

Firebirds Nutrition Data November, 2023

Item Name	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Bar Bites (Serves 2-3)											
Bacon and Eggs	840	620	69	21	0	580	1600	33	1	29	25
Beef Sliders	850	460	51	22	1.5	150	1120	51	1	7	43
Chile Chicken Tostada Bites	240	120	13	5	0	50	670	16	3	4	16
Chimichurri Grilled NY Strip Skewers	910	520	58	13	1	145	2330	41	0	2	54
Crispy Cauliflower	700	260	29	5	0	5	2240	100	6	64	10
Fired Up Shrimp	830	590	65	12	0	250	2520	33	3	6	30
Prime Rib Sliders	1020	590	66	19	1.5	120	1990	70	2	12	37
Roasted Garlic Parmesan Fries	1400	630	71	19	0	40	2590	162	0	0	26
Tuna Street Tacos	340	110	13	1.5	0	20	790	36	2	6	20
Shareables (Serves 2-4)											
Bacon Deviled Eggs	740	470	52	13	0	795	1600	37	1	32	30
Lobster Spinach Queso	970	590	66	26	0.5	145	1570	64	5	8	32
Philly Cheesesteak Egg Rolls	910	450	50	17	1	105	2580	65	4	31	51
Ranch Rings	1670	1100	123	22	0	45	2290	123	8	17	21
Seared Ahi Tuna	680	310	34	4	0	75	1840	40	5	13	52
Smoked Chicken Wings	700	440	49	21	1	350	2130	1	0	0	64
Soups											
Beef Barley Soup Bowl	180	50	6	1.5	0	30	980	20	3	4	13
Beef Barley Soup Cup	110	35	3.5	1	0	20	650	12	2	3	9
Black Bean Soup Bowl	210	60	6	1.5	0	5	780	31	2	6	8
Black Bean Soup Cup	130	30	3.5	0.5	0	0	520	20	1	4	5
Chicken Corn Chowder Bowl	270	130	15	7	0	60	840	23	4	8	13
Chicken Corn Chowder Cup	180	90	10	4.5	0	40	560	16	2	5	9
Chicken Tortilla Soup Bowl	390	180	20	6	0	65	1150	31	4	6	21
Chicken Tortilla Soup Cup	250	120	13	4	0	45	730	18	3	4	14
Chicken Vegetable Orzo Bowl	270	30	3.5	0	0	40	2010	42	2	6	19
Chicken Vegetable Orzo Cup	160	20	2.5	0	0	25	1340	23	1	4	12
Chile Bowl	390	210	23	9	1.5	80	1310	20	4	8	23
Chile Cup	260	140	15	6	1	50	870	13	3	5	15

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Creamy Crab & Mushroom Soup Bowl	450	250	28	17	1	115	1200	30	3	16	20
Creamy Crab & Mushroom Soup Cup	300	160	19	11	0.5	75	800	20	2	10	13
Manhattan Clam Chowder Bowl	150	35	4	1.5	0	5	1430	19	3	6	8
Manhattan Clam Chowder Cup	100	25	2.5	1	0	5	950	13	2	4	5
New England Clam Chowder Bowl	390	260	29	18	1	85	1580	21	3	5	10
New England Clam Chowder Cup	260	180	20	12	0.5	55	1050	14	2	3	6
SW Baked Potato Soup Bowl	650	530	59	34	1.5	165	1810	24	2	7	8
SW Baked Potato Soup Cup	420	340	38	22	1	110	1140	16	2	5	5
Signature & Classic Salads											
BLT Salad (Large)	270	180	20	7	0	40	910	12	4	6	13
BLT Salad (Small)	200	130	15	5	0	30	690	9	3	4	10
Buffalo Chicken Salad	820	510	57	22	0.5	145	2720	43	5	7	39
Caesar Salad (Large)	210	80	9	3	0	15	500	21	3	7	12
Caesar Salad (Small)	150	60	6	2	0	10	360	14	2	4	8
Colorado Chicken Salad	650	220	24	4.5	0	135	510	51	8	40	40
Grilled Chopped Cobb Salad	430	220	25	9	0	295	930	10	3	5	39
Grilled Salmon Salad	560	350	39	8	0	85	810	22	8	12	33
Grilled Shrimp & Strawberry Salad	470	260	29	9	0	185	480	29	10	16	29
Grilled Tenderloin Salad	380	190	21	11	0	105	910	11	4	5	37
Mixed Greens Salad (Large)	340	240	27	5	0	15	40	24	9	14	6
Mixed Greens Salad (Small)	250	180	21	3.5	0	10	30	17	6	10	4
Seared Tuna Superfoods Salad	530	170	19	3	0	70	1380	37	11	7	56
Spinach & Salmon Salad	640	390	43	13	0	305	1690	13	4	6	50
Spinach Salad (Large)	360	230	25	9	0	230	1070	13	4	5	22
Spinach Salad (Small)	280	180	20	7	0	220	810	9	3	4	18
Salad Dressing (2 fl oz Serving)											
Avocado Lime Vinaigrette Dressing	170	140	15	1.5	0	0	130	9	1	6	0
Balsamic Vinaigrette Dressing	230	170	19	2.5	0	5	310	14	0	13	0
Blue Cheese Dressing	170	140	16	6	0	30	470	3	0	2	5
Caesar Dressing	310	290	33	4	0	60	170	2	0	0	2

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Cilantro Lime Vinaigrette Dressing	210	160	19	1.5	0	0	170	12	0	8	0
Honey Mustard Dressing	250	180	21	3	0	10	410	16	0	13	0
Raspberry Chipotle Vinaigrette Dressing	300	260	29	2	0	0	125	16	0	11	0
Roasted Garlic Ranch Dressing	340	320	36	7	0	35	540	6	0	4	1
Add to any Classic Salad											
Seared Ahi Tuna	230	50	5	1	0	65	1000	1	0	0	42
Wood Grilled Chicken	160	30	3.5	1	0	100	100	0	0	0	30
Wood Grilled Salmon	280	160	18	4	0	75	570	0	0	0	28
Wood Grilled Shrimp	90	15	1.5	0	0	140	310	1	0	0	19
Wood Grilled Tenderloin	180	80	9	3	0	70	400	0	0	0	25
The Perfect Pair											
Beef Barley Soup Bowl	180	50	6	1.5	0	30	980	20	3	4	13
Black Bean Soup Bowl	210	60	6	1.5	0	5	780	31	2	6	8
BLT Salad (Small)	200	130	15	5	0	30	690	9	3	4	10
BLT Sandwich	770	470	52	18	0	75	1680	43	2	10	25
Caesar Salad (Small)	150	60	6	2	0	10	360	14	2	4	8
Cheeseburger	910	510	56	24	2.5	175	1400	51	2	9	47
Chicken Corn Chowder Bowl	270	130	15	7	0	60	840	23	4	8	13
Chicken Tortilla Soup Bowl	390	180	20	6	0	65	1150	31	4	6	21
Chicken Vegetable Orzo Bowl	270	30	3.5	0	0	40	2010	42	2	6	19
Chile Bowl	390	210	23	9	1.5	80	1310	20	4	8	23
Creamy Crab & Mushroom Soup Bowl	450	250	28	17	1	115	1200	30	3	16	20
Crispy Flounder Filet Sandwich	840	440	49	11	0	60	2120	67	1	8	33
Grilled Chicken Sandwich	570	180	21	8	0	140	840	51	2	9	46
Killer Mac & Cheese	990	320	36	20	0	100	500	120	6	13	43
Loaded Baked Potato	360	230	25	12	0.5	55	2560	28	2	2	6
Manhattan Clam Chowder Bowl	150	35	4	1.5	0	5	1430	19	3	6	8
Mixed Greens Salad (Small)	250	180	21	3.5	0	10	30	17	6	10	4
New England Clam Chowder Bowl	390	260	29	18	1	85	1580	21	3	5	10
Smokehouse Chicken Sandwich	680	190	21	9	0	130	1440	72	0	30	44

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SW Baked Potato Soup Bowl	650	530	59	34	1.5	165	1810	24	2	7	8
Handhelds											
Cheeseburger	910	510	56	24	2.5	175	1400	51	2	9	47
Cheeseburger with Bacon	990	560	62	26	2.5	185	1700	52	2	9	51
Durango Burger	1130	640	72	24	2.5	180	3020	70	1	8	47
Fresh Fish Tacos (Crispy)	810	390	43	8	0	50	2460	73	2	10	33
Fresh Fish Tacos (Grilled)	490	200	22	5	0	65	1770	51	2	10	23
Hot Honey Chicken Sandwich	1430	760	85	21	0	170	3840	120	1	41	54
- Add Fried Egg	100	60	7	2	0	210	110	0	0	0	7
Steak Sandwich	910	450	50	16	1.5	185	1690	55	3	7	63
Impossible Burger	780	370	41	22	0	60	2060	58	1	6	44
Classic Club Sandwich	1070	590	66	21	0	175	2380	61	1	16	53
Smokehouse Burger	980	490	54	22	2.5	160	2150	73	0	31	45
Smokehouse Chicken Sandwich	680	190	21	9	0	130	1440	72	0	30	44
Hand-Cut Steaks											
Aged Ribeye 12 oz	580	340	38	16	1.5	195	1630	6	0	1	53
Aged Ribeye 16 oz	740	430	48	20	1.5	255	1710	8	0	1	71
Blue Cheese Filet 7 oz	520	280	31	15	1	155	1980	9	1	4	46
Blue Cheese Filet 9 oz	590	300	34	16	1	180	2000	9	1	4	57
Cajun Ribeye 12 oz	770	410	46	21	2	215	4460	32	0	0	53
Cajun Ribeye 16 oz	940	500	56	25	2.5	270	4540	34	0	0	71
Filet & Shrimp 7 oz	550	310	34	15	1	285	1370	4	0	2	56
Filet & Shrimp 9 oz	620	330	37	16	1	315	2090	5	0	2	67
Filet Mignon 7 oz	340	180	20	9	0	125	1610	2	0	1	38
Filet Mignon 9 oz	410	200	23	10	0.5	155	1640	2	0	1	48
Roasted Garlic Sirloin 12 oz	450	220	25	13	0.5	180	2030	3	0	1	53
Roasted Garlic Sirloin 7 oz	260	120	13	7	0	100	1720	2	0	1	31
Slow Roasted Prime Rib 10 oz	580	340	37	16	2	170	1190	3	0	0	59
Slow Roasted Prime Rib 14 oz	800	470	52	22	3	235	1520	4	0	0	82
Slow Roasted Prime Rib 18 oz	1030	600	67	29	4	305	1860	5	0	0	106

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Surf & Turf 7 oz	930	640	75	42	0.5	365	1840	8	1	2	62
Surf & Turf 9 oz	990	670	78	43	1	395	1870	8	1	2	72
Wood Grilled NY Strip 14 oz	720	330	37	16	1.5	295	1570	1	0	1	91
Enhance Your Steak											
1/2 Pound Lobster Tail	670	530	62	37	0	285	460	4	0	0	30
Blue Cheese Sauce & Port Mushrooms	240	160	18	10	0	50	360	7	1	4	8
Cajun Butter	150	130	15	9	0.5	40	620	3	0	0	0
Chile Rub	120	0	0	0	0	0	3600	24	0	0	0
Lobster Fondue	170	110	13	6	0	45	420	4	0	2	10
Oscar Style Add	200	120	13	6	0	65	1200	10	2	3	12
Roasted Garlic Thyme Butter	140	130	15	9	0.5	40	530	1	0	0	0
Tempura Lobster Tail Add	400	200	22	3.5	0	55	400	26	0	2	18
Tempura Shrimp Add	420	180	20	2.5	0	195	650	30	0	8	27
Wood Grilled Shrimp	130	45	5	2.5	0	150	340	2	0	0	19
Seafood											
Baja Shrimp Pasta	1490	460	51	16	0.5	340	4990	175	12	14	82
Chilean Sea Bass Dinner	820	370	42	13	0.5	275	1110	49	6	28	68
Chilean Sea Bass Lunch	670	350	39	13	0.5	175	980	49	6	28	40
Lobster Fondue Salmon 6 oz	840	490	54	20	0	170	2500	46	1	8	53
Lobster Fondue Salmon 8 oz	930	540	60	22	0	195	2530	46	1	8	62
Wood Grilled Salmon Dinner	490	290	32	10	0	120	720	10	3	5	39
Wood Grilled Salmon Lunch	390	230	26	9	0	95	690	10	3	5	30
Chicken, Ribs & Chops											
Baby Back Ribs Dinner	1260	730	81	29	0	225	1550	78	3	65	60
Baby Back Ribs Lunch	670	370	41	15	0	115	780	48	3	40	31
Caprese Chicken Pasta Dinner	1400	570	63	19	0	175	4860	130	9	13	74
Caprese Chicken Pasta Lunch	1240	490	55	17	0	120	4410	127	8	12	56
Chicken Pasta Dinner	1480	600	67	21	0.5	185	6410	139	6	12	74
Chicken Pasta Lunch	1200	450	50	15	0.5	110	5150	131	6	10	51
Cilantro-Grilled Chicken Dinner	660	260	29	8	0	220	890	27	1	9	69

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Cilantro-Grilled Chicken Lunch	500	230	25	7	0	120	790	26	1	9	39
Honey Garlic Chicken Dinner	720	240	27	9	0	255	1230	44	3	36	74
Honey Garlic Chicken Lunch	460	200	23	8	0	140	1050	27	3	21	39
Tomahawk Pork Chop	770	210	23	6	0	260	2320	53	5	37	86
Sides											
Broccoli	150	100	12	7	0	30	220	9	4	3	5
Charred Carrots	290	110	13	3.5	0	20	1630	42	7	26	7
Cider Slaw	530	420	47	12	0	60	410	25	4	19	3
Fresh Fruit	120	5	0.5	0	0	0	15	30	4	23	2
Fresh Vegetables	170	100	12	7	0	30	220	14	4	8	4
Grilled Street Corn	200	40	4.5	1	0	0	370	41	5	16	6
Loaded Baked Potato	360	230	25	12	0.5	55	2560	28	2	2	6
Panella Bread with Butter (Individual)	180	130	15	2	0	15	380	30	0	1	5
Panella Bread with Butter (Loaf)	550	400	44	6	0	40	1130	90	0	3	15
Parmesan Mashed Potatoes	450	240	27	12	0	60	1740	48	0	6	18
Port Mushrooms	290	120	14	7	0	25	500	19	2	10	7
Seasoned Steak Fries	610	250	28	4.5	0	0	960	80	0	0	9
Southwest Au Gratin Potatoes	450	260	29	16	0	85	1220	27	2	6	20
Seasonal Grain Pilaf	280	130	14	2	0	5	190	40	4	25	4
Tater Tots	920	510	57	8	0	0	1950	95	0	0	7
Temptations											
5 Layer Lemon Cake	1100	430	47	31	1	260	430	161	1	133	10
Big Daddy Chocolate Cake	1750	710	79	39	1	135	1240	257	0	173	19
Carrot Cake	1480	860	96	43	1.5	150	730	146	7	100	14
Chocolate Brownie	1130	450	50	21	0	155	430	153	5	110	15
Creme Brulee Cheesecake	1070	620	69	41	2.5	345	550	104	1	82	13
Charred Carrots	290	110	13	3.5	0	20	1630	42	7	26	7
Beverages											
Alex's Lemonade	200	0	0	0	0	0	15	53	0	49	0
Barq's Root Beer	180	0	0	0	0	0	70	48	0	48	0

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Coke	160	0	0	0	0	0	50	43	0	43	0
Columbian Coffee	0	0	0	0	0	0	0	0	0	0	0
Diet Coke	0	0	0	0	0	0	45	0	0	0	0
Fiji Natural Artesian Water	0	0	0	0	0	--	0	0	0	0	0
Iced Tea	5	0	0	0	0	0	10	1	0	0	0
San Pellegrino Sparkling Water	0	0	0	0	0	0	0	0	0	0	0
Sprite	170	0	0	0	0	0	40	44	0	39	0
Seasonal Mocktails											
Blood Orange Tamed Mule	140	0	0	0	0	0	0	36	0	33	0
Spiritless Sangria	220	0	0	0	0	0	20	55	1	48	0
Classic Cocktails											
Dirty Bird	250	45	5	2	0	5	770	0	0	0	2
Double Diamond	240	0	0	0	0	0	0	11	0	10	0
Lemonade Drop	170	0	0	0	0	0	0	18	0	17	0
Perfect Margarita	190	0	0	0	0	0	0	18	1	13	0
Siesta Sangria (Red)	230	0	0	0	0	0	10	24	1	19	0
Siesta Sangria (White)	220	0	0	0	0	0	10	32	1	29	1
Seasonal Cocktails											
Apple Pie Gimlet	250	0	0	0	0	0	15	32	1	27	0
Fuego Mojitarita	190	0	0	0	0	0	10	17	1	14	0
Grilled Pineapple Mule	180	0	0	0	0	0	0	23	1	18	0
Orange Cinnamon Sour	180	0	0	0	0	0	0	24	0	14	0
Saintly Spritz	220	0	0	0	0	0	5	15	0	12	0
Slow Rider	220	0	0	0	0	0	0	31	1	27	0
Spiced Old Fashioned	210	0	0	0	0	0	0	14	0	13	0
Sultry Sidecar	200	0	0	0	0	0	0	27	1	24	0
Torched Pineapple	190	0	0	0	0	0	110	26	1	21	0
Coffee Drinks											
Espresso Martini	350	0	0	0	0	0	0	41	0	13	1
Fired Up Coffee	160	15	1.5	1	0	5	10	19	0	18	1

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Flannel Pajamas	150	10	1.5	1	0	5	0	19	0	19	0
Hazelnut Vanilla Java	190	15	1.5	1	0	5	5	12	0	11	0
Brunch - Main Course											
Bacon and Egg Brioche	900	540	61	19	0	470	1830	46	5	9	37
Baked French Toast	1260	530	59	38	0.5	395	440	148	4	109	12
Brunch Burger	1080	630	70	29	2.5	295	1240	51	1	11	56
Crab Cake & Eggs	620	460	51	24	1	535	1280	11	2	2	27
Grilled Salmon Benedict	730	400	45	15	0	320	1080	29	2	2	51
Shrimp & Grits	920	360	40	19	0.5	400	2580	67	3	11	71
Smothered Tenderloin Breakfast Burrito	1590	960	107	45	1.5	615	2960	93	2	6	64
Steak & Egg Bowl	920	550	61	15	0.5	455	2480	49	3	9	46
Brunch - Add-on											
Poached Egg	70	45	4.5	1.5	0	185	150	0	0	0	6
Brunch - Cocktails											
Bloody Mary	140	0	0	0	0	0	700	9	2	5	1
Espresso Martini	350	0	0	0	0	0	0	41	0	13	1
Hail Mary	250	30	3	1.5	0	5	1200	25	2	19	3
Mimosa	140	0	0	0	0	0	0	13	0	11	1
Peachy Bellini	350	0	0	0	0	0	10	54	0	50	1
Red Stiletto	260	0	0	0	0	0	15	23	0	19	1
Kids Menu - Entrees											
Burger	530	250	28	11	1.5	80	440	42	0	6	25
Chicken Fingers	710	440	49	8	0	85	1850	43	0	12	26
Fish Tacos (Crispy)	420	190	21	4.5	0	20	1350	40	0	3	20
Fish Tacos (Grilled)	220	50	6	1	0	35	730	28	0	2	14
Grilled Chicken	160	30	3.5	1	0	100	100	0	0	0	30
Mac & Cheese	570	160	18	10	0	50	280	74	4	7	24
Ribs	590	360	40	15	0	115	770	29	0	25	30
Smoked Chicken Wings (BBQ)	320	120	13	3	0	145	850	19	0	17	32
Smoked Chicken Wings (Hot)	520	360	41	17	0.5	205	1530	3	0	2	37

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Smoked Chicken Wings (Plain)	240	120	13	3	0	145	480	0	0	0	32
Wood Grilled Salmon	190	110	12	3	0	50	55	0	0	0	19
Wood Grilled Steak	180	50	6	2	0	80	65	0	0	0	30
Kids Menu - Sides											
Broccoli	25	5	0	0	0	0	25	4	2	1	3
French Fries	310	130	14	2.5	0	0	480	40	0	0	5
Fresh Fruit	40	0	0	0	0	0	0	10	1	8	1
Fresh Veggies	35	5	0	0	0	0	20	7	2	4	2
Mac & Cheese	280	80	9	5	0	25	140	37	2	3	12
Parmesan Mashed Potatoes	150	80	9	4	0	20	580	16	0	2	6
Tater Tots	370	200	23	3.5	0	0	780	38	0	0	3
Warm Grain Salad	60	5	0.5	0	0	0	220	11	1	0	2
Kids Menu - Dessert											
Ice Cream Sundae	390	150	17	10	0	60	95	54	1	47	5
Kids Menu - Beverages											
1% Milk	140	30	3.5	2	0	15	150	17	0	17	11
Barq's Root Beer	160	0	0	0	0	0	60	40	0	40	0
Coke	130	0	0	0	0	0	45	37	0	37	0
Diet Coke	0	0	0	0	0	0	35	0	0	0	0
Honest Kids Apple Juice	40	0	0	0	0	0	15	10	0	9	0
Honest Kids Fruit Punch	40	0	0	0	0	0	15	9	0	9	0
Lemonade	170	0	0	0	0	0	10	45	0	41	0
Sprite	150	0	0	0	0	0	35	37	0	33	0

Shaping America's Plate, Inc.