

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sandwiches										
Starbird 2.0®	883	405	45	6	116	1793	75	7	13	43
Big Star®	896	441	49	7	113	1607	73	3	17	41
Nashville Hotbird®	1066	639	71	11	112	2234	83	3	10	41
Gardenbird VG	1141	657	73	10	19	2651	90	5	20	31
Cali Gold BBQ	937	387	43	7	132	2136	87	3	27	49
Indian Hotbird	961	486	54	10	125	2267	85	3	14	44

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
--	----------	-------------------	---------	-------------------	------------------	-------------	-----------	-------------------	-----------	-------------

Salads

Shown with grilled / fried chicken

Thai Chicken (No Dressing)	260 / 431	54 / 162	6 / 18	<1 / 4	78 / 65	880 / 1250	31 / 51	4 / 5	22 / 22	28 / 26
Herb Aioli (2.75 fl oz) GF	296	288	32	5	18	417	2	<1	<1	<1
Green Papaya Dressing (1.25 fl oz)	88	<1	<1	<1	0	589	22	<1	22	<1
Avo Cabo Crunch (No Dressing) GF	329 / 470	126 / 216	14 / 24	5 / 8	102 / 83	1422 / 1713	16 / 34	8 / 8	9 / 9	32 / 28
Avocado Goddess Dressing (2.75 fl oz) GF	187	162	18	3	5	686	6	1	3	1
Chicken Chop (No Dressing) GF	581 / 752	270 / 369	30 / 41	6 / 9	94 / 81	853 / 1223	43 / 64	10 / 10	8 / 9	40 / 39



Salads PG2 **Shown with grilled / fried chicken**

[illegible]

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Tender Boxes PG1										
3 Tenders Box GF	1018	468	52	11	107	2176	97	9	6	42
4 Tenders Box GF	1169	531	59	12	140	2571	108	9	6	53
3 Nashville Tenders Box GF	1253	738	82	16	98	2747	109	9	5	38
4 Nashville Tenders Box GF	1359	810	90	17	109	2998	116	9	5	43
3 Sweet Thai Tenders Box	1092	468	52	10	106	2734	120	9	28	42
4 Sweet Thai Tenders Box	1243	531	59	12	138	3129	130	9	28	53



Tender Boxes PG2

[illegible]

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Bone-In Wings All wings listed by the piece										
Cali Gold BBQ GF	150	54	6	2	53	300	14	<1	7	9
Buffalo GF	147	81	9	3	61	459	7	<1	<1	9
Sweet Thai	170	54	6	2	53	427	19	<1	9	9
Garlic Parmesan GF	175	99	11	5	67	243	8	<1	<1	10
Lemon Pepper GF	158	90	10	4	63	204	8	<1	9	9
Nashville Hot GF	175	108	12	3	53	237	9	<1	<1	9



Bone-In Wings		All wings listed by the piece	
---------------	--	-------------------------------	--

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
--	----------	-------------------	---------	-------------------	------------------	-------------	-----------	-------------------	-----------	-------------

Boneless Wings

All wings listed by the piece

Cali Gold BBQ GF	94	27	3	<1	14	298	11	<1	7	5
Buffalo GF	84	45	5	2	19	476	5	<1	<1	4
Sweet Thai	91	27	3	<1	11	361	14	<1	7	4
Garlic Parmesan GF	106	63	7	3	20	222	6	<1	<1	5
Lemon Pepper GF	57	18	2	<1	11	206	5	<1	<1	4
Nashville Hot GF	112	72	8	1	11	255	7	0	0	4



Boneless Wings	
	All wings listed by the piece

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
---	-----------------	--------------------------	----------------	--------------------------	-------------------------	--------------------	------------------	--------------------------	------------------	--------------------

Beverages PG 1

Housemade Lemonade V, GF	100	0	0	0	0	30	23	0	20	0
Housemade Iced Tea V, GF	0	0	0	0	0	0	0	0	0	0
Oaktown Root Beer V, GF	170	0	0	0	0	35	43	0	42	0
Cable Car Lemon Lime V, GF	160	0	0	0	0	50	39	0	28	0
Mango Sparkling Water V, GF	0	0	0	0	0	0	0	0	0	0
Lost Island Ginger Beer V, GF	170	0	0	0	0	35	43	0	42	0

Beverages PG2

[illegible]

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sides PG1										
House Fries V, GF	452	198	22	4	2	557	58	6	<1	5
Rainbow Slaw VG, GF	116	130	8	2	8	434	9	2	5	2
Masala Street Fries VG, GF	716	360	40	9	16	1245	81	8	5	9
Chicken & Churros	640	150	17	4	55	760	96	0	60	23
Side Salad (No Dressing) VG, GF	98	54	6	2	7	113	6	2	3	5
Chile Lime Vinaigrette (1.5 fl oz) VG, GF	177	135	15	2	0	77	9	<1	8	<1

V = Vegan
VG = Vegetarian
GF = Gluten Friendly

Sides PG2

[illegible]

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Proteins PG 1										
Bone-in Wing GF	120	54	6	2	53	177	7	<1	<1	9
Boneless Wing GF	57	18	2	<1	11	195	5	0	0	4
Crispy Chicken Tender GF	120	45	5	1	24	409	11	0	0	9
Crispy Chicken Filet GF	387	189	21	3	100	1322	21	<1	0	29
Nashville Tender GF	212	126	14	3	23	595	15	0	0	8
Nashville Filet Gf	580	351	39	7	100	1731	30	<1	0	29

V = Vegan
VG = Vegetarian
GF = Gluten Friendly

Proteins PG 2

[illegible]

V = Vegan VG = Vegetarian GF = Gluten Friendly	Calories	Calories From Fat	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Sauces (per 1.5oz)										
Blue Cheese VG, GF	163	135	15	6	25	448	2	<1	1	4
Greek Yogurt Ranch VG, GF	98	81	9	2	10	157	2	0	2	3
Honey Chipotle BBQ VG, GF	89	9	<1	0	0	281	22	<1	18	<1
Honey Mustard VG, GF	221	189	21	3	12	296	7	<1	7	<1
Maple Syrup V, GF	113	0	0	0	0	26	30	0	18	0
Tamarind Mint Raita VG, GF	49	27	3	2	10	362	3	<1	3	2



Sauces (per 1.5oz)	
1.5oz	1.5oz