

KORYO KOREAN BARBECUE	Nutritional Information															Allergens								
	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Potassium (%)	Calcium (%)	Iron (%)	Peanuts	Tree Nuts	Eggs	Fish / Shellfish	Soy	Wheat	Sulphites	Sesame Seeds	Mustard	
BBQ Plate (protein + rice)																								
BBQ Beef	285	450	14	6	0.4	80	1115	38	1	8	40	18	2	25					✓	✓			✓	
BBQ Chicken	285	380	7	2	0	160	1170	38	1	8	37	14	2	15					✓	✓			✓	
BBQ Beef & Chicken	285	410	10	4	0.2	120	1140	38	1	8	39	15	2	20					✓	✓			✓	
BBQ Short Rib	285	830	62	27	0.4	130	1190	38	1	8	28	18	2	20					✓	✓			✓	
BBQ Salmon	285	410	11	1.5	0	95	1080	38	1	8	37	12	2	15					✓	✓			✓	
The Triple Plate	370	740	41	17	0.2	185	1180	38	1	12	51	13	2	30					✓	✓			✓	
Grilled Shrimp Combos (protein + rice)																								
Grilled Shrimp	227	350	1.5	0.3	0	145	1650	39	1	7	19	4	6	4					✓	✓			✓	
Grilled Beef & Shrimp	227	400	5	2	0.2	100	1360	39	1	7	24	6	4	10					✓	✓			✓	
Grilled Chicken & Shrimp	227	380	2.5	0.5	0	115	350	39	1	7	24	5	4	6					✓	✓			✓	
Bowls (protein + rice)																								
BBQ Beef	198	310	7	3	0.2	40	650	38	1	0	22	9	1	11					✓	✓			✓	
BBQ Chicken	198	270	4	1	0	38	720	38	1	0	20	7	1	7					✓	✓			✓	
Grilled Shrimp	170	210	1	0.1	0	70	330	39	1	0	11	2	3	3					✓	✓			✓	
Sides																								
Kimchi	227	35	1	0.2	0	0	1130	5	3	2	2	2	6	40					✓	✓			✓	
Glazed Garlic Potato	227	310	15	2	0.3	10	680	41	3	8	4	5	2	15					✓	✓			✓	
Tofu	227	160	12	1.5	0.1	0	560	4	0	1	12	2	45	60					✓					
Japchae	227	300	8	0.5	0.1	0	1210	53	2	7	4	0	2	2					✓	✓			✓	
broccoli & carrot (cold)	227	110	5	0.4	0.1	0	890	15	4	5	5	4	8	10					✓					
pickled cucumber	227	45	0	0	0	0	1510	15	8	8	0	0	0	0					✓				✓	
green beans	227	110	5	1	0	0	150	16	6	7	4	15	6	13					✓				✓	
steam rice	227	370	0	0	0	0	0	86	0	0	7	0	0	0										
Dumplings	54	90	2.5	0.2	0	10	180	12	1	2	4	0	1	7					✓	✓			✓	
pasta salad	227	300	6	1	0	10	210	55	4	4	9	3	4	14					✓	✓			✓	
spring roll	50	110	4	1.5	0	10	150	13	1	4	4	0	1	4					✓	✓			✓	
Sandwiches																								
BBQ Beef Sandwich	268	440	8	3.5	0.1	45	960	71	3	21	20	13	3	22					✓	✓			✓	
Thunder Crunch Chicken Sandwich	340	700	33	7	0.3	85	1650	83	7	24	22	8	6	35					✓	✓			✓	
Bibimbap																								
Beef	480	620	8	1.5	0	175	980	120	8	23	21	16	8	17					✓	✓			✓	
Chicken	480	590	6	1.5	0	225	1020	98	8	23	18	22	8	19					✓	✓			✓	
Salmon	480	610	16	3.5	0	220	740	85	7	16	35	24	8	14					✓	✓			✓	
Vegetarian	360	460	7	1.5	0	175	690	85	7	16	18	15	8	14					✓	✓			✓	
Udon Soup																								
Beef	735	510	13	4	0	40	940	59	6	6	21	41	8	25					✓	✓			✓	
Chicken	735	420	4	0.5	0	30	930	59	6	6	19	40	8	17					✓	✓			✓	
Grilled Shrimp	735	380	3.5	0.4	0	40	1070	60	6	6	17	37	10	14					✓	✓			✓	
Dumplings	720	430	5	0.3	0	10	1060	69	6	8	15	35	8	14					✓	✓			✓	
Vegetarian	670	360	3	0.3	0	0	900	59	6	6	7	35	8	14					✓	✓			✓	
Egg	728	420	7	1.5	0	175	960	59	6	6	23	35	8	14					✓	✓			✓	
K-BAP																								
Korean Fried Chicken K-BAP	354	680	20	3	0.3	55	1150	105	3	13	23	12	2	13					✓	✓	✓		✓	
K-BAP MANDOO Dumplings (veggie)	390	480	13	1	0.1	20	1570	77	4	11	12	0	4	16					✓	✓			✓	
Beef Bulgggi K-BAP	370	760	34	6	0.5	55	1570	74	2	14	35	13	2	17					✓	✓			✓	
K-BAP MANDOO Dumplings (Beef Bulgo	390	570	15	1	0.1	30	1750	89	5	23	16	0	5	23					✓	✓			✓	
K-Fries																								
Kimchi Fries (small)	211	550	41	7	0.2	0	720	43	4	0	5	1	1	4					✓	✓			✓	
Kimchi Fries (large)	422	1100	82	14	0.4	0	1440	86	8	0	10	2	2	8					✓	✓			✓	
BBQ Beef Fries (small)	310	770	55	11	0.4	35	1480	50	5	5	21	5	8	10					✓	✓			✓	
BBQ Beef Fries (large)	620	1440	110	22	1	70	2960	100	10	10	42	10	16	20					✓	✓			✓	
Fried Chicken Fries (small)	257	670	47	9	0.2	35	1110	52	5	1	15	3	6	4					✓	✓			✓	
Fried Chicken Fries (large)	514	1340	94	18	0.5	70	2220	104	10	2	30	6	12	8					✓	✓			✓	