

Firebirds Allergen Data November, 2023

Item Name	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Bar Bites (Serves 2-3)										
Bacon and Eggs	X	X	X			X			X	X
Beef Sliders			X						X	X
Chile Chicken Tostada Bites	X	X	X			X			X	X
Chimichurri Grilled NY Strip Skewers	X	X	X			X			X	X
Crispy Cauliflower	X	X	X			X			X	X
Fired Up Shrimp	X	X	X			X			X	X
Prime Rib Sliders	X	X	X			X	X		X	X
Roasted Garlic Parmesan Fries	X	X	X			X			X	X
Tuna Street Tacos	X	X	X			X			X	X
Shareables (Serves 2-4)										
Bacon Deviled Eggs	X									
Lobster Spinach Queso	X	X	X			X			X	X
Philly Cheesesteak Egg Rolls	X	X	X			X	X		X	X
Ranch Rings	X	X	X			X			X	X
Seared Ahi Tuna	X	X	X			X	X		X	X
Smoked Chicken Wings	X	X	X			X			X	X
Soups										
Beef Barley Soup Bowl							X			X
Beef Barley Soup Cup							X			X
Black Bean Soup Bowl			X							
Black Bean Soup Cup			X							
Chicken Corn Chowder Bowl			X				X		X	X
Chicken Corn Chowder Cup			X				X		X	X
Chicken Tortilla Soup Bowl	X	X	X			X	X		X	X
Chicken Tortilla Soup Cup	X	X	X			X	X		X	X
Chicken Vegetable Orzo Bowl			X				X		X	X
Chicken Vegetable Orzo Cup			X				X		X	X
Chile Bowl			X							
Chile Cup			X							

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Item Name	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Creamy Crab & Mushroom Soup Bowl			X			X	X		X	X
Creamy Crab & Mushroom Soup Cup			X			X	X		X	X
Manhattan Clam Chowder Bowl						X				
Manhattan Clam Chowder Cup						X				
New England Clam Chowder Bowl			X			X			X	X
New England Clam Chowder Cup			X			X			X	X
SW Baked Potato Soup Bowl			X							
SW Baked Potato Soup Cup			X							
Signature & Classic Salads										
BLT Salad (Large)										
BLT Salad (Small)										
Buffalo Chicken Salad	X	X	X			X			X	X
Caesar Salad (Large)	X		X						X	X
Caesar Salad (Small)	X		X						X	X
Colorado Chicken Salad			X					X		
Grilled Chopped Cobb Salad	X		X							
Grilled Salmon Salad		X	X					X		
Grilled Shrimp & Strawberry Salad			X			X		X		
Grilled Tenderloin Salad			X							
Mixed Greens Salad (Large)			X					X		
Mixed Greens Salad (Small)			X					X		
Seared Tuna Superfoods Salad	X	X	X			X	X		X	X
Spinach & Salmon Salad	X	X								
Spinach Salad (Large)	X									
Spinach Salad (Small)	X									
Salad Dressing (2 fl oz Serving)										
Avocado Lime Vinaigrette Dressing										
Balsamic Vinaigrette Dressing	X		X							
Blue Cheese Dressing	X		X							
Caesar Dressing	X	X	X				X		X	X

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Cilantro Lime Vinaigrette Dressing										
Honey Mustard Dressing	X									
Raspberry Chipotle Vinaigrette Dressing										
Roasted Garlic Ranch Dressing	X		X							
Add to any Classic Salad										
Seared Ahi Tuna	X	X	X			X			X	X
Wood Grilled Chicken			X							
Wood Grilled Salmon		X								
Wood Grilled Shrimp						X				
Wood Grilled Tenderloin										
The Perfect Pair										
Beef Barley Soup Bowl							X			X
Black Bean Soup Bowl			X							
BLT Salad (Small)										
BLT Sandwich	X		X						X	X
Caesar Salad (Small)	X		X						X	X
Cheeseburger			X						X	X
Chicken Corn Chowder Bowl			X				X		X	X
Chicken Tortilla Soup Bowl	X	X	X			X	X		X	X
Chicken Vegetable Orzo Bowl			X				X		X	X
Chile Bowl			X							
Creamy Crab & Mushroom Soup Bowl			X			X	X		X	X
Crispy Flounder Filet Sandwich	X	X	X			X			X	X
Grilled Chicken Sandwich			X						X	X
Killer Mac & Cheese			X						X	X
Loaded Baked Potato			X							
Manhattan Clam Chowder Bowl						X				
Mixed Greens Salad (Small)			X					X		
New England Clam Chowder Bowl			X			X			X	X
Smokehouse Chicken Sandwich			X						X	X

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SW Baked Potato Soup Bowl			X							
Handhelds										
Cheeseburger			X						X	X
Cheeseburger with Bacon			X						X	X
Durango Burger	X	X	X			X			X	X
Fresh Fish Tacos (Crispy)	X	X	X			X			X	X
Fresh Fish Tacos (Grilled)	X	X	X						X	X
Hot Honey Chicken Sandwich	X	X	X			X			X	X
- Add Fried Egg	X									
Steak Sandwich	X		X				X		X	X
Impossible Burger			X				X		X	X
Classic Club Sandwich	X		X						X	X
Smokehouse Burger			X						X	X
Smokehouse Chicken Sandwich			X						X	X
Hand-Cut Steaks										
Aged Ribeye 12 oz			X							
Aged Ribeye 16 oz			X							
Blue Cheese Filet 7 oz			X				X			
Blue Cheese Filet 9 oz			X				X			
Cajun Ribeye 12 oz		X	X				X		X	X
Cajun Ribeye 16 oz		X	X				X		X	X
Filet & Shrimp 7 oz			X			X				
Filet & Shrimp 9 oz			X			X				
Filet Mignon 7 oz			X							
Filet Mignon 9 oz			X							
Roasted Garlic Sirloin 12 oz			X							
Roasted Garlic Sirloin 7 oz			X							
Slow Roasted Prime Rib 10 oz							X			
Slow Roasted Prime Rib 14 oz							X			
Slow Roasted Prime Rib 18 oz							X			

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Surf & Turf 7 oz			X			X				
Surf & Turf 9 oz			X			X				
Wood Grilled NY Strip 14 oz			X							
Enhance Your Steak										
1/2 Pound Lobster Tail			X			X				
Blue Cheese Sauce & Port Mushrooms			X				X			
Cajun Butter		X	X				X		X	X
Chile Rub										
Lobster Fondue			X			X				
Oscar Style Add			X			X				
Roasted Garlic Thyme Butter			X							
Tempura Lobster Tail Add	X					X			X	X
Tempura Shrimp Add			X		X	X	X		X	X
Wood Grilled Shrimp			X			X				
Seafood										
Baja Shrimp Pasta			X			X			X	X
Chilean Sea Bass Dinner		X	X			X		X	X	X
Chilean Sea Bass Lunch		X	X			X		X	X	X
Lobster Fondue Salmon 6 oz		X	X			X				
Lobster Fondue Salmon 8 oz		X	X			X				
Wood Grilled Salmon Dinner		X	X							
Wood Grilled Salmon Lunch		X	X							
Chicken, Ribs & Chops										
Baby Back Ribs Dinner										
Baby Back Ribs Lunch										
Caprese Chicken Pasta Dinner			X		X	X			X	X
Caprese Chicken Pasta Lunch			X		X	X			X	X
Chicken Pasta Dinner			X						X	X
Chicken Pasta Lunch			X						X	X
Cilantro-Grilled Chicken Dinner	X	X	X			X			X	X

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Cilantro-Grilled Chicken Lunch	X	X	X			X			X	X
Honey Garlic Chicken Dinner			X							
Honey Garlic Chicken Lunch			X							
Tomahawk Pork Chop			X				X		X	X
Sides										
Broccoli			X							
Charred Carrots			X				X		X	X
Cider Slaw	X		X							
Fresh Fruit										
Fresh Vegetables			X							
Grilled Street Corn										
Loaded Baked Potato			X							
Panella Bread with Butter (Individual)	X		X				X		X	X
Panella Bread with Butter (Loaf)	X		X				X		X	X
Parmesan Mashed Potatoes			X							
Port Mushrooms			X				X			
Seasoned Steak Fries	X	X	X			X			X	X
Southwest Au Gratin Potatoes			X						X	X
Seasonal Grain Pilaf			X					X	X	X
Tater Tots	X	X	X			X			X	X
Temptations										
5 Layer Lemon Cake	X		X				X		X	X
Big Daddy Chocolate Cake	X		X				X		X	X
Carrot Cake	X		X				X	X	X	X
Chocolate Brownie	X		X				X		X	X
Crepe Brulee Cheesecake	X		X				X		X	X
Charred Carrots			X				X		X	X
Beverages										
Alex's Lemonade										
Barq's Root Beer										

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Coke										
Columbian Coffee										
Diet Coke										
Fiji Natural Artesian Water										
Iced Tea										
San Pellegrino Sparkling Water										
Sprite										
Seasonal Mocktails										
Blood Orange Tamed Mule										
Spiritless Sangria										
Classic Cocktails										
Dirty Bird			X							
Double Diamond										
Lemonade Drop										
Perfect Margarita										
Siesta Sangria (Red)										
Siesta Sangria (White)										
Seasonal Cocktails										
Apple Pie Gimlet										
Fuego Mojitarita										
Grilled Pineapple Mule										
Orange Cinnamon Sour										
Saintly Spritz										
Slow Rider										
Spiced Old Fashioned										
Sultry Sidecar										
Torched Pineapple										
Coffee Drinks										
Espresso Martini										
Fired Up Coffee			X							

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Flannel Pajamas										
Hazelnut Vanilla Java										
Brunch - Main Course										
Bacon and Egg Brioche	X		X						X	X
Baked French Toast	X		X						X	X
Brunch Burger	X		X				X		X	X
Crab Cake & Eggs	X		X			X			X	X
Grilled Salmon Benedict	X	X	X			X	X		X	X
Shrimp & Grits			X			X				
Smothered Tenderloin Breakfast Burrito	X	X	X			X			X	X
Steak & Egg Bowl	X	X	X			X			X	X
Brunch - Add-on										
Poached Egg	X									
Brunch - Cocktails										
Bloody Mary							X			
Espresso Martini										
Hail Mary							X			
Mimosa										
Peachy Bellini										
Red Stiletto										
Kids Menu - Entrees										
Burger			X						X	X
Chicken Fingers	X	X	X			X			X	X
Fish Tacos (Crispy)	X	X	X			X			X	X
Fish Tacos (Grilled)		X							X	X
Grilled Chicken			X							
Mac & Cheese			X						X	X
Ribs										
Smoked Chicken Wings (BBQ)	X	X	X			X			X	X
Smoked Chicken Wings (Hot)	X	X	X			X			X	X

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Smoked Chicken Wings (Plain)	X	X	X			X			X	X
Wood Grilled Salmon		X								
Wood Grilled Steak										
Kids Menu - Sides										
Broccoli										
French Fries	X	X	X			X			X	X
Fresh Fruit										
Fresh Veggies										
Mac & Cheese			X						X	X
Parmesan Mashed Potatoes			X							
Tater Tots	X	X	X			X			X	X
Warm Grain Salad									X	X
Kids Menu - Dessert										
Ice Cream Sundae	X		X							
Kids Menu - Beverages										
1% Milk			X							
Barq's Root Beer										
Coke										
Diet Coke										
Honest Kids Apple Juice										
Honest Kids Fruit Punch										
Lemonade										
Sprite										

Shaping America's Plate, Inc.