



**NUTRITION**

**INFORMATION & PORTIONS SHOWN ARE FOR BULGOGI CUPS, ORIGINAL-SIZED BOWLS, & SMALL-SIZED BOWLS\***

**\*THE BASE CALORIES FOR BIBICUP & SMALL BOWLS = 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)
Cauliflower Rice (6oz)	100	40	4.5	1	0	0	340	12	5	4	4
Purple Rice (8oz)	320	0	0.5	0	0	0	5	70	0	0	6
Supergreen Salad (4oz)	45	20	2.0	0	0	0	100	6	3	3	2
Sweet Potato Noodles (9oz)	320	50	0	0	0	0	610	61	3	11	5
White Rice (8oz)	120	0	0	0	0	0	390	26	0	0	3

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 (5.5oz)	240	70	8	1.5	0	85	1040	13	<1	11	28
Korean BBQ Beef (5oz)	203	7	7	0	0	47	880	17	0	12	18
Spicy Chicken (5.5oz)	310	140	16	3.5	0	80	1000	11	<1	10	28
Steak (5oz)	280	100	11	4	0	105	320	6	0	6	37
Tofu (5oz)	220	170	19	1.5	0	0	10	3	<1	<1	13

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)	90	10	1.5	0	0	0	640	18	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)	0	0	0	0	0	0	40	<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
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



**ALLERGENS**

BULGOGI 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
Cauliflower Rice				X	X						V
Purple Rice											V
Supergreen Salad											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						
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
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						V
Pickled Red Cabbage											V
Kimchi									X		V
Pineapple											V

Avocado												V
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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							
Snickerdoodle Cookie			X	X							

**Last Updated: February 2024**

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, BULGOGI 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.