

FIREBIRDS®

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 a 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															
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%
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%
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%
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%
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															
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%
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%
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%
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%
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%
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%
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															
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%
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%
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%
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%
Salads															
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%
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%
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%
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%
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%
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%
BBQ Chicken Salad	594	935	34.05	8.08	0.16	119.97	2769	113.61	6.22	89.79	47.96	128%	107%	26%	51%
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%
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%
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%
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%
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%
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%
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%
Lunch Specials/Aspen Classics/Chicken & Pasta															
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%
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-Lunch	228	327	22.09	6.61	0.85	80.97	329	7.38	2.03	3.50	24.73	27%	69%	4%	5%
Wood Grilled Salmon-Dinner	292	458	29.97	8.21	0.85	121.13	368	7.38	2.03	3.50	38.82	26%	73%	5%	6%
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%
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%
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%
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%	26%
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%
Rotisserie Chicken-Dinner	382	765	43.35	11.95	0.00	274.40	1553	2.60	0.57	0.16	85.59	11%	3%	7%	26%
Rotisserie Chicken-Lunch (Dark Meat)	245	465	28.87	7.86	0.00	161.12	1452	2.04	0.53	0.14	46.34	8%	2%	5%	17%
Rotisserie Chicken-Lunch (White Meat)	207	325	15.98	4.36	0.00	116.41	1402	2.04	0.53	0.14	40.56	4%	2%	4%	13%
Firebirds Chicken Pasta-Dinner	1002	1885	98.99	34.47	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%
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%
Ribs	668	1988	134.91	41.29	0.37	344.28	3387	121.41	6.80	78.62	73.65	54%	76%	24%	58%
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%
Burgers & Sandwiches															
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%
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	1141	65.77	21.72	2.49	210.50	2913	76.12	5.95	50.30	70.76	33%	202%	48%	60%
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%
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%
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%
Wood Fired Grill. Steaks & Prime Rib															
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%
Aspen Sirloin-Dinner	303	755	44.73	23.05	0.64	303.14	556	0.49	0.12	0.18	83.10	17%	3%	5%	52%
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%
Ribeye	346	851	51.43	25.37	0.64	347.87	565	0.49	0.12	0.18	91.55	17%	3%	7%	36%
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%
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%
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%
Grilled Lobster	247	816	67.04	39.15	2.31	313.91	762	6.69	0.12	0.69	46.53	51%	11%	12%	14%
Prime Rib-10 oz	412	903	60.64	20.79	0.07	242.86	3351	5.67	1.43	1.35	79.64	4%	7%	9%	52%
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%		