

(All portions and information 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)	230	0	0	0	0	0	0	51	2	0	5
White Rice (6oz)	270	0	0	0	0	0	0	61	2	0	5
Supergreen Salad (4oz)	35	15	1.5	0	0	0	15	4 Total 2 Net	2	1	2
Japchae Noodles (6oz)	210	35	4	0	0	0	310	42	<1	3	<1
Cauliflower Rice (4oz)	70	45	5	0	0	0	40	6 Total 4 Net	3	2	2

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)	140	60	7	1	0	0	310	11	1	6	11
Chicken (4oz)	130	25	1	0	0	55	300	5	1	3	20
Spicy Chicken (4oz)	120	25	2.5	1	0	55	310	5	1	3	20
Steak (4oz)	170	63	9	2.5	0	45	440	9	0	6	17
Shrimp (4oz)	100	10	1	1	0	70	820	<1	4	0	16

HOT TOPPING	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)	20	15	1.5	0	0	0	45	2	<1	1	<1
Black Beans (1.5oz)	40	5	.5	0	0	0	160	8	2	2	0
Potatoes (2oz)	60	15	2	0	0	0	110	9	<1	0	1

COLD TOPPING	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	100	2	<1	<1	0
Cheese (1oz)	100	70	8	8	0	25	170	0	0	0	7
Corn (1oz)	25	0	0	0	0	0	55	6	<1	2	<1
Cucumber (1oz)	4	0	0	0	0	0	0	1	0	0	0
Eggs (1oz)	40	25	2.5	1	0	105	95	0	0	0	4
Kale (1oz)	25	8	1	0	0	0	130	3	<1	<1	1
Pickled Red Cabbage (1oz)	10	0	0	0	0	0	35	2	0	2	0
Roasted Sesame Broccoli (1.5oz)	25	10	1.5	0	0	0	140	3	1	<1	1
Kimchi (2oz)	20	0	0	0	0	0	540	3	1	2	0
Pineapple (2oz)	30	0	0	0	0	0	0	4	0	4	0

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)	70	0	0	0	0	0	700	15	0	14	1
Gochujang (1 fl oz)	70	9	1	0	0	0	640	14	1	10	1
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
Sesame Oil (.25 fl oz)	65	65	7	1	0	0	0	0	0	0	0

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
Strawberry & Pineapple (4.5oz)	60	0	0	0	0	0	0	15	2	11	<1
Coconut Milk Pudding with Mango (4.5oz)	180	50	6	5	0	0	10	29	0	21	0
Superseed Crisp (1oz)	140	70	8	3	0	10	100	16	1.5	12	3.5

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
Coca-Cola Cherry®	150	0	0	0	0	0	35	42	0	42	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
Vitamin Water® XXX	60	0	0	0	0	0	0	20	0	19	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

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
Mixed Berry Omija Tea	120	0	0	0	0	0	0	32	0	31	0

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
Supergreen Salad.										v
Japchae Noodles				x	x			x		v
Cauliflower Rice				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		
Shrimp						x		x		

HOT TOPPINGS	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Bean Sprouts								x		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							
Kale				X	X			X		V
Pickled Red Cabbage										V
Roasted Sesame Broccoli					X					V
Kimchi								X		V
Pineapple										V

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

SIDES	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Allium	MSG	Vegan
Kimchi								X		V
Miso Soup				X				X		V
Pineapple										V
Strawberry & Pineapple										V
Coconut Milk Pudding with Mango										V
Superseed Crisp		X	X							

Last Updated: October 2021

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 3 of the 8 major FDA allergens (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.

EAT WELL · BE WELL