

# NUTRITION 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)
sonora steak bowl	1	Serving	850	360	40	7	0	55	2980	97	8	9	30
grilled chicken 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
protein	1	Serving	810	470	53	11	0	470	2440	42	15	8	44
street corn en fuego	1	Serving	630	260	30	6	0	45	2300	76	10	10	24
diablo shrimp	1	Serving	1471	616	111	15	0	198	2798	86	10	40	30
(beyond) chicken verde	1	Serving	421	203	27	3	0	0	1194	40	8	4	8

## 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	939	415	46	22	0	0	507	130	3	66	5
horchata cookie	1	Serving	184	43	8	2.5	0	6	212	26	0	14	2
mexican chocolate cookie	1	Serving	185	43	8	6	0	24	122	26	1	17	2

## 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	519	65	16	6	0	61	1351	79	7	16	18
kids chicken strips	1	Serving	425	147	20	5	0	66	363	36	6	15	28
kids quesadilla	1	Serving	627	115	27	10	0	153	1433	69	4	15	31
kids taco	1	Serving	642	83	19	6	0	77	1307	88	5	18	27

## 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)
california burrito	1	Serving	1050	490	54	7	0	55	3620	111	14	10	35
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
substitute flour tortilla	1	Serving	390	100	11	1	0	0	850	63	3	2	10
substitute 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)
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
chicken (reg)	1	Serving	120	25	3	.5	0	10	550	17	2	3	7
chicken (large)	1	Serving	330	70	8	1.5	0	25	1360	50	4	8	16

## 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	756	441	49	8	0	69	1069	46	16	8	39
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
mexi-cali salad w/o protein	1	Serving	655	51	55	3	0	18	384	34	14	9	14
manzana steak salad	1	Serving	657	463	51	12	0	86	684	18	4	5	29

# NUTRITION FACTS

## 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: horchata	1	Serving	157	5	1	0	0	0	33	36	0	24	1
guava	1	Serving	410	0	0	0	0	0	1890	65	0	61	0
guava w/ Sabe organica	1	Serving	370	0	0	0	0	0	1900	65	0	61	0
organica	1	Serving	300	0	0	0	0	0	2850	43	1	38	0
organica w/ Sabe	1	Serving	250	0	0	0	0	0	2850	43	1	38	0
passion fruit	1	Serving	330	0	0	0	0	0	1900	48	2	45	1
passion fruit w/ Sabe	1	Serving	290	0	0	0	0	0	1900	48	2	45	1
pineapple	1	Serving	330	0	0	0	0	0	2780	49	2	44	1
pineapple w/ Sabe	1	Serving	280	0	0	0	0	0	2780	49	2	44	1
spicy	1	Serving	300	0	0	0	0	0	2780	43	2	38	0
spicy w/ Sabe	1	Serving	260	0	0	0	0	0	2780	43	2	38	0
Tamarind	1	Serving	290	0	0	0	0	0	1890	41	3	31	2
Tamarind w/ Sabe	1	Serving	240	0	0	0	0	0	1890	41	3	31	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
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)
substitute butter lettuce	1	Serving	0	0	0	0	0	0	0	0	0	0	0
grilled chicken	1	Serving	278	122	14	1	0	19	306	28	5	1	10
steakv	1	Serving	241	77	9	2	0	22	215	29	6	1	10
tinga	1	Serving	195	25	3	1	0	8	320	34	6	1	7
la flor	1	Serving	277	93	10	4	0	0	514	42	6	1	4
taco dorado	1	Serving	233	95	11	1	0	0	319	27	5	3	9
street	1	Serving	110	40	4.5	1	0	-5	380	17	1	<1	2
cauliflower	1	Serving	250	170	19	2.5	0	-5	830	18	2	2	3
quesabirria	1	Serving	377	100	18	0	0	70	874	35	4	1	29

## 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	861	389	59	6	0	116	1595	21	7	7	33
chicken tinga	1	Serving	579	410	51	7	0	40	1187	23	8	8	15
potato	1	Serving	527	361	50	9	0	26	1440	16	5	6	8

## 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
vegan picadillo (1oz)	1	Serving	94	12	6	1	0	1	243	4	1	1	6
beyond vegan chicken (1oz)	1	Serving	65	23	4	0	0	0	197	3	1	1	4
mesquite style chicken (1oz)	1	Serving	40	22	2.5	0.5	0	13	38	0	0	0	4
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
fried mahi mahi (1.5oz)	1	Serving	100	50	5	0.5	0	10	45	7	0	0	7
shrimp (1oz)	1	Serving	91	57	7	1	0	59	45	0	0	0	8
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