

# Chick-N-Bap - Menu

Thursday, December 1, 2022

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

## 2. Choose Your Protein

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

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|                 |      |    |     |  |     |    |   |   |                                                               |
|-----------------|------|----|-----|--|-----|----|---|---|---------------------------------------------------------------|
| 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 | 11 | Soy;KosherStyle;Vegan;Vegetarian        |

4. Choose Your Sauces

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|             |      |     |     |     |     |    |  |                                                              |
|-------------|------|-----|-----|-----|-----|----|--|--------------------------------------------------------------|
| 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 |
| <b>Sides &amp; Extras</b> |      |     |    |     |     |    |   |    |                                                            |
| Hummus & Pita             | 0    | 490 | 16 | 2.5 | 690 | 72 | 7 | 17 | Sesame;Soy; Wheat;Gluten Friendly                          |