

NUTRITION GUIDE



At Bango, we believe great food starts with great ingredients. Our menu is built around fresh, flavorful options designed to make you feel good about what you're eating without sacrificing taste. Nutritional information is provided as a general guide and is based on a 2,000 calorie daily diet. Individual needs may vary based on age, activity level, and personal health goals.

Ingredients, suppliers, and preparation methods may vary by location, and our kitchens use shared equipment and preparation areas. Because of this, we cannot guarantee any item is free from gluten or other allergens, even when marked gluten friendly or vegetarian. Please inform a team member of any allergies or dietary restrictions before ordering so we can help you make the best choice.



	Calories	Protein	Fat	Carbs	Allergens	Dietary
COLD BOWLS (8oz 16oz 32oz)						
Bango Bowl	401 635 937	4g 6g 13g	7g 11g 16g	79g 129g 194g	Contains Wheat	Vegetarian
Pink Dragon	393 613 883	4g 7g 11g	4g 9g 11g	76g 123g 193g	Contains Wheat, Conatins Nuts	Vegetarian
Coco-Tella	524 901 1416	10g 12g 14g	13g 37g 62g	72g 144g 238g	Contains Wheat, Conatins Nuts	Vegetarian
Bango Mango	293 537 842	5g 5g 8g	4g 8g 15g	54g 98g 120g	Contains Wheat, Conatins Nuts	Vegetarian
SMOOTHIES (16oz 24oz)						
Purple Rain	590 730	21g 25g	21g 28g	85g 105g	Contains Soy, Conatins Nuts, Dairy-Free	Vegetarian, Gluten Free
Bango Boss	435 530	16g 19g	21g 24g	53g 72g	Dairy-Free	Vegan, Vegetarian, Gluten Free
Health Nut	438 605	11g 15g	19g 27g	66g 89g	Dairy-Free, Conatins Nuts	Vegan, Vegetarian, Gluten Free
Berry Nice	318 413	5g 6g	2.5g 5g	77g 100g	Dairy-Free	Vegan, Vegetarian, Gluten Free
Green Isle	265 332	4g 5g	6/7g	56g 71g	Dairy-Free	Vegan, Vegetarian, Gluten Free
HANDHELDS						
Chicken Avo Ranch Flanini	780	44g	13g	64g		
Chicken Pesto Flanini	685	30g	13g	59g		
Chicken Fajita Flanini	640	30g	14g	59g		
BREAKFAST WRAPS						
BAE	655	29g	37g	40g	Contains Egg, Contains Wheat	
Southwest Sunrise	555	12g	17g	46g	Contains Egg, Contains Wheat	
Greenhouse	520	16g	15g	42g	Contains Egg, Contains Wheat	
POKE BOWLS						
Hawaiian Classic	488 671 with dressing	27g	15g	50g	Contains Soy, Contains Egg, Spicy, Contains Wheat	
Spicy Sal	476 699 with dressing	23g	19g	62g	Contains Soy, Contains Egg, Spicy, Contains Wheat	
GRAIN BOWLS						
Harvest	575 731 with dressing	42g	21g	51g	Conatins Nuts	Gluten Free
Chicken Fajita	390 588 with dressing	43g	11g	51g	Contains Egg	Gluten Free
Farmers Market	480 560 with dressing	29g	22g	50g	Conatins Nuts, Contains Egg	Gluten Free
Mediterranean Avocado	485 506 with dressing	38g	19g	44g	Contains Wheat	
SALAD BOWLS						
Sweet Potato Cobb	415 545 with dressing	36g	26g	19g	Contains Egg	
Honey Mo	383 524 with dressing	31g	17g	23g	Contains Wheat	
Caesar Crunch	310 414 with dressing	37g	18g	11g	Contains Wheat	

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COLD BOWL BYO TOPPINGS						
Acai Base	110	1g	1.5g	22g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Almond Butter	190	7g	17g	6g	Dairy-Free, Conatins Nuts	
Almonds	75	3g	6g	3g	Dairy-Free, Conatins Nuts	Vegetarian, Vegan, Gluten Free
Banana	51	0g	0g	12g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Blueberry	11	0g	0g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Brown Sugar	49	0g	0g	13g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Chia Seeds	59	2g	4g	5g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Chocolate Chips	98	1g	5g	13g	Contains Soy	Vegetarian
Chocolate Protein Powder	50	7g	2g	5g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Coconut Base (1/2 cup)	220	1g	15g	23g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Cookie Butter	126	2g	5g	19g	Dairy-Free	Vegetarian, Vegan
Dates	37	0g	0g	10g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Flax Seeds	32	1g	3g	2g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Gluten Free Granola (1/4 cup)	270	8g	9g	39g	Dairy-Free	Vegetarian, Gluten Free
Gogi Berries	3	0g	0g	0g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Honey	91	0g	0g	25g	Dairy-Free	Vegetarian, Gluten Free
Kiwi	16	0g	0g	4g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Mango	12	0g	0g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Mango Base (1/2 cup)	100	0g	0g	11g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Nutella	136	1g	9g	16g	Conatins Nuts	Vegetarian, Vegan, Gluten Free
Oats and Honey Granola (1/2 cup)	220	5g	6g	39g	Dairy-Free	Vegetarian
Peanut Butter	180	8g	15g	7g	Dairy-Free, Conatins Nuts	Vegetarian, Vegan, Gluten Free
Pineapple	16	0g	0g	4g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Pitaya Base (1/2 cup)	80	0g	0g	20g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Shredded Coconut	28	0g	3g	1g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Strawberry	9	0g	0g	2g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Vanilla Nut Granola (1/4 cup)	260	5g	10g	39g	Dairy-Free	Vegetarian
Vanilla Protein Powder	50	7g	1g	5g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Walnuts	92	2g	9g	2g	Dairy-Free, Conatins Nuts	Vegetarian, Vegan, Gluten Free

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SALAD / GRAIN / POKE BOWL BYO TOPPINGS						
White Rice	100	2g	0g	22g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Brown Rice	82	2g	1g	17g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Quinoa	105	4g	2g	19g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Romaine	10	1g	0g	2g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Kale	15	1g	0g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Spring Mix	10	1g	0g	2g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Roasted Chicken	140	26g	3g	0g	Dairy-Free	Gluten Free
Marinated Tuna (Raw)	103	18g	3g	3g	Dairy-Free, Spicy	
Marinated Salmon (Raw)	173	16g	12g	3g	Dairy-Free, Spicy	
Shrimp	85	18g	1g	0g	Dairy-Free, Contains Shellfish	Gluten Free
Tofu	96	10g	6g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Cucumbers	4	0g	0g	1g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Grape Tomatoes	5	0	0g	1g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Green Onions	2	0	0g	0g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Jalapeno	4	0	0g	1g	Dairy-Free, Spicy	Vegetarian, Vegan, Gluten Free
Avocado	83	1	8g	4g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Edamame	34	3	2g	3g	Contains Soy	Vegetarian, Vegan, Gluten Free
Red Onion	12	0g	0g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Pickled Onions	10	0g	0g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Crispy Onions	8	0g	0g	2g	Dairy-Free, Contains Wheat	Vegetarian
Roasted Beets	8	0g	0g	2g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Sesame Seeds	17	1g	2g	1g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Spicy Furikake	0	0g	0g	0g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Chopped Bacon	67	2g	6g	0g	Contains Meat, Dairy-Free	Gluten Free
Pita Chips	44	1g	0g	9g	Contains Wheat	Vegetarian, Vegan
Feta Cheese	79	4g	6g	2g		Vegetarian, Gluten Free
Goat Cheese	104	7g	8g	0g		Vegetarian, Gluten Free
Shaved Parmesan Cheese	86	8g	6g	1g		Vegetarian, Gluten Free
Mozzarella Cheese	72	5g	5g	1g		Vegetarian, Gluten Free
Hard Boiled Egg	37	3g	2g	0	Contains Egg, Dairy-Free	Vegetarian, Vegan, Gluten Free

	Calories	Protein	Fat	Carbs	Allergens	Dietary
SALAD / GRAIN / POKE BOWL BYO TOPPINGS						
Roasted Red Pepper	12	1g	0	3	Dairy-Free	Vegetarian, Vegan, Gluten Free
Roasted Sweet Potato	18	0g	0	4	Dairy-Free	Vegetarian, Vegan, Gluten Free
Roasted Brussel Sprouts	12	1g	0	3	Dairy-Free	Vegetarian, Vegan, Gluten Free
Roasted Broccoli	10	0	0	3	Dairy-Free	Vegetarian, Vegan, Gluten Free
Grilled Peppers and Onions	21	1g	0g	5g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Toasted Almonds	116	4g	9g	3g	Contains Nuts, Dairy-Free	Vegetarian, Vegan, Gluten Free
Seaweed Salad	18	1g	0g	4g	Dairy-Free, Contains Soy	Vegetarian, Vegan
Wontons	26	1g	0g	5g	Contains Wheat, Dairy-Free	Vegetarian, Vegan
Roasted Corn	22	1g	0g	5g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Pineapple	16	0g	0g	4g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Mango	12	0g	0g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Pickled Ginger	15	0g	0g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
DRESSINGS						
Balsamic Vinegar	14	0g	0g	3g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Balsamic Vinaigrette	156	0g	17g	1g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Bango Marinade	28	0.5	2g	3g	Dairy-Free, Spicy, Contains Soy	Vegetarian, Vegan
Extra Virgin Olive Oil	240	0g	27g	0g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Roasted Red Pepper Tzatziki	22	1g	1g	1g		Vegetarian, Gluten Free
Soy Sauce	10	1g	0g	1g	Contains Soy, Dairy-Free	Vegetarian, Vegan
Spicy Mayo	183	0g	19	1g	Contains Egg, Spicy	Vegetarian, Gluten Free
Sriracha Honey	68	0g	1g	15g	Contains Soy, Dairy-Free, Spicy	Vegetarian
Sriracha	20	0g	0g	3g	Dairy-Free, Spicy	Vegetarian, Vegan, Gluten Free
Chipotle Crema	142	0g	14g	1g	Contains Egg	Gluten Free
Honey Mustard	140	14	4g	14g	Dairy-Free	Vegetarian, Gluten Free
Lemon Basil Ranch	113	0g	12g	1g	Contains Egg	Vegetarian
Lemon Squeeze	7	0g	0g	2g	Dairy-Free	Vegetarian, Vegan, Gluten Free
Pesto Parmesan	130	1g	14g	1g	Contains Egg	Vegetarian, Gluten Free
Zesty Caesar	104	1g	11g	1g	Contains Egg, Contains Soy	Vegetarian, Vegan, Gluten Free
Salsa	10	0g	0g	2g	Dairy-Free	Vegetarian, Gluten Free
Sour Cream	10	1g	0g	1g		Vegetarian, Gluten Free

