









Starbird

NUTRITIONAL INFORMATION

	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Between Bread										
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
Backyard BBQ	710	300	33	6	75	1610	75	3	9	26
Banh Mi	720	330	37	6	75	1590	70	2	5	26
In a 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	in a corn tortilla / in a flour tortilla
Nashville Hotbird 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 friendly (made in a non-GF facility)



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Over Greens										
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
In a Box										
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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To Drink										
Equator Coffee (V) (GF)	5	0	0	0	0	0	0	0	0	1
Iced Coffee (V) (GF)	5	0	0	0	0	0	0	0	0	1
Housemade Lemonade (V) (GF)	100	0	0	0	0	30	23	0	20	0
Housemade Iced Tea (V) (GF)	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
Waffle Sticks	170	0	0	0	0	330	37	0	16	3
On the Side										
House Fries (V) (GF)	430	190	21	4	0	860	55	5	0	5
Super Slaw (GF)	190	130	15	3	15	490	12	2	8	2
For Kids										
Li'l Chicken Box (GF)	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
Star Sauce											

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ALLERGY INFORMATION

X = Contains Allergen

	Milk	Eggs	Wheat	Soy	Fish	Shellfish	Peanut	Tree-nut
Sandwiches								
Starbird	X	X	X	X				
Backyard BBQ	X	X	X	X				
Bahn Mi	X	X	X	X				
Free Range Ranch	X	X	X	X				
The Outsider	X	X	X	X				
The Big Star	X	X	X	X				
Tacos								
California (w/corn tortilla)	X	X		X				
Pollo Panchito (w/corn tortilla)	X	X		X				
Nashville Hotbird Taco (w/corn tortilla)	X	X		X				
Senor Baja (w/corn tortilla)	X	X		X				
Seoul Mate (w/corn tortilla)	X	X		X				
Salads								
Chinese Chicken (w/chicken)	X	X	X	X				
Chicken Chop (w/chicken)	X	X		X				
Green Goddess Cobb (w/chicken)	X	X		X				
The Mediterranean (w/chicken)	X	X		X				
Chicken Tenders								
Chicken Tender	X	X		X				
Tofu Tender	X	X		X				
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
Sauces								
Blue Cheese Dressing	X	X						
Greek Yogurt Ranch	X							
Honey Chipolte BBQ								
Honey Mustard Sauce		X						
Maple Mayo		X						
Sweet & Spicy Seoul		X		X				
Wasabi Mayo		X		X				
Sriracha Buffalo								
Star Sauce	X	X		X	X			
Treats								
Ice Cream Sandwich	X	X	X					
Waffle Sticks	X	X	X					
Sides								
Chicken Tender	X	X		X				
Tofu Tender	X	X		X				
Grilled Tender				X				
Tender Box w/Fries	X	X		X				
House Fries	X	X						
Super Slaw	X	X						
Kids								
Lil' Cluck	X	X	X	X				
Lil Chicken Box	X	X	X	X				