

FREEBIRDS NUTRITION INFO

HALFBIRD BURRITO													
Beyond Meat	90	35	4.0						250	2		11	
Black Beans	80	0	0	0	0			210	350	15	4	5	
Carnitas	80	40	4.5	1.5		30		430		2		9	
Cauliflower Rice	45	35	3.5	0			100	105	3	1	1	1	
Cayenne Tortilla	300	70	8	4.0				570		48	2	1	8
Mixed Cheese	90	60	6	4.0			20	125					5
Cilantro Lime Rice	130	35	4.0	0	1.0	2.5		260	40	21			2
Dark Meat Chicken	60	20	2.5	0			50	500					10
Flour Tortilla	310	70	8	2.5	1.0	3.0		690		52	3	2	8
Monterey Jack Cheese	80	50	6	4.0			20	115					5
Pinto Beans	90	0	0	0	0	0		310	360	16	4		5
Refried Beans	110	35	4.0	0	1.0	2.5		260	310	14	3		5
Spanish Rice	110	30	3.0	0	1.0	2.0		260	25	17			1
Steak	80	35	3.5	1.5	0	0	25	580	0	3			10
Tortilla Strips	40	15	1.5					15		5			
Veggies	45	25	3.0	0	1.0	2.0		390	90	4	2	1	
White Meat Chicken	50	10	1.0				30	440		1			10

FREEBIRD BURRITO & BOWL													
Beyond Meat	180	70	8					520	5	2	2	23	
Black Beans	100	0	0	0	0			270	440	19	5	6	
Carnitas	170	80	9	3.0		60		850	0	4	1	17	
Cauliflower Rice	90	70	7	1			200	210	5	3	2	2	
Cayenne Tortilla	300	70	8	4.0				570		48	2	1	8
Mixed Cheese	160	110	13	8			40	250					11
Cilantro Lime Rice	160	45	5	0	1.5	3.0		320	50	26			2
Dark Meat Chicken	120	40	4.5	1.0			100	990					20
Flour Tortilla	310	70	8	2.5	1.0	3.0		690		52	3	2	8
Monterey Jack Cheese	160	110	12	8			40	230					11
Pinto Beans	120	0	0	0	0	0		420	480	21	5	7	
Refried Beans	170	50	6	0.5	1.5	3.5		410	480	22	5	1	7
Spanish Rice	130	35	4.0	0	1.0	2.5		340	30	22			2
Steak	170	70	7	2.5	0	0	55	1150	5	6	1	20	
Tortilla Strips	40	15	1.5					15		5			
Veggies	45	25	3.0	0	1.0	2.0		390	90	4	2	1	
White Meat Chicken	100	20	2.5				55	870		1			20

MONSTER BURRITO													
Beyond Meat	270	110	12					770	7	2	2	34	
Black Beans	160	5	0.5	0	0	0		420	690	29	7	1	10
Carnitas	250	120	13	4.5		85		1280	0	7	2	26	
Cauliflower Rice	140	100	11	1.0			300	310	8	4	4	4	
Cayenne Tortilla	300	70	8	4.0				570		48	2	1	8
Mixed Cheese	190	130	15	10			50	290					12
Cilantro Lime Rice	240	70	8	0.5	2.0	4.5		480	70	39			3
Dark Meat Chicken	180	60	7	1.0			145	1490					29
Flour Tortilla	310	70	8	2.5	1.0	3.0		690		52	3	2	8
Monterey Jack Cheese	180	130	14	9			45	270					12
Pinto Beans	180	5	0.5	0	0	0		650	740	33	8	1	11
Refried Beans	250	80	9	0.5	2.5	5		600	700	32	8	2	11
Spanish Rice	200	50	6	0.5	1.5	3.5		510	45	33			3
Steak	250	100	11	4.0	0	0.5	80	1730	10	9	2	31	
Tortilla Strips	40	15	1.5					15		5			
Veggies	45	25	3.0	0	1.0	2.0		390	90	4	2	1	
White Meat Chicken	160	35	4.0				85	1320		2	2	30	

SUPER MONSTER BURRITO														
Beyond Meat	350	140	16					1030	10	3	3	45		
Black Beans	300	10	1.5	0	0.5	0		760	1280	54	13	3	18	
Carnitas	330	150	17	6		115		1710	0	9	3	35		
Cauliflower Rice	190	130	15	1.5			390	420	11	5	5	5		
Cayenne Tortillas*	600	140	16	8				1150		96	4	2	16	
Mixed Cheese Blend	270	190	22	14			70	420					18	
Cilantro Lime Rice	520	150	17	1.5	0	4.5	10	1040	150	84	2		8	
Dark Meat Chicken	240	80	9	1.5			195	1990					39	
Flour Tortillas*	620	140	16	5.0	2.0	6		1380		104	6	4	16	
Monterey Jack Cheese	260	180	20	13			65	380					18	
Pinto Beans	340	10	1.0	0	0	0		1210	1390	62	15	2	21	
Refried Beans	250	80	9	0.5	2.5	5		600	700	32	8	2	11	
Spanish Rice	430	120	13	1.0	3.5	8		1090	100	70	1		6	
Steak	340	130	15	5	0	1.0	110	2310	15	11			3	41
Tortilla Strips	40	15	1.5					15		5				
Veggies	45	25	3.0	0	1.0	2.0		390	90	4	2	1		
White Meat Chicken	210	45	5				115	1760		3	3	40		

FREEBIRD SALAD													
Mixed Green Base	10							10	2	1	1	1	
Beyond Meat	180	70	8					520	5	2	2	23	
Black Beans	100	0	0	0	0			270	440	19	5	6	
Carnitas	170	80	9	3.0		60		850	0	4	1	17	
Cauliflower Rice	90	70	7	1			200	210	5	3	2	2	
Cayenne Tortilla	300	70	8	4.0				570		48	2	1	8
Mixed Cheese	160	110	13	8			40	250					11
Cilantro Lime Rice	160	45	5	0	1.5	3.0		320	50	26			2
Dark Meat Chicken	120	40	4.5	1.0			100	990					20
Monterey Jack Cheese	160	110	12	8			40	230					11
Pinto Beans	120	0	0	0	0	0		420	480	21	5	7	
Refried Beans	170	50	6	0.5	1.5	3.5		410	480	22	5	1	7
Spanish Rice	130	35	4.0	0	1.0	2.5		340	30	22			2
Steak	170	70	7	2.5	0	0	55	1150	5	6	1	20	
Tortilla Strips	40	15	1.5					15		5			
Veggies	45	25	3.0	0	1.0	2.0		390	90	4	2	1	
White Meat Chicken	100	20	2.5				55	870		1	1	20	

SALAD DRESSINGS - 1.5 FL OZ														
Ancho Dressing	280	270	31	2.5	0	9	19		250	60	2		0	
Ranch Dressing	170	150	17	3.0				20	420	2			1	
Tomatillo Dressing	50	40	4.5	0	1.5	2.5		220	120	3			2	0

SALSAS, SAUCES AND FREEBIES - 1 FL OZ AVG SERVING													
BBQ Sauce	60	35	4.0	0.5				210		5		4	0
Cilantro	0							0	10	0			
Corn Salsa	25	0	0		0	0		85	60	5		1	1
Creamy Jalapeno Salsa	70	60	7	0.5	2.0	4.5		190	45	2			0
Death Sauce	0	0	0					790		1			0
Diced Onions	10							0	30	2			0
Diced Tomatoes	0							0	55	1			0
Fresh Jalapenos	0							0	10	0			0
Habanero Sauce	15	0	0		0			65	55	2		1	0
Hot Tomatillo Sauce	10							200		1			0
Lime Juice	10							0	35	3			0
Mild Tomatillo Sauce	10							125		1		1	0
Mixed Lettuce	0							0	10	0			0
Pico De Gallo	5	0	0					170	60	1			0
Ranch Dressing	110	100	11	2.0			15	280		1			1
Roasted Garlic	25	0	0					0	65	6			1
Salsa	5	0	0					280	55	2			0
Shredded Lettuce	0							0	15	0			0
Sour Cream	45	40	4.5	3.0	0	1.0	10	20	35	1			0

QUESADILLA													
Beyond Meat	180	70	8					520	5	2	2	23	
Black Beans	100	0	0	0	0			270	440	19	5	6	
Carnitas	170	80	9	3.0		60		850	0	4	1	17	
Cauliflower Rice	90	70	7	1			200	210	5	3	2	2	
Mixed Cheese	160	110	13	8			40	250					11
Cilantro Lime Rice	160	45	5	0	1.5	3.0		320	50	26			2
Dark Meat Chicken	120	40	4.5	1.0			100	990					20
Flour Tortilla	310	70	8	2.5	1.0	3.0		690		52	3	2	8
Monterey Jack Cheese	160	110	12	8			40	230					11
Pinto Beans	120	0	0	0	0	0		420	480	21	5	7	
Refried Beans	170	50	6	0.5	1.5	3.5		410	480	22	5	1	7
Spanish Rice	130	35	4.0	0	1.0	2.5		340	30	22			2
Steak	170	70	7	2.5	0	0	55	1150	5	6	1	20	
Tortilla Strips	40	15	1.5					15		5			
Veggies	45	25	3.0	0	1.0	2.0		390	90	4	2	1	
White Meat Chicken	100	20	2.5				55	870		1	1	20	

NACHOS												
Beyond Meat	180	70	8					520	5	2	2	23
Black Beans	100	0	0	0	0							