

**Firebirds Online Menu Data March, 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)
<b>Bar Bites (Serves 2-3)</b>											
Avocado Lime Whipped Feta	530	290	33	16	0.5	80	1180	49	3	5	19
Bavarian Pretzel and Samuel Adams Beer Cheese	1270	410	46	18	0.5	70	2950	177	1	19	29
Beef Sliders	850	460	51	22	1.5	150	690	51	2	7	43
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
Goat Cheese Fritters	870	540	60	25	0	275	1110	66	6	30	26
Grilled Tenderloin Medallions	1630	910	102	25	1	145	3400	127	5	2	66
Tuna Tacos	710	270	30	7	0	65	2960	72	6	18	37
<b>Shareables (Serves 2-4)</b>											
Bacon Deviled Eggs	740	470	52	13	0	795	1600	37	1	32	30
Lobster Spinach Queso	930	590	66	27	1	145	1220	62	6	6	26
Philly Cheesesteak Egg Rolls	910	450	50	17	1	105	2540	65	4	31	51
Ranch Rings	1670	1110	123	22	0	45	2300	123	8	16	21
Seared Ahi Tuna	420	150	16	2	0	65	1750	19	4	11	47
Smoked Chicken Wings	700	440	49	21	1	350	2130	1	0	0	64
<b>Soups</b>											
Beef Barley Soup Bowl	190	50	6	1.5	0	35	880	21	4	5	14
Beef Barley Soup Cup	120	35	4	1	0	20	590	12	2	3	9
Black Bean Soup Bowl	210	60	6	1.5	0	5	780	31	11	6	8
Black Bean Soup Cup	130	30	3.5	0.5	0	0	520	20	7	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	650	320	36	11	0	80	1400	52	8	9	29
Chicken Tortilla Soup Cup	420	210	24	8	0	55	930	33	5	6	19
Chicken Vegetable Orzo Bowl	270	30	3.5	0	0	40	2020	42	5	6	19
Chicken Vegetable Orzo Cup	160	20	2.5	0	0	25	1340	23	3	4	12
Chile Bowl	390	210	23	9	1.5	80	840	20	5	8	23
Chile Cup	260	140	15	6	1	50	550	13	3	5	15
Creamy Crab and Mushroom Soup Bowl	350	190	21	12	0.5	90	3360	24	2	11	16
Creamy Crab and Mushroom Soup Cup	230	130	14	8	0	60	2240	16	2	8	11
Manhattan Clam Chowder Bowl	150	35	3.5	1.5	0	5	1280	19	4	6	8
Manhattan Clam Chowder Cup	100	20	2.5	1	0	5	860	13	3	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
<b>Signature &amp; Classic Salads</b>											
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	6	7	29
Caesar Salad (Large)	240	140	16	4.5	0	15	500	15	3	7	10
Caesar Salad (Small)	170	110	12	3	0	10	360	9	2	4	7

Colorado Chicken Salad	650	220	24	4.5	0	135	510	51	9	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	540	170	19	3	0	70	1520	37	11	7	56
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
<b>Salad Dressing (2 fl oz Serving)</b>											
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	280	31	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	330	36	7	0	35	550	6	1	4	1
<b>Add to any Classic Salad</b>											
Seared Ahi Tuna	230	50	5	1	0	65	1000	1	1	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
<b>The Perfect Pair</b>											
Beef Barley Soup Bowl	190	50	6	1.5	0	35	880	21	4	5	14
Black Bean Soup Bowl	210	60	6	1.5	0	5	780	31	11	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)	170	110	12	3	0	10	360	9	2	4	7
Cheeseburger	910	510	56	23	2.5	175	1400	51	3	9	47
Chicken Corn Chowder Bowl	270	130	15	7	0	60	840	23	4	8	13
Chicken Pasta Lunch	1350	570	64	31	1	195	4280	125	8	10	54
Chicken Tortilla Soup Bowl	650	320	36	11	0	80	1400	52	8	9	29
Chicken Vegetable Orzo Bowl	270	30	3.5	0	0	40	2020	42	5	6	19
Chile Bowl	390	210	23	9	1.5	80	840	20	5	8	23
Creamy Crab and Mushroom Soup Bowl	350	190	21	12	0.5	90	3360	24	2	11	16
Crispy Flounder Filet Sandwich	730	380	42	9	0	55	1740	61	3	8	27
Grilled Chicken Sandwich	570	180	21	8	0	140	800	51	3	9	46
Loaded Russet Baked Potato	360	230	25	12	0.5	55	2560	28	2	2	6
Manhattan Clam Chowder Bowl	150	35	3.5	1.5	0	5	1280	19	4	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	630	190	22	8	0	130	1190	60	1	20	44
Spinach Salad (Small)	280	180	20	7	0	220	810	9	3	4	18

SW Baked Potato Soup Bowl	650	530	59	34	1.5	165	1810	24	2	7	8
<b>Handhelds</b>											
Cheeseburger with Bacon	990	560	62	26	2.5	185	1700	52	3	9	51
Cheeseburger	910	510	56	23	2.5	175	1400	51	3	9	47
Classic Club Sandwich	1070	590	66	21	0	175	2380	61	1	16	53
Durango Burger	1130	640	72	24	2.5	180	3020	70	3	8	47
Fresh Fish Tacos (Crispy)	720	350	39	9	0	45	2070	66	4	11	28
Fresh Fish Tacos (Grilled)	470	200	23	6	0	65	1650	48	3	11	22
Impossible Burger	780	370	41	22	0	60	2060	58	6	6	44
Kickin' Chicken Sandwich	970	590	66	14	0	100	1720	70	4	15	26
Portabella Sandwich	440	180	20	6	0	25	500	57	6	12	16
Smokehouse Burger	930	490	54	21	2.5	160	1950	61	1	20	45
Smokehouse Chicken Sandwich	630	190	22	8	0	130	1190	60	1	20	44
Steak Sandwich	630	250	28	11	1	115	1220	53	3	9	41
<b>Wood Fired Steaks</b>											
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	530	280	31	15	1	155	1970	9	1	4	46
Blue Cheese Filet 9oz	590	300	34	16	1	180	1990	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
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
<b>Enhance Your Steak</b>											
1/2 Pound Lobster Tail	640	520	61	37	0	260	400	3	0	0	23
Blue Cheese Sauce and 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
Chili Rub	120	0	0	0	0	0	3600	24	0	0	0
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
<b>Specialties</b>											
Baby Back Ribs Dinner	1160	730	81	29	0	225	1140	54	3	44	60
Baby Back Ribs Lunch	620	370	41	15	0	115	570	37	3	30	30
Baja Shrimp Pasta	1600	540	61	27	1	400	4390	170	13	14	85
Chicken Pasta Dinner	1650	740	83	39	1	285	5360	132	8	12	77
Cilantro-Grilled Chicken Dinner	650	280	31	10	0	225	660	25	2	6	66
Cilantro-Grilled Chicken Lunch	490	240	27	9	0	130	560	25	2	6	36
Pineapple Chicken Dinner	620	90	10	2	0	250	1520	50	5	39	81
Pineapple Chicken Lunch	380	45	5	1	0	125	770	43	5	32	42
Slow Roasted Prime Rib 10 oz	580	340	37	16	2	170	1130	3	0	0	59

Slow Roasted Prime Rib 14 oz	800	470	52	22	3	235	1470	4	0	0	83
Slow Roasted Prime Rib 18 oz	1030	600	67	29	4	305	1810	5	1	0	106
Striped Bass	1010	540	60	24	1	315	2240	42	8	6	69
Wood Grilled Salmon Dinner	470	280	31	9	0	115	680	10	3	5	39
Wood Grilled Salmon Lunch	380	220	25	8	0	90	660	10	3	5	30
<b>Complements</b>											
Broccoli	120	80	9	5	0	20	150	9	4	3	5
Cider Slaw	530	420	47	12	0	60	330	25	4	19	3
Fresh Fruit	120	5	0.5	0	0	0	15	30	4	23	2
Fresh Vegetables	140	80	9	5	0	20	150	14	4	8	4
Loaded Russet Baked Potato	360	230	25	12	0.5	55	2560	28	2	2	6
Panela Bread with Butter (Individual)	180	130	15	2	0	15	380	30	1	0	5
Panela Bread with Butter (Loaf)	550	400	44	6	0	40	1130	90	3	0	15
Parmesan Mashed Potatoes	490	230	26	16	1	75	2370	55	6	5	12
Port Mushrooms	300	120	14	7	0	30	490	20	2	10	7
Seasoned Steak Fries	610	250	28	4.5	0	0	950	79	10	0	9
Southwest Au Gratin Potatoes	440	220	24	18	0	90	980	25	3	4	17
Tater Tots	920	510	57	8	0	0	1950	95	8	0	7
<b>Temptations</b>											
5 Layer Lemon Cake	1100	430	47	31	1	260	430	161	1	133	10
Big Daddy Chocolate Cake	1750	720	80	38	1	135	1230	257	12	173	19
Carrot Cake	1480	860	96	43	1.5	150	730	146	7	100	14
Chocolate Brownie	1130	450	50	20	0	155	430	153	5	110	14
Creme Brulee Cheesecake	1070	620	69	41	2.5	345	550	104	1	82	13
<b>Beverages</b>											
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
<b>Seasonal Mocktails</b>											
Charred Pineapple Agua Fresca	120	0	0	0	0	0	0	32	2	26	1
Lady Lavender	260	0	0	0	0	0	20	65	0	33	1
Raspberry No-Jito	150	0	0	0	0	0	5	71	0	34	0
<b>Classic Cocktails</b>											
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
<b>Seasonal Cocktails</b>											

Botanical Spritz	200	0	0	0	0	0	15	27	0	24	0
By The Fire	270	0	0	0	0	0	0	33	0	30	0
Chocolate Old Fashioned	270	0	0	0	0	0	0	12	0	11	0
Cinnamon Apple Rye	180	0	0	0	0	0	5	25	1	15	0
Phoenix Rising	210	0	0	0	0	0	5	20	0	17	0
Raspberry Mint Mule	180	0	0	0	0	0	0	39	1	19	0
Ryes and Shine	190	0	0	0	0	0	0	34	0	33	0
<b>Kids Menu - Entrees</b>											
Burger	530	250	28	10	1.5	80	440	42	1	6	25
Chicken Fingers	520	340	37	6	0	55	1280	32	1	12	16
Fish Tacos (Grilled)	210	60	6	2	0	35	660	26	1	3	13
Grilled Chicken Breast	160	30	3.5	1	0	100	100	0	0	0	30
Mac & Cheese	610	100	11	6	0	30	1250	74	4	8	23
Ribs (BBQ)	540	360	40	15	0	115	570	17	0	15	29
Ribs (Plain)	470	360	40	15	0	115	220	0	0	0	29
Shrimp Tacos	200	45	5	1.5	0	80	490	26	1	3	14
Smoked Chicken Wings (BBQ)	290	120	13	3	0	145	710	11	0	10	32
Smoked Chicken Wings (Hot)	520	360	41	17	0.5	205	1530	3	0	2	36
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	310	120	13	5	0.5	140	540	1	0	1	47
<b>Kids Menu - Sides</b>											
Broccoli	25	5	0	0	0	0	25	4	2	1	3
Carrots with Ranch	280	250	27	6	0	30	440	8	2	5	1
French Fries	300	130	14	2.5	0	0	480	40	5	0	4
Fresh Fruit	40	0	0	0	0	0	0	10	1	8	1
Fresh Veggies	15	0	0	0	0	0	10	3	1	2	1
Mac & Cheese	310	50	5	3	0	15	620	37	2	4	12
Parmesan Mashed Potatoes	160	80	9	5	0	25	790	18	2	2	4
Tater Tots	460	260	28	4	0	0	980	48	4	0	3
Warm Grain Salad	60	5	0.5	0	0	0	350	12	1	0	2
<b>Kids Menu - Complimentary</b>											
Oreo Cookie Packet	100	40	4.5	1	0	0	85	16	0	9 --	
<b>Kids Menu - Beverages</b>											
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