

Chick-N-Bap - Menu

Monday, April 22, 2024

Item	Serving Size	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Protein (g)	Allergens	Gluten Friendly
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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
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