



At Firebirds, we strive to provide you with a variety of options to fit your lifestyle needs. The nutritional information provided here is calculated based on serving size and portion. Due to the individual preparation of each of our menu items, actual values may vary from those listed. This list is as complete and accurate as possible. Percentage Daily Values for vitamins and minerals are based on a 2,000 calorie diet.

Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
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Appetizers															
Ahi Tuna	222	454	39.81	16.70	0.72	80.09	558	11.29	2.17	6.81	14.46	28%	45%	5%	10%
Buffalo Shrimp	321	837	73.10	31.87	1.17	279.43	3229	17.53	1.23	3.09	28.25	51%	8%	23%	19%
Chicken Quesadilla	379	770	40.00	20.97	0.45	112.72	1748	67.91	8.33	6.37	36.60	28%	42%	55%	32%
Chicken Wings (Smoked)	173	496	33.15	9.27	0.00	142.90	810	0.70	0.14	0.27	46.07	6%	0%	4%	13%
Coconut Shrimp Appetizer	412	985	53.45	12.55	0.26	148.21	845	99.43	4.58	53.18	29.01	48%	78%	14%	36%
Crab Cakes	403	895	46.55	8.92	0.20	307.49	1591	92.55	4.69	48.06	29.79	57%	112%	17%	27%
Lobster Spinach Queso	338	967	72.44	30.37	3.88	166.93	1495	59.43	6.08	2.22	27.31	78%	71%	53%	15%
Ranch Rings	509	1359	61.55	10.17	0.40	24.56	3375	173.62	8.83	14.94	29.57	25%	15%	32%	59%

Soups															
Beef Chili	306	345	16.95	6.28	1.13	82.88	1451	18.90	5.17	7.31	29.57	26%	47%	10%	27%
Black Bean Soup	278	200	5.47	1.70	0.00	7.55	1310	28.52	8.82	8.48	11.01	3%	25%	7%	19%
Chicken Corn Chowder	308	289	19.48	9.48	0.10	70.82	1177	16.63	1.93	2.72	11.23	20%	07%	5%	8%
Firebirds Chicken Tortilla Soup	254	193	10.29	2.82	0.89	10.36	1136	22.09	3.12	3.65	5.09	53%	43%	13%	7%
Navy Bean Soup	303	181	2.47	0.80	0.00	8.40	882	25.11	5.55	1.65	11.00	1%	15%	7%	10%
Sirloin and Barley Soup	317	156	5.97	1.83	0.00	14.28	1031	16.73	3.42	1.37	9.25	33%	5%	3%	6%
Smoked Tomato Bisque	330	473	40.64	19.63	0.19	103.12	1217	19.86	2.46	6.32	9.79	52%	15%	22%	9%
Southwest Potato Soup	250	445	39.90	23.78	0.13	137.66	749	16.80	1.51	2.04	7.16	34%	56%	17%	4%

Sides															
Cider Slaw	102	153	13.22	2.00	0.04	3.63	137	8.62	1.70	5.74	1.25	35%	48%	4%	3%
Garden Fresh Veggies	201	210	17.89	11.05	0.48	45.79	424	12.18	4.82	4.28	3.34	153%	158%	6%	5%
Loaded Colorado Baked Potato	476	798	44.55	25.36	0.77	104.43	2237	82.89	8.85	4.36	17.72	23%	84%	21%	24%
Parmesan Mashed Yukon Gold Potatoes	142	228	14.17	8.84	0.35	37.71	888	20.41	1.93	1.87	5.77	8%	12%	13%	2%
Port Mushrooms	318	435	34.85	5.78	0.22	15.26	23	14.53	2.90	10.97	6.61	9%	10%	2%	7%
Seasoned French Fries	192	409	27.42	4.08	0.15	0.00	893	38.00	4.00	1.80	4.00	0%	4%	0%	4%
Spiced Pecan Green Beans	169	397	31.56	16.24	0.69	65.28	377	14.15	4.99	4.98	3.68	34%	20%	8%	7%
Southwest Au Gratin Potatoes	274	479	28.62	16.54	0.49	81.14	1226	34.87	0.93	4.82	20.75	14%	57%	46%	11%
Tortilla Slaw	152	364	30.66	5.47	0.15	3.81	314	18.79	3.18	5.99	7.09	38%	53%	7%	17%

Desserts															
Big Daddy Chocolate Cake	511	1557	74.11	28.01	7.99	151.75	1695	220.45	11.37	159.59	19.26	14%	9%	26%	41%
Crème Brûlée Cheesecake	379	1129	65.91	38.67	2.50	319.12	536	115.66	2.75	92.79	13.95	22%	64%	9%	10%

Salads															
Add Chicken (6 oz)	143	221	4.74	1.34	0.05	111.71	287	0.01	0.00	0.01	41.76	1%	0%	2%	9%
Add Salmon (7 oz)	159	328	19.61	3.97	0.00	99.96	202	0.17	0.07	0.00	35.10	2%	10%	2%	3%
Add Tenderloin (7 oz)	157	317	12.49	4.85	0.00	138.69	475	0.39	0.08	0.15	47.54	1%	0%	3%	30%
Add Tuna	149	334	24.15	14.84	0.64	113.26	796	0.76	0.27	0.04	27.55	17%	4%	3%	6%
Caesar Salad-Large	422	1034	90.59	18.51	0.30	30.00	1479	34.81	6.51	6.10	21.16	280%	102%	65%	30%
Caesar Salad-Small	226	508	47.49	9.77	0.00	584	12.89	3.44	2.76	8.77	167%	61%	23%	14%	
Colorado Chicken Salad	610	1220	82.65	16.55	0.65	152.99	1064	70.45	9.28	59.37	54.77	82%	32%	31%	27%
Crab Cake Salad	570	933	68.84	11.59	2.04	303.68	1456	62.27	7.91	12.60	28.68	89%	82%	23%	23%
Firebirds BLT Salad-Large	596	911	79.69	20.44	0.20	109.43	2297	18.86	6.90	8.64	30.27	244%	96%	13%	18%
Firebirds BLT Salad-Small	330	580	51.64	13.11	0.13	69.66	1470	10.50	3.40	4.90	18.47	104%	43%	7%	9%
Fried Chicken Salad	683	912	65.57	11.37	0.45	121.02	1111	41.23	6.42	23.77	42.16	226%	66%	16%	23%
Grilled Shrimp & Strawberry Salad	580	1148	74.47	17.78	0.35	119.18	1942	102.52	13.17	86.15	24.71	88%	52%	23%	35%
Grilled Tenderloin Salad	573	771	51.85	16.23	0.53	140.55	1787	29.20	4.95	22.35	46.56	102%	49%	35%	25%
Mixed Greens Salad-Large	682	796	69.13	11.34	0.39	15.05	269	44.28	12.50	27.20	8.67	138%	88%	15%	22%
Mixed Greens Salad-Small	334	475	42.05	7.11	0.23	11.44	131	25.34	7.21	15.97	4.98	64%	47%	8%	12%
Spinach Salad	329	568	42.60	10.92	0.11	256.38	1517	22.88	3.54	17.29	23.64	239%	67%	18%	24%
Steak Caesar Salad	409	856	61.15	14.07	0.08	159.30	1287	13.98	3.70	3.30	60.85	170%	64%	29%	47%

Lunch Specials/Aspen Classics/Chicken & Pasta															
Buffalo Meatloaf-Dinner	550	1072	67.54	24.87	3.33	354.90	3535	39.63	2.96	5.75	3.67	13%	8%	19%	65%
Buffalo Meatloaf-Lunch	303	557	35.31	13.11	1.84	179.93	1980	21.26	1.51	2.87	2.31	7%	3%	8%	28%
Cilantro Chicken-Dinner	407	741	27.59	8.98	0.44	252.14	1591	29.36	1.67	2.98	89.34	15%	18%	15%	28%
Cilantro Chicken-Lunch	206	372	13.82	4.50	0.21	126.05	796	14.82	0.91	1.52	44.74	11%	13%	8%	15%
Coconut Shrimp Dinner	430	1030	46.21	14.30	0.22	288.80	781	106.76	2.66	53.39	44.21	14%	29%	15%	39%
Firebirds Chicken Pasta-Dinner	878	1747	88.82	29.41	1.10	254.15	2726	144.43	9.07	7.38	85.73	48%	17%	27%	46%
Firebirds Chicken Pasta-Lunch	724	1427	82.76	27.36	1.05	244.14	2553	93.93	6.14	6.82	71.62	41%	8%	25%	36%
Pecan Trout-Dinner	384	1008	65.72	7.76	0.65	148.81	1046	45.90	4.55	13.51	57.42	12%	45%	26%	22%
Pecan Trout-Lunch	221	539	34.78	4.20	0.34	70.52	546	29.36	2.94	12.32	27.54	11%	41%	13%	12%
Pork Tenderloin	587	894	38.06	19.47	0.56	246.61	1514	55.19	2.12	21.82	80.69	22%	72%	49%	28%
Ribs	668	1988	134.91	41.29	0.37	344.28	3387	121.41	6.80	78.62	73.65	54%	76%	24%	58%
Sesame Salmon-Lunch	202	685	60.60	8.63	0.10	103.91	454	9.50	0.53	1.11	26.21	5%	10%	4%	6%
Sesame Salmon-Dinner	342	867	69.87	9.77	0.10	181.04	762	17.35	1.36	3.21	42.56	13%	25%	6%	11%
Tenderloin Kabob (2)	633	899	44.19	22.04	0.52	227.64	1688	52.72	4.94	19.66	67.52	34%	72%	28%	32%
Wood Grilled Salmon-Dinner	292	458	29.97	8.21	0.85	121.13	368	7.38	2.03	3.50	38.82	28%	73%	5%	6%
Wood Grilled Salmon-Lunch	228	327	22.09	6.61	0.85	80.97	329	7.38	2.03	3.50	24.73	27%	69%	4%	5%

Burgers & Sandwiches															
Cheeseburger	382	850	46.48	18.95	2.36	207.85	1121	43.66	2.79	8.90	64.59	20%	11%	37%	47%
Durango Burger	554	1141	65.77	21.72	2.49	210.50	2913	76.12	5.95	50.30	70.76	33%	202%	48%	60%
French Dip	528	895	44.80	17.85	0.24	207.64	3950	43.29	2.63	2.52	76.85	0%	1%	45%	56%
Smokehouse Burger	450	1213	61.55	26.18	2.52	243.37	2786	95.35	3.17	57.26	72.49	20%	17%	41%	83%
Smokehouse Chicken	413	875	34.10	15.24	0.45	197.95	2956	95.35	3.17	57.26	72.35	21%	17%	39%	63%
Steak Sandwich-Lunch	518	1025	51.49	13.66	0.31	158.50	1531	82.92	7.01	11.04	57.41	18%	17%	15%	38%
Turkey Club	400	968	51.87	18.47	0.53	143.82	1930	67.94	5.24	15.75	55.58	22%	9%	23%	54%

Wood Fired Grill, Steaks & Prime Rib															
Aspen Sirloin-7oz	190	527	35.77	19.53	0.64	202.37	481	0.49	0.12	0.18	48.71	17%	3%	4%	31%
Aspen Sirloin-12 oz	303	755	44.73	23.05	0.64	303.14	556	0.49	0.12	0.18	83.10	17%	3%	5%	52%
Blue Cheese Filet	315	792	55.82	26.40	0.54	241.68	1241	7.83	1.04	4.14	59.74	30%	12%	36%	22%
Chile Rubbed Delmonico	317	945	69.51	32.46	0.64	403.87									