

NUTRITION FACTS

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 <i>SPICY</i>	10	800	500	54	11	0	164	1028	18	0	5	56
Medium Wings <i>SPICY</i>	20	1600	1000	108	22	0	328	2056	36	0	10	112
Large Wings <i>SPICY</i>	30	2400	1500	162	33	0	492	3084	54	0	15	168
Small Drumsticks <i>SPICY</i>	5	957	667	74	15	0	229	957	15	0	4	70
Medium Drumsticks <i>SPICY</i>	10	1914	1334	148	30	1	598	1914	30	0	8	140
Large Drumsticks <i>SPICY</i>	15	2871	2001	222	45	2	897	2871	45	0	12	210
Small Boneless <i>SPICY</i>	10	1474	733	85	14	0	197	3456	98	0	1	170
Medium Boneless <i>SPICY</i>	20	2968	1476	170	28	0	397	6960	197	0	3	171
Large Boneless <i>SPICY</i>	30	4453	2214	255	43	0	595	10440	295	0	4	256
Small Combo <i>SPICY</i>	9	767	500	55	11	0	188	904	11	0	4	55
Medium Combo <i>SPICY</i>	15	1279	834	91	19	0	313	1506	18	0	7	91
Large Combo <i>SPICY</i>	23	2157	1417	155	32	0	545	2499	27	0	12	154
Small Wings <i>SOY GARLIC</i>	10	850	500	54	11	0	164	1045	18	0	7	56
Medium Wings <i>SOY GARLIC</i>	20	1700	1000	108	22	0	328	2090	36	0	14	112
Large Wings <i>SOY GARLIC</i>	30	2550	1500	162	33	0	492	3135	54	0	21	168
Small Drumsticks <i>SOY GARLIC</i>	5	806	534	59	12	0	239	782	12	0	5	56
Medium Drumsticks <i>SOY GARLIC</i>	10	2014	1334	148	30	1	598	1954	30	0	12	140
Large Drumsticks <i>SOY GARLIC</i>	15	3021	2001	222	45	2	897	2931	45	0	18	210
Small Boneless <i>SOY GARLIC</i>	10	1473	733	84	14	0	197	3520	98	0	2	170
Medium Boneless <i>SOY GARLIC</i>	20	2966	1475	170	28	0	397	7088	197	0	3	171
Large Boneless <i>SOY GARLIC</i>	30	4449	2213	255	43	0	595	10631	295	0	5	256
Small Combo <i>SOY GARLIC</i>	9	812	500	54	11	0	188	920	11	0	6	55
Medium Combo <i>SOY GARLIC</i>	15	1354	833	91	19	0	313	1534	18	0	10	91
Large Combo <i>SOY GARLIC</i>	23	2883	1600	120	39	0	390	3135	54	0	22	126
Small Combo <i>SOY GARLIC</i>	6	743	467	51	10	0	185	809	13	0	5	50
Medium Combo <i>SOY GARLIC</i>	12	1486	537	62	16	4	195	1035	21	4	11	63
Large Combo <i>SOY GARLIC</i>	18	2228	1400	154	31	0	556	2426	40	0	16	151

ALLERGENS LIST

	PEANUT	TREE NUT	MILK	DAIRY	EGGS	GRAIN	WHEAT	SOY	SHELLFISH	SEAFOOD	PORK	BEEF	CHICKEN	MSG	HFC	ART. SUGAR	VEGETARIAN	KOSHER	HALAL
SIGNATURE FRIED CHICKEN																			
Chicken Wings						*	*	*					*	*	*	*		NO	NO
Chicken Drumsticks						*	*	*					*	*	*	*		NO	NO
Chicken Strips						*	*	*					*	*	*	*		NO	NO
Chicken Boneless Wings						*	*	*					*	*	*	*		NO	NO
STARTERS																			
Popcorn Shrimp			*	*	*	*	*	*	*					*	*	*		NO	NO
Shrimp Shumai					*	*	*	*	*	*				*	*	*		NO	NO
Potstickers	***	***	*	*	*	*	*	*	*				*	*	*	*		NO	NO
Takoyaki	***	***	*	*	*	*	*	*	*	*			*	*	*	*		NO	NO
Salmon Avocado Ball					*	*	*	*	*	*				*	*	*		NO	NO
Bulgogi Slider					*	*	*	*	*	*		*		*	*	*		NO	NO
Crispy Chicken Slider			*	*	*	*	*	*	*	*			*	*	*	*		NO	NO
Edamame								*	*	*				*	*	*	YES	NO	NO
Onion Rings					*	*	*	*	*	*				*	*	*	YES	NO	NO
Tteokbokki			*	*	*	*	*	*	*	*			*	*	*	*		NO	NO
Korean Taco (Bulgogi)					*	*	*	*	*	*		*		*	*	*		NO	NO
Korean Taco (Spicy Chicken)					*	*	*	*	*	*			*	*	*	*		NO	NO
Pork Belly Buns	***	***			*	*	*	*	*	*		*		*	*	*		NO	NO
MAIN DISHES																			
Bibimbap (Tofu)					*	*	*	*	*	*							YES	NO	NO
Bibimbap (Spicy Chicken)					*	*	*	*	*	*			*	*	*	*		NO	NO
Bibimbap (Seafood)					*	*	*	*	*	*	*							NO	NO
Bibimbap (Bulgogi)					*	*	*	*	*	*			*	*	*	*		NO	NO
Bulgogi					*	*	*	*	*	*			*	*	*	*		NO	NO
Japchae	***	***			*	*	*	*	*	*		*		*	*	*	YES*** NO PROTEIN	NO	NO
Chicken Katsu					*	*	*	*	*	*			*	*	*	*		NO	NO
House Fried Rice (Plain)					*	*	*	*	*	*				*	*	*	YES	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)					*	*	*	*	*	*	*		*	*	*s	*		NO	NO
Bull Dak			*	*	*	*	*	*	*	*			*	*	*	*		NO	NO
SALADS & SOUPS																			
Sesame Ginger Salad (Salmon)					*	*	*	*	*	*				*	*	*		NO	NO
Sesame Ginger Salad (Tofu)					*	*	*	*	*	*				*	*	*	YES	NO	NO
Sesame Ginger Salad (Chicken)					*	*	*	*	*	*			*	*	*	*		NO	NO
Caesar Salad			*	*	*	*	*	*	*	*				*	*	*	YES	NO	NO
Caesar Salad (Chicken)			*	*	*	*	*	*	*	*			*	*	*	*		NO	NO
Udon	***	***			*	*	*	*	*	*				*	*	*	YES	NO	NO
Miso Soup					*	*	*	*	*	*							YES	NO	NO
SIDE DISHES																			
Pickled Radish														*	*	*	YES	NO	NO
French Fries									*	*							YES	NO	NO
Seasoned French Fries				*	*				*	*							YES	NO	NO
Kimchi									*	*							YES	NO	NO
Coleslaw			*	*	*	*	*	*	*	*						*	YES	NO	NO
Kimchi Coleslaw			*	*	*	*	*	*	*	*						*	YES	NO	NO
Steamed Rice								*	*	*							YES	NO	NO
Salad Dressings								*	*	*				*	*	*	YES	NO	NO
BONCHON SIGNATURE SAUCES																			
Bonchon Hot Sauce								*	*	*				*	*	*	YES	NO	NO
Bonchon Soy Garlic Sauce								*	*	*				*	*	*	YES	NO	NO

*** Denotes items manufactured in facilities using Peanut Oil

NUTRITION FACTS

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)
Bibimbap	21.7	800	300	34	6	0	185	1930	110	11	25	14
+ Chicken SPICY	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	24.7	1010	420	47	12	1	240	2360	114	11	29	31
+ Seafood	25.9	940	320	36	6	0	375	2920	115	11	25	36
Bibimbap	21.5	793	297	34	6	0	183	1912	109	11	25	14
+ Chicken SPICY	26.4	924	324	36	7	0	234	2688	121	11	32	26
+ Tofu	21.5	793	297	34	6	0	183	1912	109	11	25	14
+ Bulgogi	23.4	957	398	45	11	1	227	2236	108	10	27	29
+ Seafood	24.6	893	304	34	6	0	356	2773	109	10	24	34
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
Japchae	19.5	1130	450	50	11	1	55	2960	146	7	32	28
Japchae	15.3	887	353	39	9	1	43	2322	115	5	25	22
Bulgogi	32.2	1940	1210	136	35	4	195	1620	108	10	25	79
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
House Fried Rice	26.5	1440	810	92	16	0	455	2620	126	7	30	30
+ Chicken	29.5	1590	860	97	17	0	545	2700	126	7	30	54
+ Bulgogi	29.5	1660	940	105	22	1	510	3050	131	7	34	47
+Seafood	30.7	1580	840	94	17	0	645	3610	131	7	30	52
+Kimchi Bacon	30.5	1770	1030	115	24	0	515	4030	129	7	32	53
House Fried Rice	21.5	1168	657	75	13	0	369	2126	102	6	24	24
+ 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
Tteokbokki	30.4	980	160	18	8	0	45	2780	174	8	29	32

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)
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
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
Potstickers SOY GARLIC	7.9	744	354	43	10	1	45	1876	82	3	21	17
Potstickers SPICY	8	725	354	43	10	1	45	1785	82	3	20	17
Potstickers SOY GARLIC	6	558	266	32	8	1	34	1407	62	2	16	13
Potstickers SPICY	6	544	266	32	8	1	34	1339	62	2	15	13
Pork Buns	8	790	620	69	20	0	105	1000	25	9	9	12
Takoyaki	8.1	342	164	23	7	0	25	588	35	7	8	10
Korean Taco (Bulgogi)	14.7	950	580	64	17	1	135	2020	57	3	11	31
Korean Taco (Spicy Chicken)	16.6	960	500	56	12	0	215	2520	70	4	18	37
Popcorn Shrimp	12	890	430	47	6	0	225	2130	76	3	3	38
Salmon Avocado Ball	13	970	600	67	10	0	160	2020	56	6	16	26

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)
Udon Noodle Soup	33.3	480	20	2	0	0	0	4300	94	8	18	24
Sesame Ginger Salad (Chicken)	14.3	1030	600	67	10	0	85	980	60	3	31	44
Sesame Ginger Salad (Tofu)	11.1	530	350	39	6	0	0	280	33	6	28	15
Sesame Ginger Salad (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
Caesar Salad (Chicken)	8.1	550	370	41	10	0	57	1400	23	2	5	25
Miso Soup	6	20	5	1	0	0	0	290	1	0	1	2

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)
Edamame	4	270	110	12	2	0	0	930	20	12	5	27
Pickled Radish	4	15	0	0	0	0	0	35	3	1	2	1
Kimchi Coleslaw	6	120	60	7	1	0	10	990	10	2	6	2
Kimchi	8	67	2	0	0	0	0	624	13	7	3	4
Steamed Rice	8	398	0	1	0	0	0	7	90	3	2	8
Coleslaw	6	120	90	10	2	0	20	125	5	2	1	1
Seasoned Fries	8	430	130	14	4	0	10	970	66	6	1	10
Fries	8	360	125	12	3	0	10	865	64	5	1	9
Onion Rings	8	680	290	32	5	0	0	1350	92	5	12	10

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
Passionfruit	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

*Source: ABC research laboratories / EMSL Analytical, Inc.



NUTRITION FACTS & ALLERGENS LIST