

(Shown for regular sized bowl; small bowl = ½ portions)

BASE	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Purple Rice (6oz)	280	9	1	1	0	0	5	60	2	0	5
White Rice (6oz)	280	0	0	0	0	0	10	61	2	0	5
Salad - Romaine (4oz)	20	0	0	0	0	0	20	4	2	1	1
Supergreen (kale) Salad	35	0	0	0	0	0	45	7	3	3	2
Japchae Noodles (6oz)	213	41	5.5	0	0	0	359	44	<1	5	1.5

PROTEIN	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Tofu (4oz)	170	80	9	1.5	0	0	308	9	<1	4	13
Chicken (4oz)	170	27	3	1	0	58	651	13	0	11	22
Spicy Chicken (4oz)	169	45	5	2	0	37	675	11	0	8	20
Steak (4oz)	210	90	10	4	0	85	632	10	<1	10	20

HOT TOPPINGS	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bean Sprouts (1oz)	45	25	3	0	0	0	65	3	0	0	1
Black Beans (1.5oz)	35	0	0	0	0	0	115	6	2	0	2
Potatoes (2oz)	60	15	2	0	0	0	75	9	1	0	1

COLD TOPPINGS	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Carrots (1oz)	15	5	0.5	0	0	0	105	3	<1	1	0
Cheese (1oz)	100	70	8	8	0	25	170	0	0	0	7
Corn (1oz)	25	0	0	0	0	0	45	6	<1	<1	<1
Cucumber (1oz)	4	0	0	0	0	0	0	1	0	0	0
Eggs (1oz)	40	25	2.5	1	0	105	120	0	0	0	3
Moochae (1oz)	10	0	0	0	0	0	160	3	0	3	0
Kale (1oz)	25	8	1	0	0	0	130	3	<1	<1	1
Pickled Red Cabbage (1oz)	15	0	0	0	0	0	70	4	0	3	0
Red Cabbage (1oz)	9	0	0	0	0	0	6	2	1	1	<1

SAUCE	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Yum Yum (1 fl oz)	140	135	15	2.5	0	10	220	2	0	2	0
Teriyaki (1 fl oz)	32	0	0	0	0	0	560	6	0	5	2
Gochujang (1 fl oz)	70	9	1	0	0	0	640	14	1	10	1
Cucumber Wasabi (1 fl oz)	150	144	16	2.5	0	10	290	1	0	<1	0
Spicy Sriracha (1 fl oz)	25	4.5	0.5	<1	0	0	420	5	0	3	0
Sesame Ginger (1 fl oz)	100	63	7	1	0	0	450	7	0	6	1

SIDES	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kimchi (3.5oz)	30	0	0	0	0	0	716	5	2	1	1
Miso Soup (8oz)	35	10	1.5	0	0	0	389	4	<1	<1	3
Pineapple (3.5oz)	52	0	0	0	0	0	0	6.3	<1	6.3	<1

COKE BEVERAGES (20 fl. oz. cup; 1/3 cup ice)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Coca-Cola Classic®	220	0	0	0	0	0	55	55	0	55	0
Diet Coca-Cola®	0	0	0	0	0	0	70	0	0	0	0
Coca-Cola Zero Sugar®	0	0	0	0	0	0	0	0	0	0	0
Sprite®	210	0	0	0	0	0	95	50	0	50	0
Fanta® Orange	220	0	0	0	0	0	55	56	0	55	0
Barq's Root Beer	240	0	0	0	0	0	75	60	0	60	0
Hi-C® Flashin' Fruit Punch	210	0	0	0	0	0	100	59	0	57	0
Dr Pepper®	200	0	0	0	0	0	60	54	0	53	0

ALO® BEVERAGES	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Allure™	70	0	0	0	0	0	30	18	0	18	0
Exposed™	60	0	0	0	0	0	30	15	0	15	0
Comfort™	70	0	0	0	0	0	30	17	0	17	0

TEAS & LEMONADES (20 fl. oz. cup; 1/3 cup ice)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Lemonade	210	0	0	0	0	0	0	54	0	52	0
Passion Fruit Lemonade	190	0	0	0	0	0	0	48	0	46	0
Black Current Tea	2	0	0	0	0	0	0	0	0	0	0
Sweetened Green Tea	110	0	0	0	0	0	0	29	0	29	0

EAT WELL · BE WELL

BIBIBOP is a peanut-free & MSG-free kitchen. We cannot guarantee against gluten/wheat cross-contamination.

**X = CONTAINS | v = VEGAN FRIENDLY**

BASE	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Purple Rice										v
White Rice										v
Salad - Romaine										v
Supergreen Salad.										v
Japchae Noodles				X	X			X		v

PROTEIN	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Tofu				X	X			X		v
Chicken				X	X			X		
Spicy Chicken				X	X			X		
Steak				X	X			X		

HOT TOPPINGS	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Bean Sprouts										v
Black Beans										v
Potatoes								X		v

COLD TOPPINGS	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Carrots					X					v
Cheese		X								
Corn										v
Cucumber										v
Eggs			X							
Daikon										v
Kale				X	X			X		v
Pickled Red Cabbage										v

SAUCE	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Yum Yum		X	X	X				X		
Teriyaki	X			X						V
Gochujang	X			X	X					V
Cucumber Wasabi		X	X					X		
Spicy Sriracha				X	X			X		V
Sesame Ginger				X	X			X		V

SIDES	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Kimchi										V
Miso Soup				X				X		V
Pineapple										V

Last Updated: February 2020

Nutrition information is compiled based on product testing, data provided by an independent testing facility, and data provided by suppliers. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, possible preparation deviations at the restaurant level, raw ingredient origin of the region or country, and season of the year. Temporary products and Limited Time offers are not included. Each of our menu items is prepared by hand, individually, therefore, serving size variations may occur.

Normal kitchen operations involve shared cooking and preparation areas, and cross-contact with other foods may occur during preparation. Therefore, BIBIBOP and its employees do not assume responsibility for a particular allergy or sensitivity to any food provided in our restaurants. Our restaurants contain ingredients that contain 4 of the 8 major FDA allergens (wheat, soy, egg, dairy). Our restaurants are not allergen free facilities.

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Values for Coca-Cola® products represent sodium derived from beverage ingredients other than water. The actual amount of sodium in the beverage will vary based on the sodium content of the local water supply where the finished beverages are produced.