

# 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) |
|-----------------------------|--------------------|------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| sonora steak bowl           | 1                  | Serving                | 850             | 360                      | 40      | 7                 | 0                    | 55               | 2980        | 97                | 8                       | 9                | 30          |
| 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) |
|--------------------------------|--------------------|------------------------|-----------------|--------------------------|---------|-------------------|----------------------|------------------|-------------|-------------------|-------------------------|------------------|-------------|
| california burrito             | 1                  | Serving                | 1050            | 490                      | 54      | 7                 | 0                    | 55               | 3620        | 111               | 14                      | 10               | 35          |
| 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           |
| chicken soup (reg)   | 1                  | Serving                | 120             | 25                       | 3       | 0.5               | 0                    | 10               | 550         | 17                | 2                       | 3                | 7           |
| chicken soup (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                | 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          |

# NUTRITIONAL 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: 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 chickn (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           |