

CUPBOP NUTRITION FACTS											
Menu Items	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Snow Bop	17	1025	46.1	9.1	0.1	1215	1400.1	121.6	3	14.1	26.9
Mando Bop	15.6	607	8.2	0.4	0	31.2	1327.9	116.7	4.2	9.5	17.1
Rock Bop	16.8	1293	35.8	7.6	0.1	111.2	1586	130	3	19.8	27.7
Ugly Bop	16	884	33.7	7.1	0.1	111.2	1146.7	114.3	3	7.8	26.8
Krunch Bop	16	557	4	0.4	0	66.7	793.3	107.2	4.1	11.1	31.3
Kko Kko Bop	17	593	11.5	2.9	0	100	1287.9	93.9	2.4	11.1	26.3
Piggy Bop	17	693	19	4.6	0	66.7	1259.9	102.2	2.4	14.4	28
Veggie Bop	17	499	4	0.4	0	0	1359.9	87.5	3.4	8.7	7.3
B Bop	17	643	15.7	7.9	0	83.4	1109.9	95.5	2.4	14.4	28
Doochi Bop	15.7	532	31.3	4.4	0	0	581.2	97.5	7.7	11.5	31.6
Noodle Bop	17	574	7.6	0.7	0	0	1104.2	117.4	2.4	13.4	7.4
SIDES	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Mandoo (3pcs)	1.8	99	0	0	0	15.6	389	15.6	0.9	0.9	5.4
Kimchi	3.17	30	0	0	0	0	690	6	3	3	3
Turtle Chips (Corn)	0.99	160	10	4	0	0	190	16	0	2	1
Turtle Chips (Choco)	1.06	160	10	5	0	0	75	19	0	9	2
Turtle Chips (Lime)	1.06	160	10	4.5	0	0	390	17	0	1	2
K-dawg (Cheese w/ Panko)	6.95	650	24	11	0	45	650	85	5	4	24
K-dawg (Cheese w/ Cereal Flakes)	6.95	650	24	11	0	45	1050	91	4	10	22
K-dawg(chesee/ sausage w/ Panko)	6.95	650	24	9	0	35	680	88	5	4	21
K-dawg(chesee/ sausage w/ cereal flakes)	6.95	650	24	9	0	35	1080	94	4	10	19
Samanco (Red bean)	5.07	215	6	5	0	0	65	39	1	23	3
Samanco (Strawberry)	5.07	220	7	6	0	0	80	36	0	24	3
Samanco (Choco)	5.07	210	8	6	0	5	70	31	0	20	3
SAUCE	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
#1 Sauce	3.05	226	12.96	1.77	0	12	243	28	0.01	27.3	0.33
#2 Sauce	3.05	231	14.01	1.85	0	12	255	27	0.02	26.1	0.34
#3 Sauce	3.05	235	15.06	1.93	0.01	12	266	26	0.04	24.9	0.35
#4 Sauce	3.05	272	19.55	2.42	0.01	14	303	25	0.07	23.82	0.37
#5 Sauce	3.05	285	21.46	2.6	0.02	15	320	24	0.09	22.65	0.39
#6 Sauce	3.05	268	21.47	2.61	0.02	15	352	19	0.11	18.26	0.32
#7 Sauce	3.05	224	16.33	1.98	0.01	11	445	20	0.11	18.7	0.32
#7.5 Sauce	3.05	225	16.34	1.99	0.01	11	495	20	0.12	18.93	0.33
#8 Sauce	3.05	123	8.71	1.06	0.01	6	569	11	0.24	10.67	0.25
#9 Sauce	3.05	121	8.82	1.08	0.01	6	689	11	0.41	9.83	0.33
#10 Sauce	3.05	41	0.23	0.04	0	0	625	10	0.37	9.53	0.3
GF Bulgogi Sauce	3.05	221	0	0	0	0	1538	54	0.01	52.3	1.6
COKE	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Coke	22	270	0	0	0	0	70	73	0	73	0
	32	390	0	0	0	0	100	107	0	107	0
Diet Coke	22	0	0	0	0	0	90	0	0	0	0
	32	0	0	0	0	0	130	0	0	0	0
Coke Zero	22	0	0	0	0	0	75	0	0	0	0
	32	0	0	0	0	0	105	0	0	0	0
Powerade MTN BLST	22	150	0	0	0	0	210	40	40	0	0
	32	220	0	0	0	0	300	59	58	0	0
Sprite	22	250	0	0	0	0	125	67	0	67	0
	32	360	0	0	0	0	180	97	0	97	0
Dr. Pepper	22	220	0	0	0	0	65	60	0	59	0
	32	320	0	0	0	0	100	87	0	85	0
Diet Dr. Pepper	22	0	0	0	0	0	110	0	0	0	0
	32	0	0	0	0	0	160	0	0	0	0
Lemonade	22	270	0	0	0	0	190	69	0	68	0
	32	400	0	0	0	0	270	100	0	98	0
Fanta Orange	22	270	0	0	0	0	125	67	0	67	0
	32	390	0	0	0	0	180	97	0	97	0
PEPSI	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pepsi	22	270	0	0	0	0	70	73	0	73	0
	32	390	0	0	0	0	100	107	0	107	0
Diet Pepsi	22	0	0	0	0	0	90	0	0	0	0
	32	0	0	0	0	0	130	0	0	0	0
Sierra Mist	22	0	0	0	0	0	75	0	0	0	0
	32	0	0	0	0	0	105	0	0	0	0
Root Beer	22	150	0	0	0	0	210	40	40	0	0
	32	220	0	0	0	0	300	59	58	0	0
Dr. Pepper	22	250	0	0	0	0	125	67	0	67	0
	32	360	0	0	0	0	180	97	0	97	0
MILKIS	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Original	8.45	130	0	0	0	0	11	31	0	31	0
Apple	8.45	130	0	0	0	0	11	31	0	31	0
Strawberry	8.45	130	0	0	0	0	11	31	0	31	0
Peach	8.45	130	0	0	0	0	11	31	0	31	0
SAMANCO	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Red Bean	5.07	215	6	5	0	0	65	39	1	23	3
Strawberry	5.07	220	7	6	0	0	80	36	0	24	3
Chocolate	5.07	210	8	6	0	5	70	31	0	20	3
TURTLE CHIPS	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Corn	0.99	160	10	4	0	0	190	16	0	2	1
Chocolate	1.06	160	10	4	0	0	75	19	0	9	2
Lime	1.06	160	10	4.5	0	0	390	17	0	1	2
YOCO VERA	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Tras Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pineapple	8	120	0	0	0	0	40	40	0	39	1
Peach	8	120	0	0	0	0	30	28	0	54	1
Mango	8	120	0	0	0	0	30	29	0	28	1
Coconut	8	120	0	0	0	0	30	26	0	25	1
Melon	8	120	0	0	0	0	30	28	0	26	1
Strawberry	8	120	0	0	0	0	30	27	0	27	1
COMBO MENU	Calories	Rice	Cabbage	Noodle	Main Food (1)	Main Food (2)					
Beef + Chicken	618	230	14	165	117	92					
Beef + Pork	668	230	14	165	117	142					
Beef + Rock	806	230	14	165	117	280					
Beef + Snow	834	230	14	165	117	308					
Beef + Ugly	764	230	14	165	117	238					
Beef + Krunch	600	230	14	165	117	74					
Beef + Mandoo	625	230	14	165	117	99					
Beef + Veggie	571	230	14	165	117	45					
Beef + Tofu	588	230	14	165	117	62					
Pork + Chicken	643	230	14	165	142	92					
Pork + Rock	831	230	14	165	142	280					
Pork + Snow	859	230	14	165	142	308					
Pork + Ugly	789	230	14	165	142	238					
Pork + Krunch	625	230	14	165	142	74					
Pork + Mandoo	650	230	14	165	142	99					
Pork + Veggie	596	230	14	165	142	45					
Pork + Tofu	613	230	14	165	142	62					
Chicken + Rock	781	230	14	165	92	280					
Chicken + Snow	809	230	14	165	92	308					
Chicken + Ugly	739	230	14	165	92	238					
Chicken + Krunch	575	230	14	165	92	74					
Chicken + Mandoo	600	230	14	165	92	99					
Chicken + Veggie	546	230	14	165	92	45					
Chicken + Tofu	563	230	14	165	92	62					
Rock + Snow	997	230	14	165	280	308					
Rock + Ugly	927	230	14	165	280	238					
Rock + Krunch	763	230	14	165	280	74					
Rock + Mandoo	788	230	14	165	280	99					
Rock + Veggie	734	230	14	165	280	45					
Rock + Tofu	751	230	14	165	280	62					
Ugly + Snow	955	230	14	165	238	308					
Ugly + Krunch	721	230	14	165	238	74					
Ugly + Mandoo	746	230	14	165	238	99					
Ugly + Veggie	692	230	14	165	238	45					
Ugly + Tofu	709	230	14	165	238	62					
Krunch + Snow	791	230	14	165	74	308					
Krunch + Mandoo	582	230	14	165	74	99					
Krunch + Veggie	528	230	14	165	74	45					
Krunch + Tofu	545	230	14	165	74	62					
Mandoo + Snow	816	230	14	165	99	308					
Mandoo + Veggie	553	230	14	165	99	45					
Mandoo + Tofu	570	230	14	165	99	62					
Veggie + Tofu	516	230	14	165	45	62					
Veggie + Snow	762	230	14	165	45	308					
Tofu + Snow	779	230	14	165	62	308					
SINGLE MENU	Calories	Rice	Cabbage	Noodle	Main Food						
Snow Bop	1025	230	14	165	616						
Mandoo Bop	607	230	14	165	198						
Rock Bop	969	230	14	165	560						
Ugly Bop	884	230	14	165	475						
Krunch Bop	557	230	14	165	148						
Kko Kko Bop	593	230	14	165	184						
Piggy Bop	693	230	14	165	284						
Veggie Bop	499	230	14	165	90						
B Bop	643	230	14	165	234						
Doochi Bop	532	230	14	165	123						
Noodle Bop	574	230	14	330							
KIDS MENU	Calories	Rice	Cabbage	Noodle	Main Food						
Snow Bop	513	115	7	83	308						
Mandoo Bop	304	115	7	83	198						
Rock Bop	485	115	7	83	280						
Ugly Bop	443	115	7	83	238						
Krunch Bop	279	115	7	83	74						
Kko Kko Bop	297	115	7	83	92						
Piggy Bop	347	115	7	83	142						
Veggie Bop	250	115	7	83	45						