

WHOLE CHICKEN

970 ~ 2500 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 HALF	970	58	13	0	295	28	0	4	83	0	1690	63.915	1.2012	1190
GOLDEN ORIGINAL WHOLE	1940	117	25	0	590	57	0	7	166	0	3380	127.83	2.4024	2380
SECRET SAUCE HALF	1250	59	13	0	295	96	0.67	7	84	0	8240	75.9354	1.4238	2080
SECRET SAUCE WHOLE	2500	117	25	0	590	192	1.34	13	168	0	16470	151.871	2.8476	4160
HOT SPICY HALF	1140	59	13	0	295	74	0.45	6	84	0	2120	71.9286	1.3496	1250
HOT SPICY WHOLE	2280	117	25	0	590	147	0.89	11	167	0	4240	143.857	2.6992	2500

HALF&HALF WHOLE CHICKEN

2110 ~ 2220 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 SECRET SAUCE	2220	117	25	0	590	125	0.67	10	167	0	9940	139.96	2.63	3270
HALF&HALF HOT SPICY	2110	117	25	0	590	102	0.45	9	167	0	3810	135.84	2.55	2440

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	640	24	6	0	120	51	0	4	56	0	1000	59.928	1.32	510
SECRET SAUCE	840	24	6	0	120	100	0.48	6	57	0	5650	68.4816	1.4784	1150
HOT SPICY	770	24	6	0	120	84	0.32	5	57	0	1300	65.6304	1.4256	550
HONEY GARLIC	900	57	12	0	190	43	0	1	53	10.82	970	40.5398	0.59136	440
SOY GARLIC	890	57	12	0	190	40	0	3	54	10.82	980	43.2326	0.6204	440
GANGJEONG	1020	57	12	0	190	73	0.13	2	54	10.82	730	50.886	0.726	490
CHEESLING	920	58	13	0	190	44	0	1	54	11.34	900	144.91	0.6204	460
GALBI	980	60	14	0	190	56	0.42	3	54	10.82	840	42.4512	0.5808	460
SPICY GALBI	980	58	13	0	190	59	4.28	8	54	10.82	880	46.4112	0.8448	500
CARIBBEAN SPICE	850	29	8	0	160	90	0	19	57	0	1420	96.472	1.848	490
HOT MALA	950	59	13	0	190	51	2.38	8	54	10.82	980	43.9824	0.6864	480
GANGNAM STYLE	890	57	12	0	190	40	0.08	8	54	10.82	900	41.316	0.6072	450
SPICY ORIGINAL	760	46	10	0	100	42	0	0	45	10.3	1010	36.96	1.056	430
WINGS OF FIRE	850	47	10	0	100	66	0.24	1	45	10.3	1240	41.2368	1.1352	460

WINGS MEDIUM (16pcs)

1290 ~ 2040Cals

	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	1290	48	12	0	240	103	0	8	112	0	2000	119.856	2.64	1020
SECRET SAUCE	1680	48	12	0	240	200	0.95	12	114	0	11310	136.963	2.9568	2290
HOT SPICY	1530	48	12	0	240	167	0.63	11	113	0	2610	131.261	2.8512	1110
HONEY GARLIC	1800	114	24	0	380	86	0	2	107	21.65	1940	81.0797	1.18272	870
SOY GARLIC	1770	114	24	0	380	79	0	5	107	21.65	1970	86.4653	1.2408	880
GANGJEONG	2040	114	24	0	380	146	0.26	4	107	21.65	1450	101.772	1.452	980
CHEESLING	1830	116	26	0	385	89	0	2	109	22.68	1800	289.819	1.2408	920
GALBI	1950	120	27	0	380	112	0.84	5	107	21.65	1670	84.9024	1.1616	910
SPICY GALBI	1960	117	25	0	380	118	8.55	16	108	21.65	1760	92.8224	1.6896	990
CARIBBEAN SPICE	1690	57	15	0	320	180	0	39	114	0	2830	192.944	3.696	970
HOT MALA	1910	118	25	0	380	102	4.75	16	108	21.65	1970	87.9648	1.3728	950
GANGNAM STYLE	1770	114	24	0	380	80	0.16	16	107	21.65	1800	82.632	1.2144	900
SPICY ORIGINAL	1530	93	21	0	200	84	0	0	89	20.59	2020	73.92	2.112	850
WINGS OF FIRE	1710	93	21	0	200	132	0.48	2	90	20.59	2480	82.4736	2.2704	910

WINGS LARGE (24pcs)

1930 ~ 3060 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	1930	72	18	0	360	154	0	12	168	0	2990	179.784	3.96	1540
SECRET SAUCE	2530	73	18	0	360	299	1.43	18	171	0	16960	205.445	4.4352	3440
HOT SPICY	2300	72	18	0	360	251	0.95	16	170	0	3910	196.891	4.2768	1660
HONEY GARLIC	2690	170	36	0	565	129	0	2	160	32.47	2920	121.62	1.77408	1310
SOY GARLIC	2660	170	37	0	565	119	0	8	161	32.47	2950	129.698	1.8612	1320
GANGJEONG	3060	171	36	0	565	218	0.4	7	161	32.47	2180	152.658	2.178	1480
CHEESLING	2750	174	39	0	575	133	0	3	163	34.02	2700	434.729	1.8612	1380
GALBI	2930	180	41	0	565	168	1.27	8	161	32.47	2510	127.354	1.7424	1370
SPICY GALBI	2940	175	38	0	565	177	12.83	24	162	32.47	2640	139.234	2.5344	1490
CARIBBEAN SPICE	2540	86	23	0	475	269	0	58	170	0	4250	289.416	5.544	1460
HOT MALA	2860	177	38	0	565	154	7.13	23	162	32.47	2950	131.947	2.0592	1430
GANGNAM STYLE	2660	170	36	0	565	120	0.24	23	161	32.47	2690	123.948	1.8216	1350
SPICY ORIGINAL	2290	139	31	0	300	126	0	0	134	30.89	3030	110.88	3.168	1280
WINGS OF FIRE	2560	140	31	0	300	198	0.71	3	135	30.89	3710	123.71	3.4056	1370

BONELESS 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	850	54	11	0	110	40	0	0	52	10.64	1060	23.8	1.96	760
SECRET SAUCE	1060	54	11	0	110	92	0.5	2	53	10.64	6000	32.872	2.128	1430
HOT SPICY	980	54	11	0	110	74	0.34	1	53	10.64	1380	29.848	2.072	800
HONEY GARLIC	680	22	4.5	0	135	49	0	2	72	0	1110	25.0768	1.4672	860
SOY GARLIC	670	22	4.5	0	135	45	0	4	72	0	1120	27.9328	1.498	860
GANGJEONG	810	22	4.5	0	135	80	0.14	3	72	0	850	36.05	1.61	920
CHEESLING	700	23	5	0	135	50	0	2	73	0.55	1030	135.772	1.498	880
GALBI	770	25	6	0	135	62	0.45	4	72	0	960	27.104	1.456	880
SPICY GALBI	770	25	6	0	135	62	0.45	4	72	0	960	27.104	1.456	880
CARIBBEAN SPICE	820	23	4.5	0	135	81	0	20	72	0	1520	33.32	1.4	900
HOT MALA	740	24	5	0	135	57	2.52	9	72	0	1120	28.728	1.568	900
GANGNAM STYLE	670	22	4.5	0	135	45	0.08	9	72	0	1030	25.9	1.484	880

BONELESS 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	1710	108	23	0	220	81	0	0	105	21.28	2120	47.6	3.92	1510
SECRET SAUCE	2130	108	23	0	220	183	1.01	4	107	21.28	12000	65.744	4.256	2860
HOT SPICY	1970	108	23	0	220	149	0.67	3	106	21.28	2770	59.696	4.144	1600
HONEY GARLIC	1370	44	9	0	270	98	0	3	144	0	2210	50.1536	2.9344	1720
SOY GARLIC	1340	44	9	0	270	90	0	7	144	0	2240	55.8656	2.996	1730
GANGJEONG	1620	45	9	0	270	161	0.28	6	144	0	1690	72.1	3.22	1840
CHEESLING	1410	47	11	0	275	100	0	4	145	1.1	2060	271.544	2.996	1770
GALBI	1540	51	12	0	270	125	0.9	8	144	0	1920	54.208	2.912	1760
SPICY GALBI	1540	51	12	0	270	125	0.9	8	144	0	1920	54.208	2.912	1760
CARIBBEAN SPICE	1640	45	9	0	270	162	0</							