

Grab & Go

# DRAGON BOWLZ

Small Spicy Pork Bul go gi

\$6.99



## SMALL SPICY PORK BUL-GO-GI

**INGREDIENTS:** RICE, PORK, GOCHUJANG (CORN STARCH, WATER, SEASONING (RED PEPPER POWDER, WATER, SEA SALT, GARLIC, ONION), SALT, SUGAR, SOYBEAN SOYBEAN PASTE (WATER, SOYBEAN, SALT), ISOMALTO OLIGOSACCHARIDE, ETHYL ALCOHOL, RED PEPPER POWDER, MALTODEXTRIN, SEAWEED CALCIUM, CHLORELLA, EXTRACTS, SOYBEAN LECITHIN, SEED MALT), CORN SYRUP, SOY SAUCE, GREEN ONION, ONION, SESAME SEEDS, RICE WINE, SESAME OIL

**CONTAINS:** SOY, SESAME

**BUSINESS NAME:** DRAGON BOWLZ LLC



SELL BY:



TAKE SAUCE OUT  
BEFORE MICROWAVE

## NUTRITION FACTS

1 serving per container

Serving size	1 tray (425g)
Amount Per Serving	
Calories	670
	% Daily Value
<b>Total Fat</b> 22g	28%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 135mg	45%
<b>Sodium</b> 2900mg	126%
<b>Total Carbohydrates</b> 59g	21%
Dietary Fiber 4g	14%
Total Sugars 40g	
Includes 0g Added Sugars	%
<b>Protein</b> 54g	
Vitamin D 0.6mcg	4%
Calcium 130mg	10%
Iron 4.7mg	25%
Potassium 1130mg	25%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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# DRAGON BOWLZ

Small Korean Chicken

\$6.99



## SMALL KOREAN CHICKEN

**INGREDIENTS:** RICE, FRIED CHICKEN (CHICKEN BREAST MEAT, WATER, WHEAT FLOUR, CORN STARCH, POTATO STARCH, CONTAINS LESS THAN 2% OF: CREAM OF TARTAR, EGG WHITE POWDER, GARLIC POWDER, RICE FLOUR, SALT, SODIUM BICARBONATE, WHEAT STARCH, VEGETABLE OIL), SPICY SAUCE (WATER, BROWN SUGAR, SOY SAUCE [WHEAT, SOYBEANS, SALT], RICE STARCH, MALTODEXTRIN, RICE VINEGAR, GARLIC, CHILI PEPPER EXTRACT, CANOLA OIL, SESAME OIL, DRIED PEAR, SPICE), SCALLIONS, TOASTED SESAME SEED OIL, ROASTED SESAME SEEDS

**CONTAINS:** EGG, WHEAT, SOY, SESAME

**BUSINESS NAME:** DRAGON BOWLZ LLC

## NUTRITION FACTS

1 serving per container

Serving size **1 tray (450g)**

Amount Per Serving

**Calories** **610**

% Daily Value

<b>Total Fat</b> 11g	14%
Saturated Fat 1g	%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	%
<b>Sodium</b> 1570mg	68%
<b>Total Carbohydrates</b> 101g	37%
Dietary Fiber 7g	25%
Total Sugars 23g	
Includes 0g Added Sugars	%
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 2.6mg	15%
Potassium 0mg	0%

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Grab & Go

# DRAGON BOWLZ

Small Chicken Bul-go-gi

\$6.99



## SMALL KOREAN CHICKEN BUL-GO-GI

**INGREDIENTS:** RICE, CHICKEN THIGH MEAT, SOY SAUCE, SUGAR, GARLIC, GREEN ONION, SESAME OIL, SESAME SEED, ONION

**CONTAINS:** SOY, SESAME

**BUSINESS NAME:** DRAGON BOWLZ LLC

## NUTRITION FACTS

1 serving per container

Serving size **1 tray (440g)**  
Amount Per Serving  
**Calories 660**

	% Daily Value
<b>Total Fat</b> 18g	23%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol</b> 345mg	115%
<b>Sodium</b> 2220mg	97%
<b>Total Carbohydrates</b> 45g	16%
Dietary Fiber 0g	0%
Total Sugars 30g	
Includes 0g Added Sugars	%
<b>Protein</b> 69g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3.1mg	15%
Potassium 990mg	20%

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# DRAGON BOWLZ

Small Sausage & Egg

\$6.99



## SAUSAGE & EGG RICE BOWL

**INGREDIENTS:** RICE, EGG, SAUSAGE (PORK, WATER, CORN SYRUP AND LESS THAN 2% OF THE FOLLOWING: SALT, DEXTROSE, MONOSODIUM GLUTAMATE, LEMON JUICE POWDER (CORN SYRUP SOLIDS, LEMON JUICE SOLIDS, NATURAL FLAVORS), FLAVORINGS, BHA, PROPYL GALLATE, CITRIC ACID, COLLAGEN CASINGS.)

**CONTAINS:** SOY, SESAME

**BUSINESS NAME:** DRAGON BOWLZ LLC



SELL BY:



TAKE SAUCE OUT  
BEFORE MICROWAVE

## NUTRITION FACTS

1 serving per container

<b>Serving size</b>	<b>1 tray (375g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>650</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 59g	76%
Saturated Fat 22g	110%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 920mg	40%
<b>Total Carbohydrates</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 25g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 80mg	6%
<b>Iron</b> 3.1mg	15%
<b>Potassium</b> 990mg	20%

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Grab & Go

# DRAGON BOWLZ

Bibimbap

\$9.99



## KOREAN BIBIMBAP

**INGREDIENTS:** RICE, SPINACH, RADISH, BEAN SPROUT, CARROTS, ZUCCHINI, SPINACH, MUSHROOM, BEEF

**CONTAINS:** EGG, WHEAT, SOY, SESAME

**BUSINESS NAME:** DRAGON BOWLZ LLC

## NUTRITION FACTS

1 serving per container

Serving size **1 tray (0.0g)**

Amount Per Serving

**Calories** **970**

% Daily Value

<b>Total Fat</b> 22g	28%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 240mg	80%
<b>Sodium</b> 1660mg	72%
<b>Total Carbohydrates</b> 155g	56%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 36g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 1270mg	25%

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SELL BY:



MICROWAVE RICE ONLY,  
NOT VEGETABLES OR SAUCE

Grab & Go

# DRAGON BOWLZ

Korean Cafe Sandwich

\$7.99



## KOREAN CAFE SANDWICH

**INGREDIENTS:** WHITE BREAD, AMERICAN CHEESE, SLICED HAM, EGG, TOAMATO, RED CABBAGE, CARROTS, LETTUCE, STRAWBERRY JAM, MAYO

**CONTAINS:** MILK, EGG, WHEAT

**BUSINESS NAME:** DRAGON BOWLZ LLC

## NUTRITION FACTS

1 serving per container

Serving size **1 tray (325g)**

Amount Per Serving

**Calories** **510**

% Daily Value

<b>Total Fat</b> 19g	24%
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 730mg	32%
<b>Total Carbohydrates</b> 68g	25%
Dietary Fiber 3g	11%
Total Sugars 21g	
Includes 0g Added Sugars	0%
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium 5850mg	450%
Iron 0.7mg	4%
Potassium 1270mg	25%

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# DRAGON BOWLZ

Kimbab

\$7.49



## KIMBAP

**INGREDIENTS:** RICE, SEA WEED, EGG, SPINACH,  
RADISH, HAM, CARROTS

**CONTAINS:** EGG, FISH CAKE, IMITATION  
CRAB MEAT, SESAME

**BUSINESS NAME:** DRAGON BOWLZ LLC

## NUTRITION FACTS

1 serving per container

**Serving size** 1 tray (354g)

**Amount Per Serving**

**Calories** **430**

**% Daily Value**

**Total Fat** 18g 23%

Saturated Fat 4g 20%

Trans Fat 0g

**Cholesterol** 130mg 43%

**Sodium** 1060mg 46%

**Total Carbohydrates** 51g 19%

Dietary Fiber 2g 7%

Total Sugars 12g

Includes 0g Added Sugars 0%

**Protein** 17g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

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