



Hopdoddy's

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Burgers						
Kids Burger & Fry	518	7	466	23	3	30
Ahi Tuna	600	5	1170	50	3	35
The Classic	660	12	460	38	2	38
El Bandito (Veggie Burger)	740	9	1480	47	2	30
Chicken						
Thunderbird (chicken sandwich)	760	11	1040	58	10	51
Crispy Tenders (not hot)	930	8	530	41	1	59
Patties						
Bison	230	4.5	95	0	0	32
Ground Chicken	170	1	95	0	0	30
Black Bean & Corn	220	0	780	39	6	780
Tuna	160	0	45	4	0	28
Crispy Fried Chicken Breast	380	2	74	19	1	33
Bowls						
Ahi Tuna Bowl	500	3.5	1060	27	5	35
El Bandito Bowl	680	9	1600	57	12	20
Sides						
Traditional Hand-Cut Fries	420	2	2330	43	5	4
Sweet Potato Fries	730	8	3030	52	11	4

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Toppings						
Fresh Sliced Avocado	60	0.5	0	3	2	1
Carmelized Onions	30	0	55	6	0	1
Steakhouse Bacon	60	1.5	220	0	0	4
Egg	90	2	95	0	0	6
Crispy Onions	20	0	43	3	0	4
Jalapenos	4	0	0	1	0	0
Field Mushrooms	10	0	2	1	0	1
Sauces						
Caffeinated BBQ Sauce (2oz)	60	0	910	17	0	1
HD1 Steak Sauce (1oz)	20	0	420	3	0	0
Hot Honey (2oz)	200	0	10	21	0	0
Tomato Bacon Jam	185	4.5	461	10	0	4
Cucumber Wasabi (1oz)	140	2	250	0	0	0
Buffalo Sauce (1oz)	10	0	780	2	0	2
Salsa Verde	60	0	300	4	0	0
Teriyaki Sauce	40	0	620	10	0	2
Basil Pesto	90	1.5	190	0	0	2

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Freebird Burrito						
Flour Tortilla	260	0	850	54	2	7
Low Carb Tortilla	170	1	640	36	33	15
Spicy Cayenne	260	0	770	54	2	7
Black Beans	90	0	250	18	4	6
Fajita White Chicken	220	1	1060	4	0	24
Vegetarian	45	1	120	3	2	1
Freebirds Chicken	240	1	1120	2	0	24
Carnitas	240	3	1680	10	0	32
Ranch Hand Steak	360	6	1680	8	0	30
Spanish Rice	240	0	460	42	0	4
Cauliflower Rice	90	1	200	5	3	2
Cilantro Lime Rice	320	0	640	48	0	4
Salad Dressings and Toppings						
Fresh House Salsa	10	0	180	2	0	0
Grilled Corn Salsa	45	0	115	9	1	1
Guacamole (regular)	45	1	120	3	2	1
Cilantro	0	0	0	0	0	0
Creamy Jalapeno Salsa	70	1	190	2	0	0
Diced Red Onions	10	0	0	2	0	0

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Fresh Jalapenos	0	0	0	0	0	0
Fiery Habanero	15	0	65	2	0	0
Lime Juice	10	0	125	1	0	0
Mild/ Roasted Tomatillo Sauce	10	0	125	1	0	0
Pico de Gallo	5	0	180	1	0	0
Roasted Garlic	60	0	0	13	3	3
Shredded Lettuce	0	0	0	0	0	0
Sauteed Peppers/ Onions	45	1	390	4	0	1
Potatoes	140	1	720	13	2	8
Tortilla Strips	40	0	15	5	0	0
Spicy Tomatillo	10	0	200	1	0	0
Freebirds Ranch	30	0	65	1	0	0
BBQ Sauce	60	1	210	1	0	0
Dealth Sauce	0	0	790	1	0	0

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