

NUTRITIONAL FACTS



Bowls

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
grilled pineapple al pastor	1 Serving	660	120	13	3.5	0	55	2310	98	17	12	36	
birria	1 Serving	940	230	26	6	0	95	2760	126	13	8	49	
fajita del rey	1 Serving	770	260	29	4.5	0	30	3740	96	17	9	30	
salmon	1 Serving	680	380	42	9	0	90	2240	45	5	8	30	
keto	1 Serving	540	360	40	7	0	50	2310	25	9	8	24	
protein	1 Serving	810	470	53	11	0	470	2440	42	15	8	44	
spicy cilantro verde	1 Serving	670	290	32	4.5	0	0	1690	70	10	4	24	
street corn en fuego	1 Serving	630	260	30	6	0	45	2300	76	10	10	24	

Desserts

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
fruit cart	1 Serving	160	5	0.5	0	0	0	750	39	4	29	3	
churro waffle bites	1 Serving	1150	600	68	35	0	0	990	139	4	63	5	
horchata cookie	1 Serving	160	60	7	4	0	30	80	23	1	24	2	
mexican chocolate cookie	1 Serving	200	80	9	5	0	30	140	28	2	16	3	

Kids

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
kids burrito	1 Serving	490	140	16	6	0	20	1310	70	5	2	17	
kids chicken strips	1 Serving	430	140	15	3.5	0	70	780	37	4	1	33	
kids quesadilla	1 Serving	500	180	20	9	0	40	1280	61	2	1	20	
kids taco	1 Serving	460	180	20	10	0	45	1470	51	0	0	18	

Sides

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
black beans	1 Serving	330	40	4.5	1	0	0	1350	54	19	1	19	
chips & salsa	1 Serving	480	210	23	2	0	0	710	60	6	4	7	
cilantro lime rice	1 Serving	240	30	3	0	0	0	650	46	1	0	4	
guacamole (full)	1 Serving	740	450	50	6	0	0	840	70	16	6	7	
half & half chips	1 Serving	450	220	25	2	0	0	70	53	5	2	4	
mexican rice	1 Serving	310	45	5	0.5	0	0	660	58	2	3	6	
pinto beans	1 Serving	270	50	6	3	0	15	1030	41	13	3	16	
plantain chips	1 Serving	460	240	27	2.5	0	0	40	52	6	3	2	
roasted cauliflower rice	1 Serving	35	5	0.5	0	0	0	670	6	3	3	3	
street corn	1 Serving	150	50	6	3	0	10	750	23	3	5	6	
tortilla chips	1 Serving	440	210	23	2	0	0	100	53	5	1	5	
vegan queso (large)	1 Serving	1190	850	94	47	0	0	1250	79	6	10	6	

Burritos

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
breakfast burrito	1 Serving	1340	680	76	21	0.5	525	3060	99	14	10	63	
burrito mexicano	1 Serving	1090	240	27	7	0	95	3780	147	18	8	62	
guiltless burrito	1 Serving	1060	469	52	9	0	80	3410	100	15	9	49	
fajita burrito	1 Serving	1130	370	41	8	0	45	4450	146	18	11	42	
burritos: flour tortilla	1 Serving	390	100	11	1	0	0	850	63	3	2	10	
burritos: jalapeño tortilla	1 Serving	380	100	11	1	0	0	830	61	1	4	10	
burritos: gluten free tortilla	1 Serving	210	45	5	5	0	0	550	45	12	6	5	

Quesadillas

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
guiltless quesadilla	1 Serving	870	490	54	20	0	120	2310	57	14	9	47	
house quesadilla	1 Serving	1050	540	60	16	0	120	2610	75	5	5	52	

Cheese

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
cotija (.25oz)	1 Serving	25	15	2	1.5	0	5	120	0	0	0	1	
fresco (.25oz)	1 Serving	20	15	1.5	1	0	5	50	0	0	0	2	
jalapeño jack (.25oz)	1 Serving	25	20	2	1.5	0	5	40	0	0	0	2	
oaxaca (.25oz)	1 Serving	20	15	1.5	1	0	5	60	0	0	0	2	
vegan mozzarella (.25oz)	1 Serving	25	15	1.5	0.5	0	0	70	2	0	0	0	

Soups

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
tortilla (reg)	1 Serving	140	70	7	1	0	0	620	17	3	2	3	
tortilla (large)	1 Serving	250	120	13	1.5	0	0	1170	32	5	5	5	

Salads

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
taco salad	1 Serving	670	310	34	8	0	80	1760	54	15	10	40	
tocaya salad	1 Serving	690	450	51	9	0	70	1170	28	12	5	32	
yucatan chop	1 Serving	1070	820	92	15	0	80	2110	27	11	8	37	

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Beverages

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
agua fresca: cucumber mint	1	Serving	100	0	0	0	0	0	10	25	0	23	0
agua fresca: strawberry basil	1	Serving	110	0	0	0	0	0	10	28	1	25	0
agua fresca: hibiscus ginger	1	Serving	80	0	0	0	0	0	15	21	1	20	0
hibiscus paloma (reg)	1	Serving	170	0	0	0	0	0	10	18	0	17	0
hibiscus paloma (reg) w/ Sabe	1	Serving	140	0	0	0	0	0	18	8	0	17	0
guava (reg)	1	Serving	310	0	0	0	0	0	1890	50	0	48	0
guava (reg) w/ Sabe	1	Serving	290	0	0	0	0	0	1890	51	0	49	0
organica (reg)	1	Serving	220	0	0	0	0	0	2850	31	1	27	0
organica (reg) w/ Sabe	1	Serving	190	0	0	0	0	0	2850	31	1	27	0
passion fruit (reg)	1	Serving	240	0	0	0	0	0	1890	34	2	32	1
passion fruit (reg) w/ Sabe	1	Serving	210	0	0	0	0	0	1890	34	2	32	1
pineapple (reg)	1	Serving	230	0	0	0	0	0	2780	35	2	30	1
pineapple (reg) w/ Sabe	1	Serving	200	0	0	0	0	0	2780	35	2	30	1
spicy (reg)	1	Serving	220	0	0	0	0	0	2780	32	1	27	0
spicy (reg) w/ Sabe	1	Serving	190	0	0	0	0	0	2780	32	1	27	0
Tamarind (reg)	1	Serving	220	0	0	0	0	0	1880	32	2	24	2
Tamarind (reg) w/ Sabe	1	Serving	190	0	0	0	0	0	1880	32	2	24	2
Tequila: Anejo (1.5oz)	1	Serving	100	0	0	0	0	0	0	0	0	0	0
Tequila: Blanco (1.5oz)	1	Serving	100	0	0	0	0	0	0	0	0	0	0
Tequila: Mezcal (1.5oz)	1	Serving	130	0	0	0	0	0	0	0	0	0	0
Tequila: Reposado (1.5oz)	1	Serving	100	0	0	0	0	0	0	0	0	0	0

Extras

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
3 corn tortillas	1	Serving	230	70	8	2.5	0	10	880	35	0	0	5
arbol salsa	1	Serving	15	5	0.5	0	0	0	210	3	0	1	0
jalapeños	1	Serving	10	0	0	0	0	0	0	2	1	1	0
pico de gallo	1	Serving	10	0	0	0	0	0	130	2	1	1	0
poblano dressing	1	Serving	130	110	12	1.5	0	0	240	3	1	1	1
red wine vinaigrette	1	Serving	270	260	29	4	0	0	210	0	0	0	0
roasted tomato salsa	1	Serving	20	0	0	0	0	0	300	4	1	2	1
spicy cilantro lime vinaigrette	1	Serving	240	230	26	3.5	0	0	250	1	1	0	0
tomatillo salsa	1	Serving	15	5	0	0	0	0	130	2	1	2	0
vegan chipotle crema	1	Serving	230	230	29	1.5	0	0	280	0	0	0	0
escabeche	1	Serving	25	0	0	0	0	0	770	4	0	2	0
take & bake nachos	1	Serving	1570	890	99	9	1	0	1860	152	21	8	20

Tacos

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
tacos: substitute butter lettuce	1	Serving	0	0	0	0	0	0	0	0	0	0	0
street	1	Serving	110	40	4.5	1	0	<5	380	17	1	<1	2
baja (non-vegan)	1	Serving	280	140	15	2	0	15	480	25	1	1	11
birria	1	Serving	200	90	10	4.5	0	35	510	15	0	1	12
tinga (non-vegan)	1	Serving	150	50	6	1.5	0	10	1030	19	1	2	6
asada (non-vegan)	1	Serving	240	80	9	2.5	0	20	460	30	4	1	9
salmon	1	Serving	250	150	17	4	0	35	830	17	1	1	9
vegan asada	1	Serving	210	60	7	1	0	0	340	33	4	2	5
vegan baja	1	Serving	230	80	9	1	0	0	260	32	3	2	5
vegan tinga	1	Serving	160	60	6	1.5	0	5	960	20	2	1	7
cauliflower	1	Serving	250	170	19	2.5	0	<5	830	18	2	2	3
papas y queso	1	Serving	300	160	18	6	0	25	1140	27	2	3	9
tres hermanas	1	Serving	150	60	7	2	0	5	580	21	2	1	4

Tortas

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
beef birria	1	Serving	980	610	68	8	0	65	1960	62	7	8	30
chicken tinga	1	Serving	910	570	64	7	0	30	2420	64	7	9	20
potato	1	Serving	960	580	65	10	0	20	2210	76	8	8	16
shrimp	1	Serving	970	610	68	7	0	125	2240	60	6	7	27

Proteins

	Serving Size (Qty)	Serving Size (Measure)	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Total Dietary Fiber (g)	Total Sugars (g)	Protein (g)
egg: scrambled, whole	1	Serving	440	370	41	8	0	420	400	1	0	0	14
achiote chicken (1oz)	1	Serving	45	10	1	0	0	20	180	1	0	0	7
adobo tofu (1oz)	1	Serving	30	15	1.5	0	0	0	125	2	0	0	2
cilantro lime vegan chicken (1oz)	1	Serving	40	15	1.5	0	0	0	140	2	1	0	5
carne asada (1oz)	1	Serving	60	35	4	1	0	15	230	1	0	0	5
chicken tinga (1oz)	1	Serving	30	10	1	0	0	10	240	2	0	1	4
diablo chicken (1oz)	1	Serving	40	10	1	0	0	15	200	1	0	0	6
grilled chile lime salmon (1oz)	1	Serving	110	80	9	1	0	15	570	0	0	0	6
grilled shrimp (1oz)	1	Serving	60	25	3	0	0	40	200	0	0	0	6
fried mahi mahi (1.5oz)	1	Serving	100	50	5	0.5	0	10	45	7	0	0	7
turkey picante (1oz)	1	Serving	30	10	1.5	0	0	15	135	1	0	0	4
beef birria (1oz)	1	Serving	50	25	2.5	0.5	0	20	90	<1	0	0	7