

FreeBirds

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Half Burrito (small size burrito)						
Flour Tortilla	260	0	850	54	2	7
Low Carb Tortilla	170	1	640	36	33	15
Black Beans	45	0	125	9	2	3
Fajita White Chicken	110	1	530	0	0	12
Veggies	45	1	390	4	0	1
Spanish Rice	120	0	230	21	0	2
Cauliflower Rice	45	0	100	3	1	1
Vegan Chorizo	170	1	807	12	3	9
Freebird Burrito						
Flour Tortilla	260	0	850	54	2	7
Low Carb Tortilla	170	1	640	36	33	15
Black Beans	90	0	250	18	4	6
Fajita White Chicken	220	1	1060	4	0	24
Veggies	45	1	390	4	0	1
Spanish Rice	240	0	460	42	0	4
Cauliflower Rice	90	1	200	5	3	2
Vegan Chorizo	340	2	1614	25	6	18

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Freebird Bowl						
Spanish Rice	240	0	460	42	0	4
Fajita White Chicken	220	1	1060	4	0	24
Black beans	90	0	250	18	4	6
Veggies	45	1	390	4	0	1
Cauliflower Rice	90	1	200	5	3	2
Vegan Chorizo	340	2	1614	25	6	18
Freebird Salad						
Fajita White Chicken	220	1	1060	4	0	24
Black beans	90	0	250	18	4	6
Veggies	45	1	390	4	0	1
Spanish Rice	240	0	460	42	0	4
Cauliflower Rice	90	1	200	5	3	2
Spring Mix	0	n/a	0	0	n/a	0
Vegan Chorizo	340	2	1614	25	6	18
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

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	10	0	180	2	0	0
Corn Salsa	45	0	115	9	1	1
Guacamole (regular)	45	1	120	3	2	1
Cilantro	0	0	0	0	0	0
Creamy Jalapeño Salsa	70	1	190	2	0	0
Diced Onions	10	0	0	2	0	0
Fresh Jalapeños	0	0	0	0	0	0
Habanero Sauce	15	0	65	2	0	0
Lime Juice	10	0	125	1	0	0
Mild Tomatillo Sauce	10	0	125	1	0	0
Pico De Gallo	5	0	180	1	0	0
Roasted Garlic	65	0	0	13	3	3
Shredded Lettuce	0	n/a	0	0	n/a	0
Guacamole	88	1	202	6	4	1

- 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

Winter 2024