated Fat 6*

*Served over stir-fried shiitake mushrooms,
bok choy, tomatoes and asparagus 18*

GARLIC NOODLES

*Calories 612 Protein 18 Carbs 111
Total Fat 11 Saturated Fat 2*

*Egg noodles tossed with garlic and
chili peppers. A Mainland tradition 6.5*

GINGER CHICKEN WITH BROCCOLI

*Calories 656 Protein 60 Carbs 45
Total Fat 26 Saturated Fat 3*

*Served Cantonese-style on a bed of
fresh steamed broccoli 12.5*

CHICKEN WITH BLACK BEAN SAUCE

*Calories 678 Protein 76 Carbs 33
Total Fat 23 Saturated Fat 4*

*Slices of chicken, stir-fried in
a black bean sauce 12.5*

素 MA PO TOFU

*Calories 537 Protein 40 Carbs 51
Total Fat 19 Saturated Fat 1*

*Sichuan's famous dish of
crispy silken tofu in a vegetarian
sauce with steamed broccoli 8*

CANTONESE SCALLOPS

*Calories 408 Protein 39 Carbs 26
Total Fat 16 Saturated Fat 3*

Stir-fried with garlic and snow peas 15

MOO GOO GAI PAN

*Calories 661 Protein 54 Carbs 32
Total Fat 34 Saturated Fat 4*

*P.F. Chang's version of the
classic Cantonese dish with
chicken and shrimp
Traditional Lunch Bowl 8.5
Dinner 13*

SHRIMP WITH LOBSTER SAUCE

*Calories 480 Protein 42 Carbs 24
Total Fat 22 Saturated Fat 3*

*Garlic white wine sauce with
Chinese black beans, mushrooms,
scallions and egg
Traditional Lunch Bowl 8.5
Dinner 13*

素 VEGETABLE CHOW FUN

*Calories 878 Protein 22 Carbs 181
Total Fat 8 Saturated Fat 1*

*Soft, wide rice noodles and slivered
vegetables in a vegetarian sauce 8*

OOLONG MARINATED SEA BASS*

*Calories 521 Protein 64 Carbs 40
Total Fat 12 Saturated Fat 3*

*Broiled and served with sweet
ginger soy and spinach 21*

火 KUNG PAO CHICKEN

(STOCK VELVETED)

*Calories 958 Protein 78 Carbs 41
Total Fat 54 Saturated Fat 7*

*Quick-fired with peanuts,
chili peppers and scallions.
Our hot favorite 12.5*

CANTONESE SHRIMP

*Calories 330 Protein 33 Carbs 21
Total Fat 12 Saturated Fat 1*

Stir-fried with garlic and snow peas 15

火 Spicy 素 Vegetarian

Nutritional information is listed in grams and pertains to the entire dish.
Because dishes are freshly prepared, nutritional values may vary slightly.

The athletes who comprise our Advisory Committee:

Frank Shorter • Deena Kastor • Steve Scott • Paula Newby-Fraser • Meb Keflezighi

We proudly support Team In Training's efforts to find a cure for Leukemia, Lymphoma and Myeloma. As the most successful charity-based endurance sports training program in the world, Team In Training can train you for the P.F. Chang's Rock 'N' Roll Arizona Marathon & 1/2 Marathon. For more information and to register for the Marathon please visit pfchangs.com.



*THESE ITEMS ARE COOKED TO ORDER AND MAY BE SERVED RAW OR UNDERCOOKED. CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.