

**Starbird**

= vegan



= vegetarian



= gluten friendly

NUTRITIONAL INFORMATION

		Calories	Calories from fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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
Gardenbird®	VG	935	504	56	11	34	1734	94	3	11	27
Cali Bacon Dutch Crunch		828	531	59	11	103	1404	72	2	13	23
Tacos											
Shown with corn / flour tortillas.											
Nashville Hotbird Taco	GF	309 / 313	126 / 152	14 / 17	3 / 5	30	611 / 820	34 / 28	3 / <1	<1	13
California Roll Taco	GF	392 / 395	171 / 189	19 / 21	3 / 5	33	475 / 684	43 / 38	5 / 2	5	15 / 14
Cabo Chicken Taco	GF	339 / 342	162 / 180	18 / 20	6	41	616 / 825	31 / 26	4 / 2	2	16 / 15

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Salads (Listed with grilled chicken)											
Thai Chicken (no dressing)	GF	310	54	6	<1	78	1063	43	5	31	28
Spicy Herb Dressing (2.5 fl oz)	GF	349	333	37	6	21	539	3	<1	1	<1
Chicken Katsu (no dressing)	GF	333	54	6	1	79	1118	36	8	25	34
Creamy Ginger Dressing (2.5 fl oz)	GF	388	333	37	6	20	594	12	<1	10	2
Chicken Chop (no dressing)	GF	468	207	23	6	92	755	31	9	8	37
Chipotle Lime Vinaigrette (2.5 fl oz)	GF	380	310	35	2.5	0	270	17	0	16	0
Mango Cashew Crunch	GF	418	171	19	4	78	668	32	9	16	32
Sweet Chili Vinaigrette (2.5 fl oz)	GF	250	158	18	2.5	0	185	23	2	20	2
Italian Chicken Chop	GF	421	144	16	7	114	2244	26	7	9	42
Creamy Italian Dressing (2.5 fl oz)	GF	287	252	28	4	7	427	6	<1	4	<1
Hotbird Salad	GF	561	351	39	11	104	1221	25	5	11	32
Dill-Pickle Ranch (2.5 fl oz)	GF	158	90	15	4	19	246	2	<1	2	3
Tenders Boxes											
3 Tenders (with slaw & fries)	GF	970	470	52	11	100	2180	89	8	8	37
4 Tenders (with slaw & fries)	GF	1090	520	58	12	125	2360	97	8	8	47
3 Nashville Tenders (with slaw & fries)	GF	1230	650	73	17	120	3310	104	10	15	43
4 Nashville Tenders (with slaw & fries)	GF	1410	750	83	19	145	3680	145	11	16	53
3 Sweet Thai Tenders (with slaw & fries)	GF	1042	684	76	13	107	2132	69	4	36	29
4 Sweet Thai Tenders (with slaw & fries)	GF	1146	729	81	14	132	2295	75	4	36	38
3 Gardenbird Tenders (with slaw & fries)	GF	1195	639	71	14	49	2020	105	9	10	38
4 Gardenbird Tenders (with slaw & fries)	GF	1381	738	82	16	60	2343	116	9	11	48

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Bone-in Wings (All wings are listed by the piece)											
Honey Chipotle BBQ	GF	150	54	6	2	53	273	14	<1	6	9
Buffalo	GF	147	81	9	3	61	459	7	<1	<1	9
Sweet Thai		170	54	6	2	53	427	19	<1	9	9
Garlic Parmesan	GF	175	99	11	5	67	243	8	<1	<1	10
Lemon Pepper	GF	158	90	10	4	63	204	8	<1	9	9
Nashville Hot	GF	175	108	12	3	53	237	9	<1	<1	9
Plain	GF	121	54	6	2	53	839	7	<1	<1	9
Boneless Wings											
Honey Chipotle BBQ	GF	93	27	3	<1	15	195	11	<1	6	5
Buffalo	GF	90	54	6	2	23	380	4	<1	<1	5
Sweet Thai		113	27	3	<1	15	349	17	<1	11	5
Garlic Parmesan	GF	118	72	8	4	29	165	5	<1	<1	6
Lemon Pepper	GF	101	63	7	3	25	126	5	<1	<1	5
Nashville Hot	GF	118	81	9	2	15	159	6	<1	<1	5
Plain	GF	64	27	3	<1	15	760	4	<1	<1	5



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NUTRITIONAL INFORMATION

		Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Proteins												
Bone-in Wing	GF	1	120	54	6	2	53	177	7	<1	<1	9
Boneless Wing	GF	1	131	54	6	1	31	206	8	< 1	< 1	11
Crispy Chicken Tender	GF	1	120	50	6	1.5	30	190	8	0	0	10
Crispy Chicken Filet	GF	1	310	140	16	3.5	65	580	25	1	0	18
Nashville Tender	GF	1	180	100	11	2.5	30	370	10	1	0	10
Nashville Filet	GF	1	370	190	21	4.5	65	770	27	1	1	18
Grilled Chicken Filet	GF	1	110	20	2.5	0.5	70	370	0	0	0	21
Gardenbird Tender	VG	1	186	99	11	2	11	323	12	< 1	< 1	10
Gardenbird Fillet	VG	1	523	297	33	7	23	1028	38	< 1	2	19
Sauces												
Blue Cheese Dressing	VG GF	1.75 fl oz	153	126	14	5	24	381	15	1	1	4
Greek Yogurt Ranch	VG GF	1.75 fl oz	114	90	10	3	12	183	2	0	2	3
Honey Chipotle BBQ	VG GF	1.75 fl oz	105	0	0	0	0	335	25	<1	21	<1
Honey Mustard	VG GF	1.75 fl oz	249	216	24	4	14	294	8	<1	8	<1
Sweet & Spicy Seoul Sauce	VG GF	1.75 fl oz	281	252	28	4	15	526	7	<1	6	<1
Sriracha Buffalo	V GF	1.75 fl oz	24	0	<1	0	0	553	5	<1	4	<1
Star Sauce	VG GF	1.75 fl oz	295	261	29	5	16	252	8	<1	8	<1
Spicy Herb Aioli	VG GF	1.75 fl oz	243	234	26	4	15	332	2	<1	<1	<1
Wasabi Aioli	VG GF	1.75 fl oz	303	288	32	5	16	477	2	0	0	0
Szechuan Aioli	VG	1.75 fl oz	317	315	35	5	18	368	1	<1	<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
Oaktown Root Beer		170	0	0	0	0	35	43	0	42	0
Cable Car Lemon Lime		160	0	0	0	0	50	39	0	0	28
Golden Gate Orange		170	0	0	0	0	35	43	0	42	0
Lost Island Ginger Beer		170	0	0	0	0	35	43	0	42	0
Old Fountain Cream Soda		170	0	0	0	0	35	43	0	42	0
Hanger 25 Cola		160	0	0	0	0	20	41	0	40	0
Hanger 25 Diet Cola		0	0	0	0	0	20	0	0	0	0
Mango Sparkling Water											
Treats											
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