



	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat. fat (g)	Mono unsat. fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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HYBIRD BURRITO														
Black Beans	60	0	0	0				150	250	10	3		4	
Calabacitas Tempheh	45	25	3.0	0	0	0.5		180	95	4		1	2	
Carnitas	100	45	5	2.0			35	520		3			11	
Cayenne Tortilla	270	50	6	0				670		46	1	1	7	
Cheddar & Monterey Cheese	40	25	3.0	2.0			10	60					3	
Cilantro Lime Rice	100	30	3.0	0	1.0	2.0		200	30	16			1	
Flour Tortilla	270	50	6	0				680		47	1	1	7	
Ground Beef	110	70	7	3.0				25	240	10	3	1	7	
Monterey Jack Cheese	40	25	3.0	2.0			10	55					3	
Pinto Beans	60	0	0	0	0			210	240	11	3		4	
Refried Beans	90	20	2.0	0	0.5	1.0		270	300	14	3		5	
Spanish Rice	90	25	2.5	0	0.5	1.5		220	20	14			1	
Spiced Thigh Meat Chicken	60	20	2.5	0			50	520					10	
Spinach Whole Wheat Tortilla	230	50	6	0				670		38	8	2	9	
Steak	130	80	9	3.5	0		35	620		3			9	
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	70	15	1.5				35	470		2				11

FREEBIRD BURRITO & BOWL														
Black Beans	100	0	0	0	0			250	410	17	4		6	
Calabacitas Tempheh	80	45	5.0	0	0	1.0		300	160	6	1	2	3	
Carnitas	170	80	9	3.0			60	870		0	4	1	18	
Cayenne Tortilla	270	50	6	0				670		46	1	1	7	
Cheddar & Monterey Cheese	80	50	6	4.0			20	120					5	
Cilantro Lime Rice	170	50	5	0	1.5	3.5		330	50	27			2	
Flour Tortilla	270	50	6	0				680		47	1	1	7	
Ground Beef	190	110	12	5.0				40	390	20	5	2	12	
Monterey Jack Cheese	80	50	6	3.5			20	110					5	
Pinto Beans	100	0	0	0	0	0		350	400	18	4		6	
Refried Beans	150	30	3.5	0	1.0	2.0		450	510	23	6		8	
Spanish Rice	150	40	4.5	0	1.0	2.5		370	35	24			2	
Spiced Thigh Meat Chicken	100	35	4.0	0.5			85	870					17	
Spinach Whole Wheat Tortilla	230	50	6	0				670		38	8	2	9	
Steak	200	100	12	4.5	0	0	75	590	10	0			23	
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	110	25	2.5				60	780		4	1	1	19	

MONSTER BURRITO														
Black Beans	150	5	0.5	0	0	0		400	660	28	7	1	9	
Calabacitas Tempheh	90	50	6	0.5	0.5	1.0		360	190	8	2	2	4	
Carnitas	200	90	11	3.5			70	1040		0	5	2	21	
Cayenne Tortilla	270	50	6	0				670		46	1	1	7	
Cheddar & Monterey Cheese	120	80	9	6			30	180					8	
Cilantro Lime Rice	270	80	9	0.5	2.5	5		530	80	43	1		4	
Flour Tortilla	270	50	6	0				680		47	1	1	7	
Ground Beef	220	130	15	6				50	470	20	6	3	15	
Monterey Jack Cheese	110	80	9	5			25	160					8	
Pinto Beans	160	0	0.5	0	0	0		560	640	29	7		10	
Refried Beans	250	50	6	0	1.5	3.0		720	810	37	9	1	12	
Spanish Rice	230	60	7	0.5	2.0	4.5		590	55	38			3	
Spiced Thigh Meat Chicken	130	40	5.0	1.0			105	1040					21	
Spinach Whole Wheat Tortilla	230	50	6	0				670		38	8	2	9	
Steak	240	120	14	6	0	0.5	95	710	10	0			28	
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	140	30	3.0				70	940		5	2	2	22	

	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat. fat (g)	Mono unsat. fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
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SUPER MONSTER BURRITO														
Black Beans	300	10	1.5	0	0.5	0		800	1320	56	14	3	19	
Calabacitas Tempheh	140	80	9	1.0	1.0	1.5		540	280	12	3	4	6	
Carnitas	300	140	16	5			105	1560		8	3		32	
Cayenne Tortillas²	540	110	12	1.0				1340		92	2	2	14	
Cheddar & Monterey Cheese	160	110	12	8			40	240					10	
Cilantro Lime Rice	530	150	17	1.5	0	4.5	10	1050	160	86	2		8	
Flour Tortillas²	660	120	14	7				1560		108	4		18	
Ground Beef	340	200	22	9				70	710	35	10	4	22	
Monterey Jack Cheese	150	100	12	7			35	220					10	
Pinto Beans	320	10	1.0	0	0	0		1100	1280	57	14	2	20	
Refried Beans	490	100	11	1.0	3.0	6		1440	1630	73	18	2	25	
Spanish Rice	470	130	14	1.0	0	4.0	9	1170	110	76	1		7	
Spiced Thigh Meat Chicken	190	60	7	1.0			155	1560					31	
Spinach Whole Wheat Tortilla²	460	110	12	1.0				1340		76	16	4	18	
Steak	360	180	21	8	0	1.0	140	1060	15	1			42	
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	200	40	5.0				105	1410		7	2	2	33	

FREEBIRD SALAD														
Black Beans	100	0	0	0	0			250	410	17	4		6	
Calabacitas Tempheh	80	45	5.0	0	0	1.0		300	160	6	1	2	3	
Carnitas	170	80	9	3.0			60	870		0	4	1	18	
Cheddar & Monterey Cheese	80	50	6	4.0			20	120					5	
Cilantro Lime Rice	170	50	5	0	1.5	3.5		330	50	27			2	
Ground Beef	190	110	12	5.0				40	390	20	5	2	12	
Mixed Greens Base	10	0	0	0				10		2	1	1	1	
Monterey Jack Cheese	80	50	6	3.5			20	110					5	
Pinto Beans	100	0	0	0	0	0		350	400	18	4		6	
Refried Beans	150	30	3.5	0	1.0	2.0		450	510	23	6		8	
Spanish Rice	150	40	4.5	0	1.0	2.5		370	35	24			2	
Spiced Thigh Meat Chicken	100	35	4.0	0.5			85	870					17	
Steak	200	100	12	4.5	0	0	75	590	10	0			23	
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	110	25	2.5				60	780		4	1	1	19	

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				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			
Diced Tomatoes	0								0	55	1		0	
Fresh Jalapeños	0								0	10	0		0	
Habanero Sauce	15	0	0		0				65	55	2		1	0
Hot Tomatillo Sauce	10								200		1			
Lime Juice	10								0	35	3		0	
Mild Tomatillo Sauce	10								125		1		1	
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	
Roasted Garlic	25	0	0						0	65	6		1	
Roasted Seasonal Salsa	10	0	0		0	0			150	70	2		0	
Salsa	5								280	55	2		0	
Seasonal Salsa - Chile Mango	5								125	30	1		0	
Shredded Lettuce	0								0	15	0		0	
Sour Cream	45	40	4.5	3.0	0	1.0	10		20	35	1		0	

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QUESADILLA														
Black Beans	100	0	0	0	0			250	410	17	4		6	
Calabacitas Tempheh	80	45	5.0	0	0	1.0		300	160	6	1	2	3	
Carnitas	170	80	9	3.0			60	870		0	4	1	18	
Cayenne Tortilla	270	50	6	0				670		46	1	1	7	
Cheddar & Monterey Cheese	80</													