



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)
Between Bread										
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
In a Tortilla	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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Over Greens										
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
In a Box										
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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To Drink										
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
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
On the Side										
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
For 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



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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)
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
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
Sauces											
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
Sauces								
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			
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				
Nashville Hot Fries	X	X						
House Fries	X	X						
Super Slaw	X	X						
Chicken Tenders								
Chicken Tender	X	X		X				
Tofu Tender	X	X		X				
Nashville Tender	X	X		X				
Korean 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
Kids								
Lil' Cluck	X	X	X	X				
Lil Chicken Box	X	X	X	X				