

BIRDCALL NUTRITION & ALLERGENS 2021

CHICKEN & SANDWICHES	SERVING SIZE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SAT FAT (G)	TRANS FATTY ACID (G)	CHOL. (MG)	SODIUM (MG)	CARBS (G)	TOTAL DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)	ALLERGEN NOTES
BUFFALO CHICKEN	1 SERVING	550	170	19	5	0	120	3220	53	2	12	44	
GRILLED CAESAR	1 SERVING	460	200	23	7	0	85	800	33	1	6	30	
SOUTHERN CHICKEN	1 SERVING	720	320	35	9	0	130	1140	55	2	14	45	
SUBSTITUTE BED OF GREENS	1 SERVING	5	0	0	0	0	0	0	1	0	0	0	
SUBSTITUTE GLUTEN-FREE BUN	1 SERVING	230	80	9	0	0	0	380	37	5	5	4	
THE CHIMICHURRI	1 SERVING	1090	680	76	12	0	125	2170	53	2	9	43	
THE DELUXE	1 SERVING	860	450	51	14	0	160	1340	49	1	8	52	
THE NASHVILLE HOT	1 SERVING	900	530	61	10	0	115	1230	55	2	14	43	
THE NASHVILLE HOT. EXTRA HOT	1 SERVING	910	530	61	10	0	115	1380	56	3	15	43	
THE ORIGINAL	1 SERVING	490	160	18	4	0	115	1050	44	0	6	42	
THE RANCHER	1 SERVING	780	350	39	11	0	150	1340	59	1	19	50	
THE VEGGIE	1 SERVING	740	450	51	9	0	25	930	48	3	10	24	
TRIPLE THREAT	1 SERVING	1040	650	74	15	0	140	1910	52	3	8	48	
CHICKEN STRIPS	1 PIECE	90	30	3.5	0	0	35	140	4	0	0	11	
KIDS	SERVING SIZE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SAT FAT (G)	TRANS FATTY ACID (G)	CHOL. (MG)	SODIUM (MG)	CARBS (G)	TOTAL DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)	ALLERGEN NOTES
CHICKEN STRIPS	2 PIECES	190	60	7	1	0	65	280	9	0	0	23	
CHICKEN STRIPS	3 PIECES	280	90	10	1	0	100	420	13	0	1	34	
CHOCOLATE SHAKE	1 SERVING	400	200	22	14	0	110	105	40	0	39	7	
VANILLA SHAKE	1 SERVING	380	210	24	14	0	115	100	31	0	30	7	
SALADS	SERVING SIZE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SAT FAT (G)	TRANS FATTY ACID (G)	CHOL. (MG)	SODIUM (MG)	CARBS (G)	TOTAL DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)	ALLERGEN NOTES
ASIAN	1 SERVING	760	330	36	5	0	5	2450	92	14	39	25	
BUFFALO CHICKEN	1 SERVING	830	500	55	10	0	140	3410	33	5	10	45	
CAESAR	1 SERVING	1040	670	74	14	0	100	1900	56	8	36	31	
CHOP	1 SERVING	570	410	46	16	0	170	1210	15	4	7	23	
KALE & QUINOA	1 SERVING	860	310	35	4.5	0	0	2130	132	15	84	13	
SOUTHWESTERN	1 SERVING	770	470	52	9	0	25	2100	58	12	10	14	
SHAKES	SERVING SIZE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SAT FAT (G)	TRANS FATTY ACID (G)	CHOL. (MG)	SODIUM (MG)	CARBS (G)	TOTAL DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)	ALLERGEN NOTES
APPLE PIE	16 FL OZ	790	370	42	25	0	200	230	86	10	62	14	
BANANA CREME PIE	16 FL OZ	870	390	43	26	0	200	950	104	2	87	14	
CHOCOLATE	16 FL OZ	830	370	41	25	0	200	230	97	1	94	12	
FUDGE BROWNIE	16 FL OZ	1260	620	69	40	0	300	390	136	6	113	20	

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OREO	16 FL OZ	780	420	47	27	0	200	280	73	1	64	13	
PEANUT BUTTER COOKIE DOUGH	16 FL OZ	1030	520	58	31	0	200	380	106	2	90	17	
PUMPKIN	16 FL OZ	710	370	41	25	0	200	170	68	9	54	13	
S'MORES	16 FL OZ	800	380	43	26	0	200	240	80	2	64	14	
STRAWBERRY SHORTCAKE	16 FL OZ	730	370	41	25	0	200	220	69	1	60	13	
VANILLA	16 FL OZ	760	430	47	29	0	235	200	61	0	61	14	
SIDES	SERVING SIZE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SAT FAT (G)	TRANS FATTY ACID (G)	CHOL. (MG)	SODIUM (MG)	CARBS (G)	TOTAL DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)	ALLERGEN NOTES
FRIES	1 SERVING	350	150	17	1.5	0	0	730	45	4	0	5	
ASIAN SLAW	1 SERVING	290	230	27	4	0	0	640	15	3	10	2	
BLUE CHEESE SLAW	1 SERVING	80	20	2	1	0	5	1510	13	3	9	2	
BRUSSEL SPROUTS SALAD	28.35 G	70	20	2.5	1	0	5	340	11	1	8	1	
CHICKEN STRIPS	3 PIECES	280	90	10	1	0	100	420	13	0	1	34	
CHICKEN STRIPS	5 PIECES	470	150	17	2	0	170	700	22	0	1	57	
CHICKEN STRIPS	7 PIECES	650	210	24	2.5	0	235	990	30	0	1	80	
FRUIT CUP (GRAPES, STRAWBERRIES)	1 SERVING	60	0	0	0	0	0	0	15	2	12	1	
SALAD	1 SERVING	200	140	16	3	0	10	320	10	3	3	3	
SOUTHERN SLAW	1 SERVING	160	90	10	1.5	0	0	400	15	3	11	2	
SPECIALTY SAUCES	SERVING SIZE	CALORIES (KCAL)	CALORIES FROM FAT (KCAL)	FAT (G)	SAT FAT (G)	TRANS FATTY ACID (G)	CHOL. (MG)	SODIUM (MG)	CARBS (G)	TOTAL DIETARY FIBER (G)	TOTAL SUGARS (G)	PROTEIN (G)	ALLERGEN NOTES
BIRD-B-Q RANCH	1 SERVING	220	160	18	2.5	0	10	510	14	0	11	1	
BIRDCALL SAUCE	1 SERVING	280	240	27	4	0	15	390	8	0	4	0	
BUFFALO SAUCE	1 SERVING	10	0	0	0	0	0	1430	2	1	1	0	
BUTTERMILK HERB MAYO	1 SERVING	350	320	35	5	0	20	270	4	0	0	0	
BUTTERMILK RANCH	1 SERVING	280	240	27	4	0	15	500	5	0	1	1	
CHIMICHURRI SAUCE	1 SERVING	320	280	32	4.5	0	0	550	2	1	0	0	
CHIPOTLE BBQ	1 SERVING	120	0	0	0	0	0	540	32	0	30	0	
HABANERO AIOLI	1 SERVING	130	120	13	2	0	5	120	2	0	0	0	
NASHVILLE HOT SAUCE	1 SERVING	340	320	38	5	0	0	410	4	2	2	1	
SRIRACHA AIOLI	1 SERVING	290	250	28	4	0	15	320	4	0	1	0	
SWEET MUSTARD	1 SERVING	120	30	3.5	0	0	0	250	22	0	21	1	

KEY:

CROSS CONTACT MAY OCCUR.

CONTAINS EGG	CONTAINS FISH	CONTAINS MILK	CONTAINS PEANUT	CONTAINS SHELLFISH	CONTAINS SOY	CONTAINS TREE NUT	CONTAINS WHEAT