

CLASSIC WHOLE CHICKEN														1300 ~ 3570 Cals
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
GOLDEN ORIGINAL 10PC	2590	161	35	0	490	105	0	0	180	-	4320	-	-	-
GOLDEN ORIGINAL 5PC	1300	81	18	0	245	52	0	0	90	-	2160	-	-	-
HOT SPICY 20PC	3190	162	35	0	490	264	0	7	183	-	5830	-	-	-
HOT SPICY 10PC	1600	81	18	0	245	132	0	3	91	-	2910	-	-	-
SECRET SPICY 20PC	3570	162	35	0	490	343	0	10	184	-	27250	-	-	-
SECRET SPICY 10PC	1780	81	18	0	245	171	0	5	92	-	13630	-	-	-
HALF & HALF HOT SPICY	2890	162	35	0	490	184	0	3	181	-	5070	-	-	-
HALF & HALF SECRET SPICY	3080	162	35	0	320	224	0	5	182	-	15780	-	-	-

WHOLE CHICKEN -HALF (8pcs)														850 ~ 1040 Cals
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
HONEY GARLIC -HALF	870	33	8	0	200	71	0.9	1	71	0	1740	111.3	2.68004	940
SOY GARLIC -HALF	850	33	8	0	200	66	0.9	4	72	0	1750	115.084	2.72085	940
GANGJEONG -HALF	1040	33	8	0	200	113	1.08	3	72	0	1390	125.839	2.86925	1020
CHEESLING -HALF	890	35	9	0	200	73	0.9	2	73	0.73	1640	257.971	2.72085	970
GALBI -HALF	980	37	10	0	200	89	1.49	4	72	0	1550	536.258	2.962	1100
SPICY GALBI -HALF	980	35	9	0	200	93	6.91	11	72	0	1610	119.551	3.0362	1030
GANGNAM STYLE -HALF	850	33	8	0	200	66	1.01	11	72	0	1630	112.391	2.7023	960
MALA HOT -HALF	940	36	9	0	200	82	4.24	11	72	0	1750	116.138	2.8136	1000

WHOLE CHICKEN -WHOLE (16pcs)														1700 ~ 2070 Cals
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
HONEY GARLIC -HALF	1730	66	16	0	395	142	1.79	3	143	0	3480	222.6	5.36008	1880
SOY GARLIC -HALF	1700	66	16	0	395	132	1.79	8	143	0	3510	230.168	5.4417	1890
GANGJEONG -HALF	2070	66	16	0	395	225	2.17	7	143	0	2790	251.679	5.7386	2040
CHEESLING -HALF	1790	69	19	0	405	145	1.79	4	145	1.45	3280	515.942	5.4417	1940
GALBI -HALF	1960	75	20	0	395	178	2.98	9	143	0	3090	227.972	5.3304	1930
SPICY GALBI -HALF	1960	71	17	0	395	187	13.81	23	144	0	3220	239.102	6.0724	2050
GANGNAM STYLE -HALF	1700	66	16	0	395	133	2.02	23	144	0	3270	224.781	5.4046	1920
MALA HOT -HALF	1890	72	17	0	395	165	8.47	23	145	0	3510	232.275	5.6272	1990

BONELESS CHICKEN -SMALL (8pcs)														670 ~ 1060 Cals
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
GOLDEN ORIGINAL -SMALL	850	54	11	0	110	40	0	0	52	10.64	1060	23.8	1.96	760
SECRET SPICY -SMALL	1060	54	11	0	110	92	0.5	2	53	10.64	6000	32.872	2.128	1430
HOT SPICY -SMALL	980	54	11	0	110	74	0.34	1	53	10.64	1380	29.848	2.072	800
HONEY GARLIC -SMALL	680	22	4.5	0	135	49	0	2	72	0	1100	25.0768	1.4672	860
SOY GARLIC -SMALL	670	22	4.5	0	135	45	0	4	72	0	1120	27.9328	1.498	860
GANGJEONG -SMALL	810	22	4.5	0	135	80	0.14	3	72	0	850	36.05	1.61	920
CHEESLING -SMALL	700	23	5	0	135	50	0	2	73	0.55	1030	135.772	1.498	880
GALBI -SMALL	770	25	6	0	135	62	0.45	4	72	0	960	27.104	1.456	880
SPICY GALBI -SMALL	770	25	6	0	135	62	0.45	4	72	0	960	27.104	1.456	880
GANGNAM STYLE -SMALL	670	22	4.5	0	135	45	0.08	9	72	0	1030	25.9	1.484	880
MALA HOT -SMALL	740	24	5	0	135	57	2.52	9	72	0	1120	28.728	1.568	900

BONELESS CHICKEN -MEDIUM (16pcs)														1340 ~ 2130 Cals
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
GOLDEN ORIGINAL -MEDIUM	1710	108	23	0	220	81	0	0	105	21.28	2120	47.6	3.92	1510
SECRET SPICY -MEDIUM	2130	108	23	0	220	183	1.01	4	107	21.28	12000	65.744	4.256	2860
HOT SPICY -MEDIUM	1970	108	23	0	220	149	0.67	3	106	21.28	2770	59.696	4.144	1600
HONEY GARLIC -MEDIUM	1370	44	9	0	270	98	0	3	144	0	2210	50.1536	2.9344	1720
SOY GARLIC -MEDIUM	1340	44	9	0	270	90	0	7	144	0	2240	55.8656	2.996	1730
GANGJEONG -MEDIUM	1620	45	9	0	270	161	0.28	6	144	0	1690	72.1	3.22	1840
CHEESLING -MEDIUM	1410	47	11	0	275	100	0	4	145	1.1	2060	271.544	2.996	1770
GALBI -MEDIUM	1540	51	12	0	270	125	0.9	8	144	0	1920	54.208	2.912	1760
SPICY GALBI -MEDIUM	1540	51	12	0	270	125	0.9	8	144	0	1920	54.208	2.912	1760
GANGNAM STYLE -MEDIUM	1340	44	9	0	270	91	0.17	18	144	0	2060	51.8	2.968	1750
MALA HOT -MEDIUM	1480	49	10	0	270	115	5.04	18	145	0	2240	57.456	3.136	1800

BONELESS CHICKEN -LARGE (24pcs)														2010 ~ 3190 Cals
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
GOLDEN ORIGINAL -LARGE	2560	161	34	0	330	121	0	0	157	31.92	3180	71.4	5.88	2270
SECRET SPICY -LARGE	3190	162	34	0	330	275	1.51	7	160	31.92	17990	98.616	6.384	4280
HOT SPICY -LARGE	2950	162	34	0	330	223	1.01	4	159	31.92	4150	89.544	6.216	2400
HONEY GARLIC -LARGE	2050	66	13	0	405	146	0	5	215	0	3320	75.2304	4.4016	2580
SOY GARLIC -LARGE	2010	66	14	0	405	135	0	11	216	0	3350	83.7984	4.494	2590
GANGJEONG -LARGE	2430	67	13	0	405	241	0.42	9	216	0	2540	108.15	4.83	2760
CHEESLING -LARGE	2110	70	16	0	410	150	0	6	218	1.65	3100	407.316	4.494	2650
GALBI -LARGE	2300	76	18	0	405	187	1.34	11	216	0	2890	81.312	4.368	2640
SPICY GALBI -LARGE	2300	76	18	0	405	187	1.34	11	216	0	2890	81.312	4.368	2640
GANGNAM STYLE -LARGE	2010	66	13	0	405	136	0.25	27	216	0	3080	77.7	4.452	2630
MALA HOT -LARGE	2230	73	15	0	405	172	7.56	27	217	0	3350	86.184	4.704	2710

BONELESS CHICKEN -HALF & HALF														2330 ~ 2450 Cals
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
HALF & HALF HOT SPICY	2330	135	29	0	275	150	0	2	133	-	3180	-	-	-
HALF & HALF SECRET SPICY	2450	135	29	0	275	175	0	3	133	-	9720	-	-	-

WINGS -SMALL (8pcs)														640 ~ 1020 Cals
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
GOLDEN ORIGINAL -SMALL	640	24	6	0	120	51	0	4	56	0	1000	59.928	1.32	510
SECRET SPICY -SMALL	840	24	6	0	120	100	0.48	6	57	0	5650	68.4816	1.4784	1150
HOT SPICY -SMALL	770	24	6	0	120	84	0.32	5	57	0	1300	65.6304	1.4256	550
BB WINGS -SMALL	760	46	10	0	100	42	0	0	45	10.6	1010	36.96	1.056	430
WINGS OF FIRE -SMALL	850	47	10	0	100	66	0.24	1	45	10.3	1240	41.2968	1.1532	460
HONEY GARLIC -SMALL	900	57	12	0	190	43	0	1	53	10.82	970	40.5398	0.59136	440
SOY GARLIC -SMALL	890	57	12	0	190	40	0	3	54	10.82	980	43.2326	0.6204	440
GALBI -SMALL	980	60	14	0	190	56	0.42	3	54	10.82	840	42.4512	0.5808	460
GANGJEONG -SMALL	1020	57	12	0	190	73	0.13	2	54	10.82	730	50.886	0.726	490
CHEESLING -SMALL	920	58	13	0	190	44	0	1	54	11.34	900	144.91	0.6204	460
SPICY GALBI -SMALL	980	58	13	0	190	59	4.28	8	54	10.82	880	46.4112	0.8448	500
GANGNAM STYLE -SMALL	890	57	12	0	190	40	0.08	8	54	10.82	900	41.316	0.6072	450
MALA HOT -SMALL	950	59	13	0	190	51	2.38	8	54	10.82	980	43.9824	0.6864	480

WINGS -MEDIUM (16pcs)											1290 ~ 2040 Cals			
	Cals(kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)	Vit D-mcg	Sod (mg)	Calc(mg)	Iron(mg)	Pot(mg)
GOLDEN ORIGINAL -MEDIUM	1290	48	12	0	240	103	0	8	112	0	2000	119.856	2.64	1020
SECRET SPICY -MEDIUM	1680	48	12	0	240	200	0.95	12	114	0	11310	136.963	2.9568	2290
HOT SPICY -MEDIUM	1530	48	12	0	240	167	0.63	11	113	0	2610	131.261	2.8512	1110
BB WINGS -MEDIUM	1530	93	21	0	200	84	0	0	89	20.59	2020	73.92	2.112	850
WINGS OF FIRE -MEDIUM	1710	93	21	0	200	912	0.48	2	90	20.59	2480	82.4736	2.2704	910
HONEY GARLIC -MEDIUM	1800	114	24	0	380	86	0	2	107	21.65	1940	81.0797	1.18272	870
SOY GARLIC -MEDIUM	1770	114	24	0	380	79	0	5	107	21.65	1970	86.4653	1.2408	880
GALBI -MEDIUM	1950	120	27	0	380	112	0.84	5	107	21.65	1670	84.9024	1.1616	910
GANGJEONG -MEDIUM	2040	114	24	0	380	146	0.26	4	107	21.65	1450	101.772	1.452	980
CHEESLING -MEDIUM	1830	116	26	0	385	89	0	2	109	22.68	1800	289.819	1.2408	920
SPICY GALBI -MEDIUM	1960	117	25	0	380	118	8.55	16	108	21.65	1760	92.8224	1.6896	990
GANGNAM STYLE -MEDIUM	1770	114	24	0	380	80	0.16	16	107	21.65	1800	80.6232	1.2144	900
MALLARD -MEDIUM	1810	110	25	0	380	100	0.35	10	100	21.65	1630	93.0000	1.2708	850