

NUTRITION GUIDE



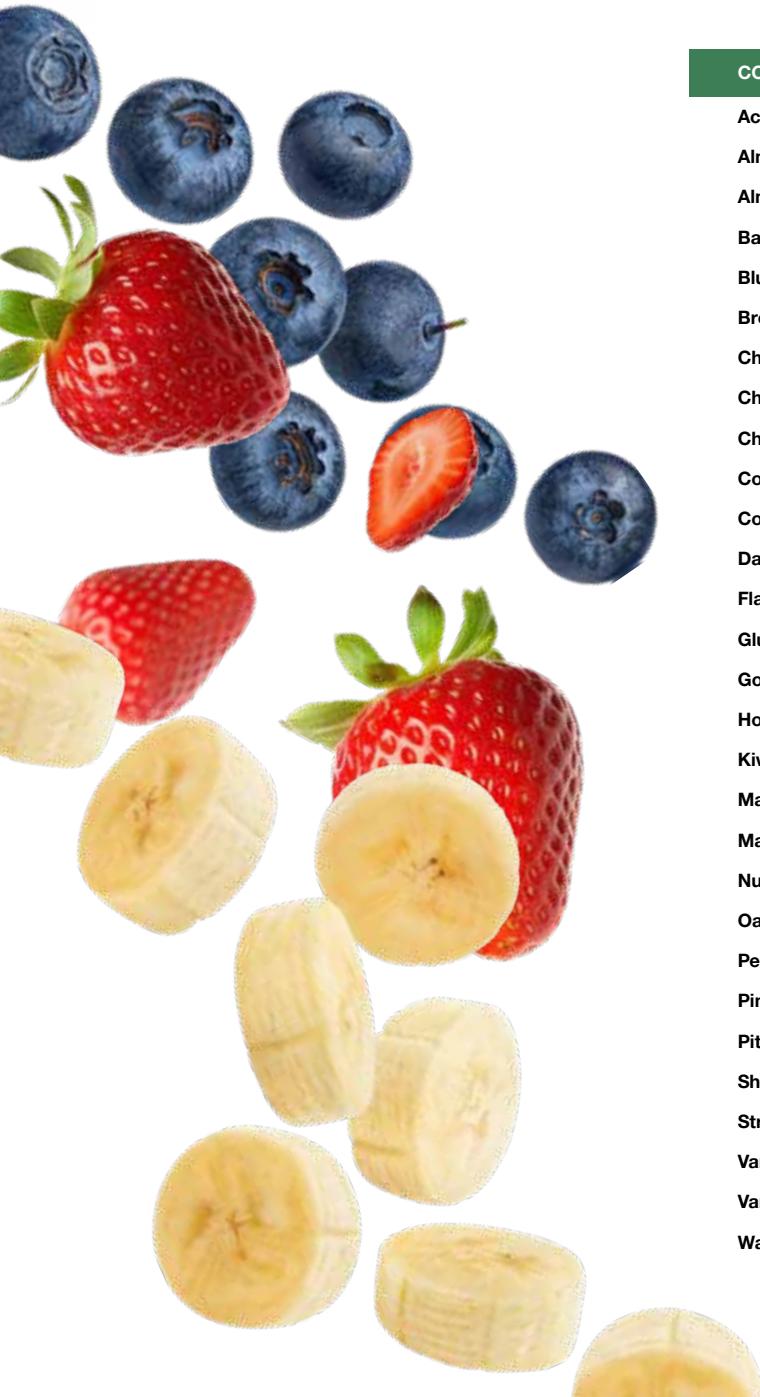
At Bango, we believe great food starts with great ingredients. Our menu is built around fresh, flavorful options designed to make you feel good about what you're eating without sacrificing taste. Nutritional information is provided as a general guide and is based on a 2,000 calorie daily diet. Individual 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, Contains Nuts | Vegetarian |
| Coco-Tella | 524 901 1416 | 10g 12g 14g | 13g 37g 62g | 72g 144g 238g | Contains Wheat, Contains Nuts | Vegetarian |
| Bango Mango | 293 537 842 | 5g 5g 8g | 4g 8g 15g | 54g 98g 120g | Contains Wheat, Contains Nuts | Vegetarian |
| SMOOTHIES (16oz 24oz) | | | | | | |
| Purple Rain | 590 730 | 21g 25g | 21g 28g | 85g 105g | Contains Soy, Contains 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, Contains 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 |
| HANDELDs | | | | | | |
| 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 | Contains 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 | Contains 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 | |

NUTRITION GUIDE



| | Calories | Protein | Fat | Carbs | Allergens | Dietary |
|---|----------|---------|------|-------|---------------------------|--------------------------------|
| 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, Contains Nuts | |
| Almonds | 75 | 3g | 6g | 3g | Dairy-Free, Contains 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 | Contains 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, Contains 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, Contains Nuts | Vegetarian, Vegan, Gluten Free |



NUTRITION GUIDE

| | Calories | Protein | Fat | Carbs | Allergens | Dietary | | Calories | Protein | Fat | Carbs | Allergens | Dietary | | | | | | | |
|---|----------|---------|-----|-------|--------------------------------|--------------------------------|----------------------------|-----------------------------|---------|-----|-------|-----------|---------------------------------|--------------------------------|--|--|--|--|--|--|
| SALAD / GRAIN / POKE BOWL BYO TOPPINGS | | | | | | | | | | | | | | | | | | | | |
| White Rice | 100 | 2g | 0g | 22g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Roasted Red Pepper | 12 | 1g | 0 | 3 | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Brown Rice | 82 | 2g | 1g | 17g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Roasted Sweet Potato | 18 | 0g | 0 | 4 | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Quinoa | 105 | 4g | 2g | 19g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Roasted Brussels Sprouts | 12 | 1g | 0 | 3 | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Romaine | 10 | 1g | 0g | 2g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Roasted Broccoli | 10 | 0 | 0 | 3 | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Kale | 15 | 1g | 0g | 3g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Grilled Peppers and Onions | 21 | 1g | 0g | 5g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Spring Mix | 10 | 1g | 0g | 2g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Toasted Almonds | 116 | 4g | 9g | 3g | Contains Nuts, Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Roasted Chicken | 140 | 26g | 3g | 0g | Dairy-Free | Gluten Free | | Seaweed Salad | 18 | 1g | 0g | 4g | Dairy-Free, Contains Soy | Vegetarian, Vegan | | | | | | |
| Marinated Tuna (Raw) | 103 | 18g | 3g | 3g | Dairy-Free, Spicy | | | Wontons | 26 | 1g | 0g | 5g | Contains Wheat, Dairy-Free | Vegetarian, Vegan | | | | | | |
| Marinated Salmon (Raw) | 173 | 16g | 12g | 3g | Dairy-Free, Spicy | | | Roasted Corn | 22 | 1g | 0g | 5g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Shrimp | 85 | 18g | 1g | 0g | Dairy-Free, Contains Shellfish | Gluten Free | | Pineapple | 16 | 0g | 0g | 4g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Tofu | 96 | 10g | 6g | 3g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Mango | 12 | 0g | 0g | 3g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Cucumbers | 4 | 0g | 0g | 1g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Pickled Ginger | 15 | 0g | 0g | 3g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Grape Tomatoes | 5 | 0 | 0g | 1g | Dairy-Free | Vegetarian, Vegan, Gluten Free | DRESSINGS | | | | | | | | | | | | | |
| Green Onions | 2 | 0 | 0g | 0g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Balsamic Vinegar | 14 | 0g | 0g | 3g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Jalapeno | 4 | 0 | 0g | 1g | Dairy-Free, Spicy | Vegetarian, Vegan, Gluten Free | | Balsamic Vinaigrette | 156 | 0g | 17g | 1g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Avocado | 83 | 1 | 8g | 4g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Bango Marinade | 28 | 0.5 | 2g | 3g | Dairy-Free, Spicy, Contains Soy | Vegetarian, Vegan | | | | | | |
| Edamame | 34 | 3 | 2g | 3g | Contains Soy | Vegetarian, Vegan, Gluten Free | | Extra Virgin Olive Oil | 240 | 0g | 27g | 0g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Red Onion | 12 | 0g | 0g | 3g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Roasted Red Pepper Tzatziki | 22 | 1g | 1g | 1g | | Vegetarian, Gluten Free | | | | | | |
| Pickled Onions | 10 | 0g | 0g | 3g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Soy Sauce | 10 | 1g | 0g | 1g | Contains Soy, Dairy-Free | Vegetarian, Vegan | | | | | | |
| Crispy Onions | 8 | 0g | 0g | 2g | Dairy-Free, Contains Wheat | Vegetarian | | Spicy Mayo | 183 | 0g | 19 | 1g | Contains Egg, Spicy | Vegetarian, Gluten Free | | | | | | |
| Roasted Beets | 8 | 0g | 0g | 2g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Sriracha Honey | 68 | 0g | 1g | 15g | Contains Soy, Dairy-Free, Spicy | Vegetarian | | | | | | |
| Sesame Seeds | 17 | 1g | 2g | 1g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Sriracha | 20 | 0g | 0g | 3g | Dairy-Free, Spicy | Vegetarian, Vegan, Gluten Free | | | | | | |
| Spicy Furikake | 0 | 0g | 0g | 0g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | Chipotle Crema | 142 | 0g | 14g | 1g | Contains Egg | Gluten Free | | | | | | |
| Chopped Bacon | 67 | 2g | 6g | 0g | Contains Meat, Dairy-Free | Gluten Free | | Honey Mustard | 140 | 14 | 4g | 14g | Dairy-Free | Vegetarian, Gluten Free | | | | | | |
| Pita Chips | 44 | 1g | 0g | 9g | Contains Wheat | Vegetarian, Vegan | | Lemon Basil Ranch | 113 | 0g | 12g | 1g | Contains Egg | Vegetarian | | | | | | |
| Feta Cheese | 79 | 4g | 6g | 2g | | Vegetarian, Gluten Free | | Lemon Squeeze | 7 | 0g | 0g | 2g | Dairy-Free | Vegetarian, Vegan, Gluten Free | | | | | | |
| Goat Cheese | 104 | 7g | 8g | 0g | | Vegetarian, Gluten Free | | Pesto Parmesan | 130 | 1g | 14g | 1g | Contains Egg | Vegetarian, Gluten Free | | | | | | |
| Shaved Parmesan Cheese | 86 | 8g | 6g | 1g | | Vegetarian, Gluten Free | | Zesty Caesar | 104 | 1g | 11g | 1g | Contains Egg, Contains Soy | Vegetarian, Vegan, Gluten Free | | | | | | |
| Mozzarella Cheese | 72 | 5g | 5g | 1g | | Vegetarian, Gluten Free | | Salsa | 10 | 0g | 0g | 2g | Dairy-Free | Vegetarian, Gluten Free | | | | | | |
| Hard Boiled Egg | 37 | 3g | 2g | 0 | Contains Egg, Dairy-Free | Vegetarian, Vegan, Gluten Free | | Sour Cream | 10 | 1g | 0g | 1g | | Vegetarian, Gluten Free | | | | | | |

