

(ALL PORTIONS AND INFORMATION SHOWN FOR ORIGINAL-SIZED BOWL; BIBICUP & 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 (8oz)	320	0	0.5	0	0	0	5	70	0	0	6
White Rice (8oz)	120	0	0	0	0	0	390	26	0	0	3
Supergreen Salad (4oz)	25	0	0	0	0	0	30	5	2	3	2
Sweet Potato Noodles (9oz)	320	45	5	0	0	0	830	63	2	15	5
Cauliflower Rice (6oz)	100	40	4.5	1	0	0	340	12	5	4	4
Romaine Lettuce (4oz)	20	0	0	0	0	0	10	4	2	1	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 (5oz)	220	170	19	1.5	0	0	10	3	<1	<1	13
Chicken (5oz)	180	30	3.5	0.5	0	85	780	7	0	6	28
Spicy Chicken (5oz)	180	30	3.5	0.5	0	85	770	6	0	5	28
Steak (5oz)	280	100	11	4	0	105	320	6	0	6	37
Korean BBQ Beef (5oz)	203	7	7	0	0	47	880	17	0	12	18

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 (2oz)	45	30	3.5	0	0	0	0	3	<1	2	2
Black Beans (3oz)	70	10	1	0	0	0	230	14	3	5	3
Potatoes (3oz)	100	20	2.5	0	0	0	630	17	2	<1	2
Roasted Sesame Broccoli (2.5oz)	100	80	9	1	0	0	210	4	2	1	2

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 (0.8oz)	20	10	1	0	0	0	110	2	<1	1	0
Cheese (0.88oz)	90	70	8	5	0	20	150	0	0	0	6
Corn (0.8oz)	20	0	0	0	0	0	65	4	0	1	<1
Cucumbers (1oz)	0	0	0	0	0	0	0	1	0	0	0
Eggs (0.9oz)	40	20	2.5	1	0	95	35	0	0	0	3
Sesame Kale (0.33oz)	5	0	0	0	0	0	35	<1	0	0	0
Pickled Red Cabbage (0.75oz)	10	0	0	0	0	0	150	3	0	2	0
Kimchi Cucumber (1oz)	10	0	0	0	0	0	170	2	<1	1	0
Pineapple (3oz)	45	0	0	0	0	0	0	11	1	8	0

Avocado (2oz)	90	70	9	1	0	0	65	4	3	0	<1
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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
Purple Rice Side(6oz)	230	0	0	0	0	0	0	51	2	0	5
White Rice Side (6oz)	270	0	0	0	0	0	0	61	2	0	5
Noodles Side (6oz)	210	35	4	0	0	0	310	42	<1	3	<1

DESSERTS	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)
Chewy Chocolate Toffee Cookie	250	N/A	15	6	0	25	350	27	2	16	4
Chocolate Chip Cookie	380	170	19	8	0	30	210	54	3	33	4
Coconut Milk Pudding with Mango	270	170	20	18	0	0	15	23	0	15	2
Coconut Milk Pudding with Strawberry	310	170	20	18	0	0	15	34	0	18	2
Snickerdoodle Cookie	380	150	17	6	0	35	270	55	2	28	3

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

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

HEALTH ADE KOMBUCHA	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)
Kombucha – Ginger Lemon	50	0	0	0	0	N/A	0	10	N/A	10	0
Kombucha – Passionfruit - Tangerine	50	0	0	0	0	N/A	0	12	N/A	11	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	Tree Nuts	Allium	MSG	Vegan
Purple Rice											v
White Rice											v
Supergreen Salad											v
Sweet Potato Noodles				X	X				X		v
Cauliflower Rice				X	X						v
Romaine Lettuce											v

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

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

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

Pineapple												V
Avocado												V

SAUCE	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Tree Nuts	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	Tree Nuts	Allium	MSG	Vegan
Kimchi									X		V
Miso Soup				X					X		V
Pineapple											V
Purple Rice Side											V
White Rice Side											V
Noodles Side				X	X				X		V

DESSERTS	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Tree Nuts	Allium	MSG	Vegan
Chewy Chocolate Toffee Cookie		X	X	X	X			X			
Chocolate Chip Cookie			X	X							
Coconut Milk Pudding with Mango											V
Coconut Milk Pudding with Strawberry											V
Snickerdoodle Cookie			X	X							

Last Updated: December 2023

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.