

BUILD **YOUR OWN** BOWL



Choice of Spanish Rice,
Mexican Roasted Vegetables,
or Mac & Cheese



Charro Beans or
Refried Beans



Choice
of protein

T O P P E D W I T H

Roasted Corn, Pico de Gallo, Shredded Cheese, Lettuce,
Guacamole, and Flaming Bird Sauce

Veggie 480 - 660 cal _____ **5.99**

Sausage 710 - 980 cal _____ **6.99**

Chicken Fajita 650 - 920 cal _____ **7.99**

Carnitas 870 - 970 cal _____ **8.99**

Beef Fajita 850 - 970 cal _____ **9.49**

Protein 840 - 1510 cal _____ **12.99**

Double Protein, Lettuce, Pico de Gallo,
Guac & Shredded Cheese

**Shredded Original
Flaming Bird**

\$6⁹⁹
950 - 1060 cal



**FLAMING
BIRD®**

JOIN the CLUB

Receive updates on
special offers,
events and more!

**Text
GRILLING
to 23370
to join***

*Message and data rates may apply. Message frequency may vary. Text HELP to 23370 for help. Text STOP to 23370 to cancel. Full terms & privacy: heb.com/sms_terms_23370

©2024 HEB, 25-1072

GRILLED CHICKEN

Includes Jalapeños, Onions, and Corn Tortillas

**Make it Spicy for \$0.50 more +100 Cal*

4 Piece Leg Quarters 1910 cal _____ **5.49**

Whole Bird 1660 cal _____ **9.99**

8 Piece Leg Quarters 3830 cal _____ **10.49**



NACHOS

Topped with Refried Beans, Queso, Pico de Gallo, Guacamole, and your choice of protein

Chicken 920 cal _____ **6.49**

Carnitas 1030 cal _____ **7.49**

Beef 980 cal _____ **7.99**



SIDES

Mexican Rice 250 / 480 cal

Charro Beans 150 / 350 cal

Refried Beans 290 / 690 cal

Mexican Roasted Vegetables 110 / 300 cal

Roasted Corn 180 / 490 cal

Mac N' Cheese 260 / 700 cal

Small

\$2⁹⁹
6 oz.

Large

\$4⁹⁹
16 oz.

PLATES

Includes Leg Quarters

**Upgrade to Breast Quarter for \$1.99*

1 Piece Leg Quarter 710 - 1135 cal _____ **5.99**

1/4 Sausage 740 - 1140 cal _____ **6.49**

Chicken Fajita 735 - 1075 cal _____ **7.99**

1 Piece Leg Quarter + Sausage 1070 - 1495 cal _____ **7.99**

2 Piece Leg Quarter 1040 - 1530 cal _____ **7.99**

Carnitas 610 - 840 cal _____ **8.99**

Beef Fajita 820 - 1130 cal _____ **9.99**

BY THE POUND

Includes Peppers, Onions & Tortillas

Sausage 1350 cal _____ **6.99**

Chicken Fajita 1410 cal _____ **8.99**

Carnitas 1410 cal _____ **13.99**

Beef Fajita 1690 cal _____ **16.99**



FAMILY COMBOS

Combo #1

1 Whole Chicken 2690 - 3360 cal
(Original or Serrano) 2 Small Sides, 5 Corn Tortillas,
Jalapeños, and Onions



\$15⁴⁹

Combo #2

2 Whole Chickens 5470 - 7260 cal
(Original or Serrano) 2 Large Sides, 10 Corn Tortillas,
Jalapeños, and Onions



\$28⁹⁹

Combo #3

8 Piece Leg Quarters 5120 - 6820 cal
(Original or Serrano) 2 Large Sides, 10 Corn Tortillas,
Jalapeños, and Onions



\$18⁴⁹

Combo #4

**1 lb Carnitas &
4 Piece Leg Quarters** 4330 - 5710 cal
(Original or Serrano) 2 Large Sides, 5 Corn Tortillas,
Jalapeños, and Onions



\$27⁹⁹

Parrillada for 2

1 lb. of Fajitas

(beef, chicken or mixed)

& 1/2 lb. of Sausage

5 Corn Tortillas, Peppers & Onions,
1 Small Rice & Charro Beans, Salsa (2),
and Guacamole

\$30⁹⁹ 2350 - 2570 cal

Parrillada for 4

2 lb. of Fajitas

(beef, chicken or mixed)

& 1 lb. of Sausage

10 Corn Tortillas, Peppers & Onions,
1 Large Rice & Charro Beans, Salsa (2),
and Guacamole

\$56⁹⁹ 4710 - 5160 cal

These curated menu offerings are perfect for large groups or for your next big gathering.

BAKED POTATO BAR

Potato, Butter, Cheese, Crema & Pico De Gallo

Choice of Protein:

- **Chicken Fajita** 760 Cal
- **Sausage** 1020 Cal
- **Shredded Chicken** 980 Cal
- **Carnita** 990 Cal
- **Beef Fajita** 900 Cal

\$9.00

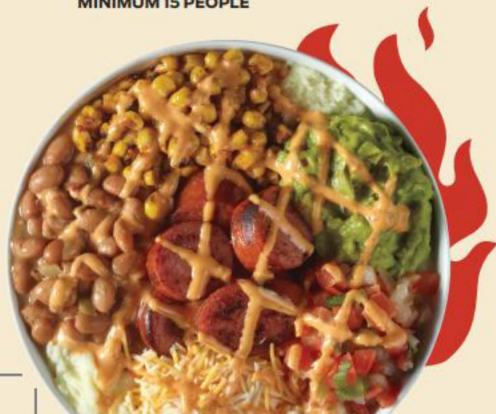
BOWLS

Rice, Charro Beans, Roasted Corn, Pico De Gallo, Shredded Cheese, Lettuce, Guacamole & Flaming Bird Sauce

Choice of Protein:

- Beef Fajita** 700 Cal **\$9.99**
- Carnita** 970 Cal **\$9.49**
- Chicken Fajita** 650 Cal **\$8.49**
- Sausage** 740 Cal **\$7.49**
- Shredded Chicken** 790 Cal **\$7.49**
- Veggie** 390 Cal **\$6.49**

MINIMUM 15 PEOPLE



GRILLIN' =AUTHENTIC= FLAVORS *Every Day*

Our seasoned rotisserie chicken is grilled over an open flame, sealing in the blend of citrus and adobo flavors.

Flaming Bird honors H-E-B's long history in the South Texas regions, replicating this traditional meal at a valuable price, yet bountiful enough to feed the whole family.

FOR A LIST OF LOCATIONS VISIT:

HEB.COM/FLAMINGBIRD

Prices and selection may vary at each location.
Prices subject to change without notice

©2026 HEB, 26-0984



FLAMING =BIRD=

CATERING MENU

Always
**=FLAMIN'
GOOD**

FAJITA = Favorites =

PLATES

2 Sides, Corn Tortillas, Jalapeños and Onions

Beef Fajita 660 - 870 Cal **\$10.49**

Carnita 610 - 836 Cal **\$8.99**

Chicken Fajita 490 - 710 Cal **\$8.00**

MINIMUM 15 PEOPLE
plates are individually packaged

A LA CARTE

20 Count Leg Quarters 10520 Cal **\$25.99**
Make it spicy \$3

1 lb. Beef Fajita 1690 Cal **\$16.99**

1 lb. Carnita 1410 Cal **\$13.99**

Whole Bird 1660 Cal **\$9.99**

1 lb. Chicken Fajita 1410 Cal **\$7.99**

1 lb. Sausage 1350 Cal **\$6.99**



NACHO BAR

Includes choice of:

Carnitas, Chicken, Beef or Mixed Fajitas,
Crispy Tortilla Chips, Refried Beans, Queso,
Guacamole, Pico de Gallo, Jalapeño Slices
& Sour Cream 930 - 1120 Cal per serving

SERVES 10 **\$89.99**
& up

PARTY PACK

- 5 Whole Birds (Original or Serrano)
- 4 Large Sides
- 25 Corn Tortillas
- Peppers & Onions

790 - 805 Cal per serving

SERVES 12 - 14 **\$65.99**
Make it Spicy \$3



TEXAS SIZE SIDES

TX Mac & Cheese 3740 Cal **\$35.99**

**Mexican Style
Roasted Vegetables** 1330 Cal **\$24.99**

Roasted Corn 2080 Cal **\$25.99**

TX Charro Beans 1270 Cal **\$15.99**

Mexican Rice 2250 Cal **\$15.99**

TX Refried Beans 2830 Cal **\$15.99**

SERVES 10 - 12

PARRILLADA FOR 4

- 2 Pounds of Fajitas (beef, chicken or mix)
- 1 Pound of Sausage
- 10 Corn Tortillas
- 1 Large Rice & Charro Beans
- Peppers & Onions
- Salsa & Guacamole

1177 - 1290 Cal per serving

SERVES 4 **\$56.99**

