

Bul Box Nutritional Information

Toppings	Serving Size	Cal.	Fat (g)	Sat. Fat (g)	Trans. (g)	Chol. (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Crab Salad	2oz	90	5	1	0	15	8	0	3	4	300
Pickled Ginger	2oz	10	0	0	0	0	4	0	0	0	480
Seaweed Salad	2oz	40	1.5	0	0	0	6	3	3	0	460
Cherry Tomatoes	2oz	15	0	0	0	0	3	0	2	0	35
Bean Salad	1oz	30	0.5	0	0	0	4	2	0	2	40
Potato Salad	2oz	80	4	0.5	0	5	11	0	0	1	240
Cucumber w/dill	2oz	5	0	0	0	0	1	0	0	0	190
Roasted Beets	2oz	30	0	0	0	0	6	2	5	0	125
Roasted Mixed Vegetables	2oz	45	1.5	0	0	0	7	1	4	0	60
Pickled Red Onions	1oz	10	0	0	0	0	3	0	2	0	220
Curryflower	2oz	45	3	0.5	0	0	3	1	1	1	15
Eggplant	2oz	30	0	0	0	0	7	1	4	0	160
Bok Choy	2oz	10	0	0	0	0	2	0	1	0	340
Broccoli	2oz	20	0	0	0	0	4	1	0	1	20
Avocado	2oz	90	8	1	0	0	5	4	0	1	0
Sweet Corn	2oz	45	0.5	0	0	0	10	1	3	2	105
Jalapeno	1oz	10	0	0	0	0	2	0	1	0	0
Kimchi	1oz	10	0	0	0	0	1	1	1	1	190
Egg	50g	70	5	1.5	0	205	0	0	0	6	65
Romaine Lettuce	2oz	10	0	0	0	0	2	1	0	0	0
Scallions	14g	0	0	0	0	0	1	0	0	0	0
Bahn Mi Pickles	2oz	20	0	0	0	0	4	1	3	0	210
Citrus Kale	2oz	110	7	1	0	0	15	0	13	0	970
Base	Serving Size	Cal.	Fat (g)	Sat. Fat (g)	Trans. (g)	Chol. (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Mixed Greens	4oz	15	0	0	0	0	5	2	0	1	35
Noodles with Vegetables	6oz	220	1	0	0	0	43	3	9	6	940
Kimchi Fried Rice	6oz	260	5	1	0	0	42	5	9	7	1300
Romaine Lettuce	4oz	20	0	0	0	0	4	2	1	1	10
Brown Rice	6oz	190	1.5	0	0	0	40	3	0	4	0
White Rice	6oz	220	0	0	0	0	48	0	0	5	0
Sauces	Serving Size	Cal.	Fat (g)	Sat. Fat (g)	Trans. (g)	Chol. (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Spicy Mayo	1oz	100	8	1	0	10	6	0	6	0	290
Thai Basil Aioli	1oz	150	16	3	0	0	1	0	0	0	15
Cusabi Dressing	1oz	160	17	2.5	0	5	2	0	0	0	280
Roasted Pepper Sauce	1oz	15	0.5	0	0	0	2	0	0	0	240
Peanut Curry Sauce	1oz	45	3.5	1	0	0	3	0	2	0	460
Sesame Dressing	1oz	130	11	1.5	0	10	6	0	5	0	380
Yum Yum Sauce	1oz	150	16	2.5	0	15	1	0	0	0	115
Maple Teriyaki Sauce	1oz	60	0	0	0	0	14	0	12	0	450
Gochujang	1oz	70	2	0	0	0	12	0	7	0	490
Proteins	Serving Size	Cal.	Fat (g)	Sat. Fat (g)	Trans. (g)	Chol. (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Spicy Tuna	4oz	120	1.5	0	0	50	0	0	0	26	60
Tuna	4oz	150	1.5	0	0	55	8	0	4	24	40
Salmon	4oz	170	7	1.5	0	60	5	0	4	24	135
Tofu	4oz	120	7	1.5	0	0	1	1	0	12	20
Thai Basil Chicken	4oz	190	3.5	1	0	130	2	0	1	36	100
Buldak Chicken	4oz	150	5	1	0	90	8	0	7	19	370
Ginger Chicken	4oz	280	12	3	0	75	21	0	12	23	470
Teriyaki Chicken	4oz	150	5	1	0	90	6	0	4	20	820
Bulgogi Beef	4oz	260	16	6	0	55	12	0	10	16	460
Garnishes	Serving Size	Cal.	Fat (g)	Sat. Fat (g)	Trans. (g)	Chol. (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Crushed Peanuts	10g	60	5	1	0	0	2	0	0	3	0
Crunch Rice	6g	25	0	0	0	0	0	0	5	0	0
Cilantro	9g	0	0	0	0	0	0	0	0	0	0
Sesame Seeds	3g	15	1.5	0	0	0	1	0	0	0	0
Signature Boxes (Base Not Included)	Serving Size	Cal.	Fat (g)	Sat. Fat (g)	Trans. (g)	Chol. (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Seoul Box	379g	500	30	9	0	260	36	5	28	26	1900
Tokyo Box	383g	500	26	4	0	105	44	4	29	24	1780
Shanghai Box	332g	540	29	6	0	95	38	4	28	26	1140
Thai Box	387g	530	31	6	0	130	22	5	13	41	1040
California Box	340g	490	33	5	0	10	32	8	20	17	1610
Poke Boxes (Base & Protein Not Included)	Serving Size	Cal.	Fat (g)	Sat. Fat (g)	Trans. (g)	Chol. (mg)	Carb. (g)	Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Malibu Poke	403g	500	24	3.5	0	10	63	8	45	8	2600
Kona Poke	539g	510	27	4	0	30	61	9	40	9	2930