



# NUTRITION FACTS & ALLERGENS LIST

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# STARTERS

Menu Item	Units (oz)	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Korean Taco (Spicy Chicken)	16.6	960	500	56	12	0	215	2520	70	4	18	37
Korean Taco (Bulgogi)	14.7	950	580	64	17	1	135	2020	57	3	11	31
Slider (Bulgogi)	14.9	930	440	49	15	2	135	1810	77	5	19	40
Slider (Chicken)	14.4	1130	490	55	10	0	125	2490	101	5	24	52
Pork Buns	8	790	620	69	20	0	105	1000	25	9	9	12
Salmon Avocado Ball	13	970	600	67	10	0	160	2020	56	6	16	26
Pork Potstickers SOY GARLIC	7.9	744	354	43	10	1	45	1876	82	3	21	17
Pork Potsickers SPICY	8	725	354	43	10	1	45	1785	82	3	20	17
Pork Potstickers SOY GARLIC	6	558	266	32	8	1	34	1407	62	2	16	13
Pork Potsickers SPICY	6	544	266	32	8	1	34	1339	62	2	15	13
Vegetable Potstickers SOY GARLIC	7	354	212	15	3	1	36	975	65	3	18	11
Vegetable Potsickers SPICY	7	334	187	13	2	1	31	869	65	3	17	11
Vegetable Potstickers SOY GARLIC	5.3	298	186	11	1	1	24	727	46	2	14	8
Vegetable Potsickers SPICY	5	276	163	13	1	1	21	685	46	2	13	8
Takoyaki	8.1	342	164	23	7	0	25	588	35	7	8	10
Popcorn Shrimp	12	890	430	47	6	0	225	2130	76	3	3	38
Shrimp Shumai (Steamed)	7	470	270	30	8	0	70	910	38	1	12	14
Shrimp Shumai (Fried)	7	321	270	30	6	1	68	910	38	1	12	14
Edamame	4	270	110	12	2	0	0	930	20	12	5	27

# SIDES

Menu Item	Units (oz)	Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Seasoned Fries	8	430	130	14	4	0	10	970	66	6	1	10
French Fries	8	360	125	12	3	0	10	865	64	5	1	9
Seasoned Zucchini Fries	8	532	230	28	6	0	34	1333	63	3	5	13
Zucchini Fries	8	474	187	23	3	0	20	1133	63	3	5	8
Onion Rings	8	680	290	32	5	0	0	1350	92	5	12	10
Fried Pickles	8	599	302	34	5	0	20	2885	63	3	3	9
Miso Soup	8	20	5	1	0	0	0	290	1	0	1	2
Kimchi	8	67	2	0	0	0	0	624	13	7	3	4
Coleslaw	6	120	90	10	2	0	20	125	5	2	1	1
Kimchi Coleslaw	6	120	60	7	1	0	10	990	10	2	6	2
Steamed Rice	8	398	0	1	0	0	0	7	90	3	2	8
Pickled Radish	4	15	0	0	0	0	0	35	3	1	2	1

# MAIN DISHES

Menu Item	Units (oz)	Calories (kcal)	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Tteokbokki	30.4	980	160	18	8	0	45	2780	174	8	29	32
Chicken Katsu	20.6	1319	600	67	12	0	143	672	115	8	32	65
Bull Dak	46	2610	1320	149	30	0	385	3780	215	15	45	99
Bonchon Wrap (Chicken)	14.4	1080	570	64	11	0	95	1650	82	5	9	49
Bonchon Wrap (Bulgogi)	13	770	360	40	8	0	100	1120	60	5	4	43
Bibimbap	21.5	785	275	31	5	0	179	1903	107	12	23	14
+ <b>SOY</b> Chicken	26.4	919	304	34	6	0	229	2692	116	13	33	26
+ <b>SPICY</b> Chicken	27.7	970	340	38	7	0	245	2820	127	12	34	27
+ Tofu	21.7	800	300	34	6	0	185	1930	110	11	25	14
+ Bulgogi	23.4	949	376	42	10	1	223	2227	106	12	26	29
+ Seafood	24.6	885	282	32	5	0	352	2764	107	12	22	34
<b>House Fried Rice</b>	<b>21.5</b>	<b>1168</b>	<b>657</b>	<b>75</b>	<b>13</b>	<b>0</b>	<b>369</b>	<b>2126</b>	<b>102</b>	<b>6</b>	<b>24</b>	<b>24</b>
+ Chicken	24.5	1321	714	81	14	0	453	2242	105	6	25	45
+ Bulgogi	24.5	1379	781	87	18	1	424	2533	109	6	28	39
+ Seafood	25.7	1323	703	79	14	0	540	3022	110	6	25	44
+ Kimchi Bacon	25.5	1480	861	96	20	0	431	3369	108	6	27	44
<b>Japchae</b>	<b>15.3</b>	<b>887</b>	<b>353</b>	<b>39</b>	<b>9</b>	<b>1</b>	<b>43</b>	<b>2322</b>	<b>115</b>	<b>5</b>	<b>25</b>	<b>22</b>
<b>Bulgogi</b>	<b>32.2</b>	<b>1940</b>	<b>1210</b>	<b>136</b>	<b>35</b>	<b>4</b>	<b>195</b>	<b>1620</b>	<b>108</b>	<b>10</b>	<b>25</b>	<b>79</b>

# SALADS & SOUP

Menu Item	Units (oz)	Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sesame Ginger Salad	8.1	475	280	24	4	0	0	185	23	2	6	8
+ Tofu	11.1	530	350	39	6	0	0	280	33	6	28	15
+ Chicken	14.3	1030	600	67	10	0	85	980	60	3	31	44
+ Salmon	13.4	820	490	54	8	0	60	1380	45	6	26	36
Caesar Salad	6.3	380	280	31	9	0	45	1200	15	2	3	12
+ Chicken	8.1	550	370	41	10	0	57	1400	23	2	5	25
Udon Noodle Soup	33.3	480	20	2	0	0	0	4300	94	8	18	24
+ Egg	35	580	28	10	0	0	2	4323	95	8	18	32
+ Bulgogi	36	683	68	13	0	0	2	4565	95	8	18	39
+ Seafood	36	595	32	3	0	0	2	4326	95	8	18	44

# SIGNATURE FRIED CHICKEN

Menu Item	Units (pcs)	Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Small Wings <b>SPICY</b>	8	640	400	43	9	0	131	822	14	0	4	45
Medium Wings <b>SPICY</b>	16	1280	800	86	18	0	262	1645	29	0	8	90
Large Wings <b>SPICY</b>	24	2560	1600	173	35	0	525	3290	58	0	16	179
Small Wings <b>SPICY</b>	10	800	500	54	11	0	164	1028	18	0	5	56
Medium Wings <b>SPICY</b>	20	1600	1000	108	22	0	328	2056	36	0	10	112
Large Wings <b>SPICY</b>	30	2400	1500	162	33	0	492	3084	54	0	15	168
Small Drumsticks <b>SPICY</b>	4	766	534	59	12	0	239	766	12	0	3	56
Medium Drumsticks <b>SPICY</b>	8	1531	1067	118	24	0	478	1531	24	0	6	112
Large Drumsticks <b>SPICY</b>	12	2297	1601	178	36	0	718	2345	36	0	14	168
Small Drumsticks <b>SPICY</b>	5	957	667	74	15	0	229	957	15	0	4	70
Medium Drumsticks <b>SPICY</b>	10	1914	1334	148	30	1	598	1914	30	0	8	140
Large Drumsticks <b>SPICY</b>	15	2871	2001	222	45	2	897	2871	45	0	12	210
Small Strips <b>SPICY</b>	8	925	54	54	10	0	158	1054	41	0	9	73
Medium Strips <b>SPICY</b>	16	1850	109	109	19	1	315	2109	82	0	18	146
Large Strips <b>SPICY</b>	24	2774	163	163	29	1	473	3163	122	0	26	218
Small Strips <b>SPICY</b>	10	1156	68	68	12	1	197	1318	51	0	11	91
Medium Strips <b>SPICY</b>	20	2312	136	136	24	1	394	2636	102	0	22	182

Menu Item	Units (pcs)	Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Large Strips <b>SPICY</b>	30	3468	204	204	36	2	591	3954	153	0	33	273
Small Boneless <b>SPICY</b>	10	1474	733	85	14	0	197	3456	98	0	1	170
Medium Boneless <b>SPICY</b>	20	2968	1476	170	28	0	397	6960	197	0	3	171
Large Boneless <b>SPICY</b>	30	4453	2214	255	43	0	595	10440	295	0	4	256
Small Boneless <b>SPICY</b>	12	1768	879	101	17	0	236	4147	117	0	2	204
Medium Boneless <b>SPICY</b>	24	3537	1759	203	34	0	473	8294	235	0	3	409
Large Boneless <b>SPICY</b>	36	5305	2638	304	51	0	709	12441	352	0	5	613
Small Combo <b>SPICY</b>	6	703	467	51	10	0	185	794	13	0	4	50
Medium Combo <b>SPICY</b>	12	1406	934	102	21	0	370	1588	26	0	7	101
Large Combo <b>SPICY</b>	18	2108	1400	154	31	0	556	2382	40	0	11	151
Small Combo <b>SPICY</b>	9	767	500	55	11	0	188	904	11	0	4	55
Medium Combo <b>SPICY</b>	15	1279	834	91	19	0	313	1506	18	0	7	91
Large Combo <b>SPICY</b>	23	2157	1417	155	32	0	545	2499	27	0	12	154
Small Wings <b>SOY GARLIC</b>	8	680	400	43	9	0	131	836	14	0	6	45
Medium Wings <b>SOY GARLIC</b>	16	1360	800	86	18	0	262	1672	29	0	11	90
Large Wings <b>SOY GARLIC</b>	24	2040	1200	130	26	0	394	2508	43	0	17	134
Small Wings <b>SOY GARLIC</b>	10	850	500	54	11	0	164	1045	18	0	7	56
Medium Wings <b>SOY GARLIC</b>	20	1700	1000	108	22	0	328	2090	36	0	14	112
Large Wings <b>SOY GARLIC</b>	30	2550	1500	162	33	0	492	3135	54	0	21	168
Small Drumsticks <b>SOY GARLIC</b>	4	806	534	59	12	0	239	782	12	0	5	56



Menu Item	Units (pcs)	Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Medium Drumsticks SOY GARLIC	8	1611	1067	118	24	0	478	1563	24	0	10	112
Large Drumsticks SOY GARLIC	12	2417	1601	178	36	0	718	2345	36	0	14	168
Small Drumsticks SOY GARLIC	5	1007	667	74	15	0	299	977	15	0	6	70
Medium Drumsticks SOY GARLIC	10	2014	1334	148	30	1	598	1954	30	0	12	140
Large Drumsticks SOY GARLIC	15	3021	2001	222	45	2	897	2931	45	0	18	210
Small Strips SOY GARLIC	8	943	54	54	10	0	158	1078	41	0	10	73
Medium Strips SOY GARLIC	16	1886	109	109	19	1	315	2155	82	0	21	9
Large Strips SOY GARLIC	24	2830	163	163	29	1	473	3233	122	0	31	218
Small Strips SOY GARLIC	10	1179	68	68	12	1	197	1347	51	0	13	91
Medium Strips SOY GARLIC	20	2358	136	136	24	1	394	2694	102	0	26	182
Large Strips SOY GARLIC	30	3537	204	204	36	2	591	4041	153	0	39	273
Small Boneless SOY GARLIC	10	1473	733	84	14	0	197	3520	98	0	2	170
Medium Boneless SOY GARLIC	20	2966	1475	170	28	0	397	7088	197	0	3	171
Large Boneless SOY GARLIC	30	4449	2213	255	43	0	595	10631	295	0	5	256
Small Boneless SOY GARLIC	12	1776	864	101	17	0	252	4223	117	0	2	204
Medium Boneless SOY GARLIC	24	3552	1728	203	34	0	504	8447	234	0	4	409
Large Boneless SOY GARLIC	36	5328	2592	304	51	0	756	12670	351	0	6	613
Small Combo SOY GARLIC	6	743	467	51	10	0	185	809	13	0	5	50
Medium Combo SOY GARLIC	12	1486	537	62	16	4	195	1035	21	4	11	63
Large Combo SOY GARLIC	18	2228	1400	154	31	0	556	2426	40	0	16	151

Menu Item	Units (pcs)	Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Small Combo SOY GARLIC	9	812	500	54	11	0	188	920	11	0	6	55
Medium Combo SOY GARLIC	15	1354	833	91	19	0	313	1534	18	0	10	91
Large Combo SOY GARLIC	23	2883	1600	120	39	0	390	3135	54	0	22	126

# MOCHI

Flavors	Units (pcs)	Calories (kcal)	Calories from fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Azuki Red Bean	1	110	55	6	2.5	0	20	40	23	0	14	1
Black Sesame	1	120	35	4	2.5	0	20	25	20	0	14	1
Cinnamon Eggnog	1	120	35	4	2.5	0	20	25	20	0	14	1
Double Chocolate Chip	1	130	40	4	2.5	0	20	25	20	0	14	1
Frothy Chocolate	1	110	30	3.5	2.5	0	20	25	20	0	14	1
Ginger Zing	1	120	35	4	2.5	0	20	25	20	0	14	1
Hazelnut Crunch	1	120	35	4	2.5	0	20	25	20	0	14	1
Lychee Colada	1	120	35	4	2.5	0	20	25	20	0	14	1
Mandarin Orange Cream	1	110	35	3.5	2.5	0	20	25	20	0	13	1
Mango Thai Basil	1	120	35	4	2.5	0	20	25	20	0	14	1
Matcha Green Tea	1	110	30	3.5	2.5	0	20	25	20	0	14	1
Matcha Green Tea Chocolate Chip	1	110	55	6	2.5	0	20	25	23	0	14	1
Meyer Lemon Poppy Seed	1	110	35	3.5	2.5	0	20	25	20	0	13	1
Mochaccino Chip	1	110	55	6	2.5	0	20	25	23	0	14	1
Passion-fruit	1	110	35	3.5	2.5	0	20	25	20	0	13	1
Pumpkin Cheesecake	1	120	35	4	2.5	0	20	25	20	0	14	1
Raspberry White Chocolate Crunch	1	110	55	6	2.5	0	20	25	23	0	14	1
Salted Caramel	1	110	35	4	2.5	0	20	60	20	0	14	1
Strawberry	1	110	55	6	2.5	0	20	25	23	0	14	1
Thai Ice Tea	1	110	30	3.5	2.5	0	20	25	20	0	14	1
Toasted Coconut	1	120	35	4	2.5	0	20	25	20	0	14	1
Vanilla Chocolate Chip	1	110	55	6	2.5	0	20	20	23	0	14	1
Yuzu Mojito	1	110	68	7	24	0	29	68	20	0	16	1

# FOOD ALLERGENS

	PEANUT	TREE NUT	MILK	DAIRY	EGGS	GRAIN	WHEAT	SOY	SHELLFISH	SEAFOOD	PORK	BEEF	CHICKEN	MSG	HFC	ART. SUGAR	VEGETARIAN	KOSHER	HALAL	SESAME SEED / OIL
<b>STARTERS</b>																				
Korean Taco (Bulgogi)				•	•	•	•	•	•			•			•			NO	NO	•
Korean Taco (Spicy Chicken)				•	•	•	•	•					•	•	•	•		NO	NO	•
Slider (Bulgogi)						•	•	•	•			•		•	•	•		NO	NO	•
Slider (Crispy Chicken)						•	•	•					•	•	•	•		NO	NO	•
Pork Belly Buns	***	***			•	•	•	•			•			•	•	•		NO	NO	•
Salmon Avocado Ball					•	•	•			•				•		•		NO	NO	•
Pork Potstickers	***	***				•	•	•	•		•			•	•	•		NO	NO	
Vegetable Postickers	***	***				•	•	•								•	•	NO	NO	
Popcorn Shrimp			•	•	•	•	•	•	•	•								NO	NO	•
Popcorn Chicken					•	•	•	•					•	•						
Shrimp Shumai					•	•	•	•	•	•	•			•	•			NO	NO	
Takoyaki	***	***			•	•	•	•	•	•				•				NO	NO	
Edamame								•									•	NO	NO	
<b>SIDES</b>																				
Seasoned French Fries			•	•				•									•	NO	NO	
French Fries								•									•	NO	NO	
Seasoned Zucchini Fries			•	•		•	•	•						•			•	NO	NO	•
Zucchini Fries						•	•	•						•			•	NO	NO	•
Fried Pickles						•	•	•						•			•	NO	NO	•
Onion Rings					•	•	•	•						•			•	NO	NO	
Pickled Radish															•	•	•	NO	NO	
Kimchi										•								NO	NO	
Coleslaw					•											•	•	NO	NO	
Kimchi Coleslaw					•					•						•	•	NO	NO	
Steamed Rice						•											•	NO	NO	
Miso Soup						•		•									•	NO	NO	

\*\*\*DENOTES ITEMS MANUFACTURED IN FACILITIES USING PEANUT OIL

	PEANUT	TREE NUT	MILK	DAIRY	EGGS	GRAIN	WHEAT	SOY	SHELLFISH	SEAFOOD	PORK	BEEF	CHICKEN	MSG	HFC	ART. SUGAR	VEGETARIAN	KOSHER	HALAL	SESAME SEED / OIL
<b>MAIN DISHES</b>																				
Tteokbokki			•	•	•	•	•	•		•				•		•		NO	NO	•
Chicken Katsu					•	•	•	•					•		•			NO	NO	•
Bull Dak			•	•		•	•	•					•	•	•	•		NO	NO	•
Bonchon Wrap (Chicken)				•	•	•	•	•					•	•	•			NO	NO	•
Bonchon Wrap (Bulgogi)				•	•	•	•	•	•		•			•	•			NO	NO	•
Bibimbap (Tofu)					•	•	•	•									•	NO	NO	•
Bibimbap (Spicy Chicken)					•	•	•	•					•	•	•	•		NO	NO	•
Bibimbap (Seafood)					•	•	•	•	•	•								NO	NO	•
Bibimbap (Bulgogi)					•	•	•	•	•		•					•		NO	NO	•
House Fried Rice (Plain)					•	•	•	•						•	•	•	•	NO	NO	•
House Fried Rice (Seafood)					•	•	•	•	•	•				•	•	•		NO	NO	•
House Fried Rice (Chicken)					•	•	•	•					•	•	•	•		NO	NO	•
House Fried Rice (Bulgogi)					•	•	•	•	•		•			•	•	•		NO	NO	•
House Fried Rice (Kimchi Bacon)					•	•	•	•		•	•			•	•	•		NO	NO	•
Bulgogi								•	•			•						NO	NO	•
Japchae	***	***			•	•	•	•				•		•	•	•	•	NO	NO	•

\*\*\*DENOTES ITEMS MANUFACTURED IN FACILITIES USING PEANUT OIL

	PEANUT	TREE NUT	MILK	DAIRY	EGGS	GRAIN	WHEAT	SOY	SHELLFISH	SEAFOOD	PORK	BEEF	CHICKEN	MSG	HFC	ART. SUGAR	VEGETARIAN	KOSHER	HALAL	SESAME SEED / OIL
<b>SALADS &amp; SOUP</b>																				
Sesame Ginger Salad (Plain)		•				•	•	•							•		•	NO	NO	•
Sesame Ginger Salad (Tofu)		•				•	•	•							•		•	NO	NO	•
Sesame Ginger Salad (Chicken)		•				•	•	•					•		•			NO	NO	•
Sesame Ginger Salad (Salmon)		•				•	•	•		•					•			NO	NO	•
Caesar Salad (Plain)			•	•	•	•	•	•		•							•	NO	NO	
Caesar Salad (Chicken)			•	•	•	•	•	•		•			•					NO	NO	
Udon (Plain)	***	***			•	•	•	•		•				•			•	NO	NO	
Udon (Egg)	***	***			•	•	•	•		•				•			•			
Udon (Bulgogi)	***	***			•	•	•	•	•	•				•						
Udon (Seafood)	***	***			•	•	•	•	•	•				•						
<b>SIGNATURE FRIED CHICKEN</b>																				
Chicken Wings						•	•	•					•	•	•	•		NO	NO	
Chicken Drumsticks						•	•	•					•	•	•	•		NO	NO	
Chicken Strips						•	•	•					•	•	•	•		NO	NO	
Chicken Boneless Wings						•	•	•					•	•	•	•		NO	NO	
<b>BONCHON SIGNATURE SAUCES</b>																				
Bonchon Hot Sauce						•	•	•						•	•	•	•	NO	NO	
Bonchon Soy Garlic Sauce						•	•	•						•	•	•	•	NO	NO	

\*\*\*DENOTES ITEMS MANUFACTURED IN FACILITIES USING PEANUT OIL