

Signature Bowls (1 serving)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Avocado Bulgogi (V)	337	19	7	0	27	8	12	18	1,328
Chicken & Egg	456	23	4	0	41	4	34	24	2,050
Chicken Kimchi	333	11	2	0	38	6	32	25	1,449
Don't Cauliflower it a Comeback (V)	511	24	2	0	64	9	17	8	1,652
Korean Hot Chicken	636	31	4	0	65	6	29	23	2,973
Meat Lovers	369	17	5	0	36	5	33	21	1,826
Sesame Surprise (V)	548	28	2	0	63	9	30	10	1,432

Salads (1 serving)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Purple Noodle Salad	258	20	1	0	14	4	17	4	494
Korean BBQ Cauliflower Salad	350	13	1	0	54	7	24	6	957
Gochujang Caesar Salad	336	26	6	0	13	4	6	10	1550

Appetizers (1 serving)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Sodium (mg)
Potstickers - Impossible (V)	135	3	1	0	37	5	1	4	143
Potstickers - Sweet Potato (V)	190	2	0	0	42	5	1	3	143
Cauliflower Fried Rice (V)	107	4	0	0	15	4	9	4	1,015
Kimchi Fried Rice (V)	107	4	0	0	15	3	9	4	1,105
Roasted Broccoli (V)	81	3	0	0	12	4	7	3	559
Gochujang Sweet Potatos	368	19	1	0	42	6	10	3	1392
Korean BBQ Cauliflower Wings (V)	449	15	0	0	71	6	23	6	634
Gochujang Cauliflower Wings (V)	477	20	2	0	65	6	9	6	606

**1.5 servings per bowl. We make generous portions! Does not include your optional base of cirtus kale, brown / cauliflower / sesame scallion 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).