



At Firebirds, we strive to provide you with a variety of options to fit your lifestyle needs. The nutritional information provided here is calculated based on serving size and portion. Due to the individual preparation of each of our menu items, actual values may vary from those listed. This list is as complete and accurate as possible. Percentage Daily Values for vitamins and minerals are based on a 2,000 calorie diet.

	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Appetizers															
Ahi Tuna	222	454	39.81	16.70	0.72	80.09	558	11.29	2.17	6.81	14.46	28%	45%	5%	10%
Buffalo Shrimp	321	837	73.10	31.87	1.17	279.43	3229	17.53	1.23	3.09	28.25	51%	8%	23%	19%
Chicken Quesadilla	379	770	40.00	20.97	0.45	112.72	1748	67.91	8.33	6.37	36.60	28%	42%	55%	32%
Chicken Wings (Smoked)	173	496	33.15	9.27	0.00	142.90	810	0.70	0.14	0.27	46.07	6%	0%	4%	13%
Coconut Shrimp Appetizer	412	985	53.45	12.55	0.26	148.21	845	99.43	4.58	53.18	29.01	48%	78%	14%	36%
Crab Cakes	403	895	46.55	8.92	0.20	307.49	1591	92.55	4.69	48.06	29.79	57%	112%	17%	27%
Lobster Spinach Queso	338	967	72.44	30.37	3.88	166.93	1495	59.43	6.08	2.22	27.31	78%	71%	53%	15%
Ranch Rings	509	1359	61.55	10.17	0.40	24.56	3375	173.62	8.83	14.94	29.57	25%	15%	32%	59%
Soups															
Firebirds Chicken Tortilla Soup	254	193	10.29	2.82	0.89	10.36	1136	22.09	3.12	3.65	5.09	53%	43%	13%	7%
Sides															
Cider Slaw	102	153	13.22	2.00	0.04	3.63	137	8.62	1.70	5.74	1.25	35%	48%	4%	3%
Garden Fresh Veggies	201	210	17.89	11.05	0.48	45.79	424	12.18	4.82	4.28	3.34	153%	158%	6%	5%
Loaded Colorado Baked Potato	476	798	44.55	25.36	0.77	104.43	2237	82.89	8.85	4.36	17.72	23%	84%	21%	24%
Parmesan Mashed Yukon Gold Potatoes	142	228	14.17	8.84	0.35	37.71	888	20.41	1.93	1.87	5.77	8%	12%	13%	2%
Port Mushrooms	318	435	34.85	5.78	0.22	15.26	23	14.53	2.50	10.97	6.61	9%	10%	2%	7%
Seasoned French Fries	192	409	27.42	4.08	0.15	0.00	893	38.00	4.00	1.60	4.00	0%	4%	0%	4%
Southwest Au Gratin Potatoes	274	479	28.62	16.54	0.49	81.14	1226	34.87	0.93	4.82	20.75	14%	57%	46%	11%
Spiced Pecan Green Beans	169	337	31.56	16.24	0.69	65.26	377	14.15	4.99	4.98	3.68	34%	20%	8%	7%
Tortilla Slaw	152	364	30.66	5.47	0.15	3.81	314	18.79	3.18	5.99	7.09	38%	53%	7%	17%
Desserts															
Big Daddy Chocolate Cake	511	1557	74.11	28.01	7.99	151.75	1695	220.45	11.37	159.59	19.26	14%	9%	26%	41%
Carrot Cake	359	1437	89.03	39.36	0.10	182.78	1005	143.12	3.26	106.64	13.48	106%	7%	9%	13%
Crème Brulee Cheesecake	379	1129	65.91	38.67	2.50	319.12	536	115.66	2.75	92.79	13.95	22%	64%	9%	10%
Warm Chocolate Brownie	309	1104	59.75	28.76	0.08	218.51	350	129.00	5.67	89.35	15.72	18%	0%	16%	24%
Key Lime Pie	353	1067	50.17	31.06	0.52	396.60	470	135.78	2.35	106.90	19.57	18%	14%	19%	48%
Salads															
Add Chicken (6 oz)	143	221	4.74	1.34	0.05	111.71	287	0.01	0.00	0.01	41.76	1%	0%	2%	9%
Add Salmon (7 oz)	159	328	19.61	3.97	0.00	99.96	202	0.17	0.07	0.00	35.10	2%	10%	2%	3%
Add Tenderloin (7 oz)	157	317	12.49	4.85	0.00	138.69	475	0.39	0.08	0.15	47.54	1%	0%	3%	30%
Add Tuna	149	334	24.15	14.84	0.64	113.26	796	0.76	0.27	0.04	27.55	17%	4%	3%	6%
Caesar Salad-Large	422	1034	90.59	18.51	0.30	30.00	1479	34.81	6.51	6.10	21.16	280%	102%	65%	30%
Caesar Salad-Small	226	508	47.49	8.77	0.08	8.00	554	12.89	3.44	2.75	8.77	167%	61%	25%	14%
Colorado Chicken Salad	610	1220	82.65	16.55	0.65	152.99	1064	70.45	9.28	59.37	54.77	82%	32%	31%	27%
Crab Cake Salad	570	963	68.84	11.59	2.04	303.68	1456	62.27	7.91	12.60	28.68	89%	82%	22%	23%
Firebirds BLT Salad-Large	596	911	79.69	20.44	0.20	109.43	2297	18.86	6.90	8.64	30.27	244%	96%	13%	18%
Firebirds BLT Salad-Small	330	580	51.64	13.11	0.13	69.66	1470	10.50	3.40	4.90	18.47	104%	43%	7%	9%
Fried Chicken Salad	683	912	65.57	11.37	0.45	121.02	1111	41.23	6.42	23.77	42.16	226%	66%	16%	23%
Grilled Shrimp & Strawberry Salad	580	1148	74.47	17.78	0.35	119.18	1942	102.52	13.17	86.15	24.71	88%	52%	23%	35%
Grilled Tenderloin Salad	573	771	51.85	16.23	0.53	140.55	1787	29.20	4.95	22.35	46.56	102%	49%	35%	25%
Mixed Greens Salad-Large	682	796	69.13	11.34	0.39	15.05	269	44.28	12.50	27.20	8.67	138%	88%	15%	22%
Mixed Greens Salad-Small	334	475	42.05	7.11	0.23	11.44	131	25.34	7.21	15.97	4.98	64%	47%	8%	12%
Spinach Salad	329	569	42.60	10.92	0.11	256.38	1517	22.88	3.54	17.29	23.64	239%	67%	18%	24%
Steak Caesar Salad	409	856	61.15	14.07	0.08	159.30	1287	13.98	3.70	3.30	60.85	170%	64%	29%	47%
Lunch Specials/Firebirds Specialties/Chicken & Pasta															
Cilantro Chicken-Dinner	407	741	27.59	8.98	0.44	252.14	1591	29.36	1.67	2.98	89.34	15%	18%	15%	28%
Cilantro Chicken-Lunch	206	372	13.82	4.50	0.21	126.05	796	14.82	0.91	1.52	44.74	11%	13%	8%	15%
Coconut Shrimp Dinner	836	1935	113.09	25.14	0.56	292.61	1975	176.11	11.12	61.50	56.35	51%	87%	22%	60%
Firebirds Chicken Pasta-Dinner	878	1747	88.82	29.41	1.10	254.15	2726	144.43	9.07	7.38	85.73	48%	17%	27%	46%
Firebirds Chicken Pasta-Lunch	724	1427	82.76	27.36	1.05	244.14	2553	93.93	6.14	6.82	71.62	41%	8%	25%	36%
Pecan Trout-Dinner	384	1008	65.72	7.76	0.65	148.81	1046	45.90	4.55	13.51	57.42	12%	45%	26%	22%
Pecan Trout-Lunch	221	539	34.78	4.20	0.34	70.52	546	29.36	2.94	12.32	27.54	11%	41%	13%	12%
Pork Tenderloin	587	894	38.06	19.47	0.56	246.61	1514	55.19	2.12	21.82	80.69	22%	72%	49%	28%
Ribs-Dinner	668	1988	134.91	41.29	0.37	344.28	3387	121.41	6.80	78.62	73.65	54%	76%	24%	58%
Ribs-Lunch	517	1432	94.35	26.50	0.33	182.77	2943	109.02	6.67	66.80	40.22	51%	72%	16%	43%
Sesame Salmon-Dinner	342	867	69.87	9.77	0.10	181.04	762	17.35	1.36	3.21	42.56	15%	25%	6%	11%
Sesame Salmon-Lunch	202	685	60.60	8.63	0.10	103.91	454	9.50	0.53	1.11	26.21	5%	10%	4%	6%
Tenderloin Kabob (2)	633	899	44.19	22.04	0.52	227.64	1688	52.72	4.94	19.66	67.52	34%	72%	28%	32%
Wood Grilled Salmon-Dinner	292	458	29.97	8.21	0.85	121.13	368	7.38	2.03	3.50	38.82	28%	73%	5%	6%
Wood Grilled Salmon-Lunch	228	327	22.09	6.61	0.85	80.97	329	7.38	2.03	3.50	24.73	27%	69%	4%	5%

FIREBIRDS

WOOD FIRED GRILL

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	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
Burgers & Sandwiches															
A.1. Burger	417	1021	58.79	23.63	2.10	189.56	5389	67.29	9.17	15.99	59.65	16%	26%	45%	84%
Bleu Cheese Burger	387	969	58.26	26.15	2.35	213.11	4168	54.99	7.10	9.26	57.82	21%	12%	43%	68%
Cheeseburger	327	804	45.57	20.11	2.25	187.40	1087	42.78	2.58	8.38	54.53	20%	7%	36%	41%
Durango Burger	520	1101	65.76	22.98	2.13	198.46	2903	77.04	6.04	50.19	60.73	39%	203%	46%	53%
French Dip	528	895	44.80	17.85	0.24	207.64	3950	43.29	2.63	2.52	76.85	0%	1%	45%	56%
Poblano Burger	489	1116	63.76	27.05	2.09	214.95	1811	73.07	3.93	12.09	64.58	30%	101%	51%	53%
Smokehouse Burger	379	1106	54.90	23.68	2.29	207.66	2751	92.24	2.78	55.97	62.26	20%	14%	40%	76%
Smokehouse Chicken	413	975	34.10	15.24	0.45	197.95	2956	95.35	3.17	57.26	72.35	21%	17%	39%	63%
Steak Sandwich-Lunch	518	1025	51.49	13.66	0.31	158.50	1531	82.92	7.01	11.04	57.41	18%	17%	15%	38%
Turkey Club	400	968	51.87	18.47	0.53	143.82	1930	67.94	5.24	15.75	55.58	22%	9%	23%	54%
Wood Fired Grill. Steaks & Prime Rib															
Aspen Sirloin-12 oz	303	755	44.73	23.05	0.64	303.14	556	0.49	0.12	0.18	83.10	17%	3%	5%	52%
Aspen Sirloin-7oz	190	527	35.77	19.53	0.64	202.37	481	0.49	0.12	0.18	48.71	17%	3%	4%	31%
Blue Cheese Filet	315	792	55.82	26.40	0.54	241.68	1241	7.83	1.04	4.14	59.74	30%	12%	36%	22%
Chile Rubbed Delmonico	317	945	69.51	32.46	0.64	403.87	1909	7.24	2.51	3.84	73.60	57%	8%	7%	34%
Filet and Lobster	354	529	22.84	9.31	0.84	247.84	1070	8.88	2.70	1.49	71.90	11%	74%	15%	23%
Filet and Shrimp	330	552	28.91	11.58	0.84	309.94	978	8.58	2.84	1.61	64.86	17%	83%	14%	34%
Filet Mignon-7 oz	197	579	41.69	21.70	0.64	213.53	687	0.99	0.12	0.68	48.86	17%	3%	4%	26%
Filet Mignon-9 oz	241	671	45.77	23.26	0.64	254.68	714	0.99	0.12	0.68	61.81	17%	3%	5%	31%
Grilled Lobster Tail with Key Lime Butter	183	287	7.27	2.41	0.42	163.98	705	6.21	0.07	0.41	46.28	4%	7%	12%	14%
NY Strip	331	698	32.90	13.96	0.16	268.77	567	0.47	0.12	0.16	93.89	6%	3%	6%	36%
Pepper Crusted Sirloin	322	787	45.04	23.08	0.64	300.51	3038	10.12	4.15	0.14	83.74	18%	10%	11%	76%
Prime Rib-12 oz	472	1045	68.66	23.98	0.07	288.35	4079	6.55	1.79	1.36	95.28	4%	8%	10%	63%
Prime Rib-16 oz	587	1322	84.60	30.34	0.07	379.07	4529	6.99	1.97	1.36	126.26	4%	8%	12%	82%
Ribeye	346	851	51.43	25.37	0.64	347.87	565	0.49	0.12	0.18	91.55	17%	3%	7%	36%
Steak Au Poivre-Lunch	222	395	18.68	7.86	0.22	119.96	1060	5.09	0.72	0.66	48.32	9%	4%	6%	22%
Kids Menu															
Kids Burger with Cheese	319	844	42.65	16.26	1.90	162.82	1395	59.52	3.04	17.83	54.34	15%	3%	61%	40%
Kids Chicken Fingers	192	584	37.50	5.33	0.14	47.43	1114	43.84	1.13	22.40	20.10	1%	0%	2%	11%
Kids Colorado Chicken Salad	368	845	53.27	12.70	0.48	81.92	837	67.79	6.66	48.86	29.87	44%	17%	24%	15%
Kids Grilled Cheese	227	721	36.24	19.58	0.32	83.83	1137	74.92	2.66	12.30	24.68	18%	0%	51%	23%
Kids Grilled Chicken Skewers	190	382	14.19	3.32	0.07	113.94	662	17.36	0.68	8.86	43.93	1%	2%	4%	11%
Kids Mac & Cheese	415	808	28.07	15.42	0.10	72.10	1040	107.15	5.75	12.93	28.85	7%	0%	30%	23%
Kids Salmon	169	425	25.56	6.68	0.28	82.48	425	16.39	0.70	8.21	30.97	3%	10%	1%	5%
Kids Sirloin	199	500	23.36	10.06	0.16	166.56	259	16.00	0.66	8.00	53.69	4%	0%	2%	34%
Kids Wings	345	1289	93.33	44.33	0.69	315.00	2061	46.38	0.94	33.48	66.68	47%	8%	51%	26%
Bar Food															
BBQ Beef Sliders	774	1720	65.76	19.48	0.16	143.43	6757	213.58	4.92	152.37	71.50	57%	68%	39%	102%
Potato Skins	305	946	76.92	21.80	4.72	100.88	1540	34.04	3.49	3.73	30.45	6%	34%	36%	16%
Queso Dip	395	995	64.65	26.30	0.19	152.12	2009	79.65	7.46	8.46	28.94	27%	28%	76%	16%
Sliders	348	910	48.71	18.61	1.93	163.71	1538	62.96	2.78	10.55	52.44	10%	1%	41%	39%
Miscellaneous															
Balsamic Vinaigrette	29	123	10.44	1.22	0.03	2.14	333	7.20	0.08	6.79	0.43	0%	0%	1%	1%
Beef Chili	306	345	16.95	6.28	1.13	82.88	1451	18.90	5.17	7.31	29.57	26%	47%	10%	27%
Black Bean Soup	278	200	5.47	1.70	0.00	7.55	1310	28.52	8.82	8.48	11.01	3%	25%	7%	19%
Blue Cheese Dressing	31	127	13.07	3.57	0.06	12.13	221	1.18	0.04	0.13	1.58	3%	0%	4%	1%
Blue Cheese Sauce	64	140	12.19	7.67	0.20	38.31	333	3.53	0.06	1.69	4.65	8%	0%	12%	1%
Caesar Dressing	29	184	19.58	3.14	0.02	40.26	118	0.89	0.05	0.19	1.65	1%	2%	4%	2%
Chicken Corn Chowder	308	289	19.48	9.48	0.10	70.92	1177	18.63	1.93	2.72	11.23	20%	67%	5%	8%
Chipotle Hot Sauce	15	2	0.01	0.00	0.00	0.00	557	0.62	0.06	0.53	0.01	0%	0%	0%	0%
Cider Dressing	31	174	17.46	2.65	0.06	8.48	154	4.71	0.00	3.95	0.25	1%	0%	0%	1%
Cilantro Lime Vinaigrette	29	129	13.65	2.11	0.07	0.00	67	2.49	0.03	2.08	0.05	0%	2%	0%	0%
Grilled Chicken Breast	204	317	8.11	1.99	0.05	99.72	1123	17.24	0.83	8.55	41.89	2%	4%	4%	10%
Honey Mustard Dressing	33	147	12.70	1.54	0.04	3.93	221	8.38	0.25	7.62	0.58	1%	0%	1%	2%
Hot Chili Glaze	26	57	0.01	0.00	0.00	0.00	4	15.13	0.08	14.13	0.08	0%	2%	0%	1%
Hot Mustard Sauce	16	25	1.20	0.06	0.00	0.00	432	1.35	0.05	0.50	1.70	0%	0%	1%	2%
Jalapeno Ranch Dressing	30	156	16.44	2.89	0.07	10.08	308	1.72	0.07	0.52	0.64	2%	1%	1%	1%
Mango Salsa	20	12	0.03	0.01	0.00	0.00	95	3.20	0.32	2.64	0.01	4%	14%	0%	0%
Navy Bean Soup	303	161	2.47	0.80	0.00	8.40	882	25.11	5.55	1.65	11.00	1%	15%	7%	10%
Panella Bread (1 3/4" slice)	57	150	1.50	0.00	0.00	5.00	370	31.00	1.00	2.00	6.00	0%	0%	0%	10%
Raspberry Chipotle Vinaigrette	25	111	10.27	0.76	0.04	0.00	79	5.18	0.05	5.03	0.02	0%	0%	0%	0%
Red Pepper Mayo	17	40	3.30	0.48	0.00	2.55	241	2.76	0.08	0.80	0.17	7%	7%	0%	0%
Roasted Garlic Ranch Dressing	30	156	16.50	2.93	0.07	10.40	318	1.70	0.04	0.52	0.65	2%	0%	1%	1%
Sirloin and Barley Soup	317	155	5.97	1.83	0.00	14.28	1031	16.73	3.42	1.37	9.25	33%	5%	3%	6%
Smoked Tomato Bisque	330	473	40.64	19.63	0.19	103.12	1217	19.86	2.46	6.32	9.79	52%	15%	22%	9%
Southwest Potato Soup	250	445	39.90	23.78	0.13	137.66	749	16.80	1.51	2.04	7.16	34%	56%	17%	4%
Tequila Glaze	31	128	13.10	1.88	0.08	0.00	64	2.39	0.03	2.00	0.05	0%	2%	0%	0%