

(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) | 20 | 1 | <1 | 0 | 0 | 0 | 13 | 3 Total 2 Net | 2 | 1 | 2 |
| Romaine Lettuce (4oz) | 20 | 3 | <1 | 0 | 0 | 0 | 30 | 4 Total 2 Net | 4 | <1 | 2 |
| Japchae Noodles (6oz) | 210 | 35 | 4 | 0 | 0 | 0 | 310 | 42 | <1 | 3 | <1 |

| 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 |

| 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) | 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 |
| Roasted Sesame Broccoli (1.5oz) | 50 | 40 | 4.5 | 0.5 | 0 | 0 | 150 | 3 | 1 | <1 | 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 | 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 |
| 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 |
| 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 |
| Yuzu Vinaigrette (1 fl oz) | 150 | 120 | 13 | 1 | 0 | 0 | 20 | 8 | 0 | 8 | 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 |

EAT WELL · BE WELL

| | | | | | | | | | | | |
|------------------------|-----|---|---|---|---|---|---|----|---|----|---|
| 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 |

| HONEST KIDS JUICE | 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) |
|-------------------------------|----------|-------------------|---------|-------------------|---------------|------------------|-------------|-----------|-------------------|------------|-------------|
| Honest Kids Appley Ever After | 35 | 0 | 0 | 0 | 0 | 0 | 15 | 9 | 0 | 8 | 0 |
| Honest Kids Super Fruit Punch | 35 | 0 | 0 | 0 | 0 | 0 | 15 | 8 | 0 | 8 | 0 |



ALLERGENS

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 |
| Romaine Lettuce | | | | | | | | | | 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 |
| Yuzu Vinaigrette | | | | | | | | | | 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: December 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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