

NUTRITION INFORMATION

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



G = Contains Gluten
 Vg = Vegan
 Ve = Vegetarian
 D = Contains Dairy

BOWLS, SALADS, SANDWICHES			Serving Size (g)	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				541.5	710	300	31	6	0	185	1690	63	10	12	47
Good Bowl			D	447.9	830	420	45	8	0	185	1530	59	9	9	49
Zeus Bowl			D	484.5	610	270	29	8	0	200	1430	45	6	4	42
Mo Miso			G	500.1	770	360	40	6	0	105	1840	57	9	10	48
SALADS															
Fields Good Cobb			D	457.6	780	480	53	13	0	330	1120	15	7	5	60
The Greek			D	569.4	600	390	43	9	0	210	1180	13	7	3	41
Taco Salad			D	455.3	680	380	42	10	0	200	1250	32	5	8	46
Christina's Kale			G	379.3	550	250	28	4.5	0	110	1310	28	11	7	47
SANDWICHES															
Korean Chili Crispy Chicken			G D	327.5	890	350	39	6	0	90	3070	98	19	6	40
Classic Crispy Chicken			G D	233.5	820	340	38	6	0	90	2040	84	10	4	37
PLATES			Serving Size (g)	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				141.8	240	70	8	1.5	0	105	330	1	0	0	38
Mojo Grilled Thigh				141.8	250	110	12	3.5	0	185	490	0	0	0	35
Crispy Chicken Breast			G D	117.4	510	250	28	4	0	85	1480	34	0	2	30
Original Rad Bird Qtr Leg & Thigh				127.6	230	100	11	3	0	165	490	0	0	0	31
Original Rad Bird Qtr Breast				195.6	330	70	8	2	0	165	550	0	0	0	60
Original Rad Bird Half Bird				323.2	560	170	18	5	0	330	1040	0	0	0	91
SIDES (PLATES)															
Black Beans			Vg	130.4	140	30	3	0	0	0	330	23	<1	6	8
Brown Rice			Vg	116.2	180	70	7	1	0	0	440	25	0	2	2
Charred Sweet Potatoes			Vg	99.2	210	110	11	1	0	0	430	27	9	4	2
Mac & Cheese			G D Ve	158.8	230	50	5	3	0	15	430	34	4	1	9
Quinoa			Vg	130.4	200	90	9	1.5	0	0	280	25	1	3	5
Roasted Broccoli			Ve	90.7	100	70	7	1	0	0	360	8	2	3	3
Smashed Herb Potatoes			Vg	170.7	200	60	7	1	0	0	490	32	2	4	4
Honey Spiced Carrots			Ve	99.2	90	35	3.5	0	0	0	470	15	8	4	1
Sesame Ginger Slaw			Ve	87.9	40	10	1	0	0	0	400	6	3	2	2
Lemon Marinated Kale			Ve	59.5	90	70	8	0.5	0	0	85	4	2	1	1
Mini Kale Caesar			D Ve	68.1	160	120	14	3.5	0	10	280	4	1	1	7
French Fries				85	170	80	8	1.5	0	0	570	21	0	1	2
SAUCES AND DRESSINGS															
Habanero Mango				46	50	15	2	0	0	0	290	9	6	0	<1
Maple Chipotle			Vg	46	60	0	0	0	0	0	290	13	12	0	<1
Tangy BBQ				46	25	5	0.5	0	0	0	215	5	4	<1	<1
Hot Sauce			Vg	46	0	0	0	0	0	0	2.1	0	0	0	<1
Green Goddess			Ve	46	60	50	6	1	0	0	240	2	1	0	<1
Lemon Vin			Ve	46	130	110	13	1	0	0	70	3	2	0	<1
DINNER TO SHARE			Serving Size (g)	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				646.4	1110	340	37	10	0	660	2070	3	2	0	181
Herb Grilled Breast				453.6	768	224	25.6	4.8	0	336	1056	3.2	0	0	121.6
Mojo Grilled Thigh				453.6	800	352	38.4	11.2	0	592	1568	0	0	0	112
SIDES A LA CARTE			Serving Size (g)	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			Vg	250.9	275	58	5.75	0.75	0	0	640	44	2	10.5	15
Brown Rice			Vg	202.7	310	115	13	2	0	0	770	44	0	3.5	4
Charred Sweet Potatoes			Vg	171.9	370	185	19.5	2	0	0.0	740	47	16	7	4
Mac & Cheese			G D Ve	263.6	360	80	9	4.75	0	22.5	625	54	2	2.5	15.5
Quinoa			Vg	242.4	380	170	18	2.5	0	0	515	16.5	3	6.5	9.5
Roasted Broccoli (1.65)			Ve	155.9	165	116	11.5	1.65	0	0	596	13.2	3	4.95	4.95
Smashed Herb Potatoes			Vg	258	300	100	10.5	1.5	0	0	745	49.5	3	6.5	5.5
Honey Spiced Carrots			Ve	209.8	190	70	8	0.5	0	0	990	31	17	8	3
Sesame Ginger Slaw			Ve	164.4	70	20	2	0	0	0	760	12	6	4	3
Lemon Marinated Kale			Ve	90.7	150	120	14	1	0	0	130	6	2	2	2
Mini Kale Caesar			D Ve	96.4	210	160	18	3.5	0	10	330	6	2	2	8
French Fries				170.1	330	150	17	3.5	0	0	1130	42	0	2	4
ADD ONS			Serving Size (g)	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			Vg	68	110	100	10	1.5	0	0	5	6	0	5	1
Cornbread			D Ve	56.7	160	70	8	2	0	5	350	17	4	<1	4
Cheese			D Ve	14.2	60	40	4.5	3	0	15	90	0	0	<1	4
Guacamole			Vg	56.7	80	70	8	1	0	0	160	5	0	4	1
Bacon				16	80	60	7	2.5	0	20	250	0	0	<1	5
Hardboiled Egg				50	72	30	5	1.6	0	206	65	0.5	0	<1	6

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	Sesame	Wheat	Shellfish	Fish	Dairy	Egg	Soy
Bueno Bowl									X
The Good Bowl	X						X		X
Zeus Bowl							X		
Mo Miso			X	X					X
SALADS	Peanut	Tree	Sesame	Wheat	Shellfish	Fish	Dairy	Egg	Soy
Fields Good Cobb							X	X	
Christina's Kale			X						X
Taco Salad				X			X		
The Greek							X		
CHICKEN	Peanut	Tree	Sesame	Wheat	Shellfish	Fish	Dairy	Egg	Soy
Herb Grilled Breast									
Mojo Grilled Thigh									
Crispy Chicken Breast				X			X	X	
Original Rad Bird Qtr Breast									
Original Rad Bird Qtr Leg & Thigh									
Original Rad Bird Half Bird									
Original Rad Bird Whole Chicken									
SANDWICHES	Peanut	Tree	Sesame	Wheat	Shellfish	Fish	Dairy	Egg	Soy
Korean Chili Crispy Chicken			X	X			X	X	X
Classic Crispy Chicken				X			X	X	
SIDES	Peanut	Tree	Sesame	Wheat	Shellfish	Fish	Dairy	Egg	Soy
Black Beans									
Mac & Cheese				X			X		
Quinoa									
Brown Rice									
Roasted Broccoli									
Charred Sweet Potatoes									
Smashed Potatoes									
Honey Spiced Carrots			X						
Lemon Marinated Kale				X					
Ginger Sesame Slaw			X						X
Mini Kale Caesar						X	X		
French Fries									
ADD ONS	Peanut	Tree	Sesame	Wheat	Shellfish	Fish	Dairy	Egg	Soy
Avocado									
Cheese							X		
Cornbread							X	X	
Guacamole									
Bacon									
Hardboiled Egg								X	
SAUCES	Peanut	Tree	Sesame	Wheat	Shellfish	Fish	Dairy	Egg	Soy
Habanero Mango						X			
Maple Chipotle									X
Tangy BBQ						X			
Green Goddess							X		
Hot Sauce									
Garlic Aioli								X	