

FreeBirds

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Hybrid Burrito (small size burrito)					
Wheat Tortilla	310	2.5	520	49	8
Black beans	80	0	210	15	5
White Meat Chicken	50	0	440	0	10
Beyond Meat	90	0	250	2	11
Veggies	45	0	390	4	1
Freebird Burrito					
Wheat Tortilla	310	2.5	520	49	8
Black Beans	100	0	270	19	6
White Meat Chicken	100	0	870	1	20
Beyond Meat	180	0	520	5	23
Veggies	45	0	390	4	1
Freebird Bowl					
Spanish Rice	130	0	340	22	2
Beyond Meat	180	0	520	5	23
White Meat Chicken	100	0	260	0	5
Black beans	100	0	270	19	6
Veggies	45	0	390	4	1
Freebird Salad					
White Meat Chicken	100	0	870	1	20
Beyond Meat	180	0	520	5	23
Black beans	100	0	270	19	6
veggies	45	0	390	4	1

Item	Calories	Saturated fat (g)	Sodium (mg)	Carbohydrates (g)	Protein (g)
Salad Dressings and Toppings					
Tomatillo Dressing	50	0	220	3	0
Salsa	5	0	290	1	1
Corn Salsa	25	0	85	5	1
Guacamole (regular)	200	2.5	350	10	3
Tacos					
Corn Tortilla	60	0	n/a	0	1
Black beans	20	0	50	3	1
Spanish Rice	30	0	70	5	0
Veggies	25	0	190	2	0
White meat Chicken	20	0	150	0	3
Beyond Beef	30	0	85	1	4

Black Beans were selected over pinto beans due to lower sodium content

Beyond Meat is a vegetarian alternative and an option to chicken

When substituting Cilantro Lime Rice for Spanish, add 30 calories and 4 grams carb

Lettuce and tomatoes are encouraged and provide no significant change in nutrition facts