

**WHOLE CHICKEN**

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
GOLDEN ORIGINAL 10PC	2590	1450	161	35	0	490	4320	105	0	0	180
GOLDEN ORIGINAL 5PC	1300	730	81	18	0	245	2160	52	0	0	180
HOT SPICY 20PC	3190	1460	162	35	0	490	5830	264	0	7	183
HOT SPICY 10PC	1600	730	81	18	0	245	2910	132	0	3	91
SECRET SPICY 20PC	3570	1460	162	35	0	490	27250	343	0	10	184
SECRET SPICY 10PC	1780	730	81	18	0	245	13630	171	0	5	92
HALF & HALF HOT SPICY	2890	1460	162	35	0	490	5070	184	0	3	181
HALF & HALF SECRET SPICY	3080	1460	162	35	0	320	15780	224	0	5	182

BONELESS CHICKEN

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
GOLDEN ORIGINAL 20PC	2150	1220	135	29	0	275	2660	101	0	0	132
GOLDEN ORIGINAL 10PC	1070	610	68	14	0	140	1330	51	0	0	66
HOT SPICY 20PC	2520	1220	135	29	0	275	3590	199	0	4	133
HOT SPICY 10PC	1260	610	68	14	0	140	1790	99	0	2	67
SECRET SPICY 20PC	2750	1220	136	29	0	275	16770	248	0	6	134
SECRET SPICY 10PC	1370	610	68	14	0	140	8390	124	0	3	67
HALF & HALF HOT SPICY	2330	1220	135	29	0	275	3130	150	0	2	133
HALF & HALF SECRET SPICY	2450	1220	135	29	0	275	9720	175	0	3	133
HONEY GARLIC 20PC	2400	1230	137	28	0	185	3500	148	0	2	145
HONEY GARLIC 10PC	1200	620	69	14	0	95	1750	74	0	1	73
SOY GARLIC 20PC	2350	1230	137	28	0	185	3360	134	0	7	146
SOY GARLIC 10PC	1170	620	69	14	0	95	1680	67	0	3	73
GANG-JEONG 20PC	2480	1060	118	22	0	215	2820	211	0	7	144
GANG-JEONG 10PC	1240	530	59	11	0	110	1410	106	0	3	72
CHEESLING 20PC	1990	1010	112	23	0	595	2280	84	0	0	163
CHEESLING 10PC	1000	500	56	11	0	300	1140	42	0	0	81
GALBI 20PC	2740	1340	148	36	0	270	4030	217	2	13	134
GALBI 10PC	1370	670	74	18	0	135	2010	109	1	7	67

WINGS

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
BB WINGS 18PC	2630	1440	160	35	0	345	3480	145	0	0	154
BB WINGS 9PC	1310	720	80	18	0	175	1740	72	0	0	77
HONEY GARLIC 18PC	2650	1520	169	36	0	560	2750	124	0	2	158
HONEY GARLIC 9PC	1320	760	84	18	0	280	1370	62	0	1	79
SOY GARLIC 18PC	2620	1520	169	36	0	0	2780	115	0	7	159
SOY GARLIC 9PC	1310	760	84	18	0	0	1390	58	0	3	79
GANGNAM STYLE WINGS 18PC	2760	1540	171	50	0	365	4320	114	0	0	193
GANGNAM STYLE WINGS 9PC	1380	770	85	25	0	200	2160	57	0	0	97
WINGS OF FIRE 18PC	2810	1440	160	35	0	345	3940	193	0	2	155
WINGS OF FIRE 9PC	1410	720	80	18	0	175	1970	97	0	1	77
GALBI WINGS 18PC	2910	1430	159	37	0	815	4250	208	2	13	163
GALBI WINGS 9PC	1460	720	80	18	0	410	2120	104	1	7	82

LUNCH SPECIAL BONELESS COMBO MEAL*HIGH: HIGHEST CALORIE DRINK
*LOW: LOWEST CALORIE DRINK

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
GOLDEN ORIGINAL *HIGH	790	360	41	9	0	85	830	72	0	41	39
GOLDEN ORIGINAL *LOW	640	360	41	9	0	85	830	30	0	0	39
HOT SPICY *HIGH	1280	510	57	11	0	85	1330	153	5	43	46
HOT SPICY *LOW	1130	510	57	11	0	85	1330	111	5	1	46
SECRET SPICY *HIGH	1350	510	57	11	0	85	5290	167	5	43	46
SECRET SPICY *LOW	1200	510	57	11	0	85	5290	126	5	2	46
HONEY GARLIC *HIGH	1250	520	58	11	0	55	1300	137	4	42	49
HONEY GARLIC *LOW	1100	520	58	11	0	55	1310	96	4	1	49
SOY GARLIC *HIGH	1240	520	58	11	0	55	1310	134	4	44	49
SOY GARLIC *LOW	1090	520	58	11	0	55	1320	93	4	2	49
GANG-JEONG *HIGH	1270	470	52	9	0	65	1100	156	4	43	49
GANG-JEONG *LOW	1120	470	52	9	0	65	1100	115	4	2	49
CHEESLING *HIGH	1120	450	50	9	0	180	940	118	4	41	55
CHEESLING *LOW	970	450	50	9	0	180	940	77	4	0	55
GALBI *HIGH	1350	550	61	13	0	80	1460	158	5	45	46
GALBI *LOW	1200	550	61	13	0	80	1470	117	5	4	46

LUNCH SPECIAL SANDWICH MEAL*HIGH: HIGHEST CALORIE DRINK
*LOW: LOWEST CALORIE DRINK

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
ORIGINAL SANDWICH *HIGH	1390	540	60	10	0	70	1600	172	6	52	44
ORIGINAL SANDWICH *LOW	1240	540	60	10	0	70	1600	130	6	11	44
HOT SPICY SANDWICH *HIGH	1400	500	55	10	0	65	1600	188	5	50	44
HOT SPICY SANDWICH *LOW	1250	500	55	10	0	65	1600	147	5	9	44
SECRET SPICY SANDWICH *HIGH	1450	500	55	10	0	65	4230	198	5	50	44
SECRET SPICY SANDWICH *LOW	1300	500	55	10	0	65	4240	156	5	9	44

K-FOOD

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
DDEOK BOKKI	1020	70	8	2.5	0	95	1660	213	6	26	25
CHEESE DDEOK BOKKI	1240	210	23	12	0	140	2110	217	6	26	43
KIMCHI FRIED RICE	890	150	16	3	0	50	12300	161	-	0	25
KIMCHI FRIED RICE w/ CHEESE	1110	280	31	13	0	95	12750	166	0	9	42
HOT SPICY CHICKEN MAYO RICE BOWL	1300	630	71	20	0.5	465	1360	119	3	4	48
JAMAICAN BBQ CHICKEN MAYO RICE BOWL	1290	630	71	20	0.5	465	1700	114	3	9	50
TERIYAKI CHICKEN MAYO RICE BOWL	1290	630	71	20	0.5	465	1950	116	3	16	48

SIDES

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
ONION RINGS	920	430	48	10	0	0	1640	109	24	1	12
FRENCH FRIES	680	270	30	4.5	0	0	400	92	8	0	10
SWEET POTATO FREIS	860	410	45	7	0	0	860	109	10	10	5
CHEESE STICKS	680	350	39	21	0	75	1400	53	0	0	29
COLE SLAW	390	240	26	3.5	0	15	580	36	0	14	3
CORN SALAD	380	220	25	4	0	20	590	35	3	9	5
CALAMARI	650	150	17	4.5	0	165	1530	93	0	0	31
EXTRA PICKLED RADISH	15	0	0	0	0	0	110	2	0	0	1
STEAMED RICE	380	5	0.5	-	-	-	15	85	2	2	8

SODAS

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
SIERRA MIST 12 FL OUNCE	140	0	0	0	0	0	35	39	0	39	0
DIET PEPSI 12 FL OUNCE	0	0	0	0	0	0	35	0	0	0	0
PEPSI 12 FL OUNCE	150	0	0	0	0	0	35	41	0	41	0

SAUCES 4oz

	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
HONEY PEPPER SAUCE	290	0	0	0	0	0	320	72	0	4	1
SOY GARLIC SAUCE	230	0	0	0	0	0	2710	52	0	16	5
HONEY GARLIC SAUCE	270	0	0	0	0	0	2310	64	0	4	3
JERK BARBEQUE SAUCE	230	5	0	0	0	0	1940	47	1	22	9
SHIN ALLTOKKBOKKI SAUCE	290	40	4.5	2	0	0	1720	57	5	31	5
HOT SPICY SAUCE	260	0	0	0	0	0	660	69	1	3	1
DERI SAUCE	160	0	0	0	0	0	1530	37	0	33	4
SECRET SPICY SAUCE	280	0	0	0	0	0	6670	69	1	3	1
GALBI FLAVOR SAUCE	280	60	7	3	0	0	630	53	1	6	2