

Daily Calorie and Sodium Requirements - Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and Seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

BIRDIES	Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)
SOMETHING TO START											
BIRDIES WINGS - NO DIP	272	820	54	15	0.5	330	1,520	1	0	0	78
BIRDIES WINGS + DIP	317	1,020	72	18	0.5	345	1,700	3	0	1	81
BIRDIES YAM FRIES	215	670	34	2	0	10	1,200	82	10	24	4
BUFFALO CAULIFLOWER	335	1,110	83	8	0.3	20	2,830	71	10	8	16
BUFFALO CAULIFLOWER - NO DIP (VEGAN)	290	910	65	5	0.3	0	2,660	69	10	8	13
CRISPY CALAMARI	373	940	69	6	0.2	390	1,740	53	8	3	30
CRISPY CHICKEN LETTUCE WRAPS	369	850	57	10	0.2	110	2,590	60	3	12	23
OH SO STICKY KOREAN RIBS	254	890	56	21	0.4	175	1,000	45	2	16	45
SALSA + CHIPS	219	330	13	1	0	0	1,080	50	6	4	7
UNHOLY GUACAMOLE	353	690	39	5	0.1	10	1,560	75	16	7	13
UNHOLY GUACAMOLE (VEGAN)	335	610	32	4	0	0	1,370	74	16	7	11
SALADS & BOWLS (SEE 'ADD ON MORE' FOR ALTERNATE PROTEINS)											
BIRDIES HARVEST CHICKEN SALAD	684	720	43	10	0.1	105	1,180	46	13	21	43
BIRDIES HARVEST SALAD	594	640	46	10	0.1	30	520	46	13	19	18
CAESAR SALAD	330	670	67	7	0.3	60	1,000	13	5	3	9
CHICKEN CAESAR SALAD	416	810	69	8	0.3	130	1,640	13	5	3	37
HEY POKÉ BOWL	634	1,030	48	8	0.2	30	2,280	119	10	18	33
SOUTHWEST BOWL	647	1,060	46	13	0.5	55	2,860	142	16	17	23
SOUTHWEST CHICKEN BOWL	803	1,380	68	18	1	135	3,430	144	17	17	49
ADD ON MORE											
CHAR GRILLED STEAK (3 OZ)	63	120	5	2	0.2	40	620	0	0	0	17
CHAR GRILLED STEAK (6 OZ)	124	240	10	4	0.3	85	650	0	0	0	34
CRISPY TOFU	148	320	28	3	0.1	0	740	7	0	3	11
GRILLED CHICKEN (1/2 BREAST)	85	130	2	1	0	70	350	0	0	0	27
GRILLED CHICKEN (CAJUN)	100	190	5	2	0.1	75	1,470	6	3	1	29
GRILLED PRAWNS (6 OZ)	159	240	11	2	0.1	275	1,520	4	1	0	30
OVEN ROASTED SALMON (6 OZ)	149	280	15	3	0	125	430	2	0	1	34
CAJUN SPICE	18	90	8	4	0.3	15	830	4	2	0	1
PIZZAS											
BEE STING	551	1,250	55	25	0.1	80	2,660	136	7	14	57
BEE STING - GLUTEN AWARE	417	900	50	24	0.1	80	2,360	74	8	15	41
THE FORAGER	578	1,610	101	21	1	60	3,260	139	9	9	50
THE FORAGER - GLUTEN AWARE	445	1,260	95	19	1	60	2,950	77	11	10	35
THE FORAGER (VEGAN)	591	1,590	96	15	0.4	0	3,170	164	10	9	31
THE FORAGER (VEGAN) - GLUTEN AWARE	591	1,480	93	13	0.4	0	3,390	152	18	12	22
THE MARG	457	940	35	17	0	35	1,610	122	6	2	43
THE MARG - GLUTEN AWARE	323	590	29	15	0	35	1,300	60	8	3	28
MAINS											
FISH & CHIPS (1 PC)	467	1,040	60	8	0.4	40	3,940	92	6	3	27
FISH & CHIPS (2 PC)	577	1,300	71	9	0.4	70	6,590	112	7	4	46
OVEN ROASTED SALMON	679	1,180	62	8	0.2	135	2,610	107	10	8	51
POLLO LOCO	772	1,600	106	38	2.5	250	2,310	97	10	20	65
SALSA VERDE STEAK (6 OZ)	527	1,010	69	13	1	105	2,130	55	14	6	49
SALSA VERDE STEAK (9 OZ)	589	1,130	74	15	1	150	2,160	55	14	6	66
STEAK + FRIES (6 OZ)	509	1,030	55	17	1	125	1,740	85	6	8	47
STEAK + FRIES (9 OZ)	570	1,140	60	19	1.5	165	1,780	85	6	8	64
PASTA											
SAFFRON PRAWN SPAGHETTINI	633	1,280	73	30	2	430	3,020	85	5	4	52
SPICY CALABRIAN PASTA	737	1,320	84	23	0.5	120	1,800	101	8	9	39
HANDHELDS / TACOS (SIDES LISTED BELOW)											
GLUTEN AWARE BUN	110	260	5	0	0	0	480	52	4	4	5
BIRDIES BURGER	340	1,030	76	32	0.4	185	1,960	39	2	9	46
THE BURGER	235	580	34	13	0.3	105	1,220	36	2	9	30
KICK'N FRIED CHICKEN SANDWICH	352	980	58	10	0.3	170	2,300	70	6	21	39
IMPOSSIBLE BURGER	295	710	40	23	0.1	60	1,990	44	2	10	41
ACHIOTE CHICKEN TACOS	354	730	47	9	0.3	100	1,550	37	5	5	36
ACHIOTE STEAK TACOS	289	610	33	8	0.3	75	1,580	39	6	6	35
BAJA FISH TACOS	320	660	33	4	0.1	40	2,440	59	5	5	27
CRISPY BIRRIA TACOS	374	1,110	71	28	1.5	190	2,300	45	5	3	70
SIDES FOR HANDHELDS / TACOS											
1 FL OZ KETCHUP	30	35	0	0	0	0	250	9	0	7	1
SIDE BIRDIES SALAD	165	80	5	1	0	0	70	10	3	5	3
SIDE CAESAR SALAD	89	200	19	3	0.1	20	290	4	1	1	4
SIDE CHIPS & SALSA	117	260	9	1	0	0	1,520	40	5	2	6
SIDE FRIES	150	470	23	4	0.3	0	830	59	3	1	6
SIDE YAM FRIES	151	410	14	0	0	0	930	65	8	19	3
DESSERT											
CHOCOLATE TOFFEE CRUNCH SUNDAE	254	660	47	24	0.5	75	130	59	2	54	7
DRUNKEN TIRAMISU	240	710	34	20	0.1	370	470	75	2	56	16
BRUNCH											
BIRDIES BREAKFAST	552	1,320	101	31	1	475	2,600	72	8	9	39
CHICKEN & WAFFLES	360	1,310	67	24	0.5	175	1,600	137	6	73	40
HIPPIE HASH	592	1,040	73	12	0.4	380	2,330	74	14	8	30
HUEVOS RANCHEROS	556	910	43	10	1	435	3,280	82	14	7	50
THE AVO BENNY	590	1,190	91	35	0.2	685	2,150	76	12	11	29
THE BASIC BENNY	586	1,220	87	35	0.2	735	2,740	74	8	12	43
TROPICAL CHIA PUDDING	545	870	43	27	0	0	350	106	13	53	16
WAFFLES & CREAM	469	1,510	78	43	0.2	170	1,010	190	5	118	15
ADD SUNNY SIDE UP EGG	53	90	7	2	0	180	280	1	0	0	6
BEVERAGES											
COKE	240	100	0	0	0	0	30	26	0	26	0
DIET COKE	240	0	0	0	0	0	30	0	0	0	0
SPRITE	240	100	0	0	0	0	45	26	0	26	0
GINGER ALE	240	90	0	0	0	0	25	24	0	24	0

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