



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)
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Sandwiches

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
Chipotle Charbird®	560	240	26	4	75	1510	49	4	5	31
Korean Fried Chicken	890	410	45	7	80	1790	92	4	23	28
Gardenbird®	935	504	56	11	34	1734	94	3	11	27
Thai Chicken	840	351	39	7	92	1831	97	4	26	30
Cali Bacon Dutch Crunch	828	531	59	11	103	1404	72	2	13	23

Tacos

Shown with corn / flour tortillas.

Nashville Hotbird Taco	300 / 400	150 / 185	17 / 20.5	4.5	40	820 / 1,170	25 / 40	3 / 2	3	14 / 17
California Roll Taco	260 / 360	130 / 165	15 / 18.5	2.5	30	330 / 680	21 / 36	3 / 2	2	12 / 15
Spicy Korean Taco	300 / 400	130 / 165	14 / 17.5	2.5	30	480 / 830	31 / 46	3 / 2	10	12 / 15
Señor Baja Taco	250 / 350	120 / 155	13 / 16.5	4	40	390 / 740	20 / 35	2 / 1	2	13 / 16



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Salads										
Thai Chicken (no dressing)	390	117	13	2	50	970	55	5	31	21
Spicy Herb Dressing (2.5 fl oz)	349	333	37	6	21	539	3	<1	1	<1
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
Chicken Katsu (no dressing)	460	180	20	3.5	65	1320	47	8	12	23
Creamy Ginger Dressing (2.5 fl oz)	146	126	14	2	8	223	4	<1	4	<1
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
Cali Roll Salad (no dressing)	373	153	17	3	51	969	33	7	8	22
Wasabi Soy Dressing	307	225	25	4	14	741	22	<1	20	<1
Tenders Boxes										
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
3 Sweet Thai Tenders (with slaw & fries)	1042	684	76	13	107	2132	69	4	36	29
4 Sweet Thai Tenders (with slaw & fries)	1146	729	81	14	132	2295	75	4	36	38
3 Gardenbird Tenders (with slaw & fries)	1195	639	71	14	49	2020	105	9	10	38
4 Gardenbird Tenders (with slaw & fries)	1381	738	82	16	60	2343	116	9	11	48
3 Cali Loaded Tenders (with slaw & fries)	875	531	59	19	162	2659	50	8	15	40
4 Cali Loaded Tenders (with slaw & fries)	1002	585	65	20	193	2858	58	8	15	50



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Bone-in Wings

All wings are listed by the piece.

Honey BBQ	150	54	6	2	53	273	14	<1	6	9
Buffalo	147	81	9	3	61	459	7	<1	<1	9
Sweet Thai	170	54	6	2	53	427	19	<1	9	9
Garlic Parmesan	175	99	11	5	67	243	8	<1	<1	10
Korean Glazed	155	54	6	2	53	405	15	<1	7	9
Lemon Pepper	158	90	10	4	63	204	8	<1	9	9
Nashville Hot	175	108	12	3	53	237	9	<1	<1	9
Plain	121	54	6	2	53	839	7	<1	<1	9

Boneless Wings

Honey Chipotle BBQ	93	27	3	<1	15	195	11	<1	6	5
Buffalo	90	54	6	2	23	380	4	<1	<1	5
Sweet Thai	113	27	3	<1	15	349	17	<1	11	5
Garlic Parmesan	118	72	8	4	29	165	5	<1	<1	6
Korean Glazed	98	27	3	<1	15	326	12	<1	7	6
Lemon Pepper	101	63	7	3	25	126	5	<1	<1	5
Nashville Hot	118	81	9	2	15	159	6	<1	<1	5
Plain	64	27	3	<1	15	760	4	<1	<1	5



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Proteins											
Bone-in Wing	1	120	54	6	2	53	177	7	<1	<1	9
Crispy Chicken Tender	1	120	50	6	1.5	30	190	8	0	0	10
Crispy Chicken Filet	1	310	140	16	3.5	65	580	25	1	0	18
Nashville Tender	1	180	100	11	2.5	30	370	10	1	0	10
Hot Honey Tender	1	153	45	5	1	25	164	19	<1	9	9
Korean Glazed Tender	1	142	45	5	1	25	371	15	<1	6	9
Nashville Filet	1	370	190	21	4.5	65	770	27	1	1	18
Grilled Chicken Filet	1	110	20	2.5	0.5	70	370	0	0	0	21
Fried Tofu Tender	1	110	50	6	1.5	5	150	10	1	0	5
Fried Tofu Filet	1	270	120	14	3	10	360	23	3	0	12
Sauces											
Blue Cheese Dressing	1.75 fl oz	153	126	14	5	24	381	15	1	1	4
Greek Yogurt Ranch	1.75 fl oz	114	90	10	3	12	183	2	0	2	3
Honey Chipotle BBQ	1.75 fl oz	105	0	0	0	0	335	25	<1	21	<1
Honey Mustard	1.75 fl oz	249	216	24	4	14	294	8	<1	8	<1
Sweet & Spicy Seoul Sauce	1.75 fl oz	281	252	28	4	15	526	7	<1	6	<1
Sriracha Buffalo	1.75 fl oz	24	0	<1	0	0	553	5	<1	4	<1
Star Sauce	1.75 fl oz	295	261	29	5	16	252	8	<1	8	<1
Honey Miso	1.75 fl oz	291	240	26	4	14	632	13	<1	10	2
Chipotle Mayo	1.75 fl oz	268	261	29	4	16	273	2	<1	2	<1
Spicy Herb Aioli	1.75 fl oz	243	234	26	4	15	332	2	<1	<1	<1
Avocado Crema	1.75 fl oz	109	90	10	4	21	218	4	2	1	1



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Beverages										
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
Treats										
Starbird Ice Cream Sandwich	470	60	7	14	75	300	63	2	44	5
Churros	170	0	0	0	0	330	37	0	16	3
Cookie	185	0	0	5	22.5	140	27	1	17.5	1.5
Sides										
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
Kids										
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