

Nutritional Information

Our menu is 100% gluten-free. We use only real, high quality ingredients, which means no preservatives or additives.

Signature Bowls*	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)
Avocado Bulgogi (V)	300	15	6	0	30	8	16
Chicken & Egg	480	17	3	0	64	5	21
Chicken Kimchi	340	8	1	0	51	6	22
Don't Cauliflower it a Comeback (V)	340	6	1	0	74	10	9
Korean Hot Chicken	500	14	2	0	82	8	17
Meat Lovers	450	14	4	0	70	7	19
Sesame Surprise (V)	480	21	3	0	59	12	24

Appetizers**	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Protein (g)
Potstickers - Impossible (V)	135	3	1	0	37	5	4
Potstickers - Sweet Potato (V)	190	2	0	0	42	5	3
Cauliflower Fried Rice (V)	85	4	1	0	11	3	3
Kimchi Fried Rice (V)	85	4	1	9	12	3	3
Avocado Chinese Chicken Salad	160	7	1	0	10	5	17
Roasted Broccoli (V)	187	7	1	0	28	10	10
Korean BBQ Cauliflower Bites (V)	235	2	0	0	58	5	5

(V) Vegan

*1.5 servings per bowl. We make generous portions! Does not include your optional base of cirtus kale, brown / cauliflower / bamboo rice, or sweet potato noodles.

**2 servings per appetizer

We believe in transparency at moonbowls. We hope you use this nutritional information to make decisions that fit your lifestyle. Consumption of 2,000 calories per day is generally used as the basis for nutritional advice although individual calorie needs may vary significantly. This nutritional content may shift based upon a variety of factors, including different suppliers and slight variations in portion sizes due to items being hand-served. This information may be updated from time to time. We are always available to answer any of your questions at hello@moonbowls.com or via text message (phone numbers available on moonbowls.com).