Chick-N-Bap - Menu

Monday, March 20, 2023

Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Protein (g)	Allergens	Gluten Friendly
1. Choose Your Base										
Salad - Iceberg	2 oz	20			25	3	1	1	Gluten Friendly; KosherStyle; Vegan; Vegetarian	
Burrito - Tortilla	1 ea	70	2	0.5	120	12		2	Soy;Wheat; Gluten Friendly; KosherStyle; Vegan; Vegetarian	
Bowl - White Rice	3 oz	240				54	1	5	Gluten Friendly;	

									KosherStyle; Vegan; Vegetarian
Salad - Romaine	2 oz	10			25	1	1	1	Gluten Friendly; KosherStyle; Vegan; Vegetarian
Bowl - Yellow Rice	2 oz	60	1		75	12		2	KosherStyle; Vegan; Vegetarian

2. Choose Your Protein

Vegetarian									
Korean BBQ Chicken	4.5 oz	220	7	1.5	700	3		27	Sesame;Soy
Sweet & Spicy Korean Chicken	4 oz	170	4	1	290	10		17	Soy;Wheat
Ginger Scallion Impossible	3 oz	190	12	6	340	7	1	13	Sesame;Soy; Tree nuts; KosherStyle; Vegan; Vegetarian

Spicy Korean Pork	4 oz	300	20	6	430	7		23	Sesame;Soy; Wheat;Pork; Gluten Friendly
Gyro Beef	4 oz	660	50	20	440	22	2	28	Soy;Wheat

3. Choose Your Toppings

Korean Hummus	1 oz	35	2		40	4	1	1	Sesame;Soy; Wheat;Gluten Friendly; KosherStyle; Vegan; Vegetarian
Pico de Gallo									
Toasted Pitas	2 ea	80	1.5		125	13		3	Sesame;Soy; Wheat; KosherStyle; Vegan; Vegetarian
Shredded Cheese									
Bap Corn	1 oz	40	2.5		90	3			Eggs;Sesame; Soy; KosherStyle; Vegetarian

Cucumber Kimchi	1 oz	10			60	2			Sesame;Soy; KosherStyle; Vegan; Vegetarian
Soy Jalapenos & Onions	2 oz	20			370	6	1	1	Soy; KosherStyle; Vegan; Vegetarian

4. Choose Your Sauces

Green Sauce	1 oz	30	2.5	0.5	70	1			Eggs;Milk; Soy; KosherStyle; Vegetarian
BBQ Sauce	1 oz	40			170	10			Gluten Friendly; KosherStyle; Vegan; Vegetarian
Bap Sauce	2 oz	290	31	4.5	320	3			Eggs;Sesame; Soy;Wheat; Gluten Friendly; KosherStyle; Vegetarian
Bibi Sauce									

White Sauce	2 oz	130	13	2.5	210	3		1	Eggs;Milk; Soy; KosherStyle; Vegetarian
Hot Sauce	2 oz	20			150	5		1	Soy;Wheat; Gluten Friendly; KosherStyle; Vegan; Vegetarian

Sides & Extras

Hummus & Pita	0	490	16	2.5	690	72	7	17	Sesame;Soy; Wheat;Gluten Friendly