

These details list the top allergens present in each menu item based on suppliers' ingredient statements. These ingredients may have also come into contact with, or are produced at, facilities that handle other allergens.

Freebirds World Burrito - Allergens									
Awaiting information for sesame									
	Egg	Fish	Milk	Peanuts	Sesame	Shellfish	Soy	Tree nuts	Wheat
Beverages - 12 fl oz									
Barq's Root Beer - 12 fl oz									
Cherry Coke - 12 fl oz									
Coca-cola - 12 fl oz									
Coke Zero - 12 fl oz									
Diet Coke - 12 fl oz									
Dr. Pepper - 12 fl oz									
Minute Maid Lemonade - 12 fl oz									
Orange Fanta - 12 fl oz									
Sprite - 12 fl oz									
Vitamin Water XXX Pomegranate Zero - 12 fl oz					?				
Beverages - 22 fl oz									
Barq's Root Beer - 22 fl oz									
Cherry Coke - 22 fl oz									
Coca-cola - 22 fl oz									
Coke Zero - 22 fl oz									
Diet Coke - 22 fl oz									
Dr. Pepper - 22 fl oz									
Minute Maid Lemonade - 22 fl oz									
Orange Fanta - 22 fl oz									
Sprite - 22 fl oz									
Vitamin Water XXX Pomegranate Zero - 22 fl oz					?				
Beverages - 32 fl oz									
Barq's Root Beer - 32 fl oz									
Cherry Coke - 32 fl oz									
Coca-cola - 32 fl oz									
Coke Zero - 32 fl oz									
Diet Coke - 32 fl oz									
Dr. Pepper - 32 fl oz									
Minute Maid Lemonade - 32 fl oz									
Orange Fanta - 32 fl oz									
Sprite - 32 fl oz									
Vitamin Water XXX Pomegranate Zero - 32 fl oz					?				
Beverages - Bottles & Boxes									
Apple Juice Box					?				
Dasani					?				
Fruit Punch Juice Box					?				
Honest Tea Half & Half Lemonade					?				
Honest Tea Honey Green Tea									
Mexican Coca-cola					?				
Mexican Fanta					?				
Smartwater									
Vitamin Water Lemonade					?				
Desserts									
Brown Butter And Sea Salt Marshmallow Bar			X		?				
Brownie	X		X		?		X		X
Chocolate Chip Cookie	X		X		?		X		X
Extras - 1 fl oz Average Serving									
Avocado									

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Guacamole				?				
Queso			X	?				
Sour Cream			X	?				
Freebird And Bowl								
Beef Brisket				?				
Beyond Meat				?				
Black Beans				?				
Carnitas				?		X		
Cauliflower Rice				?				
Cayenne Tortilla				?		X		X
Cheddar & Monterey Cheese Blend			X	?				
Chicken Fajita				?		X		
Cilantro Lime Rice				?				
Dark Meat Chicken				?				
Flour Tortilla				?		X		X
Green Chile Pork				?				
Green Chili Cheese Sausage			X	?				
Ground Beef				?				
Monterey Jack Cheese			X	?				
Pinto Beans				?				
Potatoes				?				
Refried Beans				?				
Seasoned Chicken				?				
Spanish Rice				?				
Spinach Whole Wheat Blend Tortilla				?		X		X
Steak				?		X		X
Tortilla Strips				?				
Veggies				?				
Wheat Tortilla				?		X		X
White Meat Chicken				?				
Fried Potatoes								
Fried Potatoes (3 fl Oz)				?				
Hybird								
Beef Brisket				?				
Beyond Meat				?				
Black Beans				?				
Carnitas				?		X		
Cauliflower Rice				?				
Cayenne Tortilla				?		X		X
Cheddar & Monterey Cheese Blend			X	?				
Chicken Fajita				?		X		
Cilantro Lime Rice				?				
Dark Meat Chicken				?				
Flour Tortilla				?		X		X
Green Chile Pork				?				
Green Chili Cheese Sausage			X	?				
Ground Beef				?				
Monterey Jack Cheese			X	?				
Pinto Beans				?				
Potatoes				?				
Refried Beans				?				
Seasoned Chicken				?				
Spanish Rice				?				
Spinach Whole Wheat Blend Tortilla				?		X		X
Steak				?		X		X
Tortilla Strips				?				
Veggies				?				
Wheat Tortilla				?		X		X

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White Meat Chicken				?				
Kids Burrito								
Beef Brisket				?				
Beyond Meat				?				
Black Beans				?				
Carnitas				?		X		
Cauliflower Rice				?				
Cheddar & Monterey Cheese Blend			X	?				
Chicken Fajita				?		X		
Cilantro Lime Rice				?				
Dark Meat Chicken				?				
Flour Tortilla				?				X
Green Chile Pork				?				
Green Chili Cheese Sausage			X	?				
Ground Beef				?				
Monterey Jack Cheese			X	?				
Pinto Beans				?				
Potatoes				?				
Refried Beans				?				
Seasoned Chicken				?				
Spanish Rice				?				
Steak				?		X		X
White Meat Chicken				?				
Kids Quesadilla								
Beef Brisket				?				
Beyond Meat				?				
Black Beans				?				
Carnitas				?		X		
Cauliflower Rice				?				
Cheddar & Monterey Cheese Blend			X	?				
Chicken Fajita				?		X		
Cilantro Lime Rice				?				
Dark Meat Chicken				?				
Flour Tortilla				?				X
Green Chile Pork				?				
Green Chili Cheese Sausage			X	?				
Ground Beef				?				
Monterey Jack Cheese			X	?				
Pinto Beans				?				
Potatoes				?				
Refried Beans				?				
Seasoned Chicken				?				
Spanish Rice				?				
Steak				?		X		X
White Meat Chicken				?				
Monster								
Beef Brisket				?				
Beyond Meat				?				
Black Beans				?				
Carnitas				?		X		
Cauliflower Rice				?				
Cayenne Tortilla				?		X		X
Cheddar & Monterey Cheese Blend			X	?				
Chicken Fajita				?		X		
Cilantro Lime Rice				?				
Dark Meat Chicken				?				
Flour Tortilla				?		X		X
Green Chile Pork				?				

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Green Chili Cheese Sausage			X		?			
Ground Beef					?			
Monterey Jack Cheese			X		?			
Pinto Beans					?			
Potatoes					?			
Refried Beans					?			
Seasoned Chicken					?			
Spanish Rice					?			
Spinach Whole Wheat Blend Tortilla					?		X	X
Steak					?		X	X
Tortilla Strips					?			
Veggies					?			
Wheat Tortilla					?		X	X
White Meat Chicken					?			
Nachos								
Beef Brisket					?			
Beyond Meat					?			
Black Beans					?			
Carnitas					?		X	
Cauliflower Rice					?			
Cheddar & Monterey Cheese Blend			X		?			
Cheese - Queso			X		?			
Chicken Fajita					?		X	
Cilantro Lime Rice					?			
Dark Meat Chicken					?			
Green Chile Pork					?			
Green Chili Cheese Sausage			X		?			
Ground Beef					?			
Monterey Jack Cheese			X		?			
Pinto Beans					?			
Potatoes					?			
Refried Beans					?			
Seasoned Chicken					?			
Spanish Rice					?			
Steak					?		X	X
Tortilla Strips					?			
Veggies					?			
White Meat Chicken					?			
Quesadilla								
Beef Brisket					?			
Beyond Meat					?			
Black Beans					?			
Carnitas					?		X	
Cauliflower Rice					?			
Cheddar & Monterey Cheese Blend			X		?			
Chicken Fajita					?		X	
Cilantro Lime Rice					?			
Dark Meat Chicken					?			
Flour Tortilla					?		X	X
Green Chile Pork					?			
Green Chili Cheese Sausage			X		?			
Ground Beef					?			
Monterey Jack Cheese			X		?			
Pinto Beans					?			
Potatoes					?			
Refried Beans					?			
Seasoned Chicken					?			
Spanish Rice					?			

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Spinach Whole Wheat Blend Tortilla				?		X		X
Steak				?		X		X
Tortilla Strips				?				
Veggies				?				
Wheat Tortilla				?		X		X
White Meat Chicken				?				
Salad								
* Mixed Green Base								
Beef Brisket				?				
Beyond Meat				?				
Black Beans				?				
Carnitas				?		X		
Cauliflower Rice				?				
Cheddar & Monterey Cheese Blend			X	?				
Chicken Fajita				?		X		
Cilantro Lime Rice				?				
Dark Meat Chicken				?				
Green Chile Pork				?				
Green Chili Cheese Sausage			X	?				
Ground Beef				?				
Monterey Jack Cheese			X	?				
Pinto Beans				?				
Potatoes				?				
Refried Beans				?				
Seasoned Chicken				?				
Spanish Rice				?				
Steak				?		X		X
Tortilla Strips				?				
Veggies				?				
White Meat Chicken				?				
Salad Dressings - 1.5 fl oz								
Ancho Dressing				?				
Jalapeno Ranch Dressing	X		X					
Tomatillo Dressing								
Salsa Labels								
Death Sauce				?				
Salsas, Sauces And Freebies - 1 fl oz Avg Serving								
BBQ Sauce		X		?		X		X
Cilantro								
Corn Salsa				?				
Creamy Jalapeno Salsa								
Death Sauce				?				
Diced Onions								
Diced Tomatoes								
Fresh Jalapenos								
Habenero Sauce				?				
Hot Tomatillo Sauce				?				
Jalapeno Ranch Dressing	X		X					
Lime Juice								
Mild Tomatillo Sauce				?				
Mixed Lettuce								
Pico De Gallo				?				
Roasted Garlic				?				
Roasted Seasonal Salsa				?		X		
Salsa				?				
Seasonal Salsa - Chile Mango				?				
Shredded Lettuce								

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Side Chips & Dips								
Creamy Jalapeno Salsa - Large								
Creamy Jalapeno Salsa - Regular								
Creamy Jalapeno Salsa - Side								
Guacamole - Large				?				
Guacamole - Regular				?				
Guacamole - Side				?				
Queso - Large			X	?				
Queso - Regular			X	?				
Queso - Side			X	?				
Salsa - Large				?				
Salsa - Regular				?				
Salsa - Side				?				
Super Monster								
Beef Brisket				?				
Beyond Meat				?				
Black Beans				?				
Carnitas				?		X		
Cauliflower Rice				?				
Cayenne Tortillas (2)				?		X		X
Cheddar & Monterey Cheese Blend			X	?				
Chicken Fajita				?		X		
Cilantro Lime Rice				?				
Dark Meat Chicken				?				
Flour Tortillas (2)				?		X		X
Green Chile Pork				?				
Green Chili Cheese Sausage			X	?				
Ground Beef				?				
Monterey Jack Cheese			X	?				
Pinto Beans				?				
Potatoes				?				
Refried Beans				?				
Seasoned Chicken				?				
Spanish Rice				?				
Spinach Whole Wheat Blend Tortilla (2)				?		X		X
Steak				?		X		X
Tortilla Strips				?				
Veggies				?				
Wheat Tortilla (2)				?		X		X
White Meat Chicken				?				
Tacos (Values Are For 1 Taco)								
Beef Brisket				?				
Beyond Meat				?				
Black Beans				?				
Carnitas				?		X		
Cauliflower Rice				?				
Cheddar & Monterey Cheese Blend			X	?				
Chicken Fajita				?		X		
Cilantro Lime Rice				?				
Corn Tortilla				?				
Dark Meat Chicken				?				
Flour Tortilla				?		X		X
Green Chile Pork				?				
Green Chili Cheese Sausage			X	?				
Ground Beef				?				
Monterey Jack Cheese			X	?				
Pinto Beans				?				
Refried Beans				?				

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Seasoned Chicken				?				
Spanish Rice				?				
Steak				?		X		X
Tortilla Strips				?				
Veggies				?				
White Meat Chicken				?				