



# NUTRITIONAL GUIDE

[ HOT SOUP ]



## House Special

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	172.3	37.20%	45.5	0	0	0	0	29.5	6.8	2.5	2.5	2.5
Kamaboko	10.3	2.20%	11.2	0	0	0	1.9	134.9	1.7	0	0.6	0.9
Pork Slices	102.7	22.20%	191.1	12.7	4.5	0.1	63.7	62.7	0	0	0	17.9
Clam	28.5	6.10%	24.5	0.3	0.1	0	8.5	171.3	1	0	0	4.2
Nira	7.7	1.70%	2.3	0.1	0	0	0	0.2	0.3	0.2	0.2	0.2
Preserved Vegetables	19.2	4.10%	1.8	0	0	0	0	147.8	0.3	0.1	0	0.1
Pork Meatballs	8.9	1.90%	12.5	0.8	0.4	0	3.1	57.7	0.5	0	0	1.1
Pork Intestine	47.2	10.20%	77.8	6.1	0	0	6.1	303.3	0	0	0	5.7
Enoki Mushrooms	11.2	2.40%	4.1	0	0	0	0	0.3	0.9	0.3	0	0.3
Quail egg	8.7	1.90%	15	1	0.4	0	54.2	20.2	0	0	0	1.2
Tomatoes	30.1	6.50%	5.4	0.1	0	0	0	1.5	1.2	0.4	0.8	0.3
Rice cake	16.7	3.60%	19.2	0.1	0	0	0.7	35.4	4	0.1	0	0.6
<b>Totals (per serving)</b>	<b>463.4</b>	<b>100%</b>	<b>411</b>	<b>21.2</b>	<b>5.3</b>	<b>0.1</b>	<b>138.3</b>	<b>964.8</b>	<b>16.6</b>	<b>3.6</b>	<b>4</b>	<b>34.9</b>

## Seafood & Tofu

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
BP Vermicelli	13.9	3.70%	52.2	0	0	0	0	0	13.1	0.6	0	0
Octopus	37.6	9.90%	30.9	0.4	0.1	0	18.1	86.5	0.8	0	0	5.6
Fish fillet	35.5	9.40%	42.2	2.1	0.5	0	19.5	34.7	0	0	0	5.4
Enoki Mushrooms	9.9	2.60%	3.7	0	0	0	0	0.3	0.8	0.3	0	0.3
cuttlefish	18.4	4.90%	14.6	0.1	0	0	20.6	68.6	0.2	0	0	3
Pork Slices	102.7	27.20%	191.1	12.7	4.5	0.1	63.7	62.7	0	0	0	17.9
Fish Ball	22.9	6.00%	16	0.1	0	0	3.4	194.5	1.8	0	0.2	1.6
clam	57	15.10%	49	0.5	0.1	0	17.1	342.5	2	0	0	8.4
Tofu	80.4	21.20%	116.5	7	1	0	0	11.3	3.4	1.8	0.6	12.7
<b>Totals (per serving)</b>	<b>378.3</b>	<b>100%</b>	<b>516</b>	<b>23</b>	<b>6.2</b>	<b>0.1</b>	<b>142.4</b>	<b>801.1</b>	<b>22.1</b>	<b>2.7</b>	<b>0.8</b>	<b>54.8</b>

# Korean Bean Paste

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Soybean Sprouts	100	20.20%	45	1	0	0	0	0	4	1	0	6
Nira Grass (garlic chives)	5	1.00%	1.5	0.1	0	0	0	0.2	0.2	0.2	0.1	0.2
Zucchini	35	7.10%	7.4	0.1	0	0	0	1.1	1.1	0.4	0.5	0.9
Kimchi	65	13.10%	17.1	0	0	0	0	387.7	2.3	0.6	0.6	0.6
Pork Belly	100	20.20%	518	53	19.3	0.5	72	32	0	0	0	9.3
Fish Tofu	17	3.40%	20.4	0.5	0.3	0	1.9	98.6	2	0	0	1.7
Kamaboko	12	2.40%	13.1	0	0	0	2.2	157.1	2	0	0.7	1.1
Kakiage tempura	12	2.40%	25.4	0.4	0	0	1.1	93.1	3.8	0	0.4	1.3
Rice Cakes	25	5.00%	55	0.2	0	0	0	23.8	12.1	0.1	0	1.1
Enoki Mushrooms	12	2.40%	4.4	0	0	0	0	0.4	0.9	0.3	0	0.3
Fish Fillet	30	6.10%	35.7	1.8	0.4	0	16.5	29.4	0	0	0	4.6
Instant Noodles	30	6.10%	112.5	0.5	0	0	0	192.5	23	1	1	4
Lobster Ball	20	4.00%	26	0.6	0.2	0	9	186	2.8	0	0.2	2.2
Kelp	2.5	0.50%	6.5	0	0	0	0	5	1.5	0	0	0
Soybean Paste	21.2	4.30%	47.2	1.2	0	0	0	572.9	7.1	0	3.5	2.4
Fermented Red Pepper Paste	9.1	1.80%	9.1	0	0	0	0	167.4	4.6	0	2.3	0.5
<b>Totals (per serving)</b>	<b>495.8</b>	<b>100%</b>	<b>944</b>	<b>59.4</b>	<b>20.3</b>	<b>0.5</b>	<b>102.6</b>	<b>1947.1</b>	<b>67.4</b>	<b>3.6</b>	<b>9.3</b>	<b>36.1</b>

# Beef

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	190.9	36.80%	22.9	0.3	0	0	0	21	4.3	1.9	1.9	2.1
Tomatoes	30.1	5.80%	5.4	0.1	0	0	0	1.5	1.2	0.4	0.8	0.3
Pork Meatballs	8.9	1.70%	12.5	0.8	0.4	0	3.1	57.7	0.5	0	0	1.1
Beef Slices	102.6	19.80%	133.4	4.9	2.1	0.3	64.7	81.1	0.1	0	0	22.2
Fried Tofu Skin	8.8	1.70%	64.6	6.2	1.1	0	0	0.9	0.8	0.1	0	1.6
Vermicelli	7.8	1.50%	29.4	0	0	0	0	0	7.4	0.3	0	0
Tofu	38.3	7.40%	55.5	3.3	0.5	0	0	5.4	1.6	0.9	0.3	6
Kamaboko	10.3	2.00%	11.2	0	0	0	1.9	134.9	1.7	0	0.6	0.9
Enoki Mushrooms	16.8	3.20%	6.2	0	0	0	0	0.5	1.3	0.5	0	0.4
Corn	60.2	11.60%	59	0.5	0.1	0	0	3	14.1	1.7	2.3	2
Crustaceans	26.6	5.10%	22.9	0.3	0	0	15.7	78.6	0.2	0	0	4.6
Kakiage tempura	17	3.30%	36	0.6	0	0	1.5	132	5.4	0	0.6	1.8
<b>Totals (per serving)</b>	<b>518.4</b>	<b>100%</b>	<b>459</b>	<b>17</b>	<b>4.2</b>	<b>0.3</b>	<b>86.9</b>	<b>516.6</b>	<b>38.5</b>	<b>5.7</b>	<b>6.5</b>	<b>43.1</b>

# Lamb

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	179.3	32.60%	47.4	0	0	0	0	30.7	7	2.6	2.6	2.6
Lamb Slices	105.7	19.20%	139.6	5.5	2	0.2	67.7	73	0	0	0	21.1
Crustaceans	26.6	4.80%	22.9	0.3	0	0	15.7	78.6	0.2	0	0	4.6
Sour Mustard Greens	88.5	16.10%	29.5	0	0	0	0	1387	5.9	0	3	3
Vermicelli	9	1.60%	33.8	0	0	0	0	0	8.4	0.4	0	0
Clam	28.5	5.20%	24.5	0.3	0.1	0	8.5	171.3	1	0	0	4.2
Enoki Mushrooms	9.2	1.70%	3.4	0	0	0	0	0.3	0.7	0.2	0	0.2
Fried Tofu Skin	4.8	0.90%	35.3	3.4	0.6	0	0	0.5	0.4	0	0	0.9
Tofu	38.3	7.00%	55.5	3.3	0.5	0	0	5.4	1.6	0.9	0.3	6
Bunashimeji Mushrooms	16.5	3.00%	6.6	0.1	0	0	0	0.2	1.2	0.5	0	0.3
Rice Cake Pork Blood	16.7	3.00%	19.2	0.1	0	0	0.7	35.4	4	0.1	0	0.6
Kamaboko	10.3	1.90%	11.2	0	0	0	1.9	134.9	1.7	0	0.6	0.9
Kakiage tempura	17	3.10%	36	0.6	0	0	1.5	132	5.4	0	0.6	1.8
<b>Totals (per serving)</b>	<b>550.6</b>	<b>100%</b>	<b>465</b>	<b>13.6</b>	<b>3.1</b>	<b>0.2</b>	<b>96.1</b>	<b>2049.2</b>	<b>37.6</b>	<b>4.7</b>	<b>7</b>	<b>46.3</b>

# Mushroom Veggie

Ingredient	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
napa	200g	44.4	0	0	0	0	44.4	8.9	4.4	4.4	4.4
firm tofu	2 servings	80	4	0.5	0	0	25	3	1	0	9
wide vermicelli	25g	136	0	0	0	0	8.5	34	0	0	0
green zucchini	18g	2.9	0	0	0	0	0.5	0.7	0.3	0.3	0.1
tomato	28g	5.00	0.06	0.01	0.00	0.00	1.00	1.10	0.30	0.74	0.25
organic bunapi mushroom	22g	5	0.1	0	0	0	1	0.7	0.2	0.5	0.7
organic bunashimeji	22g	8.8	0.1	0	0	0	0	1.5	0.7	0	0.4
broccoli	15g	5	0.06	0	0	0	5	1	0.4	0.26	0.42
oyster mushroom	16.5g	5	0.1	0	0	0	3	0.9	0.3	0.2	0.5
shiitake mushroom	13g	38	0.13	0	0	0	2	9.8	1.5	2.91	1.25
konjac jelly	18g	18	0	0	0	0	1	4.29	0.6	0.07	0.23
bean curd	58g	157	11.7	1.69	0	0	9	6	2.3	1.58	9.9
enoki mushroom	15g	6	0.06	0	0	0	0	1.04	0.4	0.03	0.4
wood ear mushroom	13g	48.8	0	0	0	0	0	6.5	0	0	0

# Taiwanese Spicy

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taiwanese Cabbage	217	28.80%	52.1	0	0	0	0	39.1	8.7	0	0	4.3
Rice cake pork blood	42.9	5.70%	49.3	0.4	0	0	1.9	91.1	10.2	0.4	0	1.5
Tofu	27.6	3.70%	40	2.4	0.3	0	0	3.9	1.2	0.6	0.2	4.4
Beef Slices	176	23.40%	225.2	7.9	3.4	0.4	112.6	140.8	0.3	0	0	38.3
Fish Ball	22.9	3.00%	16	0.1	0	0	3.4	194.5	1.8	0	0.2	1.6
Fried Tofu Skin	14.9	2.00%	108.9	10.4	1.8	0	0	1.5	1.3	0.1	0.1	2.7
Ramen noodle	40	5.30%	140	1	0	0	0	480	28.4	1.1	0.3	4.4
Clam	57	7.60%	49	0.5	0.1	0	17.1	342.5	2	0	0	8.4
Pork Intestine	78.8	10.50%	130.1	10.2	0	0	10.2	506.9	0	0	0	9.5
Enoki Mushrooms	23.6	3.10%	8.7	0.1	0	0	0	0.7	1.8	0.6	0.1	0.6
Cuttlefish	18.4	2.40%	14.6	0.1	0	0	20.6	68.6	0.2	0	0	3
Bunashimeji Mushrooms	16.5	2.20%	6.6	0.1	0	0	0	0.2	1.2	0.5	0	0.3
Kakiage tempura	17	2.30%	36	0.6	0	0	1.5	132	5.4	0	0.6	1.8
<b>Totals (per serving)</b>	<b>752.7</b>	<b>100%</b>	<b>877</b>	<b>33.9</b>	<b>5.7</b>	<b>0.4</b>	<b>167.4</b>	<b>2001.7</b>	<b>62.5</b>	<b>3.4</b>	<b>1.5</b>	<b>80.7</b>

# Tonkotsu Miso

Ingredient	Serving Size	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
cabbage	190g	46	0.23	0.03	-	0	34	10.6	4.4	6.8	2.74
chasu pork	66g	140.3	6.9	2.3	-	48.3	315.1	2.3	0	0	12.8
bamboo shoot	16g	4	0	0	-	0	1	1	0.4	0.5	0.4
shrimp	2pc	12	0.2	0.04	-	18	18	0.2	0	0	2.44
soft tofu		80	4	0.5	0	0	25	3	1	0	9
sliced fish	36g	22.3	0.5	0.2	-	9.6	66.9	0	0	0	4.5
organic bunashimeji mushroom	25g	10	0.1	0		0	0	1.8	0.8	0	0.5
fried tofu skin	12g	82.95	7.95	1.36	0.00	0.00	1.14	1.02	0.11	0.00	2.05
udon	1serving	229	0.62	0.1	0	5	623	47	0.2	0.06	7
wood ear mushroom	15g	56.3	0	-	-	0	0	7.5	0	0	0
corn	1pc	19.25	0.27	0.05	-	0.00	3.50	4.25	0.60	0.73	0.73
pickled ginger	10g	3.3	0	0	-	0	14	0.3	0	0.3	0
seaweed	2g	6.7	0	-	-	0	13.3	0.7	0.7	0	0.7
egg	1pc	78	5	1.6	0	187	62	0.6	0	0.6	6
green onion	74g	29.6	0	0.024	-	0	29.6	5.9	3	3	0

# Thai Fusion

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taiwanese Cabbage	194.4	27.50%	46.7	0	0	0	0	35	7.8	0	0	3.9
Taro shoots	65.5	9.20%	7.2	0.1	0	0	0	0.7	1.5	0.8	0.7	0.6
Fish Ball	22.9	3.20%	16	0.1	0	0	3.4	194.5	1.8	0	0.2	1.6
Bunashimeji Mushrooms	16.5	2.30%	6.6	0.1	0	0	0	0.2	1.2	0.5	0	0.3
Enoki Mushrooms	22.2	3.10%	8.2	0.1	0	0	0	0.7	1.7	0.6	0	0.6
Crab	75.2	10.60%	64.7	0.7	0.1	0	44.4	222	0.6	0	0	13.1
Pork Slices	165.6	23.40%	307.9	20.5	7.2	0.2	102.6	101	0	0	0	28.8
Clam	85.5	12.10%	73.5	0.8	0.2	0	25.6	513.8	3.1	0	0	12.5
Cuttlefish	18.4	2.60%	14.6	0.1	0	0	20.6	68.6	0.2	0	0	3
Octopus	41.7	5.90%	34.2	0.4	0.1	0	20	95.9	0.9	0	0	6.2
<b>Totals (per serving)</b>	<b>708</b>	<b>100%</b>	<b>580</b>	<b>22.9</b>	<b>7.6</b>	<b>0.2</b>	<b>216.8</b>	<b>1232.3</b>	<b>18.7</b>	<b>1.9</b>	<b>0.9</b>	<b>70.7</b>

# Thai Tomato

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Cabbage	200	20.90%	50	0.2	0.1	0	0	36	11.6	5	6.4	2.6
Taro Stem	60	6.30%	14.4	0.2	0	0	0	1.2	2.4	1.2	1.2	1.6
Mussels	10	1.00%	8.6	0.2	0	0	2.8	28.6	0.4	0	0	1.2
Fish Fillet	130	13.60%	107	1.7	0.8	0	0	81	0.7	0	0.7	22.6
Clams	27	2.80%	23.2	0.3	0.1	0	8.1	162.3	1	0	0	4
Cuttlefish Ring	85	8.90%	67.2	0.6	0.1	0	95.2	316.2	0.7	0	0	13.8
Cuttlefish Ball	100	10.40%	70	0.5	0	0	15	850	8	0	1	7
Baby corn	28.4	3.00%	5	0	0	0	0	55.9	0.8	0.4	0.2	0.4
Straw Mushroom	22	2.30%	7	0.1	0	0	0	84.5	1	0.6	0.2	0.8
Tomato	40	4.20%	7.2	0.1	0	0	0	2	1.6	0.5	1.1	0.4
Spam	9	0.90%	28.9	2.6	1	0	6.4	93.2	0.2	0	0	1.1
Sliced Pork	100	10.40%	468	35.1	12	0.1	99	1684	1.7	0	0	33.9
Shrimp	42.5	4.40%	44.5	0.8	0	0	64.7	121.3	0	0	0	8.9
Coconut milk	28.4	3.00%	55.8	6	5.4	0	0	3.7	0.8	0.3	0.4	0.6
Cilantro	1	0.10%	0.2	0	0	0	0	0.5	0	0	0	0
Thai Tomato paste	76	7.90%	62.3	0.4	0.1	0	0	600.4	14.4	3.1	9.3	3.3
<b>Totals (per serving)</b>	<b>959.2</b>	<b>100%</b>	<b>1019</b>	<b>48.8</b>	<b>19.5</b>	<b>0.1</b>	<b>291.2</b>	<b>4120.7</b>	<b>45.2</b>	<b>11.1</b>	<b>20.5</b>	<b>102.2</b>

# BP Classic

CONCEPT  
STORE

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Napa Cabbage	160	34.60%	42.3	0	0	0	0	27.4	6.3	2.3	2.3	2.3
Quail Egg	8.5	1.80%	14.7	1	0.4	0	53.2	19.8	0	0	0	1.1
Pork Intestine	48	10.40%	79.2	6.2	0	0	6.2	308.6	0	0	0	5.8
Pork Meatballs	9	1.90%	12.6	0.8	0.4	0	3.2	58.4	0.5	0	0	1.1
Rice cake pork blood	17	3.70%	19.6	0.2	0	0	0.8	36.1	4.1	0.2	0	0.6
Preserved Vegetables	20	4.30%	1.9	0	0	0	0	153.9	0.4	0.1	0	0.1
Tomatos	30.1	6.50%	5.4	0.1	0	0	0	1.5	1.2	0.4	0.8	0.3
Enoki Mushrooms	12	2.60%	4.4	0	0	0	0	0.4	0.9	0.3	0	0.3
Nira	8	1.70%	2.4	0.1	0	0	0	0.2	0.3	0.2	0.2	0.2
Tofu	110	23.80%	159.5	9.6	1.4	0	0	15.4	4.7	2.5	0.8	17.4
Clam	30	6.50%	25.8	0.3	0.1	0	9	180.3	1.1	0	0	4.4
Kamaboko	10	2.20%	10.9	0	0	0	1.8	130.9	1.6	0	0.5	0.9
<b>Totals (per serving)</b>	<b>462.6</b>	<b>100%</b>	<b>379</b>	<b>18.2</b>	<b>2.3</b>	<b>0</b>	<b>74.1</b>	<b>933</b>	<b>21</b>	<b>6</b>	<b>4.6</b>	<b>34.5</b>

# Tomato Delight

CONCEPT  
STORE

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Vermicelli	9	1.60%	33.8	0	0	0	0	0	8.5	0.4	0	0
Beancurd Pouch	39	6.90%	125.2	7.5	0	0	0	34.2	2.1	4.1	0	12.3
Tofu	38	6.70%	55.1	3.3	0.5	0	0	5.3	1.6	0.9	0.3	6
Napa Cabbage	160	28.10%	19.2	0.3	0	0	0	17.6	3.6	1.6	1.6	1.8
Tomatos	79	13.90%	14.2	0.2	0	0	0	3.9	3.1	0.9	2.1	0.7
Enoki Mushrooms	19	3.30%	7	0.1	0	0	0	0.6	1.5	0.5	0	0.5
Bunapi Mushroom	17	3.00%	6.8	0.2	0	0	0	0	1	0.5	0	0.3
Poached Lotus Slice	24	4.20%	17.7	0	0	0	0	10.1	3.8	0.1	3.5	0.5
Beans	21	3.70%	8.2	0	0	0	0	0.6	1.6	0.5	0.5	0.4
Corn	60	10.50%	58.8	0.5	0.1	0	0	3	14.1	1.7	2.3	2
Pork Slices	102.7	18.10%	191.1	12.7	4.5	0.1	63.7	62.7	0	0	0	17.9
<b>Totals (per serving)</b>	<b>568.7</b>	<b>100%</b>	<b>537</b>	<b>24.7</b>	<b>5.1</b>	<b>0.1</b>	<b>63.7</b>	<b>138.1</b>	<b>40.8</b>	<b>11.3</b>	<b>10.3</b>	<b>42.4</b>