

BIBIBOP | NUTRITION



Food Nutrition Facts

	Serving Size (oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fats (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron	
Rice																	
	Purple Rice	4	198	18	2	1	0	150	42	4	0	3	0%	0%	1%	9%	
	White Rice	4	260	45	5	0	0	132	51	<1	0	4	0%	0%	2%	15%	
Roll																	
	13" Tortilla Wrap	1	350	90	10	3	0	860	55	<1	<1	9	0%	0%	15%	20%	
Salad																	
	Romaine Lettuce	4	15	0	0	0	0	10	4	<1	1	1	200%	8%	4%	6%	
Noodles																	
	Rice Noodles	4	200	0	0	0	0		44	<1	0	5	0	0	0	2%	
Protein																	
	Chicken	3.5	170	27	3	1	0	58	835	13	0	11	22	1%	0%	1%	11%
	Spicy Chicken	3.5	169	45	5	2	0	37	751	11	0	8	20	1%	0%	1%	11%
	Steak	3.5	210	90	10	4	0	85	752	10	<1	10	20	1%	0%	0%	14%
	Tofu (with sauce)	3.5	170	80	9	1.5	0	0	830	9	<1	4	13	0%	0%	10%	10%
Hot Toppings																	
	Bean Sprouts	1.5	38	10	1	0	0	0	100	5	<1	0	2	0%	10%	0%	4%
	Black Beans	1.5	42	2	<1	0	0	0	150	8	2	0	2	0%	0%	2%	3%
	Potatoes	2	60	10	1	0	0	0	310	11	1	0	<1	0%	6%	0%	0%
Cold Toppings																	
	Carrots	1	15	5	.5	0	0	0	130	3	<1	1	0	90%	2%	0%	0%
	Cheese	1	100	80	9	6	0	30	160	0	0	0	6	4%	0%	20%	0%
	Corn	1	25	0	0	0	0	0	100	6	<1	<1	<1	2%	4%	0%	0%
	Cucumber	1	4	0	0	0	0	0	0	1	0	0	0	<1%	1%	0%	0%
	Eggs	1	43	30	3	0	0	110	150	0	0	0	4	4%	0%	0%	4%
	Romaine Lettuce	1	4	0	0	0	0	0	2.5	1	0	0	0	50%	2%	1%	2%
	Daikon	1	8	0	0	0	0	0	8	2	<1	2	0	0%	10%	2%	0%
	Kale	1	28	6	1	0	0	0	158	4	2	3	1	76%	40%	6%	2%
	Red Cabbage	1	9	0	0	0	0	0	6	2	1	1	<1	5%	21%	1%	1%
Sauces																	
	Teriyaki	1	50	0	0	0	0	0	493	12	0	10	<1	0%	0%	0%	2%
	Yum Yum	1	140	130	14	2.5	0	15	220	2	0	2	0	0%	2%	0%	0%
	Cucumber Wasabi	1	150	140	10	2.5	0	10	290	2	0	1	0	0%	2%	0%	0%
	Korean Red Sauce	1	70	56	1	0	0	0	660	14	1	10	1	0%	0%	0%	2%
	SesameGinger	1	100	90	7	1	0	0	460	7	0	6	1	0%	0%	0%	0%
	Spicy Sriracha	1	25	.5	.5	0	0	0	420	5	0	3	0	0%	0%	0%	0%
Sides																	
	Kimchi	3	30	0	0	0	0	0	716	5	2	1	1	0%	45%	4%	2%
	MisoSoup	7	21	6	1	0	0	0	743	3	0	3	1	0%	0%	0%	0%
	Kim (Roasted Seaweed Strips)	.1	15	0	0	0	0	0	49	3	2	0	1	1%	15%	2%	1%

Beverages Nutrition Facts

	Serving Size (fl. oz)	Calories	Calories from Fat	Total Fat (g)	Saturated Fats (g)	TransFat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Coke Products																
Coca Cola-Classic ®	20	160	0	0	0	0	0	40	44	0	44	0	0%	0%	0%	0%
Diet Coca-Cola ®	20	0	0	0	0	0	0	15	0	0	0	0	0%	0%	0%	0%
Coca-Cola Zero ®	20	0	0	0	0	0	0	5	0	0	0	0	0%	0%	0%	0%
Sprite ®	20	160	0	0	0	0	0	35	42	0	42	0	0%	0%	0%	0%
Fanta ® Orange	20	170	0	0	0	0	0	0	47	0	47	0	0%	0%	0%	0%
Barq's ® Root Beer	20	180	0	0	0	0	0	20	49	0	49	0	0%	0%	0%	0%
Hi-C ® Flashin' Fruit Punch	20	170	0	0	0	0	0	15	46	0	46	0	0%	160%	0%	0%
Dr Pepper ®	20	150	0	0	0	0	0	50	42	0	42	0	0%	0%	0%	0%
ALO® Products																
Allure™	8	70	0	0	0	0	0	30	18	0	18	0	0%	35%	4%	0%
Exposed™	8	60	0	0	0	0	0	30	15	0	15	0	0%	30%	4%	0%
Comfort™	8	70	0	0	0	0	0	30	17	0	17	0	0%	30%	2%	0%
Other																
Lemonade	20	210	0	0	0	0	0	0	55	0	53	1	0%	30%	0%	0%
Black Currant Black Tea	20	2	0	0	0	0	0	0	0	0	0	0	0%	0%	0%	0%

- Nutritional percentages are based upon a 2,000 calorie diet.

- 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 deviation 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 use ingredients that contain 4 of the 8 major FDA allergens (wheat, fish, egg, dairy). Our restaurants are not allergen free facilities.

- "Coca-Cola," "Coca-Cola Classic," "Diet Coca-Cola," "Sprite," "Fanta," "Barq's," and "Hi-C" are registered trademarks of the Coca-Cola Company. "Dr Pepper" is a registered trademark of Dr Pepper/Seven Up, Inc. All Rights Reserved.

- 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.

- The Nutrition information is updated periodically. Last Updated: February 12th, 2018.

Dietary Considerations and Allergens

Are you looking for something vegan friendly? Are you concerned about Gluten?
We can put your mind at ease.

	Vegan	Gluten-free	Fish	Eggs	Dairy	MSG	Soy	Wheat
Purple Rice	✓	✓						
White Rice	✓	✓						
Roll (Tortilla Wrap)	✓							•
Rice Noodles	✓	✓						
Marinated Chicken							•	•
Spicy Chicken						*	•	•
Steak		✓					•	
Organic Tofu	✓	✓					•	
Bean Sprouts	✓	✓						
Black Beans	✓	✓						
Potatoes	✓	✓						
Carrots	✓	✓						
Cheese Corn		✓			•			
Cucumber	✓	✓						
Eggs	✓	✓						
Romaine Lettuce		✓		•				
Daikon	✓	✓						
Kale	✓	✓						
Red Cabbage	✓	✓					•	
Teriyaki	✓	✓						
Yum Yum	✓						•	•
Cucumber Wasabi		✓		•	•			
Korean Red Sauce		✓		•	•			
Sesame Ginger	✓					*	•	•
Spicy Sriracha	✓	✓					•	
Sesame Seed Oil	✓						•	•
Kimchi	✓	✓						
Miso Soup	✓	✓						
	✓							•

BIBIBOP does not use Peanut Oil or Peanuts.

At BIBIBOP we take great care in making sure we provide the best dining experience for our guests. Please let our team members know before you order if you have any allergies or dietary restrictions that need to be addressed, we try to accommodate for all food allergies but we cannot guarantee that cross contact will not occur.

*This product contains a minimal amount of naturally occurring MSG from the pepper paste fermentation process.