

# 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
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 (vegan)	1 Serving		939	415	46	22	0	0	507	130	3	66	5
churro waffle bites (non-vegan)	1 Serving		430	122	14	6	0	50	694	93	0	43	6
dulce de leche cookie	1 Serving		420	162	18	11	0	55	660	60	1	33	5
mexican chocolate cookie	1 Serving		370	86	16	12	0	48	244	52	2	34	4

## 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

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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: 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