



Freebirds

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Freebird Bowl						
Spanish Rice	240	0	460	42	0	4
Cilantro Lime Rice	320	0	640	48	0	4
Fajita White Chicken	220	1	1060	4	0	24
Freebirds Chicken	240	1	1120	2	0	24
Carnitas	240	3	1680	10	0	32
Ranch Hand Steak	360	6	1680	8	0	30
Black Beans	90	0	250	18	4	6
Vegetarian	45	1	120	3	2	1
Cauliflower Rice	90	1	200	5	3	2
Freebird Salad						
Fajita White Chicken	220	1	1060	4	0	24
Freebirds Chicken	240	1	1120	2	0	24
Carnitas	240	3	1680	10	0	32
Ranch Hand Steak	360	6	1680	8	0	30
Black Beans	90	0	250	18	4	6
Vegetarian	45	1	120	3	2	1
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
Shredded Lettuce	0	0	0	0	0	0

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Tacos (1 taco)						
Corn Tortilla	60	n/a	n/a	12	n/a	1
Black Beans	25	n/a	60	4	1	1
Spanish Rice	30	0	70	5	n/a	0
Veggies	25	0	190	2	n/a	0
Fajita White Chicken	20	n/a	150	0	n/a	3
Cauliflower Rice	15	0	30	1	n/a	0
Half Burrito (small size 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	45	0	125	9	2	3
Fajita White Chicken	110	1	530	0	0	12
Vegetarian	45	1	120	3	2	1
Freebirds Chicken	120	1	560	1	0	12
Carnitas	120	2	840	5	2	16
Ranch Hand Steak	180	3	840	4	0	15
Spanish Rice	120	0	230	21	0	2
Cauliflower Rice	45	0	100	3	1	1
Cilantro Lime Rice	160	0	320	24	0	2

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Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
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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