

Firebirds Allergen Data - November 2022

Item Name	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
<b>Bar Bites (Serves 2-3)</b>										
Avocado Toast Salad	X		X				X		X	X
Crispy Cauliflower	X	X	X			X			X	X
Crispy Pork Belly Street Tacos	X	X	X				X		X	X
Beef Sliders			X						X	X
Fired Up Shrimp	X	X	X			X			X	X
Prime Rib Sliders	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
Smoked Pork Belly	X	X	X				X		X	X
Steakhouse Meatballs	X		X				X		X	X
<b>Shareables (Serves 2-4)</b>										
Bacon Deviled Eggs	X									
Burrata	X		X				X		X	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
<b>Soups</b>										
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	X
Chicken Vegetable Orzo Cup	X		X				X		X	X
Chile Bowl			X							
Chile Cup			X							
Creamy Crab and Mushroom Soup Bowl			X			X	X		X	X
Creamy Crab and Mushroom Soup Cup			X			X	X		X	X

Firebirds Allergen Data - November 2022

Item Name	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
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							
<b>Signature &amp; Classic Salads</b>										
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 and 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 and Salmon Salad	X	X								
Spinach Salad (Large)	X									
Spinach Salad (Small)	X									
<b>Salad Dressing (2 fl oz Serving)</b>										
Avocado Lime Vinaigrette Dressing										
Balsamic Vinaigrette Dressing	X		X							
Blue Cheese Dressing	X		X							
Caesar Dressing	X	X	X				X		X	X
Cilantro Lime Vinaigrette Dressing										
Honey Mustard Dressing	X									
Raspberry Chipotle Vinaigrette Dressing										
Roasted Garlic Ranch Dressing	X		X							
<b>Add to any Classic Salad</b>										
Seared Ahi Tuna	X	X	X			X			X	X

Firebirds Allergen Data - November 2022

Item Name	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Wood Grilled Chicken			X							
Wood Grilled Salmon		X								
Wood Grilled Shrimp						X				
Wood Grilled Tenderloin										
<b>The Perfect Pair</b>										
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	X
Chile Bowl			X							
Creamy Crab and 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 and 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
SW Baked Potato Soup Bowl			X							
<b>Handhelds</b>										
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
Impossible Burger			X				X		X	X
Classic Club Sandwich	X		X						X	X
Kickin' Chicken Sandwich	X	X	X			X			X	X



Firebirds Allergen Data - November 2022

Item Name	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
Baja Shrimp Pasta			X			X			X	X
Bruchetta Chicken Pasta Dinner			X			X			X	X
Bruchetta Chicken Pasta Lunch			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
Cilantro-Grilled Chicken Lunch	X	X	X			X			X	X
Honey Garlic Chicken Dinner			X							
Honey Garlic Chicken Lunch			X							
Lobster Fondue Salmon 6oz		X	X			X				
Lobster Fondue Salmon 8oz		X	X			X				
Red Snapper Dinner		X	X			X			X	X
Red Snapper Lunch		X	X			X			X	X
Wood Grilled Salmon Dinner		X	X							
Wood Grilled Salmon Lunch		X	X							
<b>Sides</b>										
Broccoli			X							
Cider Slaw	X		X							
Fresh Fruit										
Fresh Vegetables			X							
Loaded Ember Corn			X							
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
Tater Tots	X	X	X			X			X	X
<b>Temptations</b>										
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





Firebirds Allergen Data - November 2022

Item Name	Egg	Fish	Milk	Peanut	Sesame	Shellfish	Soy	Tree Nuts	Wheat	Gluten
<b>Kids Menu - Sides</b>										
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
<b>Kids Menu - Complimentary</b>										
Oreo Cookie Packet							X		X	X
<b>Kids Menu - Beverages</b>										
1% Milk			X							
Barq's Root Beer										
Coke										
Diet Coke										
Honest Kids Apple Juice										
Honest Kids Fruit Punch										
Lemonade										
Sprite										