



The following nutritional information is comprised of data from our, the United States Department of Agriculture and database analysis of our recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. Abuelo's attempts to provide the most complete and accurate information regarding its products as possible. Some menu items may not be available at all locations; test products, test recipes, limited time offers, or regional items may not be included. Our menu items are based on standard product recipes but variations may occur due to customized ordering, ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. This listing is updated periodically in an

attempt to reflect the current status of our products.04182017V1

| <b>TAPAS &amp; SMALL BITES</b>                                   | <b>Cal</b> | <b>FatCal</b> | <b>Fat (g)</b> | <b>Sat (g)</b> | <b>Trans (g)</b> | <b>Chol (mg)</b> | <b>Sod (mg)</b> | <b>Carb (g)</b> | <b>Fiber (g)</b> | <b>Sugar (g)</b> | <b>Prot (g)</b> |
|--|------------|---------------|----------------|----------------|------------------|------------------|-----------------|-----------------|------------------|------------------|-----------------|
| JALAPEÑO CHEESE FRITTERS   | 1250       | 790           | 88             | 31             | 1                | 125              | 1690            | 71              | 4                | 11               | 37              |
| MINI SHRIMP COCKTAIL   | 250        | 130           | 14             | 3              | 0                | 65               | 920             | 20              | 4                | 9                | 9               |
| CHICKEN & SPINACH MINI CHIMIS                                    | 760        | 420           | 46             | 9              | 1                | 30               | 1340            | 73              | 6                | 29               | 17              |
| BACON-WRAPPED STUFFED SHRIMP                                     | 390        | 270           | 30             | 9              | 0                | 160              | 750             | 2               | 0                | 1                | 26              |
| SPINACH STUFFED MUSHROOMS  | 250        | 170           | 19             | 11             | 0                | 55               | 870             | 13              | 2                | 5                | 11              |
| FIRECRACKER SHRIMP   | 400        | 200           | 22             | 3              | 0                | 125              | 1190            | 32              | 1                | 14               | 14              |
| <b>SALADS AND SOUPS</b>  | <b>Cal</b> | <b>FatCal</b> | <b>Fat (g)</b> | <b>Sat (g)</b> | <b>Trans (g)</b> | <b>Chol (mg)</b> | <b>Sod (mg)</b> | <b>Carb (g)</b> | <b>Fiber (g)</b> | <b>Sugar (g)</b> | <b>Prot (g)</b> |
| REYNOSA SALAD - GROUND BEEF <i>(Without Dressing)</i>            | 860        | 450           | 50             | 21             | 1.5              | 155              | 2590            | 52              | 10               | 13               | 53              |
| REYNOSA SALAD - GROUND BEEF <i>(Small Without Dressing)</i>      | 560        | 300           | 33             | 13             | 1                | 95               | 1720            | 36              | 8                | 9                | 33              |
| REYNOSA SALAD - SHREDDED CHICKEN <i>(Without Dressing)</i>       | 700        | 320           | 36             | 15             | 1                | 135              | 2710            | 55              | 10               | 13               | 43              |
| REYNOSA SALAD - SHREDDED CHICKEN <i>(Small Without Dressing)</i> | 460        | 220           | 24             | 9              | 0                | 80               | 1790            | 38              | 8                | 10               | 27              |
| FAJITA SALAD - CHICKEN <i>(Without Dressing)</i>                 | 400        | 170           | 19             | 5              | 0                | 90               | 1020            | 26              | 6                | 8                | 35              |
| FAJITA SALAD - SHRIMP <i>(Without Dressing)</i>                  | 410        | 190           | 21             | 8              | 0                | 175              | 930             | 32              | 6                | 13               | 25              |
| FAJITA SALAD - STEAK <i>(Without Dressing)</i>                   | 480        | 240           | 27             | 9              | 0                | 75               | 970             | 25              | 6                | 8                | 35              |
| GRILLED CHICKEN SALAD <i>(With Honey Mustard Dressing)</i>       | 870        | 450           | 51             | 7              | 0                | 90               | 970             | 77              | 11               | 51               | 34              |
| GRILLED CHICKEN SALAD <i>(Small With Honey Mustard Dressing)</i> | 510        | 250           | 28             | 4              | 0                | 45               | 500             | 51              | 8                | 33               | 19              |
| <b>MADE FROM SCRATCH DRESSINGS</b>                               | <b>Cal</b> | <b>FatCal</b> | <b>Fat (g)</b> | <b>Sat (g)</b> | <b>Trans (g)</b> | <b>Chol (mg)</b> | <b>Sod (mg)</b> | <b>Carb (g)</b> | <b>Fiber (g)</b> | <b>Sugar (g)</b> | <b>Prot (g)</b> |
| FAT FREE BALSAMIC VINAIGRETTE 3FLOZ                              | 60         | 0             | 0              | 0              | 0                | 0                | 780             | 15              | 0                | 9                | 0               |
| HONEY LIME DRESSING 3FLOZ  | 350        | 240           | 27             | 4              | 0                | 15               | 530             | 28              | 0                | 27               | 0               |
| HONEY MUSTARD DRESSING 3FLOZ                                     | 550        | 440           | 49             | 7              | 0                | 25               | 720             | 27              | 1                | 26               | 1               |
| SOUTHWEST RANCH DRESSING 3FLOZ                                   | 290        | 210           | 24             | 5              | 0                | 20               | 490             | 5               | 0                | 3                | 3               |
| <b>TORTILLA SOUP</b>   | <b>Cal</b> | <b>FatCal</b> | <b>Fat (g)</b> | <b>Sat (g)</b> | <b>Trans (g)</b> | <b>Chol (mg)</b> | <b>Sod (mg)</b> | <b>Carb (g)</b> | <b>Fiber (g)</b> | <b>Sugar (g)</b> | <b>Prot (g)</b> |
| TORTILLA SOUP BOWL   | 390        | 150           | 17             | 3.5            | 0                | 30               | 720             | 47              | 6                | 2                | 14              |
| TORTILLA SOUP CUP  | 230        | 90            | 10             | 2.5            | 0                | 25               | 540             | 25              | 3                | 2                | 10              |
| <b>SOPA DEL DÍA</b>  | <b>Cal</b> | <b>FatCal</b> | <b>Fat (g)</b> | <b>Sat (g)</b> | <b>Trans (g)</b> | <b>Chol (mg)</b> | <b>Sod (mg)</b> | <b>Carb (g)</b> | <b>Fiber (g)</b> | <b>Sugar (g)</b> | <b>Prot (g)</b> |
| CARNE MOLIDA BOWL  | 180        | 40            | 4              | 1.5            | 0                | 20               | 1030            | 22              | 6                | 3                | 11              |
| CARNE MOLIDA CUP   | 140        | 30            | 3.5            | 1.5            | 0                | 15               | 780             | 17              | 4                | 2                | 8               |
| CHICKEN CHILE CHOWDER BOWL                                       | 210        | 100           | 12             | 6              | 0.5              | 60               | 1370            | 12              | 1                | 5                | 15              |
| CHICKEN CHILE CHOWDER CUP  | 160        | 80            | 9              | 4.5            | 0                | 45               | 1030            | 9               | 1                | 4                | 11              |
| CILANTRO LIME SOUP BOWL  | 90         | 25            | 2.5            | 0.5            | 0                | 25               | 950             | 9               | 2                | 2                | 7               |

Cal.....Calories

Cal Fat.....Calories from fat

Fat.....Total Fat

Sat.....Saturated Fat

Trans.....Trans Fat

Chol.....Cholesterol

Sod.....Sodium Carb.....Carbohydrate

Fiber.....Dietary Fiber

Sugar.....Total Sugar

Prot.....Protein

(g).....grams

(mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

| SOPA DEL DÍA   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
|--|------|--------|---------|---------|-----------|-----------|----------|----------|-----------|-----------|----------|
| CILANTRO LIME SOUP CUP   | 70   | 20     | 2       | 0       | 0         | 20        | 720      | 7        | 1         | 2         | 6        |
| GREEN CHILI STEW BOWL  | 140  | 50     | 6       | 2       | 0         | 30        | 790      | 11       | 2         | 2         | 11       |
| GREEN CHILI STEW CUP   | 100  | 40     | 4       | 1.5     | 0         | 25        | 590      | 8        | 2         | 1         | 9        |
| POBLANO CREAM SOUP BOWL  | 290  | 160    | 17      | 6       | 0         | 35        | 1750     | 24       | 1         | 15        | 9        |
| POBLANO CREAM SOUP CUP   | 220  | 120    | 13      | 5       | 0         | 25        | 1310     | 18       | 1         | 11        | 7        |
| SHRIMP CHOWDER BOWL  | 300  | 220    | 25      | 14      | 1.5       | 90        | 730      | 13       | 1         | 4         | 8        |
| SHRIMP CHOWDER CUP   | 220  | 170    | 19      | 11      | 1         | 70        | 540      | 10       | 1         | 3         | 6        |
| SOPA CON PAPAS BOWL  | 190  | 90     | 10      | 3.5     | 1         | 10        | 1220     | 22       | 2         | 3         | 4        |
| SOPA CON PAPAS CUP   | 150  | 70     | 8       | 3       | 1         | 10        | 930      | 17       | 1         | 2         | 4        |
| APPETIZERS & DIPS  | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| CHILE CON QUESO  | 360  | 220    | 24      | 15      | 1         | 70        | 1540     | 20       | 0         | 11        | 17       |
| GUACAMOLE  | 180  | 140    | 15      | 2       | 0         | 0         | 580      | 12       | 7         | 2         | 3        |
| NACHOS GRANDE - CHICKEN  | 2030 | 1010   | 112     | 41      | 2         | 250       | 2830     | 182      | 19        | 10        | 78       |
| NACHOS GRANDE - CHICKEN <i>(Small)</i>                             | 1110 | 580    | 64      | 24      | 1         | 140       | 1540     | 95       | 11        | 6         | 41       |
| NACHOS GRANDE - FAJITA CHICKEN                                     | 1980 | 980    | 109     | 40      | 1.5       | 230       | 2390     | 178      | 19        | 8         | 78       |
| NACHOS GRANDE - FAJITA CHICKEN <i>(Small)</i>                      | 1080 | 560    | 62      | 23      | 1         | 130       | 1320     | 93       | 11        | 6         | 41       |
| NACHOS GRANDE - FAJITA STEAK                                       | 2050 | 1040   | 116     | 43      | 1.5       | 220       | 2350     | 177      | 19        | 8         | 78       |
| NACHOS GRANDE - FAJITA STEAK <i>(Small)</i>                        | 1110 | 590    | 66      | 25      | 1         | 125       | 1300     | 93       | 11        | 6         | 41       |
| NACHOS GRANDE - GROUND BEEF  | 2190 | 1140   | 127     | 47      | 2.5       | 265       | 2710     | 179      | 19        | 9         | 88       |
| NACHOS GRANDE - GROUND BEEF <i>(Small)</i>                         | 1190 | 640    | 71      | 27      | 1.5       | 150       | 1490     | 94       | 11        | 6         | 46       |
| NACHOS GRANDE - REFRIED BEANS                                      | 2110 | 1020   | 113     | 40      | 2.5       | 165       | 2640     | 211      | 31        | 9         | 69       |
| NACHOS GRANDE - REFRIED BEANS <i>(Small)</i>                       | 1150 | 580    | 65      | 23      | 1.5       | 100       | 1450     | 110      | 17        | 6         | 36       |
| SEARED TUNA  | 540  | 230    | 26      | 3.5     | 0         | 70        | 4270     | 35       | 6         | 22        | 37       |
| GREEN CHILE QUESADILLA   | 950  | 640    | 73      | 33      | 0.5       | 155       | 1260     | 53       | 7         | 12        | 18       |
| MEXICAN SHRIMP COCKTAIL  | 590  | 260    | 29      | 6       | 0.5       | 185       | 2190     | 53       | 8         | 22        | 27       |
| LAYERED DIP  | 610  | 360    | 40      | 19      | 1.5       | 105       | 1820     | 36       | 8         | 11        | 29       |
| ABUELO'S DIP SAMPLER   | 740  | 500    | 56      | 19      | 1         | 90        | 2830     | 36       | 9         | 13        | 24       |
| CHIPS ONLY   | 310  | 110    | 12      | 1.5     | 0         | 0         | 20       | 44       | 5         | 1         | 6        |
| SALSA ESPECIAL FOR CHIPS 1.5 oz                                    | 10   | 0      | 0       | 0       | 0         | 0         | 300      | 3        | 1         | 2         | 0        |
| SALSA ROJA FOR CHIPS 1.5 oz  | 10   | 0      | 0       | 0       | 0         | 0         | 390      | 3        | 1         | 2         | 0        |
| SALSA TROPICAL TOMATILLA FOR CHIPS 1.5 oz                          | 15   | 5      | 0       | 0       | 0         | 0         | 180      | 4        | 1         | 3         | 0        |
| FABULOUS FAJITAS   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| <i>SIGNATURE FLAVORS</i> FAJITAS Listed WITHOUT Condiments & Sides |      |        |         |         |           |           |          |          |           |           |          |
| MARINATED CHICKEN*   | 430  | 210    | 24      | 13      | 0         | 160       | 800      | 18       | 3         | 8         | 36       |
| MARINATED STEAK*   | 570  | 330    | 37      | 19      | 0         | 155       | 810      | 18       | 3         | 8         | 40       |
| BACON-WRAPPED STUFFED SHRIMP*                                      | 1090 | 760    | 85      | 33      | 1         | 390       | 2450     | 26       | 4         | 11        | 57       |
| YUCATAN SHRIMP*  | 550  | 230    | 27      | 15      | 0         | 370       | 1490     | 46       | 4         | 31        | 34       |
| VEGETARIAN*  | 330  | 220    | 25      | 15      | 0         | 75        | 440      | 27       | 6         | 13        | 5        |
| FAJITA CONDIMENTS WITH CORN TORTILLAS                              | 450  | 190    | 21      | 8       | 0         | 40        | 350      | 59       | 8         | 5         | 11       |

Cal.....Calories

Cal Fat.....Calories from fat

Fat.....Total Fat

Sat.....Saturated Fat

Trans.....Trans Fat

Chol.....Cholesterol

Sod.....Sodium Carb.....Carbohydrate

Fiber.....Dietary Fiber

Sugar.....Total Sugar

Prot.....Protein

(g).....grams

(mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

| <b>FABULOUS FAJITAS</b>  | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
|--|------|--------|---------|---------|-----------|-----------|----------|----------|-----------|-----------|----------|
| FAJITA CONDIMENTS WITH FLOUR TORTILLAS   | 500  | 230    | 26      | 10      | 0         | 40        | 990      | 57       | 6         | 5         | 12       |
| FAJITA CONDIMENTS WITH ROMAINE LETTUCE FOR WRAPPING  | 220  | 160    | 18      | 8       | 0         | 40        | 310      | 11       | 4         | 4         | 6        |
| <i>*For Signature Combos "Fajitas for <b>One</b> - Choose Any Two or Three Flavors" use half or a third of the value listed for each flavor selected</i> |      |        |         |         |           |           |          |          |           |           |          |
| <i>*For Signature Combos "Fajitas For <b>Two</b> - Choose Any Four Flavors" use the value that is listed for each of the four flavors selected</i>       |      |        |         |         |           |           |          |          |           |           |          |
| CLASSIC CHICKEN FAJITAS WITH CORN TORTILLAS, CHARRO BEANS & CONDIMENTNS  | 990  | 420    | 48      | 22      | 0         | 210       | 1730     | 90       | 15        | 13        | 55       |
| CLASSIC CHICKEN FAJITAS WITH FLOUR TORTILLAS, CHARRO BEANS & CONDIMENTNS   | 1040 | 460    | 53      | 24      | 0         | 210       | 2380     | 88       | 13        | 13        | 56       |
| <b>SIDES</b>   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| PAPAS CON CHILE™   | 160  | 50     | 6       | 3       | 0         | 15        | 450      | 22       | 2         | 3         | 5        |
| REFRIED BEANS  | 260  | 70     | 8       | 1.5     | 0.5       | 5         | 640      | 35       | 12        | 0         | 13       |
| CHARRO BEANS   | 110  | 25     | 3       | 1       | 0         | 10        | 580      | 15       | 5         | 0         | 7        |
| BLACK BEANS  | 140  | 25     | 3       | 1       | 0         | 5         | 380      | 21       | 7         | 1         | 8        |
| RAJA CON QUESO   | 240  | 160    | 18      | 11      | 0         | 55        | 360      | 6        | 1         | 3         | 15       |
| SEASONAL VEGETABLE MEDLEY  | 130  | 100    | 11      | 2       | 2         | 0         | 280      | 7        | 2         | 3         | 2        |
| ESPINACA CASSEROLE   | 190  | 120    | 13      | 7       | 0.5       | 35        | 690      | 11       | 2         | 4         | 8        |
| MEXICAN RICE   | 110  | 30     | 3.5     | 0       | 0         | 0         | 750      | 19       | 1         | 2         | 2        |
| CILANTRO LIME RICE   | 100  | 10     | 1       | 0       | 0         | 0         | 320      | 20       | 1         | 0         | 2        |
| <b>HOUSE SPECIALTIES</b>   |      |        |         |         |           |           |          |          |           |           |          |
| <b>SEAFOOD</b>   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| <i>Listed WITH Seasonal Vegetable Medley &amp; Cilantro Lime Rice Except Fideo con Camarón</i>   |      |        |         |         |           |           |          |          |           |           |          |
| TILAPIA VERACRUZ   | 770  | 340    | 38      | 16      | 2         | 245       | 2310     | 43       | 5         | 10        | 66       |
| TILAPIA VERACRUZ (Small)   | 620  | 310    | 35      | 15      | 2         | 155       | 1430     | 38       | 4         | 8         | 40       |
| SALMON SANTA CRUZ  | 740  | 380    | 43      | 9       | 2         | 150       | 1450     | 32       | 3         | 5         | 56       |
| ENCHILADAS DE COZUMEL  | 1190 | 680    | 76      | 32      | 3         | 210       | 1610     | 101      | 16        | 10        | 30       |
| ALAMBRE DE CAMARÓN   | 1100 | 710    | 79      | 24      | 3         | 335       | 2320     | 34       | 3         | 7         | 60       |
| PESCADO GUERRERO   | 1050 | 610    | 69      | 30      | 3         | 305       | 1650     | 47       | 5         | 10        | 69       |
| PESCADO GUERRERO (Small)   | 780  | 480    | 54      | 19      | 2.5       | 155       | 1750     | 42       | 5         | 7         | 40       |
| FIDEO CON CAMARÓN  | 1560 | 1010   | 113     | 44      | 12        | 325       | 2710     | 94       | 7         | 11        | 39       |
| <b>BEEF &amp; PORK</b>   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| <i>Listed WITH Charro Beans &amp; Papas con Chile™</i>   |      |        |         |         |           |           |          |          |           |           |          |
| LOS MEJORES DE LA CASA   | 1130 | 580    | 64      | 24      | 1         | 315       | 3300     | 49       | 7         | 8         | 84       |
| PORK TENDERLOIN ABRIGADA <i>Listed Without Enchiladas</i>  | 760  | 330    | 37      | 14      | 0         | 180       | 1700     | 42       | 8         | 7         | 65       |
| PORK TENDERLOIN WITH HONEY CHILE GLAZE   | 740  | 300    | 34      | 13      | 0         | 165       | 1940     | 51       | 8         | 15        | 60       |
| BROCHETA DE FILETE 9 oz.   | 820  | 330    | 36      | 14      | 0         | 200       | 2420     | 46       | 8         | 7         | 74       |
| BROCHETA DE FILETE 12 oz.  | 980  | 400    | 45      | 17      | 0         | 255       | 2590     | 46       | 8         | 7         | 95       |
| RIBEYE STEAK & ENCHILADAS <i>Listed Without Enchiladas</i>   | 950  | 530    | 60      | 27      | 3.5       | 195       | 1790     | 48       | 9         | 9         | 60       |

Cal.....Calories

Cal Fat.....Calories from fat

Fat.....Total Fat

Sat.....Saturated Fat

Trans.....Trans Fat

Chol.....Cholesterol

Sod.....Sodium Carb.....Carbohydrate

Fiber.....Dietary Fiber

Sugar.....Total Sugar

Prot.....Protein

(g).....grams

(mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

| <b>CHICKEN</b><br><i>Listed with Charro Beans &amp; Mexican Rice except Fideo con Pollo</i>  | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
|--|------|--------|---------|---------|-----------|-----------|----------|----------|-----------|-----------|----------|
| STUFFED CHICKEN MEDALLIONS   | 1320 | 650    | 72      | 18      | 1         | 230       | 3090     | 101      | 9         | 9         | 67       |
| STUFFED CHICKEN MEDALLIONS (Small)   | 820  | 380    | 42      | 11      | 1         | 125       | 2400     | 72       | 8         | 8         | 41       |
| FIDEO CON POLLO  | 1620 | 1030   | 115     | 44      | 12        | 225       | 2950     | 96       | 7         | 11        | 46       |
| SAUTÉED CHICKEN ZUCCHINI   | 980  | 590    | 66      | 37      | 1         | 280       | 2530     | 54       | 8         | 12        | 49       |
| SAUTÉED CHICKEN ZUCCHINI (Small)   | 700  | 400    | 46      | 25      | 0.5       | 175       | 2010     | 48       | 7         | 9         | 30       |
| <b>TEX MEX</b>   |      |        |         |         |           |           |          |          |           |           |          |
| <b>ENCHILADAS</b><br><i>Listed A La Carte ADD Refried Beans &amp; Choice of Papas con Chile™ or Mexican Rice</i>                                 | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| SIDE REFRIED BEANS   | 260  | 70     | 8       | 1.5     | 0.5       | 5         | 640      | 35       | 12        | 0         | 13       |
| SIDE PAPAS CON CHILE™  | 160  | 50     | 6       | 3       | 0         | 15        | 450      | 22       | 2         | 3         | 5        |
| SIDE MEXICAN RICE  | 110  | 30     | 3.5     | 0       | 0         | 0         | 750      | 19       | 1         | 2         | 2        |
| ENCHILADA - AVOCADO WITH CREAM SAUCE (1)   | 220  | 100    | 12      | 4       | 0         | 10        | 310      | 26       | 4         | 1         | 5        |
| ENCHILADA - AVOCADO WITH RANCHERA SAUCE (1)  | 220  | 110    | 12      | 2.5     | 0         | 5         | 390      | 25       | 5         | 2         | 5        |
| ENCHILADA - CARNITA WITH GREEN CHILE SAUCE (1)   | 190  | 70     | 8       | 3       | 0         | 30        | 350      | 19       | 2         | 1         | 12       |
| ENCHILADA - CARNITA WITH RED CHILE SAUCE (1)   | 220  | 90     | 11      | 3.5     | 0         | 30        | 420      | 20       | 2         | 1         | 12       |
| ENCHILADA - CHEESE WITH CHILE CON CARNE (1)  | 320  | 170    | 19      | 10      | 0         | 55        | 560      | 20       | 2         | 1         | 16       |
| ENCHILADA - CHEESE WITH GREEN CHILE SAUCE (1)  | 280  | 150    | 17      | 10      | 0         | 45        | 430      | 19       | 2         | 1         | 14       |
| ENCHILADA - CHEESE WITH RED CHILE SAUCE (1)  | 310  | 180    | 20      | 10      | 0         | 45        | 510      | 20       | 2         | 1         | 14       |
| ENCHILADA - CHICKEN WITH FIRE-ROASTED QUESO (1)  | 230  | 80     | 9       | 4.5     | 0         | 40        | 640      | 24       | 2         | 3         | 13       |
| ENCHILADA - CHICKEN WITH GREEN CHILE SAUCE (1)   | 170  | 45     | 5       | 2       | 0         | 30        | 410      | 20       | 2         | 1         | 10       |
| ENCHILADA - CHICKEN WITH RANCHERA SAUCE (1)  | 200  | 70     | 7       | 2       | 0         | 30        | 630      | 23       | 2         | 2         | 11       |
| ENCHILADA - CHICKEN WITH SOUR CREAM SAUCE (1)  | 190  | 60     | 7       | 2.5     | 0         | 35        | 1090     | 23       | 2         | 3         | 10       |
| ENCHILADA - GROUND BEEF WITH CHILE CON CARNE (1)   | 250  | 100    | 12      | 4.5     | 0         | 45        | 500      | 20       | 2         | 1         | 16       |
| ENCHILADA - GROUND BEEF WITH FIRE-ROASTED QUESO (1)  | 270  | 120    | 13      | 6       | 0         | 50        | 700      | 22       | 2         | 3         | 16       |
| ENCHILADA - SHREDDED BEEF WITH CHILE CON QUESO (1)   | 240  | 110    | 12      | 6       | 0         | 35        | 540      | 23       | 2         | 2         | 11       |
| ENCHILADA - SHREDDED BEEF WITH RANCHERA SAUCE (1)  | 210  | 90     | 10      | 3.5     | 0         | 20        | 530      | 22       | 2         | 2         | 9        |
| ENCHILADA - SHREDDED BEEF WITH RED CHILE SAUCE (1)   | 210  | 90     | 11      | 3.5     | 0         | 20        | 390      | 21       | 2         | 1         | 8        |
| ENCHILADA - SPINACH WITH CREAM SAUCE (1)   | 210  | 80     | 9       | 5       | 0         | 20        | 540      | 26       | 2         | 3         | 7        |
| ENCHILADA - SPINACH WITH RANCHERA SAUCE (1)  | 200  | 80     | 9       | 3.5     | 0         | 15        | 590      | 24       | 3         | 3         | 6        |
| <b>BURRITOS &amp; CHIMICHANGAS</b><br><i>Listed WITH Refried Beans ADD choice of Papas con Chile™ or Mexican Rice Except the Grande Burritos</i> | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| SIDE PAPAS CON CHILE™  | 160  | 50     | 6       | 3       | 0         | 15        | 450      | 22       | 2         | 3         | 5        |
| SIDE MEXICAN RICE  | 110  | 30     | 3.5     | 0       | 0         | 0         | 750      | 19       | 1         | 2         | 2        |
| DURANGO BURRITO  | 700  | 310    | 35      | 11      | 1.5       | 65        | 2020     | 66       | 16        | 5         | 34       |
| GRANDE BURRITO - GROUND BEEF WITH CHILE CON CARNE  | 1000 | 410    | 46      | 16      | 2.5       | 140       | 2870     | 85       | 15        | 4         | 60       |
| GRANDE BURRITO - SHREDDED CHICKEN WITH SOUR CREAM SAUCE  | 860  | 300    | 33      | 13      | 2         | 120       | 4650     | 93       | 14        | 12        | 44       |
| BEAN & CHEESE BURRITO WITH CHILE CON QUESO   | 690  | 200    | 23      | 7       | 1.5       | 20        | 1850     | 96       | 26        | 6         | 32       |
| FAJITA TACOS - CHICKEN   | 970  | 370    | 41      | 15      | 1         | 130       | 2350     | 98       | 18        | 6         | 54       |

Cal.....Calories

Cal Fat.....Calories from fat

Fat.....Total Fat

Sat.....Saturated Fat

Trans.....Trans Fat

Chol.....Cholesterol

Sod.....Sodium Carb.....Carbohydrate

Fiber.....Dietary Fiber

Sugar.....Total Sugar

Prot.....Protein

(g).....grams

(mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

| <b>BURRITOS &amp; CHIMICHANGAS</b><br><i>Listed WITH Refried Beans ADD choice of Papas con Chile™ or Mexican Rice Except the Grande Burritos</i> | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
|--|------|--------|---------|---------|-----------|-----------|----------|----------|-----------|-----------|----------|
| FAJITA TACOS - CHICKEN (Small)   | 780  | 310    | 34      | 12      | 1         | 95        | 1850     | 79       | 17        | 5         | 41       |
| FAJITA TACOS - STEAK   | 1030 | 440    | 49      | 19      | 1         | 115       | 2270     | 97       | 18        | 6         | 53       |
| FAJITA TACOS - STEAK (Small)   | 830  | 360    | 40      | 15      | 1         | 85        | 1800     | 78       | 17        | 5         | 40       |
| FAJITA CHIMICHANGA - CHICKEN WITH CHILE CON QUESO  | 1360 | 730    | 81      | 23      | 3.5       | 120       | 2650     | 105      | 18        | 7         | 51       |
| FAJITA CHIMICHANGA - CHICKEN RANCHERA SAUCE  | 1330 | 710    | 79      | 20      | 3.5       | 110       | 2640     | 103      | 18        | 6         | 49       |
| FAJITA CHIMICHANGA - STEAK CHILE CON QUESO   | 1360 | 730    | 81      | 25      | 3.5       | 110       | 2590     | 104      | 18        | 7         | 50       |
| FAJITA CHIMICHANGA - STEAK RANCHERA SAUCE  | 1330 | 710    | 79      | 22      | 3.5       | 100       | 2590     | 103      | 18        | 6         | 48       |
| BEEF & CHEESE CHIMICHANGA  | 1240 | 620    | 69      | 19      | 3         | 90        | 2420     | 103      | 16        | 6         | 50       |
| <b>COMBINATIONS</b><br><i>Listed WITH Refried Beans ADD choice of Papas con Chile™ or Mexican Rice</i>   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| SIDE PAPAS CON CHILE™  | 160  | 50     | 6       | 3       | 0         | 15        | 450      | 22       | 2         | 3         | 5        |
| SIDE MEXICAN RICE  | 110  | 30     | 3.5     | 0       | 0         | 0         | 750      | 19       | 1         | 2         | 2        |
| THE MONTERREY  | 1720 | 740    | 83      | 31      | 1.5       | 195       | 4470     | 174      | 29        | 16        | 75       |
| THE GRANDE   | 1930 | 910    | 101     | 40      | 2         | 255       | 4460     | 154      | 24        | 12        | 94       |
| ENCHILADAS ITZEL WITH CHILI CON CARNE & CHILI CON QUESO  | 800  | 300    | 33      | 12      | 1.5       | 100       | 1810     | 83       | 17        | 5         | 47       |
| ENCHILADAS ITZEL WITH GREEN CHILE SAUCE & CHILI CON QUESO  | 830  | 310    | 35      | 15      | 1.5       | 100       | 1900     | 86       | 16        | 8         | 46       |
| QUESADILLA AL HORNO - Chicken  | 950  | 430    | 48      | 20      | 1         | 135       | 2110     | 79       | 16        | 5         | 51       |
| QUESADILLA AL HORNO - Chicken (Small)  | 680  | 310    | 35      | 14      | 1         | 85        | 1480     | 60       | 16        | 4         | 33       |
| QUESADILLA AL HORNO - Spinach  | 960  | 480    | 54      | 24      | 1.5       | 105       | 2210     | 83       | 18        | 8         | 39       |
| QUESADILLA AL HORNO - Spinach (Small)  | 680  | 340    | 38      | 15      | 1.5       | 70        | 1530     | 62       | 16        | 5         | 27       |
| QUESADILLA AL HORNO - Steak  | 990  | 480    | 53      | 23      | 1         | 125       | 2060     | 78       | 16        | 5         | 50       |
| QUESADILLA AL HORNO - Steak (Small)  | 700  | 330    | 37      | 15      | 1         | 80        | 1460     | 60       | 16        | 4         | 33       |
| MATAMOROS  | 1090 | 470    | 53      | 21      | 1.5       | 135       | 2910     | 103      | 18        | 11        | 55       |
| MI ABUELO'S MANJAR   | 1400 | 670    | 75      | 31      | 1.5       | 550       | 2610     | 102      | 18        | 5         | 82       |
| DEL RIO  | 980  | 390    | 44      | 14      | 1.5       | 115       | 1940     | 86       | 16        | 3         | 51       |
| CHILE RELLENOS WITH CHILE CON QUESO  | 870  | 470    | 52      | 19      | 1.5       | 85        | 1880     | 81       | 16        | 13        | 39       |
| CHILE RELLENOS WITH CHILE CON QUESO (Small)  | 560  | 240    | 26      | 8       | 1         | 35        | 1200     | 60       | 14        | 8         | 24       |
| CHILE RELLENOS WITH RANCHERA SAUCE   | 870  | 440    | 49      | 14      | 1.5       | 65        | 1870     | 78       | 17        | 11        | 36       |
| CHILE RELLENOS WITH RANCHERA SAUCE (Small)   | 520  | 210    | 24      | 5       | 1         | 20        | 1260     | 59       | 15        | 7         | 22       |
| LAREDO   | 1080 | 470    | 52      | 21      | 1.5       | 150       | 2030     | 91       | 18        | 2         | 61       |
| JUAREZ   | 1240 | 520    | 58      | 23      | 1.5       | 160       | 3080     |          | 18        | 6         | 62       |
| <b>MEXICO CITY-STYLE TACOS</b><br><i>Listed WITH Refried Beans ADD choice of Papas con Chile™ or Mexican Rice</i>                                | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| SIDE PAPAS CON CHILE™  | 160  | 50     | 6       | 3       | 0         | 15        | 450      | 22       | 2         | 3         | 5        |
| SIDE MEXICAN RICE  | 110  | 30     | 3.5     | 0       | 0         | 0         | 750      | 19       | 1         | 2         | 2        |
| CARNITA TACOS (2)  | 740  | 260    | 29      | 10      | 0.5       | 80        | 1690     | 75       | 15        | 5         | 43       |
| CARNITA TACOS (3)  | 960  | 360    | 40      | 14      | 0.5       | 120       | 2210     | 92       | 17        | 5         | 58       |
| FIRECRACKER SHRIMP TACOS (2)   | 910  | 340    | 38      | 7       | 1         | 125       | 2740     | 105      | 17        | 20        | 35       |
| FIRECRACKER SHRIMP TACOS (3)   | 1230 | 470    | 53      | 9       | 1         | 185       | 3780     | 140      | 19        | 30        | 46       |

Cal.....Calories

Cal Fat.....Calories from fat

Fat.....Total Fat

Sat.....Saturated Fat

Trans.....Trans Fat

Chol.....Cholesterol

Sod.....Sodium Carb.....Carbohydrate

Fiber.....Dietary Fiber

Sugar.....Total Sugar

Prot.....Protein

(g).....grams

(mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

| <b>MEXICO CITY-STYLE TACOS</b><br><i>Listed WITH Refried Beans ADD choice of Papas con Chile™ or Mexican Rice</i>            | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
|--|------|--------|---------|---------|-----------|-----------|----------|----------|-----------|-----------|----------|
| FRIED TILAPIA TACOS (3)  | 1360 | 560    | 62      | 11      | 1         | 65        | 2940     | 151      | 17        | 38        | 43       |
| FRIED TILAPIA TACOS (2)  | 990  | 400    | 44      | 8       | 1         | 45        | 2180     | 113      | 15        | 26        | 33       |
| FRIED TILAPIA TACOS (3)  | 1360 | 560    | 62      | 11      | 1         | 65        | 2940     | 151      | 17        | 38        | 43       |
| SHREDDED BEEF TACOS (2)  | 690  | 260    | 29      | 10      | 1.5       | 60        | 1580     | 75       | 15        | 5         | 34       |
| SHREDDED BEEF TACOS (3)  | 900  | 360    | 40      | 14      | 1.5       | 85        | 2050     | 93       | 16        | 6         | 44       |
| <b>LUNCH</b>   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| <b>ENCHILADAS &amp; TACOS</b><br><i>Listed A La Carte ADD Refried Beans &amp; Choice of Papas con Chile™ or Mexican Rice</i> |      |        |         |         |           |           |          |          |           |           |          |
| SIDE REFRIED BEANS   | 260  | 70     | 8       | 1.5     | 0.5       | 5         | 640      | 35       | 12        | 0         | 13       |
| SIDE PAPAS CON CHILE™  | 160  | 50     | 6       | 3       | 0         | 15        | 450      | 22       | 2         | 3         | 5        |
| SIDE MEXICAN RICE  | 110  | 30     | 3.5     | 0       | 0         | 0         | 750      | 19       | 1         | 2         | 2        |
| CHILE RELLENO - CHEESE WITH CHILE CON QUESO (1)  | 400  | 250    | 28      | 13      | 0.5       | 55        | 680      | 25       | 2         | 7         | 16       |
| CHILE RELLENO - CHEESE WITH RANCHERA SAUCE (1)   | 360  | 220    | 25      | 10      | 0         | 40        | 740      | 24       | 3         | 7         | 14       |
| CHILE RELLENO - SHREDDED BEEF WITH CHILE CON QUESO (1)   | 300  | 170    | 19      | 6       | 0.5       | 30        | 560      | 25       | 2         | 8         | 11       |
| CHILE RELLENO - SHREDDED BEEF WITH RANCHERA SAUCE (1)  | 260  | 140    | 16      | 3       | 0         | 15        | 620      | 24       | 3         | 7         | 9        |
| ENCHILADA - AVOCADO WITH CREAM SAUCE (1)   | 220  | 100    | 12      | 4       | 0         | 10        | 310      | 26       | 4         | 1         | 5        |
| ENCHILADA - AVOCADO WITH RANCHERA SAUCE (1)  | 220  | 110    | 12      | 2.5     | 0         | 5         | 390      | 25       | 5         | 2         | 5        |
| ENCHILADA - CARNITA WITH GREEN CHILE SAUCE (1)   | 190  | 70     | 8       | 3       | 0         | 30        | 350      | 19       | 2         | 1         | 12       |
| ENCHILADA - CARNITA WITH RED CHILE SAUCE (1)   | 220  | 90     | 11      | 3.5     | 0         | 30        | 420      | 20       | 2         | 1         | 12       |
| ENCHILADA - CHEESE WITH CHILE CON CARNE (1)  | 320  | 170    | 19      | 10      | 0         | 55        | 560      | 20       | 2         | 1         | 16       |
| ENCHILADA - CHEESE WITH GREEN CHILE SAUCE (1)  | 280  | 150    | 17      | 10      | 0         | 45        | 430      | 19       | 2         | 1         | 14       |
| ENCHILADA - CHEESE WITH RED CHILE SAUCE (1)  | 310  | 180    | 20      | 10      | 0         | 45        | 510      | 20       | 2         | 1         | 14       |
| ENCHILADA - CHICKEN WITH FIRE-ROASTED QUESO (1)  | 230  | 80     | 9       | 4.5     | 0         | 40        | 640      | 24       | 2         | 3         | 13       |
| ENCHILADA - CHICKEN WITH GREEN CHILE SAUCE (1)   | 170  | 45     | 5       | 2       | 0         | 30        | 410      | 20       | 2         | 1         | 10       |
| ENCHILADA - CHICKEN WITH RANCHERA SAUCE (1)  | 200  | 70     | 7       | 2       | 0         | 30        | 630      | 23       | 2         | 2         | 11       |
| ENCHILADA - CHICKEN WITH SOUR CREAM SAUCE (1)  | 190  | 60     | 7       | 2.5     | 0         | 35        | 1090     | 23       | 2         | 3         | 10       |
| ENCHILADA - GROUND BEEF WITH CHILE CON CARNE (1)   | 250  | 100    | 12      | 4.5     | 0         | 45        | 500      | 20       | 2         | 1         | 16       |
| ENCHILADA - GROUND BEEF WITH FIRE-ROASTED QUESO (1)  | 270  | 120    | 13      | 6       | 0         | 50        | 700      | 22       | 2         | 3         | 16       |
| ENCHILADA - SHREDDED BEEF WITH CHILE CON QUESO (1)   | 240  | 110    | 12      | 6       | 0         | 35        | 540      | 23       | 2         | 2         | 11       |
| ENCHILADA - SHREDDED BEEF WITH RANCHERA SAUCE (1)  | 210  | 90     | 10      | 3.5     | 0         | 20        | 530      | 22       | 2         | 2         | 9        |
| ENCHILADA - SHREDDED BEEF WITH RED CHILE SAUCE (1)   | 210  | 90     | 11      | 3.5     | 0         | 20        | 390      | 21       | 2         | 1         | 8        |
| ENCHILADA - SPINACH WITH CREAM SAUCE (1)   | 210  | 80     | 9       | 5       | 0         | 20        | 540      | 26       | 2         | 3         | 7        |
| ENCHILADA - SPINACH WITH RANCHERA SAUCE (1)  | 200  | 80     | 9       | 3.5     | 0         | 15        | 590      | 24       | 3         | 3         | 6        |
| TACO - CRISPY CHICKEN (1)  | 190  | 70     | 8       | 2.5     | 0         | 40        | 380      | 16       | 2         | 1         | 12       |
| TACO - CRISPY GROUND BEEF (1)  | 260  | 130    | 14      | 5       | 0         | 50        | 330      | 15       | 2         | 1         | 16       |
| TACO - CRISPY SHREDDED BEEF (1)  | 210  | 110    | 12      | 4       | 0         | 25        | 240      | 16       | 2         | 1         | 10       |
| DURANGO BURRITO  | 700  | 310    | 35      | 11      | 1.5       | 65        | 2020     | 66       | 16        | 5         | 34       |
| LUNCH CHIMICHANGA - GROUND BEEF WITH CHILE CON QUESO   | 1010 | 520    | 57      | 17      | 3         | 90        | 2120     | 81       | 15        | 6         | 44       |
| LUNCH CHIMICHANGA - SHREDDED CHICKEN WITH CHILE CON QUESO  | 950  | 460    | 51      | 15      | 2.5       | 90        | 2220     | 82       | 15        | 6         | 42       |

Cal.....Calories

Cal Fat.....Calories from fat

Fat.....Total Fat

Sat.....Saturated Fat

Trans.....Trans Fat

Chol.....Cholesterol

Sod.....Sodium Carb.....Carbohydrate

Fiber.....Dietary Fiber

Sugar.....Total Sugar

Prot.....Protein (g).....grams

(mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

| <b>LUNCH SPECIALS</b>   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
|---|------|--------|---------|---------|-----------|-----------|----------|----------|-----------|-----------|----------|
| <i>Listed WITH Refried Beans ADD Choice of Papas con Chile™ or Mexican Rice Unless Otherwise Stated</i> |      |        |         |         |           |           |          |          |           |           |          |
| LUNCH FAJITAS - CHICKEN WITH CHARRO BEANS & CONDIMENTS  | 890  | 440    | 50      | 26      | 0.5       | 200       | 1880     | 61       | 9         | 9         | 50       |
| LUNCH FAJITAS - STEAK WITH CHARRO BEANS & CONDIMENTS  | 960  | 510    | 58      | 29      | 0.5       | 185       | 1840     | 61       | 9         | 8         | 50       |
| LUNCH FAJITAS - SHRIMP WITH CHARRO BEANS & CONDIMENTS   | 1110 | 650    | 75      | 42      | 0.5       | 355       | 1880     | 74       | 9         | 20        | 40       |
| LUNCH FAJITA TACOS - CHICKEN  | 780  | 310    | 34      | 12      | 1         | 95        | 1850     | 79       | 17        | 5         | 41       |
| LUNCH FAJITA TACOS - STEAK  | 830  | 360    | 40      | 15      | 1         | 85        | 1800     | 78       | 17        | 5         | 40       |
| LUNCH TILAPIA VERACRUZ WITH SIDES   | 620  | 310    | 35      | 15      | 2         | 155       | 1430     | 38       | 4         | 8         | 40       |
| SAUTÉED CHICKEN ZUCCHINI WITH SIDES   | 700  | 400    | 46      | 25      | 0.5       | 175       | 2010     | 48       | 7         | 9         | 30       |
| STUFFED CHICKEN MEDALLIONS  | 850  | 390    | 44      | 12      | 1.5       | 125       | 1720     | 73       | 14        | 6         | 45       |
| TILAPIA VERACRUZ WITH SIDES   | 620  | 310    | 35      | 15      | 2         | 155       | 1430     | 38       | 4         | 8         | 40       |
| HUEVOS RANCHEROS  | 1120 | 560    | 62      | 26      | 1         | 480       | 2280     | 85       | 17        | 6         | 60       |
| HALF QUESADILLA AL HORNO - CHICKEN  | 680  | 310    | 35      | 14      | 1         | 85        | 1480     | 60       | 16        | 4         | 33       |
| HALF QUESADILLA AL HORNO - STEAK  | 700  | 330    | 37      | 15      | 1         | 80        | 1460     | 60       | 16        | 4         | 33       |
| <b>LUNCH SPECIALS</b>   |      |        |         |         |           |           |          |          |           |           |          |
| <i>Each lunch entrée below is a meal in itself and does not include sides</i>                           |      |        |         |         |           |           |          |          |           |           |          |
| SOUP & REYNOSA SALAD  |      |        |         |         |           |           |          |          |           |           |          |
| TORTILLA SOUP CUP   | 230  | 90     | 10      | 2.5     | 0         | 25        | 540      | 25       | 3         | 2         | 10       |
| REYNOSA SALAD - GROUND BEEF <i>(Without Dressing)</i>   | 560  | 300    | 33      | 13      | 1         | 95        | 1720     | 36       | 8         | 9         | 33       |
| REYNOSA SALAD - SHREDDED CHICKEN <i>(Without Dressing)</i>  | 460  | 220    | 24      | 9       | 0         | 80        | 1790     | 38       | 8         | 10        | 27       |
| GRANDE BURRITO GROUND BEEF WITH CHILE CON CARNE   | 1000 | 410    | 46      | 16      | 2.5       | 140       | 2870     |          | 15        | 4         | 60       |
| GRANDE BURRITO SHREDDED CHICKEN WITH SOUR CREAM SAUCE   | 860  | 300    | 33      | 13      | 2         | 120       | 4650     | 93       | 14        | 12        | 44       |
| MEXICAN STACK   | 1040 | 550    | 61      | 23      | 2.5       | 165       | 2470     | 62       | 15        | 7         | 56       |
| PASTA LA PAZ  | 1470 | 920    | 103     | 53      | 6         | 320       | 2650     | 95       | 7         | 11        | 39       |
| PASTA MOJO DE AJO - CHICKEN   | 860  | 390    | 44      | 14      | 4.5       | 95        | 1260     | 82       | 7         | 6         | 32       |
| PASTA MOJO DE AJO - CHICKEN & SHRIMP  | 940  | 400    | 46      | 15      | 4.5       | 175       | 1460     | 83       | 7         | 7         | 46       |
| PASTA MOJO DE AJO - SHRIMP  | 940  | 480    | 54      | 10      | 9         | 105       | 1640     | 84       | 7         | 7         | 27       |
| <b>DESSERTS</b>   |      |        |         |         |           |           |          |          |           |           |          |
| TRADITIONAL FLAN  | 540  | 280    | 31      | 19      | 1         | 225       | 140      | 63       | 0         | 62        | 10       |
| DULCE DE LECHE CHEESECAKE   | 980  | 390    | 44      | 25      | 1         | 205       | 600      | 129      | 0         | 102       | 17       |
| TRES LECHES CAKE  | 760  | 330    | 37      | 25      | 0         | 155       | 290      | 97       | 0         | 79        | 12       |
| CHOCOLATE ERUPTION  | 950  | 340    | 37      | 18      | 0         | 80        | 980      | 141      | 4         | 87        | 14       |
| MAGARITA PIE  | 700  | 320    | 36      | 23      | 0.5       | 165       | 260      | 78       | 1         | 66        | 13       |
| SOPAPILLA FULL  | 540  | 190    | 21      | 3       | 0         | 0         | 940      | 75       | 3         | 6         | 9        |
| SOPAPILLA HALF  | 280  | 100    | 11      | 1.5     | 0         | 0         | 470      | 39       | 2         | 5         | 5        |
| <b>KIDS MENU</b>  |      |        |         |         |           |           |          |          |           |           |          |
| <i>ADD Choice of Sides</i>  |      |        |         |         |           |           |          |          |           |           |          |
| BEAN & CHEESE BURRITO W/QUESO   | 500  | 260    | 29      | 16      | 1         | 70        | 1220     | 36       | 6         | 4         | 25       |
| BEEF & BEAN BURRITO W/QUESO   | 410  | 170    | 19      | 8       | 1         | 60        | 1140     | 36       | 6         | 4         | 24       |
| CHEESE ENCHILADA W/CARNE CON CARNE  | 320  | 170    | 19      | 10      | 0         | 55        | 560      | 20       | 2         | 1         | 16       |
| CHEESE NACHOS   | 500  | 240    | 27      | 10      | 0         | 40        | 320      | 49       | 4         | 1         | 15       |

Cal.....Calories

Cal Fat.....Calories from fat

Fat.....Total Fat

Sat.....Saturated Fat

Trans.....Trans Fat

Chol.....Cholesterol

Sod.....Sodium Carb.....Carbohydrate

Fiber.....Dietary Fiber

Sugar.....Total Sugar

Prot.....Protein (g).....grams

(mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

| <b>KIDS MENU</b><br><i>ADD Choice of Sides</i>          | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
|---|------|--------|---------|---------|-----------|-----------|----------|----------|-----------|-----------|----------|
| CHEESE QUESADILLA                                       | 260  | 140    | 16      | 9       | 0         | 40        | 500      | 16       | 1         | 1         | 12       |
| CHEESEBURGER TACO                                       | 260  | 120    | 14      | 6       | 0         | 50        | 500      | 17       | 1         | 1         | 15       |
| CHICKEN NUGGETS   | 230  | 140    | 16      | 2       | 0         | 25        | 650      | 13       | 1         | 0         | 11       |
| GRILLED CHICKEN   | 100  | 20     | 2       | 0       | 0         | 50        | 300      | 1        | 0         | 0         | 17       |
| TACO CRISPY BEEF  | 260  | 130    | 14      | 5       | 0         | 50        | 330      | 15       | 2         | 1         | 16       |
| TACO SOFT BEEF  | 260  | 120    | 13      | 5       | 0         | 50        | 550      | 17       | 1         | 1         | 17       |
| TAMALE W/CHILE CON CARNE                                | 220  | 90     | 10      | 3.5     | 0         | 20        | 470      | 15       | 0         | 1         | 6        |
| KIDS SIDE FRENCH FRIES                                  | 470  | 240    | 27      | 8       | --        | 0         | 870      | 56       | 5         | --        | 5        |
| KIDS SIDE MEXICAN RICE                                  | 90   | 20     | 2.5     | 0       | 0         | 0         | 560      | 14       | 1         | 2         | 1        |
| KIDS SIDE REFRIED BEANS                                 | 160  | 45     | 5       | 1.5     | 0         | 5         | 390      | 21       | 7         | 0         | 8        |
| <b>NON-ALCOHOLIC BEVERAGES</b>                          | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| COFFEE  | 0    | 0      | 0       | 0       | 0         | 0         | 0        | 0        | 0         | 0         | 0        |
| DASANI WATER (BOTTLE)                                   | 0    | 0      | 0       | 0       | 0         | 0         | 0        | 0        | 0         | 0         | 0        |
| FOUNTAIN - COKE   | 120  | 0      | 0       | 0       | 0         | 0         | 40       | 33       | 0         | 33        | 0        |
| FOUNTAIN - COKE ZERO                                    | 0    | 0      | 0       | 0       | 0         | 0         | 35       | 0        | 0         | 0         | 0        |
| FOUNTAIN - DIET COKE                                    | 0    | 0      | 0       | 0       | 0         | 0         | 35       | 0        | 0         | 0         | 0        |
| FOUNTAIN - DR. PEPPER                                   | 130  | 0      | 0       | 0       | 0         | --        | 45       | 34       | 0         | 34        | 0        |
| FOUNTAIN - FUZE RASPBERRY ICED TEA                      | 50   | 0      | 0       | 0       | 0         | 0         | 5        | 13       | 0         | 13        | 0        |
| FOUNTAIN - SPRITE                                       | 130  | 0      | 0       | 0       | 0         | 0         | 30       | 34       | 0         | 30        | 0        |
| FRUITY LEMONADE MANGO                                   | 140  | 0      | 0       | 0       | 0         | 0         | 10       | 36       | 0         | 34        | 0        |
| FRUITY LEMONADE RASPBERRY                               | 130  | 0      | 0       | 0       | 0         | 0         | 10       | 36       | 0         | 33        | 0        |
| FRUITY LEMONADE STRAWBERRY                              | 130  | 0      | 0       | 0       | 0         | 0         | 10       | 35       | 0         | 33        | 0        |
| <b>MARGARITAS &amp; SWIRLS</b>                          | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| AGAVE MARGARITA   | 360  | 0      | 0       | 0       | 0         | 0         | 2840     | 54       | 1         | 49        | 0        |
| CERVEZA MARGARITA                                       | 660  | 0      | 0       | 0       | 0         | 0         | 2870     | 83       | 0         | 74        | 1        |
| EL JEFE MARGARITA                                       | 240  | 0      | 0       | 0       | 0         | 0         | 2840     | 41       | 1         | 37        | 1        |
| FRUIT MARGARITA FROZEN GRANDE MANGO                     | 850  | 0      | 0       | 0       | 0         | 0         | 40       | 156      | 0         | 151       | 0        |
| FRUIT MARGARITA FROZEN GRANDE PEACH                     | 840  | 0      | 0       | 0       | 0         | 0         | 45       | 153      | 0         | 149       | 0        |
| FRUIT MARGARITA FROZEN GRANDE RASPBERRY                 | 840  | 0      | 0       | 0       | 0         | 0         | 30       | 153      | 0         | 148       | 0        |
| FRUIT MARGARITA FROZEN GRANDE STRAWBERRY                | 840  | 0      | 0       | 0       | 0         | 0         | 40       | 151      | 0         | 144       | 0        |
| FRUIT MARGARITA FROZEN PITCHER MANGO W/O SUGAR RIM      | 2110 | 0      | 0       | 0       | 0         | 0         | 105      | 363      | 1         | 351       | 0        |
| FRUIT MARGARITA FROZEN PITCHER PEACH W/O SUGAR RIM      | 2090 | 0      | 0       | 0       | 0         | 0         | 115      | 357      | 1         | 347       | 0        |
| FRUIT MARGARITA FROZEN PITCHER RASPBERRY W/O SUGAR RIM  | 2080 | 0      | 0       | 0       | 0         | 0         | 90       | 358      | 1         | 345       | 0        |
| FRUIT MARGARITA FROZEN PITCHER STRAWBERRY W/O SUGAR RIM | 2080 | 0      | 0       | 0       | 0         | 0         | 105      | 353      | 1         | 338       | 0        |
| FRUIT MARGARITA FROZEN REGULAR MANGO                    | 520  | 0      | 0       | 0       | 0         | 0         | 25       | 97       | 0         | 93        | 0        |
| FRUIT MARGARITA FROZEN REGULAR PEACH                    | 520  | 0      | 0       | 0       | 0         | 0         | 25       | 95       | 0         | 92        | 0        |
| FRUIT MARGARITA FROZEN REGULAR RASPBERRY                | 520  | 0      | 0       | 0       | 0         | 0         | 20       | 95       | 0         | 92        | 0        |
| FRUIT MARGARITA FROZEN REGULAR STRAWBERRY               | 520  | 0      | 0       | 0       | 0         | 0         | 25       | 94       | 0         | 89        | 0        |

Cal.....Calories

Fat Cal.....Calories from fat

Fat.....Total Fat

Sat.....Saturated Fat

Trans.....Trans Fat

Chol.....Cholesterol

Sod.....Sodium Carb.....Carbohydrate

Fiber.....Dietary Fiber

Sugar.....Total Sugar

Prot.....Protein

(g).....grams

(mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.



| <b>MARGARITAS &amp; SANGRIA</b>          | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
|--|------|--------|---------|---------|-----------|-----------|----------|----------|-----------|-----------|----------|
| 1800 HAND SHAKEN MARGARITA               | 300  | 0      | 0       | 0       | 0         | 0         | 2840     | 35       | 0         | 27        | 0        |
| LA GRANDEZA FROZEN GRANDE                | 760  | 0      | 0       | 0       | 0         | 0         | 2880     | 109      | 0         | 106       | 0        |
| LA GRANDEZA FROZEN MUG                   | 310  | 0      | 0       | 0       | 0         | 0         | 2850     | 44       | 0         | 42        | 0        |
| LA GRANDEZA FROZEN PITCHER W/O SALT      | 1900 | 0      | 0       | 0       | 0         | 0         | 105      | 271      | 1         | 265       | 0        |
| LA GRANDEZA ROCKS GRANDE                 | 530  | 0      | 0       | 0       | 0         | 0         | 2860     | 63       | 0         | 61        | 0        |
| LA GRANDEZA ROCKS MUG                    | 210  | 0      | 0       | 0       | 0         | 0         | 2840     | 25       | 0         | 25        | 0        |
| LA GRANDEZA ROCKS PITCHER W/O SALT       | 1390 | 0      | 0       | 0       | 0         | 0         | 60       | 163      | 0         | 159       | 0        |
| PLATINUM MARGARITA                       | 300  | 0      | 0       | 0       | 0         | 0         | 2840     | 35       | 0         | 27        | 0        |
| SKINNY MARGARITA                         | 140  | 0      | 0       | 0       | 0         | 0         | 2840     | 11       | 0         | 1         | 0        |
| SANGRIA FROZEN MIXED BERRY CARAFE        | 880  | 0      | 0       | 0       | 0         | 0         | 115      | 138      | 1         | 129       | 0        |
| SANGRIA FROZEN MIXED BERRY GLASS         | 350  | 0      | 0       | 0       | 0         | 0         | 45       | 54       | 0         | 51        | 0        |
| SANGRIA SPANISH ROJA GLASS               | 250  | 0      | 0       | 0       | 0         | 0         | 10       | 30       | 0         | 26        | 0        |
| SANGRIA SPANISH ROJA CARAFE              | 690  | 0      | 0       | 0       | 0         | 0         | 30       | 79       | 1         | 68        | 0        |
| SANGRIA SWIRL GRANDE                     | 700  | 0      | 0       | 0       | 0         | 0         | 50       | 102      | 0         | 99        | 0        |
| SANGRIA SWIRL PITCHER                    | 1580 | 0      | 0       | 0       | 0         | 0         | 115      | 227      | 0         | 221       | 0        |
| SANGRIA SWIRL REGULAR                    | 420  | 0      | 0       | 0       | 0         | 0         | 30       | 61       | 0         | 59        | 0        |
| SKINNY MARGARITA                         | 140  | 0      | 0       | 0       | 0         | 0         | 2840     | 11       | 0         | 1         | 0        |
| <b>MOJITOS</b>                           | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| MOJITO SHAKER                            | 200  | 0      | 0       | 0       | 0         | 0         | 10       | 28       | 0         | 26        | 0        |
| MOJITO SHAKER BLACKBERRY                 | 240  | 0      | 0       | 0       | 0         | 0         | 10       | 39       | 1         | 33        | 0        |
| MOJITO SHAKER MANGO                      | 230  | 0      | 0       | 0       | 0         | 0         | 10       | 37       | 1         | 33        | 0        |
| MOJITO SHAKER STRAWBERRY                 | 210  | 0      | 0       | 0       | 0         | 0         | 10       | 33       | 0         | 31        | 0        |
| SKINNY MOJITO                            | 110  | 0      | 0       | 0       | 0         | 0         | 10       | 10       | 1         | 1         | 0        |
| <b>BEER &amp; WINE</b>                   | Cal  | FatCal | Fat (g) | Sat (g) | Trans (g) | Chol (mg) | Sod (mg) | Carb (g) | Fiber (g) | Sugar (g) | Prot (g) |
| BEER BOTTLE BLUE MOON                    | 220  | 0      | 0       | 0       | 0         | 0         | 20       | 19       | 0         | 0         | 3        |
| BEER BOTTLE BOHEMIA                      | 150  | 0      | 0       | 0       | 0         | 0         | 0        | 14       | 0         | 3         | 1        |
| BEER BOTTLE CORONA EXTRA                 | 150  | 0      | 0       | 0       | 0         | 0         | 15       | 14       | 0         | 4         | 1        |
| BEER BOTTLE CORONA LIGHT                 | 100  | 0      | 0       | 0       | 0         | 0         | 0        | 5        | 0         | --        | 1        |
| BEER BOTTLE DOS EQUIS                    | 130  | 0      | 0       | 0       | 0         | 0         | 0        | 11       | 0         | 3         | 4        |
| BEER BOTTLE HEINEKEN                     | 140  | 0      | 0       | 0       | 0         | 0         | 0        | 12       | 0         | 0         | 2        |
| BEER BOTTLE LAGUNITAS IPA                | 130  | 0      | 0       | 0       | 0         | 0         | 0        | 11       | 0         | 3         | 4        |
| BEER BOTTLE MODELO ESPECIAL              | 150  | 0      | 0       | 0       | 0         | 0         | 15       | 14       | 0         | 4         | 1        |
| BEER BOTTLE NEGRA MODELO                 | 160  | 0      | 0       | 0       | 0         | 0         | 10       | 15       | 0         | 13        | 1        |
| BEER BOTTLE PACIFICO                     | 140  | 0      | 0       | 0       | 0         | 0         | 10       | 14       | 0         | 12        | 1        |
| BEER BOTTLE STRONGBOW GOLD APPLE         | 180  | 0      | 0       | 0       | 0         | 0         | 0        | 20       | 0         | 0         | 0        |
| BEER BOTTLE TECATE                       | 140  | 0      | 0       | 0       | 0         | 0         | 0        | 13       | 0         | 3         | 1        |
| TAP BEER DOS EQUIS AMBAR REGULAR (12 OZ) | 150  | 0      | 0       | 0       | 0         | 0         | 0        | 13       | 0         | 3         | 4        |
| TAP BEER DOS EQUIS AMBAR GRANDE (20 OZ)  | 240  | 0      | 0       | 0       | 0         | 0         | 0        | 22       | 0         | 5         | 6        |
| TAP BEER DOS EQUIS AMBAR PITCHER (52 OZ) | 630  | 0      | 0       | 0       | 0         | 0         | 0        | 58       | 0         | 14        | 15       |

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Sugar.....Total Sugar

Prot.....Protein

(g).....grams

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2,000 calories a day is used for general nutrition advice, but calorie needs vary.

| <b>BEER &amp; WINE</b>                            | <b>Cal</b> | <b>FatCal</b> | <b>Fat (g)</b> | <b>Sat (g)</b> | <b>Trans (g)</b> | <b>Chol (mg)</b> | <b>Sod (mg)</b> | <b>Carb (g)</b> | <b>Fiber (g)</b> | <b>Sugar (g)</b> | <b>Prot (g)</b> |
|---|------------|---------------|----------------|----------------|------------------|------------------|-----------------|-----------------|------------------|------------------|-----------------|
| TAP BEER DOS EQUIS LAGER REGULAR (12 OZ)          | 130        | 0             | 0              | 0              | 0                | 0                | 0               | 11              | 0                | 3                | 4               |
| TAP BEER DOS EQUIS LAGER GRANDE (20 OZ)           | 220        | 0             | 0              | 0              | 0                | 0                | 0               | 19              | 0                | 5                | 6               |
| TAP BEER DOS EQUIS LAGER PITCHER (52 OZ)          | 570        | 0             | 0              | 0              | 0                | 0                | 0               | 49              | 0                | 12               | 15              |
| WINE DONA PAULA ESTATE RED BLEND (5 OZ GLASS)     | 130        | --            | --             | 0              | 0                | 0                | 0               | 4               | 0                | 0                | 0               |
| WINE DONA PAULA ESTATE RED BLEND (8 OZ GLASS)     | 210        | --            | --             | 0              | 0                | 0                | 0               | 6               | 0                | 0                | 0               |
| WINE DONA PAULA ESTATE RED BLEND (BOTTLE 750 ML)  | 650        | --            | --             | 0              | 0                | 0                | 0               | 20              | 0                | 1                | 0               |
| WINE JARGON PINOT NOIR (5 OZ GLASS)               | 120        | --            | --             | 0              | 0                | 0                | 0               | 4               | 0                | 1                | 0               |
| WINE JARGON PINOT NOIR (8 OZ GLASS)               | 200        | --            | --             | 0              | 0                | 0                | 0               | 6               | 0                | 1                | 0               |
| WINE JARGON PINOT NOIR (BOTTLE 750 ML)            | 620        | --            | --             | 0              | 0                | 0                | 0               | 20              | 0                | 3                | 0               |
| WINE KORBEL SPARKLING (5OZ GLASS)                 | 110        | 0             | 0              | 0              | 0                | 0                | 0               | 4               | 0                | 4                | 0               |
| WINE LOS CARDOS CABERNET SAUVIGNON (5 OZ GLASS)   | 130        | --            | --             | 0              | 0                | 0                | 0               | 5               | 0                | 0                | 0               |
| WINE LOS CARDOS CABERNET SAUVIGNON (8 OZ GLASS)   | 200        | --            | --             | 0              | 0                | 0                | 0               | 8               | 0                | 0                | 0               |
| WINE LOS CARDOS CABERNET SAUVIGNON (BOTTLE 750ML) | 650        | --            | --             | 0              | 0                | 0                | 0               | 25              | 0                | 1                | 0               |
| WINE LOS CARDOS CHARDONNAY (5OZ GLASS)            | 120        | --            | --             | 0              | 0                | 0                | 0               | 3               | 0                | 0                | 0               |
| WINE LOS CARDOS CHARDONNAY (8OZ GLASS)            | 190        | --            | --             | 0              | 0                | 0                | 0               | 5               | 0                | 0                | 0               |
| WINE LOS CARDOS CHARDONNAY (BOTTLE 750ML)         | 610        | --            | --             | 0              | 0                | 0                | 0               | 15              | 0                | 1                | 0               |
| WINE MONTEVINA PINOT GRIGIO (5OZ GLASS)           | 120        | --            | --             | 0              | 0                | 0                | 0               | 3               | 0                | 1                | 0               |
| WINE MONTEVINA PINOT GRIGIO (8OZ GLASS)           | 190        | --            | --             | 0              | 0                | 0                | 0               | 5               | 0                | 1                | 0               |
| WINE MONTEVINA PINOT GRIGIO (BOTTLE 750ML)        | 600        | --            | --             | 0              | 0                | 0                | 0               | 15              | 0                | 4                | 0               |
| WINE SUTTER HOME WHITE ZINFANDEL (5OZ GLASS)      | 110        | --            | --             | 0              | 0                | 0                | 0               | 8               | 0                | 6                | 0               |
| WINE SUTTER HOME WHITE ZINFANDEL (8OZ GLASS)      | 170        | --            | --             | 0              | 0                | 0                | 0               | 13              | 0                | 9                | 0               |
| WINE SUTTER HOME WHITE ZINFANDEL (BOTTLE 750ML)   | 550        | --            | --             | 0              | 0                | 0                | 0               | 41              | 0                | 29               | 0               |

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