

Nutritional Information

Base	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Kimchi Fried Rice	8oz	780	11	1.5	0	10	153	3	7	14	310
Mixed Greens	2oz	10	0	0	0	0	2	1	0	1	15
Noodles with Veg	8oz	580	4	0	0	0	113	2	10	19	260
Purple Rice	8oz	390	2	0	0	0	83	2	0	8	500
Romaine Lettuce	3oz	15	0	0	0	0	3	2	1	1	5
White Rice	8oz	300	1.5	0	0	0	62	1	0	6	1280
Proteins	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Bulgogi Beef	4oz	260	17	6	0	55	10	0	8	17	430
Chicken Katsu	4oz	270	11	2	0	30	34	0	2	11	510
Ginger Chicken	4oz	260	8	1.5	0	30	40	1	19	8	800
Salmon Filet	4oz	170	7	1.5	0	65	3	1	2	25	1300
Teriyaki Chicken	4oz	170	8	1	0	70	9	1	6	16	370
Thai Basil Chicken	4oz	220	8	2	0	120	1	0	0	33	180
Tofu	4oz	130	7	1.5	0	0	5	1	3	11	35
Salmon (Poke)	3oz	150	10	1.5	0	30	2	1	1	13	780
Spicy Tuna (Poke)	3oz	90	.5	0	0	35	1	0	1	17	160
Tuna (Poke)	3oz	120	3	.3	0	40	3	0	0	17	230

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Toppings	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Avocado	1.8oz	80	7	1	0	0	4	3	0	1	4
Bahn Mi Pickles	1.5oz	15	0	0	0	0	3	0	3	.2	290
Broccoli	1.5oz	15	.1	0	0	0	3	1	1	1	15
Cherry Tomatoes	1.5oz	10	0	0	0	0	2	1	1	1	25
Corn Mix	1.5oz	35	.5	.1	0	0	7	1	3	1	80
Crab Salad	1.5oz	70	4	.5	0	10	6	0	2	3	220
Curry Potato	1.5oz	45	.3	0	0	0	9	1	0	1	5
Edamame	1.5oz	50	2	.3	0	0	4	2	1	5	3
Egg	2oz	80	6	2	0	235	1	0	0	7	65
Green Beans	1.5oz	15	1	.1	0	0	4	1	1	1	75
Jalapeno	1.5oz	10	.2	0	0	0	3	1	2	.4	1
Kale Mix	1oz	40	2	.3	0	0	6	1	4	1	260
Kimchi	1.5oz	15	0	0	0	0	2	2	2	2	290
Kimchi Slaw	1.5oz	40	2.5	.4	0	0	4	1	3	1	75
Pickled Carrots	1.5oz	20	.1	0	0	0	5	1	3	.4	120
Pickled Ginger	1.5oz	10	0	0	0	0	3	0	0	0	360
Pickled Red Onions	1.5oz	15	0	0	0	0	4	0	4	0	330
Roasted Vegetables	1.5oz	35	1.5	.2	0	0	5	1	3	.5	45
Spicy Cucumber	1.5oz	15	.1	0	0	0	3	0	3	.3	250

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Sauces	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Dumpling Sauce	1oz	20	0	0	0	0	3	0	2	2	1350
Ginger Dressing	1oz	20	0	1	0	0	5	0	4	.3	130
Gochujang	1oz	70	2	.3	0	0	12	1	7	1	490
Maple Teriyaki Sauce	1oz	40	0	0	0	0	10	0	8	1	450
Sesame Dressing	1oz	130	12	1.5	0	10	7	1	5	1	330
Soy Sauce	1oz	15	0	0	0	0	2	0	0	2	1600
Spicy Cilantro	1oz	50	5	.5	0	0	2	0	1	.3	150
Spicy Mayo	1oz	100	8	1	0	10	6	0	6	0	da
Sriracha	1oz	30	0	0	0	0	6	0	6	0	454
Yum Yum Sauce	1oz	150	16	2.5	0	15	1	0	1	.1	115
Garnishes	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Cilantro	0.2oz	1	0	0	0	0	0	0	0	.1	3
Crispy Onions	0.2oz	35	3	.3	0	0	2	0	1	.4	20
Rice Puffs	0.2oz	25	0	0	0	0	0	0	5	0	0
Scallions	0.2oz	2	0	0	0	0	0	0	0	0	2
Sesame Seeds	0.2oz	30	2.5	.4	0	0	1	1	0	1	1

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Appetizers	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Bulgogi Fries	17oz	930	52	14	0	305	78	3	28	31	2330
Hangover Fries	21oz	1040	48	14	0	85	135	5	34	28	3170
Beef Dumplings	6pc	210	5	1.5	0	15	29	1	2	10	470
Chicken Dumplings	6pc	170	3	.4	0	15	29	1	3	9	510
Vegetable Dumplings	6pc	190	7	2.5	0	0	27	1	2	6	490
Bulgogi Spring Rolls	2pc	200	4	1.5	0	15	32	2	6	7	440
Mac & Cheese Spring Rolls	2pc	270	10	4	0	30	27	2	7	12	1850
Vegetable Spring Rolls	2pc	80	0	0	0	0	8	0	2	2	120
Sig Box (Base not incl)	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
California Box	14oz	500	31	5	0	10	40	10	22	20	1290
Carolina Box	12oz	560	25	5	0	75	34	5	24	27	2320
Katsu Box	12oz	550	20	4.5	0	45	75	3	21	19	1470
Seoul Box	14oz	560	32	10	0	295	40	7	27	29	1740
Shanghai Box	12oz	500	26	4.5	0	45	57	5	33	11	1310
Thai Box	12oz	450	23	4.5	.1	130	26	5	18	35	1150
Tokyo Box	12oz	510	26	4	0	85	46	4	30	20	1390

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Poke Box (Base&Proteins not incl)	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Kona Poke	13oz	450	27	4	0	30	48	4	33	7	2400
Malibu Poke	12oz	360	20	3	0	10	36	8	24	9	1350
Katsu Sandwiches	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Bul Chicken Sandwich	1 sandwich	770	29	6	0	45	108	4	23	24	1550
California Chicken Sandwich	1 sandwich	850	34	7	0	45	118	7	30	24	1590
Kimchi Chicken Sandwich	1 sandwich	830	33	6	0	45	114	5	26	25	1560
Ninja Chicken Sandwich	1 sandwich	1120	62	11	.2	70	110	4	22	34	1720
Monster Chicken Sandwich	1 sandwich	1420	67	12	0	100	164	4	39	47	2730
Banh Mi Sandwiches	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
California Banh Mi (Chicken)	13oz	610	33	5	0	90	55	5	18	22	1220
Hawaiian Banh Mi (Pork)	13oz	610	32	7	0	60	56	3	21	23	1440
K Beef Banh Mi (Bulgogi Beef)	13oz	680	41	10	0	75	56	3	19	23	1290
Ramen (Seasonal)	Serving	Cal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Prot (g)	Sodium (mg)
Creamy Chicken Ramen	1 bowl	850	28	7	0	175	82	10	13	60	8990
Spicy Miso Ramen	1 bowl	840	36	11	0	80	89	11	15	34	9220
Tonkotsu Ramen	1 bowl	850	41	12	0	85	81	9	11	33	9480