

NUTRITIONAL FACTS

Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions.

Based on 1 serving of each item
 Last Updated: January 2026

SIGNATURE BOWLS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin D (ug)	Calcium (mg)	Iron (mg)	Potassium (mg)
Crispy Chicken Bowl	980	28.6	10.2	0	186.5	1033	145.6	7	18	33	1	63.7	4.2	374.6
Bulgogi Beef Bowl	875	33	10.5	0	274	1896	110	5.5	18	48	2	155	8.4	1099.4
BBQ Chicken Bowl	865	20.3	4.1	0	391.5	1609	96.2	4.4	6.9	71	1	99.6	6.8	595.6
Spicy Garlic Pork Bowl	910	30	6.5	0	186.5	1434	111.6	5.4	19	62	1	109.5	6.5	717.6
Tofu Bowl	700	16	3	0	0	539	121.7	10.6	7.9	34.6	0	596.6	7	1077.5
BASES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin D (ug)	Calcium (mg)	Iron (mg)	Potassium (mg)
White Rice, 8 oz.	275	0.6	0.2	0	0	2.1	58	0.7	0	5.7	0	21.3	2.6	74
Brown Rice, 8 oz	260	2.1	0.6	0	0	8	54	3.4	0	6	0	6.4	1	183
Kimchi Rice, 8 oz	393	13	2	0	0	990	58	1.5	0	7.1	0	39.1	3.7	203
Veggie Rice, 8 oz	380	14	2	0	0	985	58	1.4	0	6	0	27	2.6	108
Purple Rice, 8 oz	260	.5	0	0	0	1.5	58	1	0	6	0	18.4	2.4	64.5
Japchae Noodle Base, 8 oz	580	8	0	0	0	875	132	0	5	10	0	5.3	9.4	65
PROTEINS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin D (ug)	Calcium (mg)	Iron (mg)	Potassium (mg)
Bulgogi, 8 oz.	400	22	8	0	102	1230	15	1.3	14	49	1	54	3	604
Spicy Bulgogi, 8 oz.	405	22	8	0	102	1390	18.4	1.4	14.2	49	1	55	3.1	620
BBQ Chicken, 8 oz.	360	12	1.5	0	180	745	0	0	11	59	0	0	1	60
Spicy Chicken, 8 oz.	365	12	1.5	0	180	880	5	0	11.2	52	0	3.7	1.1	98
Garlic Pork, 8 oz.	390	13	2	0	80	700	8	0	11	43	0	3.7	0	50
Spicy Garlic Pork, 8 oz.	395	15	2	0	80	830	12.5	0	11.2	43	0	6.2	0	88
Crispy Chicken, 8oz.	505	21.5	4	0	0	1280	37	1	23	50	0	0	0	0
BBQ Shrimp, 8 oz.	250	20	3	0	255	860	0	0	11	31	0	90	3	330

Spicy Shrimp, 8 oz.	255	20	3	0	255	990	4.8	0.4	11.3	32	0	91	3.2	379
Chicken Bites, 8 oz.	595	42.5	6.7	0	71.4	1203	37	2.4	24.8	28	0	47	0.9	0
Tofu, 8 oz.	220	15	3	0	0	290	8	2.5	2	22	0	530	4	390
VEGGIES / TOPPINGS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin D (ug)	Calcium (mg)	Iron (mg)	Potassium (mg)
Bean Sprouts, 1.5 oz.	15	0.6	0	0	0	89	1.8	0.5	1	1	0	5.2	0.4	44
Broccoli, 1.5 oz.	20	0.8	0	0	0	102.2	3	1.4	<1	1	0	17	0.3	125
Carrots, 1.5 oz.	25	0.7	0	0	0	117	4	1	2.5	0	0	10	0	137
Japchae Noodles, 1.5 oz.	100	0	0	0	0	205	26	0	3	0	0	1	0	16
Kimchi, 1.5 oz.	10	0	0	0	0	282	1.4	1	0	0	0	19	1.4	86
Onions, 1.5 oz.	15	0.6	0	0	0	86	3.2	0.4	1.5	0	0	7	0	52
Zucchini, 1.5 oz.	10	0.7	0	0	0	86	1	0.3	0	0	0	6	0	83
Corn Kernels, 1.5 oz.	30	0	0	0	0	85	6	1	2	1	0	1	0	56
Onion Flakes, 1 oz.	160	14	6	0	0	240	12	0	0	1	0	0	1	40
Fried Egg, large	90	6	2	0	187	147	0	0	0	7	1	25	0	64
SIDES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin D (ug)	Calcium (mg)	Iron (mg)	Potassium (mg)
Mandoo Dumplings (3)	145	4.5	1.5	0	15	375	24	1.5	1.5	8	0	27	1	0
Miso Soup	90	4	1	0	0	850	8	2	3	7	0	64	2	390
Veggie Pancake (4)	170	6	1	0	0	380	27	2	1	3	0	113	0	39
Kimchi Pancake (4)	170	6	1	0	0	380	25	7	2	3	0	41	1	269
Seafood Pancake (4)	170	8	1	0	20	390	21	7	2	4	0	23	1	145
Japchae Roll (4)	160	6	1	0	0	210	28	0	1	3	0	0	0	0
Crispy Shrimp Roll (2)	150	11	1	0	18	160	11	0	1	5	0	20	0	100
Veggie Spring Roll (2)	140	2	0	0	0	510	26	0	6	4	0	0	0	100
SHAREABLES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin D (ug)	Calcium (mg)	Iron (mg)	Potassium (mg)
Crispy Chicken Sliders (3)	800	42	20	0	130	1210	74	4	22	34	0	690	5	310
Bulgogi Sliders (3)	720	40	21	0	175	1989	68	3	32	51	0	500	6	698
Chicken Bites	595	30	12	0	51	1311	66	2.5	31	22	0	0	3	0
LA Galbi	700	52	24	3	130	1455	27	0	22	33	1	52	4	480
SAUCES	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin D (ug)	Calcium (mg)	Iron (mg)	Potassium (mg)

Signature, 1.5 oz.	95	1	0	0	0	560	14	1	7	2	0	2	0	28
Gochujang, 1.5 oz.	80	1	0	0	0	380	11	1	4	1	0	0	0	3
Sesame, 1.5 oz.	125	18	3	0	10	236	2	0	2	0	0	4	0	10
Sweet BBQ, 1.5 oz.	90	1	0	0	0	325	14	0	13	0	0	2	0	15
Ssamjang, 1.5 oz.	95	1	0	0	59	560	15	0	12	3	0	1	0	102
Ganjang (House Soy), 1.5 oz.	20	0	0	0	0	980	2	0	1	3	0	10	0	141
Dipping Sauce	120	11	1.8	0	6	261	5	0	4	9	9	4	0	44
DRINKS	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (mg)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)	Vitamin D (ug)	Calcium (mg)	Iron (mg)	Potassium (mg)
Iced K Latte	100	3	2.4	0	0	10	20	1	12	1	0	50.8	0	244
Strawberry Uyu	260	5	3.5	0	15	95	49	0	40	6	0	210	0	250
Melon Uyu	260	5	3.5	0	15	95	49	0	40	6	0	210	0	250

ALLERGEN GUIDE

 = Allergen is present

SIGNATURE BOWLS	VEGETARIAN	VEGAN	GLUTEN	SESAME	PEANUT	NUT	SOY	FISH	SHELLFISH	DAIRY
<i>Crispy Chicken Bowl</i>	NO	NO *								 *
<i>Bulgogi Beef Bowl</i>	NO	NO *								 *
<i>BBQ Chicken Bowl</i>	NO	NO *								 *
<i>Spicy Garlic Pork Bowl</i>	NO	NO *								 *
<i>Tofu Bowl</i>	YES	NO *								 *
BASES	VEGETARIAN	VEGAN	GLUTEN	SESAME	PEANUT	NUT	SOY	FISH	SHELLFISH	DAIRY
<i>White / Brown Rice</i>	YES	YES								
<i>Kimchi Rice</i>	YES	YES								
<i>Veggie Rice</i>	YES	YES								
<i>Purple Rice</i>	YES	YES								
<i>Japchae Noodle Base</i>	YES	NO								
PROTEINS	VEGETARIAN	VEGAN	GLUTEN	SESAME	PEANUT	NUT	SOY	FISH	SHELLFISH	DAIRY
<i>Bulgogi</i>	NO	NO								
<i>Spicy Bulgogi</i>	NO	NO								
<i>BBQ Chicken</i>	NO	NO								
<i>Spicy Chicken</i>	NO	NO								
<i>Garlic Pork</i>	NO	NO								
<i>Spicy Garlic Pork</i>	NO	NO								
<i>Crispy Chicken</i>	NO	NO								
<i>BBQ Shrimp</i>	NO	NO								
<i>Spicy Shrimp</i>	NO	NO								
<i>Chicken Bites</i>	NO	NO		(seeds)						
<i>Tofu</i>	YES	YES								
VEGGIES/TOPPINGS	VEGETARIAN	VEGAN	GLUTEN	SESAME	PEANUT	NUT	SOY	FISH	SHELLFISH	DAIRY
<i>Bean Sprouts</i>	YES	NO *								 *
<i>Broccoli</i>	YES	NO *								 *
<i>Carrots</i>	YES	NO *								 *

<i>Japchae Noodles</i>	YES	NO *								 *
<i>Kimchi</i>	YES	YES								 *
<i>Onions</i>	YES	NO *								
<i>Zucchini</i>	YES	NO *								 *
<i>Corn Kernels</i>	YES	YES								
<i>Crispy Onion Flakes</i>	YES	NO *								
<i>Fried Egg</i>	YES	NO								
SIDES	VEGETARIAN	VEGAN	GLUTEN	SESAME	PEANUT	NUT	SOY	FISH	SHELLFISH	DAIRY
<i>Mandoo (3)</i>	NO	NO								
<i>Miso Soup</i>	YES	NO								
<i>Veggie Pancakes (4)</i>	YES	NO *								
<i>Kimchi Pancake (4)</i>	YES	NO *								
<i>Seafood Pancake (4)</i>	NO	NO			 *					
<i>Japchae Roll (4)</i>	YES	NO *								
<i>Crispy Shrimp Roll (2)</i>	NO	NO								
<i>Veggie Spring Roll (2)</i>	YES									
SHAREABLES	VEGETARIAN	VEGAN	GLUTEN	SESAME	PEANUT	NUT	SOY	FISH	SHELLFISH	DAIRY
<i>Crispy Chicken Sliders (3)</i>	NO	NO								
<i>Bulgogi Sliders (3)</i>	NO	NO								
<i>Chicken Bites</i>	NO	NO		(seeds)						
<i>LA Galbi (Premium)</i>	NO	NO								
SAUCES	VEGETARIAN	VEGAN	GLUTEN	SESAME	PEANUT	NUT	SOY	FISH	SHELLFISH	DAIRY
<i>Signature</i>	YES									
<i>Gochujang</i>	YES	YES								
<i>Sesame</i>	YES	NO								
<i>Sweet BBQ</i>	YES	YES								
<i>Ssamjang</i>	YES	YES								
<i>Ganjang (House Soy)</i>	YES	YES								
<i>Dipping Sauce</i>	YES	YES								
DRINKS	VEGETARIAN	VEGAN	GLUTEN	SESAME	PEANUT	NUT	SOY	FISH	SHELLFISH	DAIRY
<i>Iced K Latte</i>	YES	YES								
<i>Strawberry Uyu</i>	YES	YES								
<i>Melon Uyu</i>	YES	YES								

* These veggies use a seasoning that contains trace amounts of dry beef stock powder, milk, and gluten.