

FreeBirds

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Half Burrito (small size burrito)						
Flour Tortilla	310	2.5	690	52	3	8
Low Carb Tortilla	170	1	640	36	33	15
Black Beans	80	0	210	15	4	5
White Meat Chicken	50	n/a	440	1	0	10
Beyond Meat	90	n/a	250	2	n/a	11
Veggies	45	n/a	390	4	n/a	1
Spanish Rice	110	0	260	17	n/a	1
Cauliflower Rice	45	0	100	3	1	1
Freebird Burrito						
Flour Tortilla	310	2.5	690	52	3	8
Low Carb Tortilla	170	1	640	36	33	15
Black Beans	100	0	270	19	5	6
White Meat Chicken	100	n/a	870	1	0	20
Beyond Meat	180	n/a	520	5	7	23
Veggies	45	n/a	390	4	0	1
Spanish Rice	130	0	340	22	n/a	2
Cauliflower Rice	90	1	200	5	3	3

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Freebird Bowl						
Spanish Rice	130	0	340	22	n/a	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
Cauliflower Rice	90	1	200	5	3	3
Freebird Salad						
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
Mixed Green Base	10	n/a	10	2	1	1
Spanish Rice	130	0	340	22	n/a	2
Cauliflower Rice	90	1	200	5	3	3
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
White meat Chicken	20	n/a	150	0	n/a	3
Beyond Meat	30	n/a	85	1	n/a	4
Cauliflower Rice	15	0	30	1	n/a	0

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Salad Dressings and Toppings						
Tomatillo Dressing	50	0	220	3	2	0
Salsa	5	0	290	1	0	0
Corn Salsa	25	0	85	5	n/a	1
Guacamole (regular)	200	2.5	350	10	6	3
Cilantro	0	n/a	0	0	n/a	n/a
Creamy Jalapeño Salsa	70	0.5	190	2	n/a	0
Diced Onions	10	n/a	0	2	n/a	0
Diced Tomatoes	0	n/a	0	1	n/a	0
Fresh Jalapeños	0	n/a	0	0	n/a	0
Habanero Sauce	15	n/a	65	2	n/a	0
Lime Juice	10	n/a	0	3	n/a	0
Mild Tomatillo Sauce	10	n/a	125	1	n/a	n/a
Mixed Lettuce	0	n/a	0	0	n/a	0
Pico De Gallo	5	n/a	170	1	n/a	0
Roasted Garlic	25	n/a	0	6	n/a	1
Salsa	5	n/a	280	2	n/a	0
Shredded Lettuce	0	n/a	0	0	n/a	0
Avocado	30	0	0	2	1	0

- 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 20 calories and 4 g carb
- Lettuce and tomatoes are encouraged and provide no significant change in nutrition facts

Fall 2022