

Firebirds Nutritional Data - November 2022

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)											
Avocado Toast Salad	1090	440	49	14	0	50	2070	141	8	9	44
Crispy Cauliflower	700	260	29	5	0	5	2240	100	6	64	10
Crispy Pork Belly Street Tacos	700	460	52	18	0	60	1370	47	2	15	13
Beef Sliders	850	460	51	22	1.5	150	690	51	1	7	43
Fired Up Shrimp	830	590	65	12	0	250	2520	33	3	6	30
Prime Rib Sliders	1020	590	66	19	1.5	120	1380	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
Smoked Pork Belly	1260	860	96	35	0	135	1890	55	4	28	30
Steakhouse Meatballs	1260	660	74	28	3	305	3760	85	2	9	70
Shareables (Serves 2-4)											
Bacon Deviled Eggs	740	470	52	13	0	795	1600	37	1	32	30
Burrata	960	500	55	19	0	80	1600	101	8	43	38
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	16	21
Seared Ahi Tuna	640	270	30	4	0	75	1810	38	4	11	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
Creamy Crab and Mushroom Soup Bow	450	250	28	17	1	115	1200	30	3	16	20
Creamy Crab and Mushroom Soup Cup	300	160	19	11	0.5	75	800	20	2	10	13

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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	630	400	45	20	0.5	115	2140	32	5	7	29
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 and 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 and 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
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

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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	23	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 and Mushroom Soup Bow	450	250	28	17	1	115	1200	30	3	16	20
Crispy Flounder Filet Sandwich	840	440	49	10	0	60	2120	67	1	8	33
Grilled Chicken Sandwich	570	180	21	8	0	140	840	51	2	9	46
Killer Mac and 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	8	0	130	1440	72	0	30	44
SW Baked Potato Soup Bowl	650	530	59	34	1.5	165	1810	24	2	7	8
Handhelds											
Cheeseburger	910	510	56	23	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
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
Kickin' Chicken Sandwich	970	590	66	14	0	100	1740	70	2	15	26

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Smokehouse Burger	980	490	54	21	2.5	160	2150	73	0	31	45
Smokehouse Chicken Sandwich	680	190	21	8	0	130	1440	72	0	30	44
Steak Sandwich	910	450	50	16	1.5	185	1690	55	3	7	63
Hand-Cut Steaks											
Aged Ribeye 12oz	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 7oz	520	280	31	15	1	155	1980	9	1	4	46
Blue Cheese Filet 9oz	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 7oz	340	180	20	9	0	125	1610	2	0	1	38
Filet Mignon 9oz	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
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 14oz	720	330	37	16	1.5	295	1570	1	0	1	91
Enhance Your Steak											
1/2 Pound Lobster Tail	640	520	61	37	0	260	400	3	0	0	23
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 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
Wood Grilled Shrimp	130	45	5	2.5	0	150	340	2	0	0	19
Specialties											
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

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Baja Shrimp Pasta	1490	460	51	16	0.5	340	4990	175	12	14	82
Bruchetta Chicken Pasta Dinner	1400	590	66	21	0	175	4860	129	9	13	74
Bruchetta Chicken Pasta Lunch	1240	510	57	18	0	120	4410	126	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
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	1040	27	3	21	39
Lobster Fondue Salmon 6oz	830	480	53	20	0	170	2430	44	0	7	52
Lobster Fondue Salmon 8oz	920	530	59	21	0	195	2460	44	0	7	62
Red Snapper Dinner	800	320	36	17	1	275	1730	42	8	6	71
Red Snapper Lunch	710	310	35	16	1	135	1590	41	8	6	52
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
Sides											
Broccoli	150	100	12	7	0	30	220	9	4	3	5
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
Loaded Ember Corn	400	200	22	9	0	45	1130	36	4	14	18
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	0	5
Panella Bread with Butter (Loaf)	550	400	44	6	0	40	1130	90	0	0	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	200	23	16	0	85	1220	27	2	6	20
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	12	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

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Creme Brulee Cheesecake	1070	620	69	41	2.5	345	550	104	1	82	13
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
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	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											
Grilled Orange Agua Fresca	120	0	0	0	0	0	0	29	0	24	1
Raspberry No-Jito	150	0	0	0	0	0	5	71	0	34	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											
Chili Guavarita	280	0	0	0	0	0	160	32	0	28	0
Cinnamon Mai Tai	280	0	0	0	0	0	15	35	1	31	0
Feelin' Peachy Mule	250	0	0	0	0	0	5	32	0	30	0
Forbidden Fruit	230	0	0	0	0	0	0	27	0	23	0
Gentleman's Manhattan	210	0	0	0	0	0	0	15	0	4	0
Harvest Punch	240	0	0	0	0	0	0	29	1	26	0
Hot off the Grill	210	0	0	0	0	0	5	27	0	23	1
Irish Orchard	220	0	0	0	0	0	15	26	0	23	0
Spiced Old Fashioned	190	0	0	0	0	0	0	10	0	8	0
Wintry Berries	200	0	0	0	0	0	10	51	0	24	0
Coffee Drinks											
Espresso Martini	350	0	0	0	0	0	0	41	0	13	1

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Flannel Pajamas	150	10	1.5	1	0	5	0	19	0	19	0
Fired Up Coffee	160	15	1.5	1	0	5	10	19	0	18	1
Hazelnut Vanilla Java	190	15	1.5	1	0	5	5	12	0	11	0
Brunch Menu - Entrees											
Bacon and Egg Brioche	900	540	61	19	0	470	1830	46	5	9	37
Brunch Avocado Toast Salad	750	460	51	17	0.5	65	1440	58	15	25	22
Brunch Burger	1080	630	70	28	2.5	295	1240	51	1	11	56
Crispy Pork Belly and Grits	1310	850	95	44	1	180	2670	63	2	22	26
French Toast	1260	170	19	12	0.5	55	440	148	4	109	12
Grilled Salmon Benedict	730	400	45	15	0	320	1080	29	2	2	51
Shrimp and Grits	920	200	22	16	0.5	400	2580	67	3	11	71
Steak and Egg Bowl	920	440	49	12	0.5	455	2480	49	3	9	46
Brunch Menu - Add-on											
Poached Egg Add	70	45	4.5	1.5	0	185	150	0	0	0	6
Brunch Menu - 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	10	1.5	80	440	42	0	6	25
Chicken Fingers	520	340	37	6	0	55	1280	32	0	12	16
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
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

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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 - Complimentary											
Oreo Cookie Packet	100	40	4.5	1	0	0	85	16	0	9	0
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