



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
Free Range Ranch	760	340	38	11	105	1640	68	2	4	33
Chipotle Charbird	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
Gardenbird	935	504	56	11	34	1734	94	3	11	27
Hot Honey	944	369	41	8	79	1525	120	3	50	26

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
Hot Honey Taco	294 / 394	121 / 156	13.5 / 19	5	33	401 / 751	34 / 49	0 / 0	24	10 / 13



Starbird

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Salads										
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
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 Hot Honey Tenders (with slaw & fries)	829	0	43	8	91	1239	85	1	56	27
4 Hot Honey Tenders (with slaw & fries)	1330	640	71	13	125	2720	126	7	35	47
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



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Bone-in Wings

All wings are listed by the piece.

GF	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



Starbird



= vegan



= gluten friendly

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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