

CUPBOP NUTRITION FACTS

Menu Items	Portion Size (oz)	Calories	Total Fat (g)	Saturated Fat (g)	Trans 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	121.5	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)	Trans 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 (Cheese/ sausage w/ Panko)	6.95	650	24	9	0	35	680	88	5	4	21
K-dawg (cheese/ 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)	Trans 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)	Trans 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)	Trans 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)	Trans 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)	Trans 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)	Trans 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											