

INFORMATION & PORTIONS SHOWN ARE FOR BIBICUP*, ORIGINAL-SIZED BOWLS
***THE BASE CALORIES FOR BIBICUP = ½ PORTIONS**

BASES	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)
Citrus Honey Kale (4oz)	100	50	6	0.5	0	0	70	11	4	8	3
Crispy Romaine (4oz)	45	30	3.5	0	0	0	10	4	2	1	1
Purple Rice (10oz)	350	10	1.5	0	0	0	0	75	2	<1	9
Sweet Potato Noodles (10oz)	350	60	7	0.5	0	0	1110	63	3	7	6
White Rice (10oz)	370	10	1.5	0	0	0	210	80	1	0	8

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)
Chicken (4oz)	190	25	3	1	0	80	950	14	<1	8	25
Korean BBQ Beef (4oz)	170	50	6	0	0	40	715	14	0	0	15
Korean Crispy Chicken (5oz)	140	45	5	1.5	0	70	780	13	1	0	12
Miso Glazed Salmon (4oz)	270	130	15	3	0	70	620	7	0	7	27
Spicy Chicken (4oz)	170	25	3	1	0	60	760	9	0	6	25
Steak (4oz)	190	80	8.5	3	0	60	540	10	0	8	18
Tofu (4oz)	210	90	8	0	0	0	300	10	4	6	19

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)	30	10	1.5	0	0	0	170	3	<1	2	2
Black Beans (2oz)	45	5	0.5	0	0	0	150	9	2	4	2
Curry Chickpeas (1.5oz)	50	10	1	0	0	0	100	9	2	2	3
Potatoes (3oz)	90	10	1.5	0	0	0	640	18	2	<1	2
Roasted Sesame Broccoli (2oz)	60	45	5	0.5	0	0	170	4	1	<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)
Avocado (1.5oz)	90	80	9	1	0	0	135	3	3	0	<1
Carrots (0.8oz)	15	5	0.5	0	0	0	85	2	<1	<1	0
Cheese (0.88oz)	90	70	8	5	0	20	150	0	0	0	6
Cucumbers (1oz)	0	0	0	0	0	0	0	1	0	0	0
Corn (0.8oz)	20	0	0	0	0	0	65	4	0	1	<1
Eggs (0.9oz)	40	20	2.5	1	0	95	35	0	0	0	3
Honey Citrus Kale (0.3oz)	10	0	0	0	0	0	5	<1	0	<1	0
Kimchi (1oz)	10	0	0	0	0	0	270	3	1	2	0
Pickled Red Onion (0.75oz)	10	0	0	0	0	0	0	2	0	2	0
Pineapple (3oz)	45	0	0	0	0	0	0	11	1	8	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)	70	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)	25	0	0	0	0	0	675	7	2	5	0
Miso Soup (8oz)	35	10	1.5	0	0	0	680	4	<1	<1	3
Pineapple (3.5oz)	110	0	0	0	0	0	0	28	3	20	1
Purple Rice Side(6oz)	210	5	1	0	0	0	0	45	1	0	3
White Rice Side (6oz)	220	5	1	0	0	0	130	48	<1	0	5
Noodles Side (6oz)	210	35	4	0	0	0	670	38	1	4	4

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)
Chocolate Chip Cookie	180	0	9	3.5	0	15	100	26	<1	15	2
Snickerdoodle Cookie	180	0	8	3	0	15	135	26	1	13	2

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	0	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

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 – Passionfruit - Tangerine	50	0	0	0	0	N/A	0	12	N/A	11	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	Tree Nuts	Allium	MSG	Vegan
Crispy Romaine											v
Honey Citrus Kale											
Purple Rice											v

Sweet Potato Noodles				X	X					X		V
White Rice												V

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

HOT TOPPINGS	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Tree Nuts	Allium	MSG	Vegan
Bean Sprouts									X		V
Black Beans											V
Curry Chickpeas									X		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
Avocado											V
Carrots					X						V
Cheese		X									
Corn											V
Cucumber											
Eggs			X								
Kimchi									X		V
Pickled Red Onion											V
Pineapple											V

SAUCE	Wheat / Gluten	Dairy	Eggs	Soy	Sesame	Fish / Shellfish	Peanuts	Tree Nuts	Allium	MSG	Vegan
Yum Yum		X	X	X					X		

Teriyaki				X					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			X		
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
Chocolate Chip Cookie			X	X							
Snickerdoodle Cookie			X	X							

Last Updated: April 2026

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.

"Coca-Cola", "Coca-Cola Classic", "Diet Coca-Cola", "Sprite", "Fanta", "Vitamin Water", "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.