



Starbird

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)
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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
Chimichurri Star	890	378	42	5	100	2390	89	3	15	39

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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) <small>GF</small>	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
Green Goddess Cobb (No Dressing) <small>GF</small>	311 / 483	117 / 216	13 / 24	4 / 7	88 / 75	833 / 1204	17 / 38	9 / 9	9 / 9	31 / 29
Green Goddess Dressing (2.75 fl oz) <small>GF</small>	230	207	23	4	11	214	3	<1	2	2
Chicken Chop (No Dressing) <small>GF</small>	581 / 752	270 / 369	30 / 41	6 / 9	94 / 81	853 / 1223	43 / 64	10 / 10	8 / 9	40 / 39

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Tender Boxes PG1

3 Tenders Box GF	410	171	19	4.5	90	1070	28	<1	0	31
4 Tenders Box GF	540	234	26	6	115	1420	37	1	<1	41
3 Nashville Tenders Box GF	710	477	53	10	90	1840	44	1	<1	31
4 Nashville Tenders Box GF	950	639	71	14	115	2400	59	1	<1	41
3 Sweet Thai Tenders Box	500	189	21	4.5	90	1710	52	1	24	31
4 Sweet Thai Tenders Box	640	243	27	6	115	2070	61	2	24	41

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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

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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

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Beverages PG 1

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

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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
Chimi Fries	760	396	44	8	10	1310	82	9	2	10
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

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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

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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
Chimichurri VG, GF	130	126	14	1	0	270	2	0	<1	0

