



Starbird

# Positively Delicious Ingredients.

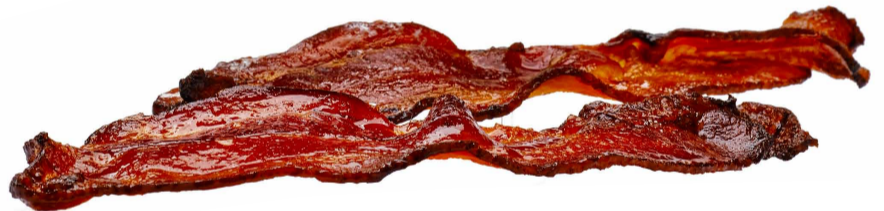
## The Bread.

Baked fresh in house all day long.



## The Toppings.

Super premium. Super craveable.



## The Chicken.

Sustainably farmed Petaluma Poultry, antibiotic free, and non-GMO. Hand cut, battered, dipped and small batch fried. Did we mention our batter is gluten free?



## The Veggies.

Chopped by hand, pickled and roasted in house.



## The Sauces & Spreads.






House-made. Habit-forming.







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# NUTRITIONAL INFORMATION

	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>										
Spicy Sriracha Buffalo	660	260	29	6	75	2120	70	2	6	27
Starbird	730	340	37	7	75	1450	72	5	4	27
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
Sweet Honey Mustard	710	330	36	6	75	1630	69	2	4	26
Backyard BBQ	710	300	33	6	75	1610	75	3	9	26
Banh Mi	720	330	37	6	75	1590	70	2	5	26
<b>In a Tortilla</b>										
	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla	in a corn tortilla / in a flour tortilla
Buffalo Blue Taco 	210 / 310	80 / 110	8 / 12	1.5 / 1.5	30 / 30	370 / 730	20 / 35	2 / 2	2 / 2	11 / 14
California Roll Taco 	260 / 360	130 / 160	15 / 18	2.5 / 2.5	30 / 30	330 / 670	21 / 36	3 / 3	2 / 2	12 / 15
Seoul Mate Taco 	240 / 340	110 / 140	12 / 16	2 / 2	30 / 30	350 / 690	21 / 36	2 / 2	2 / 2	11 / 14
Señor Baja Taco 	250 / 360	120 / 150	13 / 17	4 / 4	40 / 40	390 / 740	20 / 35	2 / 2	2 / 2	13 / 16
Pollo Panchito Taco 	210 / 310	70 / 110	8 / 12	2.5 / 2.5	35 / 35	390 / 710	21 / 36	2 / 2	3 / 3	12 / 15

Tacos are only  if ordered with a corn tortilla.

 = vegan

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



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<b>Over Greens</b>										
Green Goddess Cobb (without 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 (without 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 (without 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>										
2 Tenders (with slaw & fries)	850	420	47	10	70	1990	82	8	8	27
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

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<b>To Drink</b>										
Equator Coffee  	5	0	0	0	0	0	0	0	0	1
Iced Coffee  	5	0	0	0	0	0	0	0	0	1
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
<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
<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
Chicken and Waffle Sticks	600	100	11	2.5	55	760	99	0	64	23

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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)
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## Proteins

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
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

## Sauces

Blue Cheese Dressing	1 fl oz	97	91	10	2	9	189	1	0	1	1
Sriracha Buffalo	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

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