

NUTRITION INFORMATION



- All of our Chicken is antibiotic-free and humanely raised
- All of our Cheeses are pasteurized

- G** = Contains Gluten
- V** = Vegan
- = Vegetarian
- D** = Contains Dairy

BOWLS, SALADS, SANDWICHES	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
BOWLS												
Bueno Bowl	19.1 oz	710	300	31	6	0.0	185	1690	63	10	12	47
Good Bowl D	15.8 oz	830	420	45	8	0.0	185	1530	59	9	9	49
PLATES	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
CHICKEN												
Herb Grilled Breast	5.0 oz	240	70	8	1.5	0.0	105	330	1	0	0	38
Mojo Grilled Thigh	5.0 oz	250	110	12	3.5	0.0	185	490	< 1g	0	0	35
Original Rad Bird Qtr Leg & Thigh	4.5 oz	230	100	11	3	0.0	165	490	< 1g	0	0	31
Original Rad Bird Qtr Breast	6.9 oz	330	70	8	2	0.0	165	550	< 1g	< 1g	0	60
Original Rad Bird Half Bird	11.4 oz	560	170	18	5	0.0	330	1040	1	< 1g	0	91
GRAINS & GREENS												
Brown Rice V	4.1 oz	180	70	7	1	0.0	0	440	25	0	2	2
Quinoa V	4.6 oz	200	90	9	1.5	0.0	0	280	25	1	3	5
SIDES (PLATES)												
Black Beans V	4.6 oz	140	30	3	0	0.0	0	330	23	< 1g	6	8
Brown Rice V	4.1 oz	180	70	7	1	0.0	0	440	25	0	2	2
Charred Sweet Potatoes V	3.5 oz	210	110	11	1	0.0	0	430	27	9	4	2
Mac & Cheese D G	5.6 oz	230	50	5	3	0.0	15	430	34	4	1	9
Quinoa V	4.6 oz	200	90	9	1.5	0.0	0	280	25	1	3	5
Roasted Broccoli V	3.2 oz	100	70	7	1	0.0	0	360	8	2	3	3
Smashed Herb Potatoes V	6.0 oz	200	60	7	1	0.0	0	490	32	2	4	4
Honey Spiced Carrots V	3.5 oz	90	35	3.5	0	0.0	0	470	15	8	4	1
Roasted Cauliflower V	3.5 oz	110	80	9	1	0.0	0	310	7	2	3	3
SAUCES AND DRESSINGS												
Habanero Mango	1.5 fl oz	50	15	2	0	0.0	0	290	9	6	0	< 1g
Maple Chipotle V	1.5 fl oz	60	0	0	0	0.0	0	290	13	12	0	1
Tangy BBQ	1.5 fl oz	25	5	0.5	0	0.0	0	215	5	4	< 1g	< 1g
Hot Sauce	1.5 fl oz	0	0	0	0	0.0	0	2.1	0	0	0	0
Green Goddess V	1.0 fl oz	60	50	6	1	0.0	0	240	2	1	0	1
Lemon Vin V	1.0 fl oz	130	110	13	1	0.0	0	70	3	2	0	< 1g
WHOLE BIRD	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
CHICKEN												
Original Rad Bird Whole Chicken	22.8 oz	1110	340	37	10	0.0	660	2070	3	2	0	181
SIDES A LA CARTE	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
SIDES (12oz cup)												
Black Beans V	8.85 oz	275	58	5.75	0.75	0.0	0	640	44	2	10.5	15
Brown Rice V	7.15 oz	310	115	13	2	0.0	0	770	44	0	3.5	4
Charred Sweet Potatoes V	6.1 oz	370	185	19.5	2	0.0	0.0	740	47	16	7	4
Mac & Cheese D G	9.3 oz	360	80	9	4.75	0.0	22.5	625	54	2	2.5	15.5
Quinoa V	8.55 oz	380	170	18	2.5	0.0	0	515	16.5	3	6.5	9.5
Roasted Broccoli (1.65)	5.5 oz	165	116	11.5	1.65	0.0	0	596	13.2	3	4.95	4.95
Smashed Herb Potatoes V	9.1 oz	300	100	10.5	1.5	0.0	0	745	49.5	3	6.5	5.5
Honey Spiced Carrots V	7.4 oz	190	70	8	0.5	0.0	0	990	31	17	8	3
Roasted Cauliflower V	5.1 oz	170	120	14	1.5	0.0	>5	470	10	4	4	5
TACOS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
Zero Waste Tacos	4.17 oz	200	80	8	1.5	0.0	35	470	19	5	3	12
ADD ONS	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Total Sugar (g)	Fiber (g)	Protein (g)
ADD ONS												
Avocado V	2.4 oz	110	100	10	1.5	0.0	0	5	6	0	5	1
Cornbread D	2.0 oz	160	70	8	2	0.0	5	350	17	4	< 1g	4
Cheddar D	0.5 oz	60	40	4.5	3	0.0	15	90	0	0	0	4
Guacamole V	2.0 oz	80	70	8	1	0.0	0	160	5	0	4	1

ALLERGY INFORMATION



Because all of our food is prepared fresh in the same facility, cross contact between allergens is possible.

Please inform a team member if you or someone in your party has food allergies.

X = Contains Allergen

BOWLS	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Bueno Bowl									X
The Good Bowl	X						X		X
CHICKEN	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Herb Grilled Breast									
Mojo Grilled Thigh									
Original Rad Bird Quarter Breast									
Original Rad Bird Quarter Leg & Thigh									
Original Rad Bird Half Bird									
Original Rad Bird Whole Chicken									
GRAINS & GREENS	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Brown Rice									
Quinoa									
SIDES	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Black Beans									
Mac & Cheese				X			X		
Rice & Beans									
Roasted Broccoli									
Charred Sweet Potatoes									
Smashed Potatoes									
Honey Spiced Carrots			X						
Roasted Cauliflower	X						X		
TACOS	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Zero Waste Tacos							X		

ADD ONS	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Avocado									
Cheddar							X		
Cornbread							X	X	
Guacamole									
SAUCES	Peanut	Tree Nuts	Sesame	Wheat + Gluten	Shellfish	Fish	Dairy	Egg	Soy
Habanero Mango						X			
Maple Chipotle									X
Tangy BBQ						X			
Green Goddess							X		