



Starbird

Positively Delicious Ingredients.

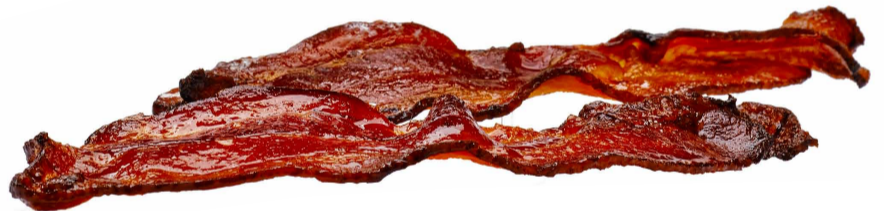
The Bread.

Baked fresh in house all day long.



The Toppings.

Super premium. Super craveable.



The Chicken.

Sustainably farmed Petaluma Poultry, antibiotic free, and non-GMO. Hand cut, battered, dipped and small batch fried. Did we mention our batter is gluten free?



The Veggies.

Chopped by hand, pickled and roasted in house.



The Sauces & Spreads.



House-made. Habit-forming.





Starbird

NUTRITIONAL INFORMATION

	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Rooster Call										
Chicken and the Egg	470	260	29	8	240	870	29	1	2	24
Maple Bacon Breakfast Taco 	300	150	16	4	220	340	20	2	3	18
Early Bird	190	45	5	2.5	10	500	21	1	2	16
Chicken and Waffle Sticks	380	140	16	4	95	690	34	1	4	25
Morning Star	350	210	23	7	210	690	22	0	2	15
Breakfast Burrito 	570	270	30	13	255	1090	45	2	4	28
Daybreaker Taco	220	110	12	4	195	250	17	2	2	9
Sunriser	390	210	23	7	245	790	22	1	2	25
Between Bread										
Starbird	730	340	37	7	75	1450	72	5	4	27
Free Range Ranch	760	340	38	11	105	1640	68	2	4	33
The Outsider	560	240	26	4	75	1510	49	4	5	31
Southern Belle	710	330	36	6	75	1630	69	2	4	26
Backyard BBQ	710	300	33	6	75	1610	75	3	9	26
Banh Mi	720	330	37	6	75	1590	70	2	5	26



= vegan
















= gluten free



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In a Tortilla										
Buffalo Red, White & Blue 	200	80	8	1.5	30	370	20	2	2	11
California Roll 	260	130	15	2.5	30	330	21	3	2	12
Seoul Mate	240	110	12	2	30	350	21	2	2	11
Señor Baja 	250	120	13	4	40	390	20	2	2	13
Pollo Panchito 	210	70	8	2.5	35	390	21	2	3	12
Over Greens										
Chicken Chop (without dressing) 	520	270	30	7	65	580	37	8	9	33
Chipotle Lime Vinaigrette (2.5 fl oz)  	380	310	35	2.5	0	270	17	0	16	0
Chinese Chicken (without dressing)	570	330	37	6	65	830	36	7	7	25
Honey Lime Vinaigrette (2.5 fl oz)  	330	280	31	6	0	460	14	0	12	0
Chicken Caesar (without dressing)	460	170	19	7	75	830	35	4	5	42
Caesar Dressing (2.5 fl oz) 	390	370	41	7	30	1010	1	0	0	3
In a Box										
2 Tenders (with slaw & fries) 	850	420	47	10	70	1990	82	8	8	27
3 Tenders (with slaw & fries) 	970	470	52	11	100	2180	89	8	8	37
4 Tenders (with slaw & fries) 	1090	520	58	12	125	2360	97	8	8	47

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To Drink										
Equator Coffee (V) (GF)	5	0	0	0	0	0	0	0	0	1
Iced Coffee (V) (GF)	5	0	0	0	0	0	0	0	0	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
Treats										
Starbird Drumstick (with almonds)	610	400	45	28	60	75	48	4	34	8
Starbird Drumstick (with toffee)	630	400	44	31	65	150	58	2	46	6
Waffle Sticks	140	40	4.5	1.5	35	310	18	1	4	5
On the Side										
House Fries (V) (GF)	430	190	21	4	--	860	55	5	--	5
Super Slaw (GF)	190	130	15	3	15	490	12	2	8	2
For Kids										
Li'l Chicken Box (GF)	670	290	32	7	55	1230	70	5	0	25
Li'l Cluck	310	140	16	2.5	35	480	27	1	1	14

(V) = vegan (GF) = gluten free









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NUTRITIONAL INFORMATION

	Serving Size	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Cholesterol (g)	Sodium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
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Proteins

Crispy Chicken Tender 	1.6 oz	120	50	6	1.5	30	190	8	0	0	10
Crispy Chicken Filet 	3.8 oz	310	140	16	3.5	65	580	25	1	0	18
Grilled Chicken Filet  	3.5 oz	110	20	2.5	0.5	70	370	0	0	0	21
Fried Tofu Tender 	1.6 oz	110	50	6	1.5	5	150	10	1	0	5
Fried Tofu Filet 	3.8 oz	270	120	14	3	10	360	23	3	0	12

Sauces

Blue Cheese Dressing 	1 fl oz	97	91	10	2	9	189	1	0	1	1
Buffalo Sauce  	1 fl oz	6	0	0	0	0	1006	1	1	1	0
Greek Yogurt Ranch 	1 fl oz	23	11	1	1	6	143	2	0	2	1
Honey Chitpotle BBQ  	1 fl oz	51	0	0	0	0	274	13	1	9	1
Honey Mustard Sauce 	1 fl oz	149	131	14	2	6	274	5	0	4	0
Maple Aioli 	1 fl oz	171	149	17	2	9	137	6	0	6	0
Sweet & Spicy Seoul Sauce	1 fl oz	160	149	17	2	6	297	3	0	2	1
Wasabi Aioli 	1 fl oz	171	166	18	3	9	269	1	0	0	0

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