



Starbird

# NUTRITIONAL INFORMATION

All sandwiches, tacos, salads and tenders can be made vegetarian by subbing crispy tofu.

All crispy chicken & tofu are prepared without any gluten ingredients, however, we are not a gluten free facility.

	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>Between Bread</b>										
Starbird	730	340	37	7	75	1450	72	5	4	27
Big Star	880	470	53	8	85	1690	73	3	8	26
Nashville Hot Bird	820	420	47	8	85	1730	70	3	4	28
Free Range Ranch	760	340	38	11	105	1640	68	2	4	33
The Outsider	560	240	26	4	75	1510	49	4	5	31
Backyard BBQ	710	300	33	6	75	1610	75	3	9	26
Korean Fried Chicken	890	410	45	7	80	1790	92	4	23	28
<b>In a Tortilla</b>	Shown with corn tortilla. (Flour +100)	Shown with corn tortilla. (Flour +35)	Shown with corn tortilla. (Flour +3.5)	Shown with corn tortilla. (Flour +0)	Shown with corn tortilla. (Flour +0)	Shown with corn tortilla. (Flour +350)	Shown with corn tortilla. (Flour +15)	Shown with corn tortilla. (Flour -1)	Shown with corn tortilla. (Flour +0)	Shown with corn tortilla. (Flour +3)
Nashville Hotbird Taco	300	150	17	4.5	40	820	25	3	3	14
California Roll Taco	260	130	15	2.5	30	330	21	3	2	12
Spicy Korean Taco	300	130	14	2.5	30	480	31	3	10	12
Señor Baja Taco	250	120	13	4	40	390	20	2	2	13
Pollo Panchito Taco	210	70	8	2.5	35	390	21	2	3	12

Tacos are only if ordered with a corn tortilla.

= vegan

= gluten friendly (made in a non-GF facility)



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<b>Over Greens</b>										
Green Goddess Cobb (no dressing)	570	280	31	9	270	1220	43	8	11	33
Green Goddess Dressing (2.5 fl oz)	330	300	34	5	20	310	3	0	2	3
The Mediterranean (without dressing)	460	180	20	3.5	65	1320	47	8	12	23
Tahini Dressing (2.5 fl oz)	210	180	20	2.5	0	580	4	1	2	6
Chicken Chop (no dressing)	520	270	30	7	65	580	37	8	9	33
Chipotle Lime Vinaigrette (2.5 fl oz)	380	310	35	2.5	0	270	17	0	16	0
Asian Chicken (no dressing)	570	330	37	6	65	830	36	7	7	25
Honey Lime Vinaigrette (2.5 fl oz)	330	280	31	6	0	460	14	0	12	0
<b>In a Box</b>										
3 Tenders (with slaw & fries)	970	470	52	11	100	2180	89	8	8	37
4 Tenders (with slaw & fries)	1090	520	58	12	125	2360	97	8	8	47
3 Nashville Tenders (with slaw & fries)	1230	650	73	17	120	3310	104	10	15	43
4 Nashville Tenders (with slaw & fries)	1410	750	83	19	145	3680	145	11	16	53
3 Korean Tenders (with slaw & fries)	1180	590	65	12	95	2380	112	7	29	37
4 Korean Tenders (with slaw & fries)	1330	640	71	13	125	2720	126	7	35	47



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<b>To Drink</b>										
Housemade Lemonade  	100	0	0	0	0	30	23	0	20	0
Housemade Iced Tea  	0	0	0	0	0	0	0	0	0	0
<b>Treats</b>										
Starbird Ice Cream Sandwich	470	60	7	14	75	300	63	2	44	5
Waffle Sticks 	170	0	0	0	0	330	37	0	16	3
Cookie	185	0	0	5	22.5	140	27	1	17.5	1.5
<b>On the Side</b>										
House Fries  	430	190	21	4	0	860	55	5	0	5
Super Slaw 	190	130	15	3	15	490	12	2	8	2
Nashville Hot Fries	980	590	66	23	80	2050	73	8	4	24
Chicken and Churros	640	150	17	4	55	760	96	0	60	23
<b>For Kids</b>										
Li'l Chicken Box 	670	290	32	7	55	1230	70	5	0	25
Li'l Cluck	310	140	16	2.5	35	480	27	1	1	14



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	Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
<b>Proteins</b>											
Crispy Chicken Tender	1.6 oz	120	50	6	1.5	30	190	8	0	0	10
Crispy Chicken Filet	3.8 oz	310	140	16	3.5	65	580	25	1	0	18
Nashville Tender	2.7	180	100	11	2.5	30	370	10	1	0	10
Nashville Filet	3.9	370	190	21	4.5	65	770	27	1	1	18
Grilled Chicken Filet	3.5 oz	110	20	2.5	0.5	70	370	0	0	0	21
Fried Tofu Tender	1.6 oz	110	50	6	1.5	5	150	10	1	0	5
Fried Tofu Filet	3.8 oz	270	120	14	3	10	360	23	3	0	12
<b>Sauces</b>											
Blue Cheese Dressing	1 fl oz	97	91	10	2	9	189	1	0	1	1
Star Sauce	1 fl oz	17	0	0	0	0	806	3	0	3	0
Greek Yogurt Ranch	1 fl oz	23	11	1	1	6	143	2	0	2	1
Honey Chitpotle BBQ	1 fl oz	51	0	0	0	0	274	13	1	9	1
Honey Mustard Sauce	1 fl oz	149	131	14	2	6	274	5	0	4	0
Maple Aioli	1 fl oz	171	149	17	2	9	137	6	0	6	0
Sweet & Spicy Seoul Sauce	1 fl oz	160	149	17	2	6	297	3	0	2	1
Wasabi Aioli	1 fl oz	171	166	18	3	9	269	1	0	0	0
Star Sauce	1 fl oz	300	270	30	4	15	300	6	0	5	0
Honey Miso	1 fl oz	290	240	26	3.5	10	490	13	0	11	1



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## ALLERGY INFORMATION

**X** = Contains Allergen

	Milk	Eggs	Wheat	Soy	Fish	Shellfish	Peanut	Tree-nut
<b>Sauces</b>								
Blue Cheese Dressing	X	X			X			
Greek Yogurt Ranch	X							
Honey Chipolte BBQ								
Honey Mustard Sauce		X						
Miso Mayo								
Sweet & Spicy Seoul		X		X				
Wasabi Aioli		X		X				
Sriracha Buffalo								
Star Sauce	X	X		X	X			
<b>Treats</b>								
Ice Cream Sandwich	X	X	X					
Waffle Sticks	X	X	X					
<b>Sides</b>								
Chicken Tender	X	X		X				
Tofu Tender	X	X		X				
Grilled Tender				X				
Nashville Hot Fries	X	X						
House Fries	X	X						
Super Slaw	X	X						
<b>Chicken Tenders</b>								
Chicken Tender	X	X		X				
Tofu Tender	X	X		X				
Nashville Tender								
Korean Tender								
Grilled Tender				X				
Tender Box w/Fries	X	X		X				
House Fries	X	X						
Super Slaw	X	X						



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	Milk	Eggs	Wheat	Soy	Fish	Shellfish	Peanut	Tree-nut
<b>Kids</b>								
Lil' Cluck	X	X	X	X				
Lil Chicken Box	X	X	X	X				