



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 portions. 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%
Blue Cheese Chips	1094	2628	214.92	68.50	1.85	228.72	1850	140.85	17.12	6.89	44.79	50%	256%	83%	37%
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%
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%
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%
Smoked Chicken Wings	173	496	33.15	9.27	0.00	142.90	810	0.70	0.14	0.27	46.07	6%	0%	4%	13%
Southwestern 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%
Steak Quesadilla	414	1026	53.19	25.89	0.25	216.71	1170	56.37	5.03	1.61	80.57	17%	6%	69%	43%
Soups															
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%
Chicken Corn Chowder	308	395	12.48	4.48	0.16	70.92	1177	18.63	1.93	2.72	11.23	20%	87%	5%	8%
Chili	306	345	16.95	6.28	1.13	82.88	1451	18.90	1.17	7.31	29.57	26%	47%	10%	27%
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%
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%
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%
Steak and Potato Soup	471	483	31.15	13.87	0.33	86.96	1532	24.42	1.70	2.07	25.84	11%	13%	5%	14%
SW Baked 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%
Sides															
Broccoli Medley	201	210	17.89	11.05	0.48	45.79	424	12.18	4.82	4.28	3.34	153%	158%	6%	5%
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%
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%	13%	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	191	409	24.92	8.08	0.16	161.12	1479	38.09	4.51	6.10	21.16	0%	4%	0%	2%
Spiced Pecan Green Beans	169	337	31.56	16.24	0.69	65.26	377	14.15	4.99	4.98	3.88	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%
Chocolate Walnut Brownie	402	1509	97.77	52.23	1.08	373.23	450	154.65	6.97	116.75	20.12	23%	0%	22%	36%
Crème Brûlée Cheesecake	379	1129	65.91	36.67	2.50	319.12	536	115.66	2.75	92.79	13.95	22%	64%	9%	10%
Rocky Mountain Peanut Butter Pie	294	1207	91.01	46.42	3.13	165.92	671	87.63	8.23	64.21	19.32	34%	6%	13%	13%
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 Sirloin (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%
BBQ Chicken Salad	584	635	34.95	7.08	0.16	119.97	2769	113.61	8.22	89.78	47.96	128%	107%	23%	51%
Caesar Salad-Large	422	1034	90.59	41.51	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%
Crab Cake Salad	570	963	68.84	11.59	0.04	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%
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%
Seared 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%
Sesame Chicken Salad	630	1087	87.13	11.26	0.21	172.60	1155	30.65	6.82	7.89	48.13	90%	86%	14%	24%
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%
Lunch Specials/Aspen Classics/Chicken & Pasta															
Sesame Salmon Dinner	202	685	60.60	8.63	0.10	103.91	454	9.50	0.53	1.11	26.21	5%	10%	4%	6%
Aspen Sirloin-Lunch	190	527	35.77	19.53	0.64	202.37	481	0.49	0.12	0.18	48.71	17%	3%	4%	31%
Buffalo Meatloaf-Dinner	550	1072	67.54	24.87	3.33	354.90	3535	39.63	2.96	5.75	3.67	13%	8%	16%	55%
Buffalo Meatloaf-Lunch	303	557	35.31	13.11	1.84	179.93	1980	21.26	1.51	2.87	2.31	7%	3%	8%	28%
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	430	1030	46.21	14.30	0.22	288.80	781	106.76	2.66	53.39	44.21	14%	29%	15%	39%
Firebirds Chicken Pasta-Dinner	1002	1885	98.99	37.47	1.31	335.40	3305	137.03	8.79	8.86	103.92	51%	9%	33%	53%
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	538	34.78	4.20	0.34	70.52	546	29.36	2.94	12.32	27.54	11%	41%	13%	12%
Ribs	668	1988	134.91	41.29	0.37	344.28	3387	121.41	6.80	78.62	73.65	54%	76%	24%	58%
Rotisserie Chicken-Dinner	382	785	43.35	11.95	0.00	274.40	1553	2.89	0.57	0.16	46.59	11%	3%	7%	26%
Rotisserie Chicken-Lunch (Dark Meat)	245	465	28.97	7.86	0.00	161.12	1452	2.04	0.53	0.14	46.34	8%	2%	5%	17%
Rotisserie Chicken-Lunch (White Meat)	200	325	15.98	4.36	0.00	116.41	1402	2.04	0.53	0.14	40.56	4%	2%	4%	13%
Rotisserie Pork-Dinner	587	1154	59.26	29.88	0.84	313.66	4323	65.43	4.24	41.04	88.63	30%	31%	26%	28%
Rotisserie Pork-Lunch	355	676	35.78	18.76	0.57	173.20	2547	41.58	2.96	21.33	46.82	18%	21%	19%	14%
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%
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%
Burgers & Sandwiches															
BBQ Pork Sandwich	764	1730	64.58	18.12	0.42	207.88	4330	207.27	8.68	108.77	82.22	52%	69%	32%	81%
Cheeseburger	382	850	46.48	18.95	2.36	207.85	1121	43.66	2.79	8.90	64.59	20%	11%	37%	47%
Durango Burger	554	1147	65.77	21.72	2.49	210.50	2913	76.12	5.95	50.30	70.76	33%	202%	48%	60%
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%
Roasted 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%
Smokehouse Burger	450	1213	61.55	26.18	2.52	243.37	2786	95.35	3.17	57.26	72.49	20%	17%	41%	83%
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%
Wood Fired Grill. Steaks & Prime Rib															
Aspen Sirloin-Dinner	303	755	44.73	23.05	0.64	303.14	556	0.49	0.12	0.18	83.10	17%	3%		