

NUTRITION INFORMATION



last update: 28/02/19

	Serving Size (g)	Calories	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (g)
COMPLETE SIGNATURE KOREAN BOWLS WITH SAUCE/WITHOUT BASE											
Korean BBQ Chicken	268.5	431.8	24.8	5.3	0.2	0.1	28.1	3.6	13.6	14.3	1.2
Spicy Pork	287.0	409.0	27.4	5.3	0.3	0.0	34.0	3.5	19.3	16.9	1.1
Beef Bulgogi	267.5	329.9	12.5	2.6	0.0	0.0	37.3	5.3	6.2	27.0	1.8
Panko Organic Tofu	263.0	424.7	29.0	4.9	0.2	0.0	23.9	7.4	8.0	23.4	0.9
COMPLETE SIGNATURE POKE BOWLS WITH SAUCE/WITHOUT BASE											
Classic Salmon	251.0	457.5	31.2	7.3	0.2	0.1	17.1	3.5	6.8	23.4	0.6
Ahi Tuna	258.0	381.7	19.3	4.5	0.2	0.1	20.3	5.0	7.0	29.0	1.0
Hot Mix	256.0	348.1	20.1	3.9	0.2	0.1	11.5	5.0	5.0	26.0	1.0
Veggie	260.0	314.4	25.3	4.0	0.2	0.0	23.7	8.9	3.7	4.4	0.3
BASES											
Purple Rice	200.0	237.0	1.7	0.3	0.0	0.0	49.9	1.2	0.0	5.6	0.0
Sushi Rice	200.0	237.0	0.0	0.0	0.0	0.0	53.3	0.0	0.0	3.0	0.0
Quinoa	200.0	222.2	3.7	0.7	0.0	0.0	44.4	4.4	0.0	8.9	0.0
Zucchini Noodles	165.0	28.1	0.5	0.2	0.0	0.0	5.1	1.7	4.1	2.0	0.0
Spring Mix	65.0	15.3	0.0	0.0	0.0	0.0	2.3	1.5	0.0	1.5	0.1
PROTEINS											
Korean BBQ Chicken	115.0	165.4	6.1	1.1	0.0	0.1	7.6	0.0	6.1	18.3	0.7
Beef Bulgogi	115.0	194.9	9.8	2.3	0.0	0.0	4.0	0.6	1.7	20.1	1.2
Spicy Pork	115.0	193.0	11.7	1.2	0.1	0.0	16.1	1.3	10.7	14.6	0.8
Panko Organic Tofu	104.0	248.9	17.5	3.1	0.0	0.0	9.3	4.1	2.8	19.7	0.1
Salmon	90.0	187.2	11.7	2.8	0.0	0.0	0.0	0.0	0.0	18.0	0.1
Ahi Tuna	90.0	98.1	0.5	0.2	0.0	0.0	0.0	0.0	0.0	21.6	0.0
Hot Mix	90.0	142.7	6.1	1.5	0.0	0.0	0.0	0.0	0.0	19.8	0.0
Avocado	95.0	152.0	14.3	2.0	0.0	0.0	8.6	6.7	0.7	1.9	0.0
TOPPINGS											
Purple Slaw	45.0	33.6	2.1	0.2	0.0	0.0	3.5	0.8	2.0	0.7	0.2
Pickled Carrot & Daikon	45.0	23.7	0.0	0.0	0.0	0.0	8.0	1.0	0.0	1.0	0.0
Edamame	35.0	42.7	1.8	0.2	0.0	0.0	3.5	1.8	0.8	3.9	0.0
Kimchi	40.0	14.3	0.0	0.0	0.0	0.0	1.4	1.4	1.4	1.4	0.3
Pineapple Salsa	40.0	20.0	0.0	0.0	0.0	0.0	5.2	0.6	4.0	0.2	0.0
Cucumber	50.0	22.5	0.0	0.0	0.0	0.0	5.5	1.0	2.5	1.0	0.0
Pickled Beets	40.0	8.0	0.0	0.0	0.0	0.0	1.9	0.3	1.6	0.3	0.0
Corn	40.0	25.6	0.3	0.1	0.0	0.0	5.1	0.6	1.0	0.6	0.0
Wakame (seaweed salad)	45.0	40.2	0.8	0.2	0.0	0.0	4.8	1.6	3.2	1.6	0.6
Avocado	95.0	152.0	14.3	2.0	0.0	0.0	8.6	6.7	0.7	1.9	0.0
GARNISHES											
Cilantro	2.0	0.5	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
Pickled Ginger	10.0	1.7	0.0	0.0	0.0	0.0	0.3	0.3	0.0	0.0	0.1
Jalapenos	10.0	2.8	0.0	0.0	0.0	0.0	0.7	0.3	0.4	0.1	0.0
Kale	8.0	3.9	0.1	0.0	0.0	0.0	0.7	0.1	0.0	0.3	0.0
Green Onions	4.0	1.3	0.0	0.0	0.0	0.0	0.3	0.1	0.1	0.1	0.0
Crispy Onions	10.0	64.0	5.0	2.0	0.0	0.0	4.0	0.0	0.0	0.0	0.0
Nori	1.0	10.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sesame Seeds	1.5	8.6	0.8	0.1	0.0	0.0	0.3	0.2	0.0	0.3	0.0

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SAUCES											
Gochujang (v)	25.0	44.0	0.2	0.0	0.0	0.0	21.3	0.4	2.2	0.5	0.3
Miso Sesame (gf)	20.0	96.6	9.0	1.5	0.1	0.0	3.5	0.2	0.7	0.5	0.2
Spicy Mayo (gf)	20.0	111.5	12.3	2.2	0.2	0.0	0.0	0.0	0.0	0.1	0.1
Citrus Cilantro (gf)	20.0	98.0	10.6	1.9	0.2	0.0	0.3	0.0	0.1	0.2	0.1
Ginger Ponzu (gf/v)	30.0	36.7	0.0	0.0	0.0	0.0	11.5	0.0	0.6	0.3	0.7
Hoisin Ginger (v)	20.0	64.9	0.0	0.0	0.0	0.0	16.2	0.0	12.9	0.7	0.7
Low Sodium Soy Sauce (v)	30.0	20.0	0.0	0.0	0.0	0.0	2.0	0.0	2.0	2.0	1.2
Sriracha (gf/v)	15.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
COMPLETE BAOS WITHOUT SAUCE											
Korean BBQ Chicken	147.0	246.9	5.8	1.1	0.0	0.0	33.8	1.9	9.2	12.1	0.4
Spicy Pork	147.0	260.0	8.4	1.1	0.1	0.0	37.8	2.5	11.4	10.3	0.5
Beef Bulgogi	147.0	261.0	7.5	1.7	0.0	0.0	32.0	2.1	7.1	12.9	0.6
Panko Organic Tofu	144.0	292.1	11.5	1.4	0.0	0.0	44.7	1.9	7.1	13.1	0.7
BAO SAUCES											
Hoisin Ginger	5.0	16.2	0.0	0.0	0.0	0.0	4.1	0.0	3.2	0.2	0.2
Spicy Mayo	5.0	27.9	3.1	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Sriracha	5.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1

** Nutritional information may vary due to changes in the growing seasons and locations our products come from, different suppliers, and slight variations in our recipes and serving portions. We may update the nutritional information from time to time.

