



## Freebirds

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Hybrid Burrito (small size burrito)</b>						
Wheat Tortilla	320	2.5	520	49	6	8
Black Beans	80	0	210	15	4	5
White Meat Chicken	50	0	440	1	0	10
Beyond Meat	90	0	250	2	0	11
Veggies	45	0	390	4	0	1
<b>Freebird Burrito</b>						
Wheat Tortilla	330	2.5	520	49	6	8
Black Beans	100	0	270	19	5	6
White Meat Chicken	100	0	870	1	0	20
Beyond Meat	180	0	520	5	7	23
Veggies	45	0	390	4	0	1
<b>Freebird Bowl</b>						
Spanish Rice	130	0	340	22	0	2
Beyond Meat	180	0	520	5	2	23
White Meat Chicken	100	0	260	0	0	29
Black beans	100	0	270	19	5	6
Veggies	45	0	390	4	0	1
<b>Freebird Salad</b>						
White Meat Chicken	100	0	870	1	1	20
Beyond Meat	180	0	520	5	2	23
Black beans	100	0	270	19	5	6
Veggies	45	0	390	4	0	1



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Salad Dressings and Toppings</b>						
Tomatillo Dressing	50	0	220	3	0	0
Salsa	5	0	290	1	0	0
Corn Salsa	25	0	85	5	0	1
Guacamole (regular)	200	2.5	350	10	6	3
<b>Tacos</b>						
Corn Tortilla	60	0	0	0	0	1
Black beans	20	0	60	4	1	1
Spanish Rice	30	0	70	5	0	0
Veggies	25	0	190	2	0	0
White meat Chicken	20	0	150	0	0	3
Beyond Beef	30	0	85	1	0	4

- Black Beans were selected over pinto beans due to lower sodium content
- Beyond Meat is a vegetarian alternative
- When substituting Cilantro-Lime Rice for Spanish, add 30 calories and 4 g carb
- Lettuce and tomatoes are encouraged and provide no significant change in nutrition facts