

Urban Bird Hot Chicken Menu Nutrient Grid Report

1:17 PM 7/18/2025

Urban Bird / Chronic Fries Menu Items

	Portion	Calories	Fat	Sat Fat	Trans Fat	Cholest	Carbs	Tot Sugar	Fiber	Protein	Sodium
Meals											
Tenders Sando	1 sandwich	760	37	5	0	145	59	18	3	42	1730
Tenders Basket	1 basket	1070	55	8	0	145	95	12	3	49	2420
Urban Fries - Full Order	1 full order	1610	82	14	0	185	153	13	6	66	3910
Urban Fries - Half Order	1 half order	810	41	7	0	95	77	7	3	33	1960
Chicken & Waffle	1 basket	1600	88	35	2	330	151	32	2	53	2760
Meatless Tenders Basket	1 basket	1690	98	12	0	15	101	8	22	103	3120
Tender by the Piece (no season)	1 piece	180	7	0.5	0	65	9	<1	0	20	490

Meal Fries

Buffalo Mac Fries	1 basket	1450	69	13	0	160	147	8	5	60	5120
Tijuana Street Fries	1 basket	1520	79	16	0.5	160	153	15	9	55	5390
Nashville Mac Fries	1 basket	1510	84	15	0	125	140	5	5	50	7340
BBQ Mac Fries	1 basket	1440	67	13	0	130	156	17	6	52	4960
Thai Fighter Fries	1 basket	1730	87	13	0	205	163	30	5	74	3650

Street Fries

Nacho Fries	1 basket	910	66	25	1	105	58	3	2	23	2250
Mac Fries	1 basket	510	24	5	0	10	65	2	3	10	2090
Elote Fries	1 basket	880	57	17	0.5	70	79	11	5	17	3750
Flamin' Hot Cheetos Fries	1 basket	610	30	7	0	15	74	3	3	11	1470

	Portion	Calories	Fat	Sat Fat	Trans Fat	Cholest	Carbs	Tot Sugar	Fiber	Protein	Sodium
Sides											
Seasoned Crinkle Fries (Small)	1 small basket	380	16	2.5	0	0	53	<1	2	6	770
Seasoned Crinkle Fries (Large)	1 large basket	770	33	5	0	0	106	2	5	11	1550
Sweet Potato Fries (Small)	1 small basket	490	29	5	0	0	54	17	5	3	420
Sweet Potato Fries (Large)	1 large basket	970	57	10	0	0	107	33	10	6	840
Street Corn (Small)	1 serving	280	15	3	0	0	37	12	4	7	3720
Cheese Sauce	1 serving	310	24	15	0	85	10	8	0	14	1860
Kale Slaw (small)	1 small serving	180	13	2	0	10	14	11	2	1	250
Kale Slaw (large)	1 large serving	360	27	4.5	0	20	28	22	4	2	500
Coleslaw (small)	1 small serving	180	13	2	0	10	14	11	2	1	250
Coleslaw (large)	1 large serving	360	27	4.5	0	20	28	22	4	2	500
Waffle - Side Item	1 basket	1240	75	33	2	195	133	30	2	13	1680
CHEETOS® Mac & Cheese (Small)	1 small serving	380	23	6	0	20	35	2	1	8	1010
CHEETOS® Mac & Cheese (Large)	1 large serving	750	45	11	0	35	69	4	2	16	2030
Toast	1 large serving	127	3	1	0	0	21	2	1	3	231
Pickles	1 large serving	10	0	0	0	0	3	2	0	0	32
Flamin Hot Cheeto Powder	1 large serving	80	6	1	0	0	7	0	1	1	105

	Portion	Calories	Fat	Sat Fat	Trans Fat	Cholest	Carbs	Tot Sugar	Fiber	Protein	Sodium
Dips											
Bird Sauce	2oz Serving	190	18	3	0	40	6	8	1	0	590
Ranch	2oz Serving	196	20	3	0	21	1	1	0	0	535
BBQ	2oz Serving	1200	0	0	0	0	29	22	1		555
Hot Honey	1 large serving	140	0	0	0	0	34	36	0	0	0
Maple Sriracha	2oz Serving	135	0	0	0	0	32	34	0	0	255
Buffalo Hot	2oz Serving	0	0	0	0	0	0	0	0	0	380

Family Meals

Bird Pack	1 pack	3360	191	25	0	730	199	54	5	215	8890
Urban Sampler	1 pack	4570	232	32	1	805	384	91	13	225	10180

Kids

KidsTender Basket	1 basket	810	47	7	0	80	71	9	3	26	1730
Waffle & Tender	1 basket	1420	82	34	2	260	142	31	2	33	2220
Grill Cheese	1 basket	810	44	14	0.5	45	85	5	4	19	1960

	Portion	Calories	Fat	Sat Fat	Trans Fat	Cholest	Carbs	Tot Sugar	Fiber	Protein	Sodium
Drinks											
Coca Cola (20 oz)	20oz Serving	170	0	0	0	0	46	46	0	0	45
Coca Cola (32 oz)	32oz Serving	250	0	0	0	0	68	68	0	0	65
Coke Zero (20 oz)	20oz Serving	0	0	0	0	0	0	0	0	0	40
Coke Zero (32 oz)	32oz Serving	0	0	0	0	0	0	0	0	0	40
Dr Pepper (20 oz)	20oz Serving	230	0	0	0	0	65	65	0	0	75
Dr Pepper (32 oz)	32oz Serving	360	0	0	0	0	104	104	0	0	120
Sprite (20 oz)	20oz Serving	240	0	0	0	0	65	65	0	0	55
Sprite (32 oz)	32oz Serving	390	0	0	0	0	104	104	0	0	88
Fanta Orange (20 oz)	20oz Serving	280	0	0	0	0	75	75	0	0	35
Fanta Orange (32 oz)	32oz Serving	440	0	0	0	0	120	120	0	0	56
Hi C (20 oz)	20oz Serving	133	0	0	0	0	36	33	0	0	50
Hi C (32 oz)	32oz Serving	213	0	0	0	0	58	53	0	0	80
Iced Tea (20 oz)	20oz Serving	0	0	0	0	0	0	0	0	0	0
Iced Tea (32 oz)	32oz Serving	0	0	0	0	0	0	0	0	0	0
Gallon Iced Tea	1 Gallon	0	0	0	0	0	0	0	0	0	0
Sweet Tea (20 oz)	20oz Serving	120	0	0	0	0	31	30	0	0	0
Sweet Tea (32 oz)	32oz Serving	192	0	0	0	0	49	48	0	0	0
Gallon Sweet Tea	1 Gallon	1510	0	0	0	0	391	391	0	0	0
Lemonade (20 oz) without added flavor	20oz Serving	260	0	0	0	0	66	60	0	0	0
Lemonade (32 oz) without added flavor	32oz Serving	416	0	0	0	0	105	96	0	0	0

Gallon Lemonade	1 Gallon	2190	0	0	0	0	562	516	3	4	0
Menu Items	Portion	Calories	Fat	Sat Fat	Trans Fat	Cholest	Carbs	Tot Sugar	Fiber	Protein	Sodium
Desserts											
Sweet Cream Milkshake	20oz Serving	725	28	18	1	112	102	100	1	16	487
Chocolate Milkshake	20oz Serving	750	27	16	1	106	116	112	1	15	450
Oreo Milkshake	20oz Serving	787	31	19	1	106	113	105	1	16	537
Salted Caramel Milkshake	20oz Serving	735	31	20	1	108	105	108	1	15	600
Strawberry Milkshake	20oz Serving	700	22	13	1	87	115	107	1	12	462
Frozen Custard (No toppings)	6 oz portion	830	42	26	0	265	91	76	4	23	380
Kids 4oz Frozen Custard (No toppings)	4 oz portion	553	28	17	0	176	61	50	3	15	253
Cookie - Salted Caramel	2.8 oz	390	17	10	0	50	57	31	1	4	620
Cookie - Chocolate Chunk	2.8 oz	380	19	11	0	45	50	28	2	5	430
Brownie	2.8 oz	350	19	10	0	70	42	29	3	5	135