

# ABUELO'S

FOOD + DRINKS + FAMILY

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 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.07202018v1

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

<b>DIPS</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
ABUELO'S DIP SAMPLER	790	530	58	20	1	110	2800	34	9	12	31
BEEF TENDERLOIN FLAMEADO WITH CORN TORTILLAS	1170	610	68	37	2.5	235	1230	65	8	10	73
BEEF TENDERLOIN FLAMEADO WITH FLOUR TORTILLAS	1220	660	73	38	2.5	235	1870	63	6	10	74
CHILE CON QUESO	360	220	24	15	1	70	1540	20	0	11	17
GUACAMOLE LARGE	340	260	29	4.5	0	0	1100	21	13	3	5
GUACAMOLE SMALL	180	140	15	2	0	0	570	12	7	2	3
QUESO DIABLO	390	220	24	10	1	95	1350	13	2	4	30

<b>APPETIZERS + SMALL BITES</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
BACON-WRAPPED STUFFED SHRIMP	390	270	30	9	0	160	750	2	0	1	26
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
ESPINACA STUFFED MUSHROOMS	250	170	19	11	0	55	870	13	2	5	11
GREEN CHILE QUESADILLA	1050	710	81	39	0.5	180	1320	54	7	13	25
ADD ON FAJITA CHICKEN	70	15	1.5	0	0	35	210	1	0	0	12
JALAPEÑO CHEESE FRITTERS	1250	780	86	29	1	125	1510	71	4	11	37
NACHOS GRANDE - FAJITA CHICKEN	1980	980	109	40	1.5	230	2390	178	19	8	78
NACHOS GRANDE - FAJITA STEAK	2050	1040	116	43	1.5	220	2350	177	19	8	78
NACHOS GRANDE - GROUND BEEF	2190	1140	127	47	2.5	265	2710	179	19	9	88
NACHOS GRANDE - REFRIED BEANS	2110	1020	113	40	2.5	165	2640	211	31	9	69
NACHOS GRANDE - SHREDDED CHICKEN	2030	1010	112	41	2	250	2830	182	19	10	78
PORK SHANKS	480	220	25	7	1.5	95	600	37	0	29	27
SEARED TUNA	540	230	26	3.5	0	70	4270	35	6	22	37

<b>SALADS + SOUPS</b> <i>Add Choice Of Dressing Unless Otherwise Noted</i>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
FAJITA SALAD - CHICKEN	530	190	21	7	0	100	1160	47	11	13	38
FAJITA SALAD - SHRIMP	550	230	26	10	0	185	1150	54	12	18	29
FAJITA SALAD - STEAK	610	270	30	11	0	85	1110	46	11	13	38
GRILLED CHICKEN SALAD <i>(With Honey Mustard Dressing)</i>	900	480	54	7	0	90	1000	74	12	50	36
REYNOSA SALAD - GROUND BEEF	1030	560	62	23	1.5	155	2540	68	10	11	54
REYNOSA SALAD - SHREDDED CHICKEN	870	430	47	17	0	135	2660	70	10	12	44
<b>MADE FROM SCRATCH DRESSINGS</b>											
FAT FREE 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
SALSA ROJA 3FLOZ	20	0	0	0	0	0	790	5	1	3	1
SOUTHWEST RANCH DRESSING 3FLOZ	290	210	24	5	0	20	490	5	0	3	3
BAJA SHRIMP CHOWDER	590	400	44	25	2.5	160	1500	30	2	6	20
TORTILLA SOUP	600	300	34	9	0.5	65	1090	57	10	5	21
<b>SOPA DEL DÍA</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
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
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

<b>FABULOUS FAJITAS</b> <i>Listed WITHOUT Condiments &amp; Sides</i>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
BACON-WRAPPED STUFFED SHRIMP*	1090	760	85	33	1	390	2450	26	4	11	57
CHICKEN*	430	210	24	13	0	160	800	18	3	8	36
PORK SHANKS*	1300	880	102	50	2	340	1030	61	4	42	44
STEAK*	570	330	37	19	0	155	810	18	3	8	40
VEGETARIAN	330	220	25	15	0	75	440	27	6	13	5
YUCATAN BARBEQUE SHRIMP*	550	230	27	15	0	370	1490	46	4	31	34
FAJITA TRIO	710	300	34	18	0	315	1920	47	4	30	55
<b>FAJITAS SIDES &amp; CONDIMENTS</b>											
CORN TORTILLAS, CHARRO BEANS, MEXICAN RICE, GUACAMOLE, SOUR CREAM, CHEESE & PICO DE GALLO	450	190	21	8	0	40	350	59	8	5	11
FLOUR TORTILLAS, CHARRO BEANS, MEXICAN RICE, GUACAMOLE, SOUR CREAM, CHEESE & PICO DE GALLO	500	230	26	10	0	40	990	57	6	5	12
ROMAINE LEAVES, CHARRO BEANS, MEXICAN RICE, GUACAMOLE, SOUR CREAM, CHEESE & PICO DE GALLO	220	160	18	8	0	40	310	11	4	4	6
<b>ULTIMATE FAJITA FEAST</b> <i>Listed with fajita sides &amp; condiments serves 4-5 people</i>											
ULTIMATE FAJITA FEAST WITH CORN TORTILLAS	5220	2430	273	106	4.5	1145	10590	421	61	82	278
ULTIMATE FAJITA FEAST WITH FLOUR ORTILLAS	5540	2610	293	113	4.5	1145	13280	445	51	84	283
ULTIMATE FAJITA FEAST WITH ROMAINE LEAVES	4410	2340	263	104	4.5	1145	10520	260	44	80	258
<i>*For Fajita Combos "Fajitas for One - Choose Any Two Flavors" use half of the value listed for each flavor selected</i>											
<i>*For Fajita Combos "Fajitas For Two - Choose Any Four Flavors" use the value that is listed for each of the four flavors selected</i>											

<b>HOUSE SPECIALTIES</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
<b>BEEF &amp; PORK</b> <i>Listed WITH Charro Beans &amp; Papas con Chile™</i>											
PORK TENDERLOIN ABRIGADA <i>Listed Without Enchiladas</i>	760	330	37	14	0	180	1700	42	8	7	65
RIBEYE STEAK & ENCHILADAS <i>Listed Without Enchiladas</i>	820	330	37	15	0	205	2200	48	9	9	74
LOS MEJORES DE LA CASA	1130	580	64	24	1	315	3300	49	7	8	84
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
CARNE ASADA A LA TAMPIQUENA	1170	580	65	33	0.5	215	2520	71	11	10	76
<b>CHICKEN</b> <i>Listed WITH Charro Beans &amp; Mexican Rice</i>											
PECHUGA CON CALABAZA	1040	630	71	41	1.5	295	2620	57	8	13	50
STUFFED CHICKEN MEDALLIONS WITH ENCHILADA <i>Listed Without Enchiladas</i>	820	380	42	11	1	125	2400	72	8	8	41
<b>SEAFOOD</b> <i>Listed WITH Seasonal Vegetable Medley &amp; Cilantro Lime Rice</i>											
<b>CHOOSE A FLAVORFUL FISH</b>											
AUSTRALIAN SEA BASS	540	210	23	4.5	2	105	1340	29	3	4	52
SALMON	660	310	35	6	2	145	1280	29	3	4	56
TILAPIA	590	270	31	13	2	145	1240	29	3	4	50
<b>ADD FAVORITE SAUCE</b>											
GUERRERO SAUCE	580	430	48	27	1	245	900	19	3	7	19
MOJO DE AJO SAUCE	310	230	26	5	4.5	115	690	4	1	1	13
SAN CARLOS SAUCE	180	120	13	7	0	140	310	3	0	1	13
VERACRUZ SAUCE	160	60	7	3	0	130	770	8	1	3	14
ENCHILADAS DE COZUMEL	1190	680	76	32	3	210	1610	101	16	10	30
SHRIMP ENCHILADAS	990	580	65	27	3	325	2140	59	4	12	36

<b>TEX MEX - COMBINATIONS</b> <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)
ADD SIDE PAPAS CON CHILE™	160	50	6	3	0	15	450	22	2	3	5
ADD SIDE MEXICAN RICE	110	30	3.5	0	0	0	750	19	1	2	2
CHILE RELLENOS CHEESE (1) WITH CHILE CON QUESO & ENCHILADA <i>Listed Without Enchilada</i>	660	320	36	14	1	60	1330	60	14	8	30
CHILE RELLENOS CHEESE (1) WITH RANCHERA SAUCE & ENCHILADA <i>Listed Without Enchilada</i>	620	290	33	11	1	45	1390	59	15	7	28
CHILE RELLENOS SHREDDED BEEF (1) WITH CHILE CON QUESO & ENCHILADA <i>Listed Without Enchilada</i>	560	240	26	8	1	35	1200	60	14	8	24
CHILE RELLENOS SHREDDED BEEF (1) WITH RANCHERA SAUCE & ENCHILADA <i>Listed Without Enchilada</i>	520	210	24	5	1	20	1260	59	15	7	22
DEL RIO	1010	410	46	15	1.5	125	2000	86	17	3	54
GREEN CHILE CHICKEN QUESADILLA	1380	800	90	41	1	220	2170	90	19	14	50
JUAREZ	1270	530	60	24	1.5	170	3150	109	18	6	65
LAREDO	1110	490	54	22	1.5	160	2090	92	18	3	64
MI ABUELO'S MANJAR	1400	670	75	31	1.5	550	2610	102	18	5	82
QUESADILLA AL HORNO - Chicken	950	430	48	20	1	135	2110	79	16	5	51
QUESADILLA AL HORNO - Spinach	960	480	54	24	1.5	105	2210	83	18	8	39
QUESADILLA AL HORNO - Steak	990	480	53	23	1	125	2060	78	16	5	50
THE GRANDE	1970	930	103	41	2.5	265	4520	154	24	13	97
THE MONTERREY	1740	750	83	31	1.5	200	4550	175	29	16	77

<b>TEX MEX - MEXICO CITY-STYLE TACOS</b> <i>Listed WITH Charro Beans &amp; Mexican Rice</i>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
AUSTALIAN SEABASS TACOS - FRIED	890	360	40	7	0	80	2270	88	9	21	43
AUSTALIAN SEABASS TACOS - GRILLED	810	260	29	6	0	95	2290	88	9	21	49
SHRIMP MOJO DE AJO TACOS	890	390	43	8	3	165	3030	93	11	22	32
TACOS AL PASTOR	800	310	35	12	0	110	2800	73	9	10	47

<b>TEX MEX - TRADITIONAL TACOS</b> <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)
ADD SIDE PAPAS CON CHILE™	160	50	6	3	0	15	450	22	2	3	5
ADD SIDE MEXICAN RICE	110	30	3.5	0	0	0	750	19	1	2	2
CRISPY TACOS - SEASONED GROUND BEEF	1120	500	56	18	2	175	1830	82	18	3	71
CRISPY TACOS - CHICKEN TINGA	880	310	34	9	1	150	2010	86	18	4	56
TACOS AL CARBON - FAJITA CHICKEN	790	310	34	13	1	120	1720	74	17	8	48
TACOS AL CARBON - FAJITA STEAK	840	360	41	16	1	95	1640	77	18	8	43

<b>TEX MEX - ENCHILADAS</b> <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)
ADD SIDE REFRIED BEANS	260	70	8	1.5	0.5	5	640	35	12	0	13
ADD SIDE PAPAS CON CHILE™	160	50	6	3	0	15	450	22	2	3	5
ADD SIDE MEXICAN RICE	110	30	3.5	0	0	0	750	19	1	2	2
ADD SIDE 2 EGGS	180	120	14	4	0	370	190	1	0	0	13
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 - 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 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 - SEASONED GROUND BEEF WITH CHILE CON CARNE (1)	250	100	12	4.5	0	45	500	20	2	1	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>TEX MEX - BURRITOS &amp; CHIMICHANAS</b> <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)
ADD SIDE PAPAS CON CHILE™	160	50	6	3	0	15	450	22	2	3	5
ADD 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
FAJITA CHIMICHANGA - CHICKEN WITH CHILE CON QUESO	1360	730	81	23	3.5	120	2650	105	18	7	51
FAJITA CHIMICHANGA - CHICKEN WITH RANCHERA SAUCE	1330	710	79	20	3.5	110	2640	103	18	6	49
FAJITA CHIMICHANGA - STEAK WITH CHILE CON QUESO	1360	730	81	25	3.5	110	2590	104	18	7	50
FAJITA CHIMICHANGA - STEAK WITH RANCHERA SAUCE	1360	730	81	25	3.5	110	2590	104	18	7	50
GRANDE BURRITO - SEASONED GROUND BEEF WITH CHILE CON CARNE <i>Without Sides</i>	1000	410	46	16	2.5	140	2870	85	15	4	60
GRANDE BURRITO - SHREDDED CHICKEN WITH SOUR CREAM SAUCE <i>Without Sides</i>	860	300	33	13	2	120	4650	93	14	12	44

<b>SIDES</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
BLACK BEANS	140	25	3	1	0	5	380	21	7	1	8
CHARRO BEANS	110	25	3	1	0	10	580	15	5	0	7
CILANTRO LIME RICE	100	10	1	0	0	0	320	20	1	0	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
PAPAS CON CHILE™	160	50	6	3	0	15	450	22	2	3	5
RAJA CON QUESO	240	160	18	11	0	55	360	6	1	3	15
REFRIED BEANS	260	70	8	1.5	0.5	5	640	35	12	0	13
SEASONAL VEGETABLE MEDLEY	130	100	11	2	2	0	280	7	2	3	2

<b>LUNCH SPECIALS</b> <i>Listed WITH Refried Beans ADD Choice of Papas con Chile™ or Mexican Rice Unless Otherwise Noted</i>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
ADD SIDE PAPAS CON CHILE™	160	50	6	3	0	15	450	22	2	3	5
ADD SIDE MEXICAN RICE	110	30	3.5	0	0	0	750	19	1	2	2
ADD SIDE GUACAMOLE	50	40	4.5	0.5	0	0	160	3	2	0	1
ADD SIDE REFRIED BEANS	260	70	8	1.5	0.5	5	640	35	12	0	13
ENCHILADA LUNCH/ENCHILADA & TACO <i>Listed A La Carte ADD Refried Beans &amp; Choice of Papas con Chile™ or Mexican Rice</i>											
CHILE RELLENO & ENCHILADA <i>Listed A La Carte ADD Refried Beans &amp; Choice of Papas con Chile™ or Mexican Rice</i>											
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 - 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 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 - 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)	210	80	9	2.5	0	50	460	17	2	1	14
TACO - CRISPY GROUND BEEF (1)	290	140	16	6	0.5	60	400	16	2	1	19
TACO - CRISPY SHREDDED BEEF (1)	210	110	12	4	0	25	240	16	2	1	10
CHILE RELLENO - CHEESE WITH CHILE CON QUESO	660	320	36	14	1	60	1330	60	14	8	30
CHILE RELLENO - CHEESE WITH RANCHERA SAUCE	620	290	33	11	1	45	1390	59	15	7	28
CHILE RELLENO - SHREDDED BEEF WITH CHILE CON QUESO	560	240	26	8	1	35	1200	60	14	8	24
CHILE RELLENO - SHREDDED BEEF WITH RANCHERA SAUCE	520	210	24	5	1	20	1260	59	15	7	22

DURANGO BURRITO	700	310	35	11	1.5	65	2020	66	16	5	34
HALF QUESADILLA AL HORNO - CHICKEN	680	310	35	14	1	85	1480	60	16	4	33
HALF QUESADILLA AL HORNO - SPINACH	680	340	38	15	1.5	70	1530	62	16	5	27
HALF QUESADILLA AL HORNO - STEAK	700	330	37	15	1	80	1460	60	16	4	33
HUEVOS RANCHEROS	1120	560	62	26	1	480	2280	85	17	6	60
LUNCH CHIMICHANGA - SHREDDED CHICKEN WITH CHILE CON QUESO	950	460	51	15	2.5	90	2220	82	15	6	42
LUNCH CHIMICHANGA - SEASONED GROUND BEEF WITH CHILE CON QUESO	1010	520	57	17	3	90	2120	81	15	6	44
LUNCH FAJITAS - CHICKEN WITH CHARRO BEANS	440	200	23	12	0	135	1140	24	7	5	34
LUNCH FAJITAS - STEAK WITH CHARRO BEANS	510	270	31	16	0	120	1090	24	7	5	34
LUNCH FAJITAS - YUCATAN SHRIMP WITH CHARRO BEANS	660	410	48	28	0	290	1140	38	7	16	25
<b>LUNCH FAJITA SIDES &amp; CONDIMENTS</b>											
CORN TORTILLAS, MEXICAN RICE, GUACAMOLE, SOUR CREAM, CHEESE & PICO DE GALLO	420	210	24	13	0.5	65	310	38	3	4	15
FLOUR TORTILLAS, MEXICAN RICE, GUACAMOLE, SOUR CREAM, CHEESE & PICO DE GALLO	450	240	27	14	0.5	65	740	37	2	4	16
PECHUGA CON CALABAZA <i>With Charro Beans &amp; Mexican Rice</i>	1040	630	71	41	1.5	295	2620	57	8	13	50
STUFFED CHICKEN MEDALLIONS	820	380	42	11	1	125	2400	72	8	8	41
TILAPIA VERACRUZ <i>With Vegetable Medley &amp; Cilantro Lime Rice</i>	580	310	35	15	2	145	1240	36	4	8	34

<b>LUNCH SPECIALS</b> <i>Each lunch entrée below is a meal in itself and does not include sides</i>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
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
MEXICAN STACK	1040	550	61	23	2.5	160	2470	62	15	7	56
SOUP & REYNOSA SALAD											
BAJA SHRIMP CHOWDER	220	170	19	11	1	70	540	10	1	3	6
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
TORTILLA SOUP	230	90	10	2.5	0	25	540	25	3	2	10

<b>DESSERTS</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
CHOCOLATE ERUPTION	950	340	37	18	0	80	980	141	4	87	14
DULCE DE LECHE CHEESECAKE	980	390	44	25	1	205	600	129	0	102	17
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
TRADITIONAL FLAN	540	280	31	19	1	225	140	63	0	62	10
TRES LECHES CAKE	760	330	37	25	0	155	290	97	0	79	12

<b>KIDS MENU</b> <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)
<i>ADD KIDS SIDE FRENCH FRIES</i>	470	240	27	8	--	0	870	56	5	--	5
<i>ADD KIDS SIDE MEXICAN RICE</i>	90	20	2.5	0	0	0	560	14	1	2	1
<i>ADD KIDS SIDE REFRIED BEANS</i>	160	45	5	1.5	0	5	390	21	7	0	8
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
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

<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 - DIET DR. PEPPER	0	0	0	0	0	0	50	0	0	0	0
FOUNTAIN - DR. PEPPER	130	0	0	0	0	0	50	33	0	32	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
LEMONADE - MANGO	140	0	0	0	0	0	10	36	0	34	0
LEMONADE - RASPBERRY	130	0	0	0	0	0	10	36	0	33	0
LEMONADE - STRAWBERRY	130	0	0	0	0	0	10	35	0	33	0

<b>ALCOHOLIC BEVERAGES</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
ABUELO'S SIGNATURE CHERRY MOJITO	240	0	0	0	0	0	10	39	1	33	0
ABUELO'S SIGNATURE MANGO MOJITO	230	0	0	0	0	0	10	37	1	33	0
ABUELO'S SIGNATURE MIXED BERRY MOJITO	210	0	0	0	0	0	10	33	0	31	0
ABUELO'S SIGNATURE MOJITO	200	0	0	0	0	0	10	28	0	26	0
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

<b>ALCOHOLIC BEVERAGES</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
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
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 FROZEN REGULAR	460	0	0	0	0	0	2860	65	0	64	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
LA GRANDEZA ROCKS REGULAR	320	0	0	0	0	0	2850	38	0	37	0
PLATINUM MARGARITA	300	0	0	0	0	0	2840	35	0	27	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
SKINNY MOJITO	110	0	0	0	0	0	10	10	1	1	0



<b>BEER</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
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

<b>WINE</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
WINE DONA PAULA ESTATE RED BLEND (5 OZ GLASS)	130	0	0	0	0	0	0	4	0	0	0
WINE DONA PAULA ESTATE RED BLEND (8 OZ GLASS)	210	0	0	0	0	0	0	6	0	0	0
WINE DONA PAULA ESTATE RED BLEND (BOTTLE 750 ML)	650	0	0	0	0	0	0	20	0	1	0
WINE JARGON PINOT NOIR (5 OZ GLASS)	120	0	0	0	0	0	0	4	0	1	0
WINE JARGON PINOT NOIR (8 OZ GLASS)	200	0	0	0	0	0	0	6	0	1	0
WINE JARGON PINOT NOIR (BOTTLE 750 ML)	620	0	0	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	0	0	5	0	0	0
WINE LOS CARDOS CABERNET SAUVIGNON (8 OZ GLASS)	200	0	0	0	0	0	0	8	0	0	0
WINE LOS CARDOS CABERNET SAUVIGNON (BOTTLE 750ML)	650	0	0	0	0	0	0	25	0	1	0
WINE LOS CARDOS CHARDONNAY (5OZ GLASS)	120	0	0	0	0	0	0	3	0	0	0
WINE LOS CARDOS CHARDONNAY (8OZ GLASS)	190	0	0	0	0	0	0	5	0	0	0
WINE LOS CARDOS CHARDONNAY (BOTTLE 750ML)	610	0	0	0	0	0	0	15	0	1	0
WINE MONTEVINA PINOT GRIGIO (5OZ GLASS)	120	0	0	0	0	0	0	3	0	1	0
WINE MONTEVINA PINOT GRIGIO (8OZ GLASS)	190	0	0	0	0	0	0	5	0	1	0
WINE MONTEVINA PINOT GRIGIO (BOTTLE 750ML)	600	0	0	0	0	0	0	15	0	4	0
WINE SUTTER HOME WHITE ZINFANDEL (5OZ GLASS)	110	0	0	0	0	0	0	8	0	6	0
WINE SUTTER HOME WHITE ZINFANDEL (8OZ GLASS)	170	0	0	0	0	0	0	13	0	9	0
WINE SUTTER HOME WHITE ZINFANDEL (BOTTLE 750ML)	550	0	0	0	0	0	0	41	0	29	0

<b>CATERING</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
<b>STARTERS</b>											
AVOCADO CREAM - PINT	1230	940	104	22	0.5	75	3820	45	22	15	15
AVOCADO CREAM - QUART	2460	1880	209	43	1.5	145	7630	91	45	31	30
CHILE CON QUESO - PINT	720	430	48	29	2	135	3080	40	1	22	34
CHILE CON QUESO - QUART	1430	870	96	58	4	270	6150	80	2	43	67
GUACAMOLE - PINT	660	530	59	9	0	0	2200	38	27	5	9
GUACAMOLE - QUART	1320	1060	118	17	0	0	4400	75	54	10	17
LAYERED DIP - PINT	710	420	47	22	2	125	2110	42	9	13	34
LAYERED DIP - QUART	1420	840	93	43	3.5	250	4210	84	19	26	68
<b>DESSERTS</b>											
DULCE DE LECHE CHEESECAKE - HALF SLICE	490	200	22	13	0.5	105	300	64	0	51	9
DULCE DE LECHE CHEESECAKE - SLICE	980	390	44	25	1	205	600	129	0	102	17
SOPAPILLAS - ONE EACH	130	50	5	0.5	0	0	240	19	1	2	2

TRES LECHE CAKE - HALF SLICE	380	170	18	13	0	80	150	48	0	40	6
TRES LECHE CAKE - SLICE	760	330	37	25	0	155	290	97	0	79	12

<b>CATERING</b>	Cal	FatCal	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carb (g)	Fiber (g)	Sugar (g)	Prot (g)
<b>MEXICAN FAVORITES</b>											
<b>ENCHILADAS, TACOS, &amp; TAMALES</b>											
BEEF TAMALES W/CHILE CON CARNE (1) ONLY	220	90	10	3.5	0	20	470	15	0	1	6
CHEESE ENCHILADA W/CHILE CON CARNE (1) ONLY	320	170	19	10	0	55	560	20	2	1	16
CHICKEN ENCHILADA W/SOUR CREAM SAUCE (1) ONLY	190	60	7	2.5	0	35	1090	23	2	3	10
CRISPY CHICKEN TACO (1) ONLY	190	70	8	2.5	0	40	380	16	2	1	12
CRISPY GROUND BEEF TACO (1) ONLY	260	130	14	5	0	50	330	15	2	1	16
SHREDDED BEEF ENCHILADA W/CHILE CON QUESO (1) ONLY	240	110	12	6	0	35	540	23	2	2	11
SOFT GROUND BEEF TACO (1) ONLY	260	120	13	5	0	50	550	17	1	1	17
SPINACH ENCHILADA W/SALSA DE CREMA (1) ONLY	210	80	9	5	0	20	540	26	2	3	7
<b>FAJITAS (PER PERSON)</b>											
FAJITA CONDIMENTS WITH FLOUR TORTILLAS	500	230	26	10	0	40	990	57	6	5	12
MARINATED FAJITA CHICKEN W/O SIDES OR CONDIMENTS	570	330	37	19	0	155	810	18	3	8	40
MARINATED FAJITA STEAK W/O SIDES OR CONDIMENTS	430	210	24	13	0	160	800	18	3	8	36
<b>HOUSE SPECIALTIES (PER PERSON)</b>											
ALAMBRE DE CAMARON W/O SIDES	870	600	67	22	1	335	1730	8	0	3	56
LOS MEJORES DE LA CASA W/O SIDES	860	500	56	20	0.5	295	2270	12	1	4	71
SAUTEED CHICKEN ZUCCHINI W/O SIDES	760	530	60	36	1	270	1200	21	2	9	40
STUFFED CHICKEN MEDALLIONS W/O SIDES	1090	590	66	17	1	220	1760	67	3	7	58
<b>SIGNATURE SIDES</b>											
CHARRO BEANS - QUART	710	160	18	6	0	50	3720	94	32	3	48
CHARRO BEANS PER PERSON	110	25	3	1	0	10	580	15	5	0	7
ESPINACA - QUART	1160	730	81	44	3.5	205	4320	70	14	26	49
ESPINACA PER PERSON	190	120	13	7	0.5	35	690	11	2	4	8
MEXICAN RICE - QUART	910	230	26	2.5	0	0	5970	150	6	16	16
MEXICAN RICE PER PERSON	110	30	3.5	0	0	0	750	19	1	2	2
PAPAS CON CHILE - QUART	1000	320	36	21	1.5	100	2870	142	12	21	30
PAPAS CON CHILE PER PERSON	160	50	6	3	0	15	450	22	2	3	5
REFRIED BEANS - QUART	1620	440	49	11	4	30	4020	220	75	3	83
REFRIED BEANS PER PERSON	260	70	8	1.5	0.5	5	640	35	12	0	13

Cal.....Calories  
Trans.....Trans Fat  
Sugar.....Total Sugar

Cal Fat.....Calories from fat  
Chol.....Cholesterol  
Prot.....Protein

Fat.....Total Fat  
Carb.....Carbohydrate  
(g).....grams

Sat.....Saturated Fat  
Fiber.....Dietary Fiber  
(mg).....milligrams