

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
AGUA FRESCAS 16 oz												
Banana with Strawberry	391 g	310	50	5	3	0	15	70	62	3	52	6
Cantaloupe	391 g	220	0	0	0	0	0	35	56	1	55	1
Guava with Blueberry	391 g	230	5	0.5	0	0	0	10	57	4	52	2
Horchata	391 g	360	70	8	4.5	0	25	110	64	0	55	8
Jamaica	391 g	250	0	0	0	0	0	20	58	1	55	2
Lemonade with Organic Agave	391 g	170	0	0	0	0	0	10	47	1	44	0
Lime, Chia, Strawberry, Cucumber, Mint	391 g	320	90	10	1	0	0	15	57	12	40	6
Mamey	391 g	350	60	6	3.5	0	20	95	67	6	61	7
Mango with Mint	391 g	250	0	0	0	0	0	10	63	2	61	1
Mixed Fruit	391 g	210	0	0	0	0	0	20	53	2	50	1
Papaya with Organic Agave	391 g	210	0	0	0	0	0	20	55	2	51	1
Pineapple Spinach	391 g	250	0	0	0	0	0	25	65	2	59	1
Strawberry Mint	391 g	190	0	0	0	0	0	10	48	3	44	1
Tamarindo	391 g	250	0	0	0	0	0	25	64	2	53	1
Watermelon Mint	391 g	190	0	0	0	0	0	10	49	1	47	1
AGUA FRESCAS 32 oz												
Banana with Strawberry	612 g	490	80	8	4.5	0	25	110	98	5	82	9
Cantaloupe	612 g	340	0	0	0	0	0	50	87	2	86	2
Guava with Blueberry	612 g	370	10	1	0	0	0	20	90	6	82	3
Horchata	612 g	560	110	12	7	0	40	170	100	0	85	13
Jamaica	612 g	390	0	0	0	0	0	30	91	2	86	4
Lemonade with Organic Agave	612 g	270	0	0	0	0	0	20	73	1	68	0
Lime, Chia, Strawberry, Cucumber, Mint	612 g	500	140	15	1.5	0	0	25	89	18	62	9
Mamey	612 g	550	90	10	6	0	30	150	104	10	95	12
Mango with Mint	612 g	390	5	0.5	0	0	0	20	99	3	96	2
Mixed Fruit	612 g	320	0	0	0	0	0	30	83	3	79	1
Papaya with Organic Agave	612 g	320	0	0	0	0	0	30	86	3	80	1
Pineapple Spinach	612 g	390	0	0	0	0	0	35	102	4	93	2
Strawberry Mint	612 g	290	5	0.5	0	0	0	20	74	4	68	1
Tamarindo	612 g	380	0	0	0	0	0	40	100	4	83	2
Watermelon Mint	612 g	300	0	0	0	0	0	15	77	1	73	2
AGUA FRESCAS 44 oz												
Banana with Strawberry	794 g	630	100	11	6	0	30	140	127	6	106	12
Cantaloupe	794 g	450	0	0.5	0	0	0	65	113	3	112	2
Guava with Blueberry	794 g	480	15	1.5	0	0	0	25	116	8	106	4
Horchata	794 g	730	140	16	9	0	55	220	130	0	111	17
Jamaica	794 g	500	0	0	0	0	0	35	118	3	112	5
Lemonade with Organic Agave	794 g	350	0	0	0	0	0	25	95	1	89	1
Lime, Chia, Strawberry, Cucumber, Mint	794 g	650	180	20	2	0	0	35	116	24	81	12

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Mamey	794 g	710	120	13	7	0	40	190	136	13	123	15
Mango with Mint	794 g	500	10	1	0	0	0	25	128	4	125	2
Mixed Fruit	794 g	420	0	0.5	0	0	0	40	108	3	102	2
Papaya with Organic Agave	794 g	420	5	0.5	0	0	0	35	111	4	104	1
Pineapple Spinach	794 g	510	0	0.5	0	0	0	50	132	5	121	3
Strawberry Mint	794 g	380	5	1	0	0	0	25	97	5	89	2
Tamarindo	794 g	500	5	0.5	0	0	0	50	130	5	107	3
Watermelon Mint	794 g	390	0	0.5	0	0	0	20	100	2	95	2
AGUA FRESCAS 72 oz												
Banana with Strawberry	1,474 g	1,170	180	20	11	0	60	270	235	12	197	23
Cantaloupe	1,474 g	830	10	1	0	0	0	125	210	5	208	4
Guava with Blueberry	1,474 g	880	25	2.5	0.5	0	0	45	216	15	197	7
Horchata	1,474 g	1,350	260	29	18	0	100	410	241	1	206	31
Jamaica	1,474 g	930	0	0	0	0	0	65	220	5	208	9
Lemonade with Organic Agave	1,474 g	650	0	0.5	0	0	0	45	176	2	164	1
Lime, Chia, Strawberry, Cucumber, Mint	1,474 g	1,210	330	37	4	0	0	65	215	44	150	22
Mamey	1,474 g	1,330	220	24	14	0	75	350	252	24	229	28
Mango with Mint	1,474 g	930	15	1.5	0	0	0	45	238	7	231	4
Mixed Fruit	1,474 g	780	10	1	0	0	0	75	200	6	190	4
Papaya with Organic Agave	1,474 g	780	10	1	0	0	0	65	206	7	193	2
Pineapple Spinach	1,474 g	950	10	1	0	0	0	90	245	9	224	5
Strawberry Mint	1,474 g	710	15	1.5	0	0	0	45	179	10	165	3
Tamarindo	1,474 g	930	10	1	0	0	0	95	240	9	199	5
Watermelon Mint	1,474 g	730	10	1	0	0	0	40	186	3	177	4
A LA CARTE												
BURRITO WITH MEAT												
Burrito Al Pastor	374 g	750	290	32	11	0	60	1,920	82	14	2	30
Burrito Asada	374 g	730	280	31	11	0	50	1,790	82	14	3	28
Burrito Birria Res	374 g	620	200	23	9	0	25	1,610	82	14	3	21
Burrito Cabeza	374 g	670	240	27	10	0	40	1,610	81	14	2	22
Burrito Carnitas	374 g	990	410	46	20	0	150	2,480	90	14	9	51
Burrito Chicharron	374 g	1,040	510	57	21	0	105	2,090	81	14	2	48
Burrito Chorizo	374 g	780	320	36	13	0	60	1,420	82	14	2	29
Burrito Lengua	374 g	650	220	25	9	0	40	1,590	82	14	2	21
Burrito Machaca de Pollo	374 g	660	220	24	8	0	40	1,860	84	15	4	24
Burrito Pollo	374 g	740	290	33	10	0	70	1,790	83	14	3	27
Burrito Tripas	374 g	690	240	27	11	0	175	4,710	81	14	2	29
BURRITO WITH MEAT (WET W/ RED SAUCE)												
Burrito Wet Red Al Pastor	502 g	930	390	43	18	0	90	2,650	91	14	9	38
Burrito Wet Red Asada	502 g	910	380	42	18	0	85	2,520	91	14	9	36
Burrito Wet Red Birras Res	502 g	800	300	34	16	0	60	2,350	90	14	9	29

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Burrito Wet Red Cabeza	502 g	840	340	38	17	0	75	2,340	90	14	9	30
Burrito Wet Red Carnitas	502 g	990	410	46	20	0	150	2,480	90	14	9	51
Burrito Wet Red Chicharron	502 g	1,210	610	68	28	0	140	2,830	89	14	9	56
Burrito Wet Red Chorizo	502 g	950	420	47	20	0	95	2,160	91	14	9	37
Burrito Wet Red Lengua	502 g	820	320	36	17	0	75	2,330	91	14	9	29
Burrito Wet Red Machaca de Pollo	502 g	840	320	35	15	0	75	2,600	93	15	11	32
Burrito Wet Red Pollo	502 g	910	390	44	17	0	105	2,530	91	14	9	34
Burrito Wet Red Tripas	502 g	860	340	38	18	0	210	5,450	89	14	9	37
BURRITO WITH MEAT (WET W/ GREEN SAUCE)												
Burrito Wet Green Al Pastor	502 g	910	390	43	18	0	90	2,610	87	15	5	38
Burrito Wet Green Asada	502 g	890	380	43	18	0	85	2,480	87	15	5	36
Burrito Wet Green Birras Res	502 g	780	310	34	16	0	60	2,310	86	15	5	29
Burrito Wet Green Cabeza	502 g	820	350	38	17	0	75	2,300	86	15	5	30
Burrito Wet Green Carnitas	502 g	970	420	46	20	0	150	2,440	86	15	5	51
Burrito Wet Green Chicharron	502 g	1,190	620	68	28	0	140	2,780	85	15	5	56
Burrito Wet Green Chorizo	502 g	930	420	47	20	0	95	2,120	87	15	5	37
Burrito Wet Green Lengua	502 g	800	330	36	17	0	75	2,280	87	15	5	29
Burrito Wet Green Machaca de Pollo	502 g	820	320	36	15	0	75	2,560	89	16	6	32
Burrito Wet Green Pollo	502 g	900	400	44	17	0	105	2,490	87	15	5	35
Burrito Wet Green Tripas	502 g	850	340	38	18	0	210	5,400	85	15	5	37
MISC.												
Carnitas 1 Lb	454 g	1,360	780	86	32	0	590	1,680	5	0	0	150
Carnitas en Salsa Verde Plate	666 g	1,070	380	42	14	0	180	2,410	110	16	8	59
Carnitas en Salsa Verde 1 Lb	454 g	670	350	39	13	0	235	2,120	19	4	9	61
Turkey in Tomato Sauce Plate	666 g	830	200	22	6	0	90	1,810	115	19	7	42
Turkey in Tomato Sauce 1 Lb	454 g	320	90	10	1.5	0	105	1,190	25	8	7	35
Chile Relleno	340 g	360	250	28	8	0	10	1,300	17	2	3	10
Fried Chicken 2 pc Leg	2 Legs (Wt Varies)	280	160	18	5	0	135	920	4	1	0	25
Hot Fried Chicken 2 pc Leg	2 Legs (Wt Varies)	290	170	18	5	0	135	1,100	5	1	0	25
Fried Chicken 2 pc Thigh	2 Thighs (Wt Varies)	580	340	37	10	0	280	1,930	8	2	0	52
Hot Fried Chicken 2 pc Thigh	2 Thighs (Wt Varies)	580	340	38	11	0	280	2,020	9	2	0	52

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Fried Chicken 8 pc Leg	8 Legs (Wt Varies)	1,110	640	71	20	0	535	3,690	16	4	0	99
Hot Fried Chicken 8 pc Leg	8 Legs (Wt Varies)	1,150	670	74	22	0	535	4,420	20	5	1	100
Fried Chicken 8 pc Thigh	8 Thighs (Wt Varies)	2,320	1,340	149	41	0	1,120	7,700	33	8	0	207
Hot Fried Chicken 8 pc Thigh	8 Thighs (Wt Varies)	2,360	1,370	152	43	0	1,120	8,430	37	9	1	208
Fried Chicken 12 pc Leg	12 Legs (Wt Varies)	1,670	960	107	30	0	805	5,530	24	6	0	149
Hot Fried Chicken 12 pc Leg	12 Legs (Wt Varies)	1,720	1,000	111	33	0	805	6,620	29	7	2	149
Fried Chicken 12 pc Thigh	12 Thighs (Wt Varies)	3,480	2,010	224	62	0	1,675	11,560	50	12	0	311
Hot Fried Chicken 12 pc Thigh	12 Thighs (Wt Varies)	3,540	2,050	228	65	0	1,680	12,650	55	14	2	311
Fried Chicken 16 pc Leg	16 Legs (Wt Varies)	2,220	1,280	143	40	0	1,070	7,370	32	8	0	198
Hot Fried Chicken 16 pc Leg	16 Legs (Wt Varies)	2,300	1,330	148	43	0	1,070	8,830	39	9	2	199
Fried Chicken 16 pc Thigh	16 Thighs (Wt Varies)	4,640	2,680	298	83	0	2,235	15,410	66	17	0	414
Hot Fried Chicken 16 pc Thigh	16 Thighs (Wt Varies)	4,720	2,730	303	87	0	2,235	16,870	74	18	2	415
Fried Chicken 24 pc Leg	24 Legs (Wt Varies)	3,330	1,930	214	59	0	1,605	11,060	48	12	0	297

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Hot Fried Chicken 24 pc Leg	24 Legs (Wt Varies)	3,450	2,000	222	65	0	1,605	13,250	59	14	4	299
Fried Chicken 24 pc Thigh	24 Thighs (Wt Varies)	6,960	4,030	447	124	0	3,355	23,110	99	25	0	621
Hot Fried Chicken 24 pc Thigh	24 Thighs (Wt Varies)	7,080	4,100	455	130	0	3,355	25,300	111	27	4	623
Fried Chicken 50 pc Leg	50 Legs (Wt Varies)	6,940	4,010	446	124	0	3,345	23,040	99	25	0	619
Hot Fried Chicken 50 pc Leg	50 Legs (Wt Varies)	7,180	4,160	462	136	0	3,345	27,600	122	29	8	622
Fried Chicken 50 pc Thigh	50 Thighs (Wt Varies)	14,500	8,390	932	259	0	6,990	48,150	207	52	0	1,294
Hot Fried Chicken 50 pc Thigh	50 Thighs (Wt Varies)	14,740	8,530	948	271	0	6,990	52,700	230	56	8	1,297
Fried Tilapia	1 Tilapia (Wt Varies)	780	420	46	10	0	320	780	3	0	0	84
Shredded Chicken Taco	146 g	210	80	9	4.5	0	45	470	19	1	2	12
PUPUSA												
Pupusa w/ Cheese & Loroco	312 g	460	130	15	9	0	50	1,000	62	3	3	19
Pupusa w/ Cheese	312 g	460	130	15	9	0	50	1,000	62	3	3	19
Pupusa w/ Pork	312 g	420	130	15	7	0	50	1,020	58	7	5	17
QUESADILLA REG & WITH MEAT												
Quesadilla Regular	224 g	590	310	35	21	0	80	1,010	41	2	2	27
Quesadilla de Al Pastor	309 g	780	430	48	25	0	125	1,450	44	2	2	41
Quesadilla de Asada	309 g	760	420	47	25	0	125	1,370	43	2	2	41
Quesadilla de Birras Res	309 g	650	350	39	22	0	100	1,200	42	2	2	33
Quesadilla de Cabeza	309 g	690	390	43	24	0	115	1,190	42	2	2	34
Quesadilla de Chicharron	309 g	1,070	660	73	35	0	175	1,670	41	2	2	61
Quesadilla de Chorizo	309 g	810	460	52	26	0	130	1,010	43	2	2	41
Quesadilla de Machaca de Pollo	309 g	690	360	40	22	0	115	1,450	45	3	3	37
Quesadilla de Pollo	309 g	770	440	48	24	0	145	1,380	43	2	2	39
Quesadilla de Tripas	309 g	720	380	42	25	0	245	4,290	41	2	2	41
TACO LARGE												

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Taco Large Al Pastor	117 g	270	110	13	3	0	30	290	26	0	0	11
Taco Large Asada	117 g	260	110	12	3	0	30	240	26	0	0	11
Taco Large Birras Res	117 g	180	60	6	1.5	0	15	125	25	0	0	6
Taco Large Cabeza	117 g	210	80	9	2.5	0	25	125	25	0	0	7
Taco Large Chicharron	117 g	460	260	29	10	0	65	440	25	0	0	25
Taco Large Chorizo	117 g	290	130	15	4	0	35	0	25	0	0	12
Taco Large Lengua	117 g	200	70	7	2	0	20	110	26	0	0	6
Taco Large Machaca de Pollo	117 g	210	60	7	1.5	0	25	290	27	0	0	9
Taco Large Pollo	117 g	260	110	13	2.5	0	45	250	26	0	0	10
Taco Large Tripas	117 g	230	80	9	3	0	110	2,190	25	0	0	12
TACO SMALL												
Taco Small Al Pastor	67 g	160	60	7	1.5	0	15	150	17	0	0	6
Taco Small Asada	67 g	150	60	6	1.5	0	15	120	17	0	0	6
Taco Small Birras Res	67 g	110	35	3.5	0.5	0	5	65	16	0	0	3
Taco Small Cabeza	67 g	130	45	5	1.5	0	10	60	16	0	0	4
Taco Small Chicharron	67 g	250	140	15	5	0	35	220	16	0	0	13
Taco Small Chorizo	67 g	170	70	8	2	0	15	0	16	0	0	6
Taco Small Lengua	67 g	120	40	4.5	1	0	10	55	16	0	0	3
Taco Small Machaca de Pollo	67 g	130	40	4	0.5	0	10	150	17	0	1	5
Taco Small Pollo	67 g	150	60	7	1	0	20	125	17	0	0	5
Taco Small Tripas	67 g	140	45	5	1.5	0	55	1,100	16	0	0	6
TORTA												
Torta Al Pastor	479 g	830	410	46	17	0	100	2,090	64	11	8	38
Torta de Asada	479 g	810	410	45	17	0	95	1,960	64	11	8	36
Torta de Birras Res	479 g	700	330	37	14	0	65	1,790	63	11	8	28
Torta de Cabeza	479 g	740	370	41	16	0	80	1,780	63	11	8	30
Torta de Chicharron	479 g	1,110	640	71	27	0	145	2,260	62	11	8	56
Torta de Chorizo	479 g	850	450	50	18	0	100	1,600	64	11	8	37
Torta de Machaca de Pollo	479 g	740	350	38	14	0	85	2,040	66	12	10	32
Torta de Pollo	479 g	820	420	47	16	0	110	1,970	64	11	8	34
Torta de Tripas	479 g	770	370	41	17	0	215	4,880	62	11	8	37
Torta Cubana	646 g	1,340	730	81	21	0	195	2,840	86	14	13	66
BREAKFAST												
Breakfast Burrito with Eggs & Chorizo	531 g	1,140	610	68	20	0	390	1,810	84	14	4	45
Breakfast Burrito with Eggs & Ham	502 g	950	440	48	14	0	345	2,740	89	14	5	37
Breakfast Burrito with Eggs & Potatoes	531 g	1,090	500	56	15	0	320	2,330	115	17	4	30
Breakfast Burrito with Eggs, Mexican Style	531 g	880	410	46	13	0	320	2,230	89	15	7	28
Chilaquiles with Eggs & Green Salsa	703 g	1,320	630	70	26	0	360	2,740	131	24	9	41
Chilaquiles with Eggs & Red Salsa	703 g	1,370	620	69	25	0	360	2,850	142	22	20	41
Eggs with Chorizo (with Rice, Beans & Tortillas)	561 g	1,150	560	62	17	0	390	1,050	100	13	3	44

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Eggs with Ham (with Rice, Beans & Tortillas)	534 g	960	380	42	10	0	345	2,200	104	13	5	37
Eggs, Mexican Style (with Rice, Beans & Tortillas)	567 g	920	370	41	10	0	325	1,680	113	15	7	29
Eggs, Ranchero Style (with Rice, Beans & Tortillas)	568 g	960	370	41	11	0	325	1,610	113	14	4	29
Eggs, Scrambled (with Rice, Beans & Tortillas)	454 g	890	370	41	11	0	325	1,300	98	13	3	27
Eggs, Sunny Side Up (with Rice, Beans & Tortillas)	454 g	940	410	45	12	0	465	1,370	97	13	2	32
COMBOS												
#1 (3) Tacos Al Pastor	417 g	830	300	33	9	0	65	1,400	98	13	2	31
#1 (3) Tacos Asada	417 g	810	290	32	9	0	55	1,270	98	14	2	29
#1 (3) Tacos Birria Res	417 g	700	220	24	7	0	30	1,100	97	13	2	22
#1 (3) Tacos Cabeza	417 g	750	250	28	9	0	45	1,100	97	13	2	23
#1 (3) Tacos Chicharron	417 g	1,120	520	58	20	0	110	1,580	97	13	2	49
#1 (3) Tacos Chorizo	417 g	860	330	37	11	0	65	910	98	13	2	30
#1 (3) Tacos Lengua	417 g	730	230	26	8	0	45	1,080	98	13	2	22
#1 (3) Tacos Machaca de Pollo	417 g	740	230	26	7	0	45	1,350	100	14	3	25
#1 (3) Tacos Pollo	417 g	820	300	34	8	0	75	1,280	98	14	2	28
#1 (3) Tacos Tripas	417 g	770	250	28	10	0	180	4,200	97	13	2	30
#2 Quesadilla Al Pastor	522 g	1,150	560	62	30	0	140	2,410	91	15	3	54
#2 Quesadilla de Asada	522 g	1,130	550	61	30	0	135	2,280	91	15	4	52
#2 Quesadilla de Birras Res	522 g	1,020	470	53	27	0	110	2,110	90	15	4	44
#2 Quesadilla de Cabeza	522 g	1,060	510	57	29	0	125	2,100	89	15	3	45
#2 Quesadilla de Chicharron	522 g	1,430	780	87	40	0	190	2,580	89	15	3	72
#2 Quesadilla de Chorizo	522 g	1,170	590	66	31	0	140	1,920	90	15	3	52
#2 Quesadilla de Machaca de Pollo	522 g	1,060	490	54	27	0	125	2,360	92	16	5	48
#2 Quesadilla de Pollo	522 g	1,140	560	62	29	0	155	2,290	91	15	4	50
#2 Quesadilla de Tripas	522 g	1,090	510	57	30	0	260	5,200	89	15	3	52
#3 Birras de Res	666 g	840	270	30	12	0	85	1,660	100	14	4	38
#3 Birria Carnero	666 g	740	150	17	6	0	80	1,630	100	14	4	40
#4 Costillas in Green Sauce	666 g	1,110	420	46	17	0	205	2,810	104	15	5	65
#4 Costillas in Red Sauce	666 g	1,130	410	46	16	0	205	2,620	111	14	13	65
#5 Chicharron in Green Sauce	666 g	1,180	510	57	21	0	125	3,350	104	16	6	54
#5 Chicharron in Red Sauce	666 g	1,210	510	57	21	0	125	3,060	114	14	18	53
#6 Chile Relleno	666 g	950	380	42	13	0	25	2,220	114	16	5	26
#7 Carne Asada	595 g	870	230	25	8	0	125	10,380	100	15	3	59
#8 Half Rotisserie Chicken	780 g	1,390	510	56	21	0	440	2,620	97	13	2	122
#9 Fried Tilapia	673 g	1,410	570	63	17	0	340	1,710	101	14	3	101
#10 Leg & Thigh (Fried)	499 g	1,020	380	42	12	0	220	2,340	103	15	2	54

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
#10 Leg & Thigh (Rotisserie)	503 g	910	280	31	5	0	180	1,580	97	13	2	58
#11 Asada Fries	765 g	1,570	810	90	31	0	140	3,430	142	16	4	49
#11 Al Pastor Fries	765 g	1,590	820	92	31	0	140	3,510	143	16	4	50
#12 Nachos Asada	610 g	1,500	750	83	39	0	155	1,730	131	31	6	57
#12 Nachos Al Pastor	610 g	1,520	760	84	39	0	155	1,810	132	31	5	58
#12 Nachos Birria Res	610 g	1,390	670	75	37	0	125	1,560	130	31	6	50
#12 Nachos Cabeza	610 g	1,430	710	79	38	0	140	1,560	130	31	5	51
#12 Nachos Chicharron	610 g	1,810	980	109	49	0	205	2,040	130	31	5	77
#12 Nachos Chorizo	610 g	1,550	790	88	41	0	160	1,370	131	31	5	58
#12 Nachos Machaca de Pollo	610 g	1,430	690	76	36	0	145	1,810	133	32	7	53
#12 Nachos Pollo	610 g	1,510	760	84	38	0	170	1,740	131	31	6	56
#12 Nachos Tripas	610 g	1,460	710	78	39	0	275	4,660	130	31	5	58
FOUNTAIN DRINKS (No Ice. Adding Ice will decrease calories)												
Coca Cola 16 oz	16 fl oz	200	0	0	0	0	0	50	53	0	53	0
Coca Cola 24 oz	24 fl oz	290	0	0	0	0	0	70	80	0	80	0
Coca Cola 32 oz	32 fl oz	390	0	0	0	0	0	95	107	0	107	0
Coca Cola Zero 16 oz	16 fl oz	0	0	0	0	0	0	55	0	0	0	0
Coca Cola Zero 24 oz	24 fl oz	0	0	0	0	0	0	80	0	0	0	0
Coca Cola Zero 32 oz	32 fl oz	0	0	0	0	0	0	105	0	0	0	0
Diet Coke 16 oz	16 fl oz	0	0	0	0	0	0	65	0	0	0	0
Diet Coke 24 oz	24 fl oz	0	0	0	0	0	0	100	<1	0	0	0
Diet Coke 32 oz	32 fl oz	0	0	0	0	0	0	130	<1	0	0	0
Cherry Coca Cola 16 oz	16 fl oz	210	0	0	0	0	0	55	56	0	56	0
Cherry Coca Cola 24 oz	24 fl oz	310	0	0	0	0	0	80	84	0	84	0
Cherry Coca Cola 32 oz	32 fl oz	410	0	0	0	0	0	110	112	0	112	0
Dr. Pepper 16 oz	16 fl oz	200	0	0	0	0	0	80	53	0	51	0
Dr. Pepper 24 oz	24 fl oz	300	0	0	0	0	0	120	79	0	77	0
Dr. Pepper 32 oz	32 fl oz	400	0	0	0	0	0	160	105	0	102	0
Fanta Orange 16 oz	16 fl oz	210	0	0	0	0	0	55	58	0	57	0
Fanta Orange 24 oz	24 fl oz	320	0	0	0	0	0	80	87	0	86	0
Fanta Orange 32 oz	32 fl oz	420	0	0	0	0	0	105	116	0	114	0
Minute Maid Lemonade 16 oz	16 fl oz	180	0	0	0	0	0	130	50	0	48	0
Minute Maid Lemonade 24 oz	24 fl oz	270	0	0	0	0	0	190	76	0	72	0
Minute Maid Lemonade 32 oz	32 fl oz	360	0	0	0	0	0	260	101	0	96	0
Sprite 16 oz	16 fl oz	190	0	0	0	0	0	90	51	0	51	0
Sprite 24 oz	24 fl oz	280	0	0	0	0	0	135	77	0	76	0
Sprite 32 oz	32 fl oz	380	0	0	0	0	0	180	103	0	102	0
Hot Beverages												
Atole 12 oz	367 g	340	70	8	4.5	0	25	230	61	1	44	9
Atole 16 oz	499 g	460	100	11	6	0	30	320	82	2	60	12
Atole 24 oz	735 g	680	150	16	9	0	45	470	121	2	88	18

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Atole 32 oz	970 g	900	190	22	12	0	65	620	160	3	116	24
Atole 72 oz	2,250 g	2,090	450	50	27	0	145	1,430	371	7	269	55
Atole 96 oz	2,944 g	2,740	590	65	36	0	190	1,870	486	10	352	72
Avena 12oz	367 g	380	90	10	5	0	30	125	60	2	49	12
Avena 16 oz	499 g	510	130	14	7	0	40	170	82	3	67	16
Avena 24 oz	735 g	750	190	21	11	0	55	250	121	4	98	24
Avena 32 oz	975 g	1,000	250	28	14	0	75	330	160	5	131	31
Avena 72 oz	2,250 g	2,300	570	64	33	0	170	760	370	12	301	72
Avena 96 oz	2,939 g	3,010	750	83	43	0	225	990	483	16	394	95
Café de Olla 12 oz	340 g	140	0	0	0	0	0	15	36	0	36	0
Café de Olla 16 oz	454 g	180	0	0	0	0	0	20	49	0	48	0
Café de Olla 24 oz	680 g	270	0	0	0	0	0	30	73	0	72	0
Café de Olla 32 oz	907 g	360	0	0	0	0	0	40	97	1	96	0
Café de Olla 72 oz	2,045 g	820	0	0	0	0	0	85	219	1	217	0
Café de Olla 96 oz	2,722 g	1,090	0	0	0	0	0	115	292	2	289	0
Champurrado 12 oz	362 g	350	80	9	5	0	25	100	61	1	48	9
Champurrado 16 oz	494 g	480	110	13	7	0	30	140	83	1	66	12
Champurrado 24 oz	725 g	710	170	19	11	0	45	200	122	1	97	17
Champurrado 32 oz	979 g	960	230	25	14	0	60	280	165	2	131	23
Champurrado 72 oz	2,230 g	2,180	510	57	32	0	140	630	375	4	299	52
Champurrado 96 oz	2,948 g	2,880	680	75	43	0	185	830	496	6	395	69
Coffee, Reg & Decaf 12 oz	372 g	4	0	0	0	0	0	0	0	0	0	0
Coffee, Reg & Decaf 16 oz	496 g	5	0	0	0	0	0	0	0	0	0	0
Coffee, Reg & Decaf 24 oz	744 g	9	0	0	0	0	0	0	0	0	0	0
Coffee, Reg & Decaf 32 oz	992 g	10	0	0	0	0	0	0	0	0	0	0
Coffee, Reg & Decaf 96 oz	2,976 g	32	0	0	0	0	0	0	0	0	0	0
Chamomile Tea 16 oz	496 g	4	0	0	0	0	0	0	0	0	0	0
Green Tea 16 oz	496 g	4	0	0	0	0	0	0	0	0	0	0
Lemon Tea 16 oz	496 g	4	0	0	0	0	0	0	0	0	0	0
ISLA												
ICE CREAM												
Cajeta/Mexican Caramel	1 Scoop (In Cup)	260	140	15	10	0	45	60	26	0	22	4
Chicle/Bubble Gum	1 Scoop (In Cup)	40	0	15	10	0	45	0	26	0	22	4
Chispa de Chocolate/Chocolate Chip	1 Scoop (In Cup)	260	140	15	10	0	45	0	26	0	22	4
Chocolate	1 Scoop (In Cup)	270	150	19	10	0	4	55	27	1	21	5
Coco/Coconut	1 Scoop (In Cup)	40	0	16	11	0	40	70	28	0	25	4

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Café/Coffee	1 Scoop (In Cup)	270	150	19	10	0	4	55	27	1	21	5
Galleta/Cookes & Cream	1 Scoop (In Cup)	230	110	12	7	0	40	110	28	0	17	4
Fruta Seca/Dried Fruit	1 Scoop (In Cup)	240	120	15	10	0	45	0	26	0	22	4
Gansito/Snack Cake	1 Scoop (In Cup)	260	140	15	10	0	45	0	26	0	22	4
Limon/Lime	1 Scoop (In Cup)	40	0	2	0	0	0	0	13	1	11	0
Mamey	1 Scoop (In Cup)	230	110	12	8	0	35	45	28	0	19	3
Mango	1 Scoop (In Cup)	260	140	0	0	0	0	1,420	24	0	20	0
Fresa en Agua/Strawberry in Water	1 Scoop (In Cup)	80	0	0	0	0	0	0	23	1	22	0
Mentan con Chocolate/Chocolate Mint	1 Scoop (In Cup)	260	140	15	10	0	45	0	26	0	22	4
Fresa en Leche/Strawberry in Milk	1 Scoop (In Cup)	220	110	12	8	0	35	45	28	0	24	3
Nuez/Pecan	1 Scoop (In Cup)	330	210	23	10	0	0	0	24	1	20	5
Pistachio	1 Scoop (In Cup)	260	100	11	9	0	0	30	36	0	38	4
Leche Quemada/Caramelized Milk	1 Scoop (In Cup)	260	140	15	10	0	45	0	26	0	22	4
Guanabana/Soursop	1 Scoop (In Cup)	240	120	2	1	0	0	0	2	0	2	0
Chongos/Curdled Milk	1 Scoop (In Cup)	230	110	15	10	0	45	60	26	0	22	4
Fresas con Crema/Strawberries n Cream	1 Scoop (In Cup)	70	0	0	0	0	0	0	20	1	19	0
Vanilla	1 Scoop (In Cup)	260	140	15	10	0	45	0	26	0	22	4
Cajeta/Mexican Caramel	2 Scoops (In Cup)	520	280	30	20	0	90	120	52	0	44	8
Chicle/Bubble Gum	2 Scoops (In Cup)	80	0	30	20	0	90	0	52	0	44	8
Chispa de Chocolate/Chocolate Chip	2 Scoops (In Cup)	520	280	30	20	0	90	120	52	0	44	8

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chocolate	2 Scoops (In Cup)	540	300	38	20	0	8	110	54	2	42	10
Coco/Coconut	2 Scoops (In Cup)	80	0	32	22	0	80	140	56	0	50	8
Café/Coffee	2 Scoops (In Cup)	540	300	38	20	0	8	110	54	2	42	10
Galleta/Cookes & Cream	2 Scoops (In Cup)	460	220	24	14	0	80	220	56	0	34	8
Fruta Seca/Dried Fruit	2 Scoops (In Cup)	480	240	30	20	0	90	0	52	0	44	8
Gansito/Snack Cake	2 Scoops (In Cup)	520	280	30	20	0	90	120	52	0	44	8
Limon/Lime	2 Scoops (In Cup)	80	0	4	0	0	0	0	26	2	11	0
Mamey	2 Scoops (In Cup)	460	220	24	16	0	70	90	56	0	38	6
Mango	2 Scoops (In Cup)	520	280	0	0	0	0	2,840	48	0	40	0
Fresa en Agua/Strawberry in Water	2 Scoops (In Cup)	160	0	0	0	0	0	0	46	2	44	0
Mentan con Chocolate/Chocolate Mint	2 Scoops (In Cup)	520	280	30	20	0	90	0	52	0	44	8
Fresa en Leche/Strawberry	2 Scoops (In Cup)	440	220	24	16	0	70	90	56	0	48	6
Nuez/Pecan	2 Scoops (In Cup)	660	420	46	20	0	0	0	48	2	40	10
Pistachio	2 Scoops (In Cup)	520	200	22	18	0	0	60	72	0	76	8
Leche Quemada/Caramelized Milk	2 Scoops (In Cup)	520	280	30	20	0	90	0	52	0	44	8
Guanabana/Soursop	2 Scoops (In Cup)	480	240	4	2	0	0	0	4	0	4	0
Chongos/Curdled Milk	2 Scoops (In Cup)	460	220	30	20	0	90	120	52	0	44	8
Fresas con Crema/Strawberries n Cream	2 Scoops (In Cup)	140	0	0	0	0	0	0	40	2	38	0
Vanilla	2 Scoops (In Cup)	520	280	30	20	0	90	0	52	0	44	8
Cajeta/Mexican Caramel	3 Scoops (In Cup)	780	420	45	10	0	135	180	78	0	66	12

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chicle/Bubble Gum	3 Scoops (In Cup)	120	0	45	30	0	135	0	78	0	66	12
Chispa de Chocolate/Chocolate Chip	3 Scoops (In Cup)	780	420	45	10	0	135	180	78	0	66	12
Chocolate	3 Scoops (In Cup)	810	450	57	30	0	12	165	81	3	63	15
Coco/Coconut	3 Scoops (In Cup)	120	0	48	33	0	120	210	84	0	75	12
Café/Coffee	3 Scoops (In Cup)	810	450	57	30	0	12	165	81	3	63	15
Galleta/Cookes & Cream	3 Scoops (In Cup)	690	330	36	21	0	120	330	84	0	51	12
Fruta Seca/Dried Fruit	3 Scoops (In Cup)	720	360	45	30	0	135	0	78	0	66	12
Gansito/Snack Cake	3 Scoops (In Cup)	780	420	45	10	0	135	180	78	0	66	12
Limon/Lime	3 Scoops (In Cup)	120	0	6	0	0	0	0	39	3	33	0
Mamey	3 Scoops (In Cup)	690	330	36	24	0	105	135	84	0	57	9
Mango	3 Scoops (In Cup)	780	420	0	0	0	0	4,260	72	0	60	0
Fresa en Agua/Strawberry in Water	3 Scoops (In Cup)	240	0	0	0	0	0	0	69	3	66	0
Mentan con Chocolate/Chocolate Mint	3 Scoops (In Cup)	780	420	45	10	0	135	180	78	0	66	12
Fresa en Leche/Strawberry in Milk	3 Scoops (In Cup)	660	330	36	24	0	105	135	84	0	72	9
Nuez/Pecan	3 Scoops (In Cup)	990	630	69	30	0	0	0	72	3	60	15
Pistachio	3 Scoops (In Cup)	780	300	33	27	0	0	90	108	0	114	12
Leche Quemada/Caramelized Milk	3 Scoops (In Cup)	780	420	45	10	0	135	180	78	0	66	12
Guanabana/Soursop	3 Scoops (In Cup)	720	360	6	3	0	0	0	6	0	6	0
Chongos/Curdled Milk	3 Scoops (In Cup)	690	330	45	30	0	135	180	78	0	66	12
Fresas con Crema/Strawberries n Cream	3 Scoops (In Cup)	210	0	0	0	0	0	0	60	3	57	0

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Vanilla	3 Scoops (In Cup)	780	420	45	10	0	135	180	78	0	66	12
Cajeta/Mexican Caramel	1 Scoop (In Waffle Cone)	340	140	15	10	0	45	60	26	0	22	4
Chicle/Bubble Gum	1 Scoop (In Waffle Cone)	120	0	15	10	0	45	0	26	0	22	4
Chispa de Chocolate/Chocolate Chip	1 Scoop (In Waffle Cone)	340	140	15	10	0	45	0	26	0	22	4
Chocolate	1 Scoop (In Waffle Cone)	350	150	19	10	0	4	55	27	1	21	5
Coco/Coconut	1 Scoop (In Waffle Cone)	120	0	16	11	0	40	70	28	0	25	4
Café/Coffee	1 Scoop (In Waffle Cone)	350	150	19	10	0	4	55	27	1	21	5
Galleta/Cookes & Cream	1 Scoop (In Waffle Cone)	310	110	12	7	0	40	110	28	0	17	4
Fruta Seca/Dried Fruit	1 Scoop (In Waffle Cone)	320	120	15	10	0	45	0	26	0	22	4
Gansito/Snack Cake	1 Scoop (In Waffle Cone)	340	140	15	10	0	45	0	26	0	22	4

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Limon/Lime	1 Scoop (In Waffle Cone)	120	0	2	0	0	0	0	13	1	11	0
Mamey	1 Scoop (In Waffle Cone)	310	110	12	8	0	35	45	28	0	19	3
Mango	1 Scoop (In Waffle Cone)	340	140	0	0	0	0	1,420	24	0	20	0
Fresa en Agua/Strawberry in Water	1 Scoop (In Waffle Cone)	160	0	0	0	0	0	0	23	1	22	0
Mentan con Chocolate/Chocolate Mint	1 Scoop (In Waffle Cone)	340	140	15	10	0	45	0	26	0	22	4
Fresa en Leche/Strawberry	1 Scoop (In Waffle Cone)	300	110	12	8	0	35	45	28	0	24	3
Nuez/Pecan	1 Scoop (In Waffle Cone)	410	210	23	10	0	0	0	24	1	20	5
Pistachio	1 Scoop (In Waffle Cone)	340	100	11	9	0	0	30	36	0	38	4
Leche Quemada/Caramelized Milk	1 Scoop (In Waffle Cone)	340	140	15	10	0	45	0	26	0	22	4
Guanabana/Soursop	1 Scoop (In Waffle Cone)	320	120	2	1	0	0	0	2	0	2	0

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chongos/Curdled Milk	1 Scoop (In Waffle Cone)	310	110	15	10	0	45	60	26	0	22	4
Fresas con Crema/Strawberries n Cream	1 Scoop (In Waffle Cone)	150	0	0	0	0	0	0	20	1	19	0
Vanilla	1 Scoop (In Waffle Cone)	340	140	15	10	0	45	0	26	0	22	4
Cajeta/Mexican Caramel	2 Scoops (In Waffle Cone)	600	280	30	20	0	90	120	52	0	44	8
Chicle/Bubble Gum	2 Scoops (In Waffle Cone)	160	0	30	20	0	90	0	52	0	44	8
Chispa de Chocolate/Chocolate Chip	2 Scoops (In Waffle Cone)	600	280	30	20	0	90	120	52	0	44	8
Chocolate	2 Scoops (In Waffle Cone)	620	300	38	20	0	8	110	54	2	42	10
Coco/Coconut	2 Scoops (In Waffle Cone)	160	0	32	22	0	80	140	56	0	50	8
Café/Coffee	2 Scoops (In Waffle Cone)	620	300	38	20	0	8	110	54	2	42	10
Galleta/Cookes & Cream	2 Scoops (In Waffle Cone)	540	220	24	14	0	80	220	56	0	34	8

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fruta Seca/Dried Fruit	2 Scoops (In Waffle Cone)	560	240	30	20	0	90	0	52	0	44	8
Gansito/Snack Cake	2 Scoops (In Waffle Cone)	600	280	30	20	0	90	120	52	0	44	8
Limon/Lime	2 Scoops (In Waffle Cone)	160	0	4	0	0	0	0	26	2	11	0
Mamey	2 Scoops (In Waffle Cone)	540	220	24	16	0	70	90	56	0	38	6
Mango	2 Scoops (In Waffle Cone)	600	280	0	0	0	0	2,840	48	0	40	0
Fresa en Agua/Strawberry in Water	2 Scoops (In Waffle Cone)	240	0	0	0	0	0	0	46	2	44	0
Mentan con Chocolate/Chocolate Mint	2 Scoops (In Waffle Cone)	600	280	30	20	0	90	0	52	0	44	8
Fresa en Leche/Strawberry	2 Scoops (In Waffle Cone)	520	220	24	16	0	70	90	56	0	48	6
Nuez/Pecan	2 Scoops (In Waffle Cone)	740	420	46	20	0	0	0	48	2	40	10
Pistachio	2 Scoops (In Waffle Cone)	600	200	22	18	0	0	60	72	0	76	8

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Leche Quemada/Caramelized Milk	2 Scoops (In Waffle Cone)	600	280	30	20	0	90	0	52	0	44	8
Guanabana/Soursop	2 Scoops (In Waffle Cone)	560	240	4	2	0	0	0	4	0	4	0
Chongos/Curdled Milk	2 Scoops (In Waffle Cone)	540	220	30	20	0	90	120	52	0	44	8
Fresas con Crema/Strawberries n Cream	2 Scoops (In Waffle Cone)	220	0	0	0	0	0	0	40	2	38	0
Vanilla	2 Scoops (In Waffle Cone)	600	280	30	20	0	90	0	52	0	44	8
<i>Ice Cream Concha Sandwich</i>												
Cajeta/Mexican Caramel	1 Concha Sandwich	590	250	28	15	0	45	380	73	1	41	11
Chicle/Bubble Gum	1 Concha Sandwich	390	250	28	15	0	45	320	73	1	41	11
Chispa de Chocolate/Chocolate Chip	1 Concha Sandwich (204 g)	590	250	28	15	0	45	320	73	1	41	11
Chocolate	1 Concha Sandwich (204 g)	600	280	31	15	0	10	370	74	2	40	12
Coco/Coconut	1 Concha Sandwich (204 g)	390	260	29	15	0	40	390	74	1	44	11
Café/Coffee	1 Concha Sandwich (204 g)	600	280	31	15	0	10	370	74	2	40	12

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Chongos/Curdled Milk	1 Concha Sandwich (204 g)	560	250	28	15	0	45	380	73	1	41	11
Fresa en Agua/Strawberry in Water	1 Concha Sandwich (204 g)	420	120	14	5	0	5	320	70	2	41	8
Fresa en Leche/Strawberry in Milk	1 Concha Sandwich (204 g)	550	220	25	13	0	35	360	74	1	43	10
Fresas con Crema/Strawberries 'n Cream	1 Concha Sandwich (204 g)	410	120	14	5	0	5	320	67	2	38	8
Frutas Seca/Dried Fruit	1 Concha Sandwich (204 g)	570	250	28	15	0	45	320	73	1	41	11
Galleta/Cookies & Cream	1 Concha Sandwich (204 g)	560	220	25	12	0	40	420	74	1	37	11
Gansito/Snack Cake	1 Concha Sandwich (204 g)	590	250	28	15	0	45	320	73	1	41	11
Guanabana/Soursop	1 Concha Sandwich (204 g)	570	140	16	6	0	5	320	50	1	23	8
Leche Quemada/Caramelized Milk	1 Concha Sandwich (204 g)	590	250	28	15	0	45	320	73	1	41	11
Limon/Lime	1 Concha Sandwich (204 g)	390	140	16	5	0	5	320	61	2	31	8
Mamey	1 Concha Sandwich (204 g)	560	220	25	13	0	35	360	74	1	38	10
Mango	1 Concha Sandwich (204 g)	590	120	14	5	0	5	1,640	71	1	39	8
Mentan con Chocolate/Chocolate Mint	1 Concha Sandwich (204 g)	570	250	28	15	0	45	320	73	1	41	11

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Nuez/Pecan	1 Concha Sandwich (204 g)	650	320	35	15	0	5	320	71	2	39	12
Pistachio	1 Concha Sandwich (204 g)	590	220	24	14	0	5	350	82	1	57	11
Vanilla	1 Concha Sandwich (204 g)	590	250	28	15	0	45	320	73	1	41	11
PALETAS												
Caramel Stuffed Eskimo	1 Paleta	260	140	15	10	0	45	60	26	0	22	4
Cajeta	1 Paleta	260	140	15	10	0	45	60	26	0	22	4
Chemis	1 Paleta	180	70	8	5	0	25	30	24	1	21	2
Chocolate	1 Paleta	270	150	19	10	0	4	55	27	1	21	5
Coconut	1 Paleta	40	0	16	11	0	40	70	28	0	25	4
Cookies & Cream	1 Paleta	230	110	12	7	0	40	110	28	0	17	4
Dried Fruit	1 Paleta	240	120	15	10	0	45	0	26	0	22	4
Guava	1 Paleta	60	0	0	0	0	10	0	14	0	14	0
Lemon Ice	1 Paleta	40	0	2	0	0	0	0	13	1	11	0
Mango Ice	1 Paleta	260	140	0	0	0	0	1,420	24	0	20	0
Mango w/ Chili	1 Paleta	260	140	0	0	0	0	1,420	24	0	20	0
Milk Strawberry	1 Paleta	220	110	12	8	0	35	45	28	0	24	3
Pecan	1 Paleta	330	210	23	10	0	0	0	24	1	20	5
Pineapple Ice	1 Paleta	100	0	0	0	0	0	0	29	1	27	0
Pistachio	1 Paleta	330	210	11	9	0	0	30	36	0	38	4
Soursop	1 Paleta	240	120	2	1	0	0	0	2	0	2	0
Strawberry w/ Cream	1 Paleta	70	0	0	0	0	0	0	20	1	19	0
Strawberry Ice	1 Paleta	80	0	0	0	0	0	0	23	1	22	0
Tamarind Ice	1 Paleta	130	0	0	0	0	0	10	36	1	35	1
Vanilla with Coconut Eskimo	1 Paleta	260	140	15	10	0	45	0	26	0	22	4
Vanilla	1 Paleta	260	140	15	10	0	45	0	26	0	22	4
Watermelon	1 Paleta	70	0	0	0	0	0	0	20	1	19	0
Zamoranos Chongos	1 Paleta	230	110	15	10	0	45	60	26	0	22	4
ISLA (Misc.)												
Esquites	340.2 g	830	530	59	13	0	45	1,390	60	3	0	18
Mangoneada	403 g	650	60	7	1	0	0	1,790	148	5	107	2
Tostilocos	383 g	860	370	41	9	0	20	2,120	92	9	14	29
JUICES												
Energy 16 oz	454 g	190	10	1	0	0	0	180	44	8	29	4
Energy 24 oz	680 g	280	10	1.5	0	0	0	270	65	12	44	6
Energy 32 oz	907 g	370	15	2	0	0	0	360	87	16	59	8

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Green 16 oz	454 g	170	5	0.5	0	0	0	90	42	5	34	3
Green 24 oz	680 g	260	10	1	0	0	0	135	63	7	50	4
Green 32 oz	907 g	340	10	1.5	0	0	0	180	84	9	67	6
Popeye 16 oz	454 g	190	10	1	0	0	0	95	43	6	31	3
Popeye 24 oz	680 g	280	10	1.5	0	0	0	140	64	8	47	5
Popeye 32 oz	907 g	370	15	2	0	0	0	190	85	11	63	6
Vallarta 16 oz	454 g	210	10	1	0	0	0	10	52	5	40	3
Vallarta 24 oz	680 g	320	10	1.5	0	0	0	20	78	7	60	4
Vallarta 32 oz	907 g	420	15	1.5	0	0	0	25	105	9	80	5
Vampiro 16 oz	454 g	190	10	1	0	0	0	180	44	9	29	4
Vampiro 24 oz	680 g	290	15	1.5	0	0	0	270	66	14	44	6
Vampiro 32 oz	907 g	390	15	2	0	0	0	360	88	18	58	8
Vitamin C 16 oz	454 g	220	5	0.5	0	0	0	0	53	5	42	2
Vitamin C 24 oz	680 g	330	10	1	0	0	0	5	79	8	63	4
Vitamin C 32 oz	907 g	440	10	1.5	0	0	0	10	105	10	84	5
WELLNESS SHOTS												
Ginger Shot 1 oz	1 oz	25	0	0	0	0	0	0	5	1	0	1
Ginger Shot 2 oz	2 oz	50	0	0	0	0	0	0	10	2	0	2
Ginger Shot 3 oz	3 oz	75	0	0	0	0	0	0	15	3	0	3
My Sweet Root Shot 1 oz	1 oz	45	0	0	0	0	0	0	11	2	5	1
My Sweet Root Shot 2 oz	2 oz	90	0	0	0	0	0	0	22	4	10	2
My Sweet Root Shot 3 oz	3 oz	135	0	0	0	0	0	0	33	6	15	3
The Works Shot 1 oz	1 oz	70	0	0	0	0	0	0	13	4	2	4
The Works Shot 2 oz	2 oz	140	0	0	0	0	0	0	26	8	4	8
The Works Shot 3 oz	3 oz	210	0	0	0	0	0	0	36	12	6	12
Turmeric Shot 1 oz	1 oz	90	10	1	0.5	0	0	10	19	6	1	3
Turmeric Shot 2 oz	2 oz	180	20	2	1	0	0	20	38	12	2	6
Turmeric Shot 3 oz	3 oz	270	30	3	1.5	0	0	30	57	18	3	9
Wheatgrass Shot 1 oz	1 oz	110	0	0	0	0	0	0	14	7	0	7
Wheatgrass Shot 2 oz	2 oz	220	0	0	0	0	0	0	28	14	0	14
Wheatgrass Shot 3 oz	3 oz	330	0	0	0	0	0	0	42	21	0	21
RICE & BEANS												
De La Olla Beans Small 8 oz	284 g	190	15	1.5	0	0	0	710	38	9	0	8
De La Olla Beans Medium 16 oz	539 g	360	30	3	0	0	0	1,350	73	17	0	15
De La Olla Beans Large 24 oz	850 g	570	45	5	0	0	0	2,130	115	27	1	23
De La Olla Beans Xlarge 32 oz	1,077 g	720	60	6	0	0	0	2,700	145	34	1	30
De La Olla Beans Medium Charola	3,175 g	2,140	170	19	0	0	0	7,960	428	100	2	88
De La Olla Beans Large Charola	6,350 g	4,270	340	37	0	0	0	15,920	856	200	5	175
Mexican Rice Small 8 oz	140 g	220	50	6	0.5	0	0	750	36	1	1	3
Mexican Rice Medium 16 oz	280 g	440	110	12	1	0	0	1,500	72	2	2	6
Mexican Rice Large 24 oz	420 g	660	160	18	1.5	0	0	2,250	108	3	3	9

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mexican Rice Xlarge 32 oz	560 g	880	220	24	2	0	0	3,000	144	4	4	12
Mexican Rice Medium Charola	2,041 g	3,210	790	87	7	0	0	10,930	525	15	15	44
Mexican Rice Large Charola	4,082 g	6,420	1,570	175	15	0	0	21,870	1,050	29	29	87
Refried Beans Small 8 oz	284 g	430	160	18	7	0	15	1,050	49	29	2	18
Refried Beans Medium 16 oz	539 g	820	310	34	13	0	30	2,000	93	56	4	34
Refried Beans Large 24 oz	850 g	1,290	490	54	20	0	50	3,160	146	88	7	54
Refried Beans Xlarge 32 oz	1,077 g	1,640	620	69	26	0	65	4,010	185	112	9	69
Refried Beans Medium Charola	3,175 g	4,830	1830	203	76	0	190	11,810	546	330	25	203
Refried Beans Large Charola	6,350 g	9,650	3,660	408	152	0	380	23,620	1,092	660	51	406
Side of Rice & De La Olla Beans	198.5 g	210	40	4.5	0	0	0	740	37	4	1	5
Side of Rice & Refried Beans	198.5 g	310	100	11	3	0	5	880	41	12	2	9
SOUP												
Beef Meatball Soup 24 oz.	680 g	590	180	20	7	0	125	1,590	65	4	6	31
Beef Meatball Soup 32 oz.	850g	720	250	28	10	0	175	2,130	69	5	7	41
Beef Soup 24 oz.	606 g	720	250	28	10	1.5	140	830	64	3	5	50
Beef Soup 32 oz.	773 g	880	330	37	14	1.5	190	1,110	68	5	6	65
Chicken Meatball Soup 24 oz.	680 g	500	100	11	3	0	130	1,590	65	4	5	30
Chicken Meatball Soup 32 oz.	850 g	590	140	16	4.5	0	180	2,120	68	4	6	40
Chicken Soup 24 oz.	672 g	630	190	21	6	0	155	920	60	4	5	47
Chicken Soup 32 oz.	839 g	770	250	28	8	0	210	1,080	64	6	7	61
Menudo 24 oz.	680 g	680	150	17	9	0	540	2,550	55	0	0	73
Menudo 32 oz.	850 g	820	200	22	11	0	700	3,320	56	0	0	93
Pozole 24 oz.	700 g	1,010	430	48	14	0	225	1,950	76	14	12	64
Pozole 32 oz.	927 g	1,270	570	63	20	0	315	2,360	82	16	16	87
TAMALES												
Beef 1 Dozen	1,701 g	3,480	2,160	240	108	0	360	9,220	228	48	12	108
Chicken 1 Dozen	1,701 g	3,710	2,370	264	108	0	480	9,580	204	36	12	120
Hatch Chile & Cheese 1 Dozen	1,701 g	4,070	2,800	311	156	0	360	9,460	252	48	12	72
Pineapple Tamale 1 Dozen	1,704 g	3,600	1,730	192	42	0	0	2,880	468	36	276	24
Poblano & Queso 1 Dozen	1,701 g	3,590	2,480	275	132	0	360	9,460	228	36	12	72
Pork 1 Dozen	1,701 g	3,710	2,480	275	120	0	480	9,460	228	48	12	108
Strawberry Tamale 1 Dozen	1,704 g	4,320	2,050	228	54	0	0	3,360	552	36	324	24
Sweet Corn 1 Dozen	2,041 g	5,040	1,730	192	84	0	60	4,200	780	48	312	48
PARTY PACKS												
Asada Vallarta 1 Chicken w/ Green Salsa & De La Olla Beans	1,984 g	2,620	760	84	18	0	340	5,100	358	26	24	99
Asada Vallarta 1 Chicken w/ Green Salsa & Refried Beans	1,984 g	2,860	900	101	25	0	360	5,450	368	46	26	109
Asada Vallarta 1 Chicken w/ Red Salsa & De La Olla Beans	1,984 g	2,640	760	84	18	0	340	5,000	358	26	24	104

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Asada Vallarta 1 Chicken w/ Red Salsa & Refried Beans	1,984 g	2,880	900	101	25	0	360	5,350	368	46	26	114
Asada Vallarta 1 Steak w/ Green Salsa & De La Olla Beans	1,984 g	2,580	690	77	23	0	240	5,070	357	26	24	109
Asada Vallarta 1 Steak w/ Green Salsa & Refried Beans	1,984 g	2,820	840	93	30	0	260	5,420	368	46	26	119
Asada Vallarta 1 Steak w/ Red Salsa & De La Olla Beans	1,984 g	2,600	690	77	23	0	240	4,970	357	26	24	114
Asada Vallarta 1 Steak w/ Red Salsa & Refried Beans	1,984 g	2,840	840	93	30	0	260	5,320	368	46	26	124
Asada Vallarta 2 Chicken w/ Green Salsa & De La Olla Beans	3,941 g	5,220	1,510	168	36	0	680	10,130	712	50	48	197
Asada Vallarta 2 Chicken w/ Green Salsa & Refried Beans	3,941 g	5,680	1,790	199	49	0	715	10,790	732	89	52	216
Asada Vallarta 2 Chicken w/ Red Salsa & De La Olla Beans	3,941 g	5,270	1,510	165	36	0	680	9,940	712	50	48	206
Asada Vallarta 2 Chicken w/ Red Salsa & Refried Beans	3,941 g	5,730	1,790	199	49	0	715	10,590	732	89	52	226
Asada Vallarta 2 Steak w/ Green Salsa & De La Olla Beans	3,941 g	5,130	1,380	153	47	0	485	10,080	711	50	48	217
Asada Vallarta 2 Steak w/ Green Salsa & Refried Beans	3,941 g	5,680	1,790	199	49	0	715	10,790	732	89	52	216
Asada Vallarta 2 Steak w/ Red Salsa & De La Olla Beans	3,941 g	5,180	1,380	153	47	0	485	9,880	711	50	48	227
Asada Vallarta 2 Steak w/ Red Salsa & Refried Beans	3,941 g	5,640	1,660	184	60	0	515	10,530	731	89	52	246
Cubeta Loca 8 pc w/ Refried Beans	2,079 g	3,510	1,270	141	15	0	690	6,610	346	39	14	209
Cubeta Loca 8 pc w/ De La Olla Beans	2,079 g	3,270	1,120	125	8	0	670	6,270	336	18	12	198
Cubeta Loca 16 pc w/ Refried Beans	4,271 g	7,270	2,580	287	31	0	1,380	13,170	741	75	28	421
Cubeta Loca 16 pc w/ De La Olla Beans	4,271 g	6,820	2,300	255	18	0	1,350	12,520	721	36	24	402
Cubeta Loca 24 pc w/ Refried Beans	6,519 g	11,120	3,980	44	46	0	2,075	20,020	1,167	125	45	640
Cubeta Loca 24 pc w/ De La Olla Beans	6,519 g	10,400	3,540	393	28	0	2,025	19,130	1,102	56	37	605
Fiesta Combo 1 w/ Green Salsa & De La Olla Beans	4,933 g	7,570	2,690	298	81	0	1,495	12,380	782	53	46	442
Fiesta Combo 1 w/ Green Salsa & Refried Beans	4,933 g	8,020	2,970	330	94	0	1,525	13,040	802	92	50	462
Fiesta Combo 1 w/ Red Salsa & De Olla Beans	4,933 g	7,620	2,690	298	81	0	1,495	12,190	782	53	46	452

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Fiesta Combo 1 w/ Red Salsa & Refried Beans	4,933 g	8,070	2,970	330	94	0	1,525	12,840	802	92	50	471
Fiesta Combo 2 w/ Green Salsa & De La Olla Beans	9,270 g	13,930	5,380	597	163	0	2,990	24,910	1,302	104	92	857
Fiesta Combo 2 w/ Green Salsa & Refried Beans	9,270 g	14,840	5,940	660	189	0	3,055	26,220	1,342	183	100	896
Fiesta Combo 2 w/ Red Salsa & De Olla Beans	9,270 g	14,030	5,380	597	163	0	2,990	24,510	1,302	104	92	877
Fiesta Combo 2 w/ Red Salsa & Refried Beans	9,270 g	14,940	5,940	660	189	0	3,055	25,820	1,342	183	100	916
Fiesta Vallarta 1 w/ Green Salsa & De Olla Beans	1,984 g	3,030	870	97	33	0	590	4,820	352	24	20	188
Fiesta Vallarta 1 w/ Green Salsa & Refried Beans	1,984 g	3,270	1,020	113	39	0	605	5,170	363	45	22	198
Fiesta Vallarta 1 w/ Red Salsa & De La Olla Beans	1,984 g	3,050	870	97	33	0	590	4,720	352	24	20	193
Fiesta Vallarta 1 w/ Red Salsa & Refried Beans	1,984 g	3,290	1,020	113	39	0	605	5,070	363	45	22	203
Fiesta Vallarta 2 w/ Green Salsa & De Olla Beans	3,941 g	6,040	1,740	193	65	0	1,180	9,580	701	47	41	374
Fiesta Vallarta 2 w/ Green Salsa & Refried Beans	3,941 g	6,490	2,020	224	78	0	1,210	10,230	721	86	45	394
Fiesta Vallarta 2 w/ Red Salsa & De La Olla Beans	3,941 g	6,080	1,740	193	65	0	1,180	9,380	701	47	41	384
Fiesta Vallarta 2 w/ Red Salsa & Refried Beans	3,941 g	6,540	2,020	224	78	0	1,210	10,030	721	86	45	404
Pachanga 1 Birria Carnero w/ Green Salsa & De La Olla Beans	2,240 g	1,950	200	22	6	0	115	5,740	352	24	24	75
Pachanga 1 Birria Carnero w/ Green Salsa & Refried Beans	2,240 g	2,190	340	38	13	0	130	6,080	363	45	26	86
Pachanga 1 Birria Carnero w/ Red Salsa & De La Olla Beans	2,240 g	1,970	200	22	6	0	115	5,640	352	24	24	80
Pachanga 1 Birria Carnero w/ Red Salsa & Refried Beans	2,240 g	2,210	340	38	13	0	130	5,980	363	45	26	91
Pachanga 1 Birria Res w/ Green Salsa & De La Olla Beans	2,240 g	2,110	340	38	14	0	115	5,670	355	24	24	75
Pachanga 1 Birria Res w/ Green Salsa & Refried Beans	2,240 g	2,350	490	55	20	0	130	6,020	366	45	26	85
Pachanga 1 Birria Res w/ Red Salsa & De La Olla Beans	2,240 g	2,130	340	38	14	0	115	5,570	355	24	24	80
Pachanga 1 Birria Res w/ Red Salsa & Refried Beans	2,240 g	2,370	490	55	20	0	130	5,920	366	45	26	90
Pachanga 2 Birria Carnero w/ Green Salsa & De La Olla Beans	4,451 g	3,870	390	44	12	0	230	11,410	701	48	47	150

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Pachanga 2 Birria Carnero w/ Green Salsa & Refried Beans	4,451 g	4,330	670	75	24	0	260	12,060	721	87	51	169
Pachanga 2 Birria Carnero w/ Red Salsa & De La Olla Beans	4,451 g	3,920	390	44	12	0	230	11,210	701	48	47	160
Pachanga 2 Birria Carnero w/ Red Salsa & Refried Beans	4,451 g	4,380	670	75	24	0	260	11,860	721	87	51	179
Pachanga 2 Birria Res w/ Green Salsa & De La Olla Beans	4,451 g	4,200	680	76	27	0	225	11,270	706	48	47	149
Pachanga 2 Birria Res w/ Green Salsa & Refried Beans	4,451 g	4,650	970	107	40	0	260	11,930	726	87	51	169
Pachanga 2 Birria Res w/ Red Salsa & De La Olla Beans	4,451 g	4,250	680	76	27	0	225	11,080	706	48	47	159
Pachanga 2 Birria Res w/ Red Salsa & Refried Beans	4,451 g	4,700	970	107	40	0	260	11,730	726	87	51	179
Pic Nic 1 w/ Green Salsa & De La Olla Beans	2,693 g	3,880	1,310	145	40	0	875	7,060	389	27	23	252
Pic Nic 1 w/ Green Salsa & Refried Beans	2,693 g	4,120	1,460	162	47	0	895	7,410	399	47	25	263
Pic Nic 1 w/ Red Salsa & De La Olla Beans	2,693 g	3,900	1,310	145	40	0	875	6,970	389	27	23	257
Pic Nic 1 w/ Red Salsa & Refried Beans	2,693 g	4,140	1,460	162	47	0	895	7,310	399	47	25	268
Pic Nic 2 w/ Green Salsa & De La Olla Beans	5,386 g	7,800	2,670	296	82	0	1,755	14,110	778	53	46	504
Pic Nic 2 w/ Green Salsa & Refried Beans	5,386 g	8,260	2,950	328	95	0	1,790	14,770	798	92	50	524
Pic Nic 2 w/ Red Salsa & De La Olla Beans	5,386 g	7,850	2,670	296	82	0	1,755	13,920	778	53	46	514
Pic Nic 2 w/ Red Salsa & Refried Beans	5,386 g	8,310	2,950	328	95	0	1,790	14,570	798	92	50	534
Taquiza 1-10 Tacos Al Pastor w/ Green Salsa	1,267 g	1,780	600	66	15	0	150	2,980	224	14	20	66
Taquiza 1-10 Tacos Al Pastor w/ Red Salsa	1,267 g	1,810	600	66	15	0	150	2,880	224	14	20	71
Taquiza 1-10 Tacos Asada w/ Green Salsa	1,267 g	1,720	560	63	16	0	150	2,730	223	15	21	66
Taquiza 1-10 Tacos Asada w/ Red Salsa	1,267 g	1,740	560	63	16	0	150	2,630	223	15	21	71
Taquiza 1-10 Tacos Birria Res w/ Green Salsa	1,267 g	1,360	310	34	7	0	65	2,140	220	14	21	40
Taquiza 1-10 Tacos Birria Res w/ Red Salsa	1,267 g	1,380	310	34	7	0	65	2,050	220	14	21	45
Taquiza 1-10 Tacos Cabeza w/ Green Salsa	1,267 g	1,500	440	49	13	0	115	2,130	218	14	19	44

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taquiza 1-10 Tacos Cabeza w/ Red Salsa	1,267 g	1,520	440	49	13	0	115	2,030	218	14	19	48
Taquiza 1-10 Tacos Chicharron w/ Green Salsa	1,267 g	2,740	1,340	149	50	0	325	3,730	217	14	19	132
Taquiza 1-10 Tacos Chicharron w/ Red Salsa	1,267 g	2,760	1,340	149	50	0	325	3,630	217	14	19	137
Taquiza 1-10 Tacos Chorizo w/ Green Salsa	1,267 g	1,870	700	78	21	0	170	1,520	221	14	19	67
Taquiza 1-10 Tacos Chorizo w/ Red Salsa	1,267 g	1,890	700	78	21	0	170	1,420	221	14	19	72
Taquiza 1-10 Tacos Lengua w/ Green Salsa	1,267 g	1,430	370	41	10	0	110	2,070	222	14	19	40
Taquiza 1-10 Tacos Lengua w/ Red Salsa	1,267 g	1,460	370	41	10	0	110	1,970	222	14	19	45
Taquiza 1-10 Tacos Pollo w/ Green Salsa	1,267 g	1,750	600	67	12	0	215	2,740	223	15	21	59
Taquiza 1-10 Tacos Pollo w/ Red Salsa	1,267 g	1,770	600	67	12	0	215	2,650	223	15	21	64
Taquiza 1-10 Tacos Tripas w/ Green Salsa	1,267 g	1,580	430	47	16	0	560	12,470	217	14	19	68
Taquiza 1-10 Tacos Tripas w/ Red Salsa	1,267 g	1,600	430	47	16	0	560	12,370	217	14	19	72
Taquiza 2-20 Tacos Al Pastor w/ Green Salsa	2,534 g	3,570	1,200	133	29	0	300	5,950	449	28	40	132
Taquiza 2-20 Tacos Al Pastor w/ Red Salsa	2,534 g	3,620	1,200	133	29	0	300	5,760	449	28	40	142
Taquiza 2-20 Tacos Asada w/ Green Salsa	2,534 g	3,440	1,130	125	32	0	300	5,450	445	29	42	132
Taquiza 2-20 Tacos Asada w/ Red Salsa	2,534 g	3,490	1,130	125	32	0	300	5,260	445	29	42	141
Taquiza 2-20 Tacos Birria Res w/ Green Salsa	2,534 g	2,710	620	69	15	0	125	4,290	439	28	42	80
Taquiza 2-20 Tacos Birria Res w/ Red Salsa	2,534 g	2,760	620	69	15	0	125	4,090	439	28	42	89
Taquiza 2-20 Tacos Cabeza w/ Green Salsa	2,534 g	2,990	870	97	25	0	230	4,260	435	28	38	87
Taquiza 2-20 Tacos Cabeza w/ Red Salsa	2,534 g	3,040	870	97	25	0	230	4,060	435	28	38	97
Taquiza 2-20 Tacos Chicharron w/ Green Salsa	2,534 g	5,480	2,680	297	100	0	650	7,470	433	27	38	264
Taquiza 2-20 Tacos Chicharron w/ Red Salsa	2,534 g	5,530	2,680	297	100	0	650	7,270	433	27	38	274
Taquiza 2-20 Tacos Chorizo w/ Green Salsa	2,534 g	3,740	1,400	156	41	0	340	3,040	441	27	38	134

MENU BOARD NUTRITIONAL PAMPHLETS

Item	Serv Size	Cal	Fat Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Taquiza 2-20 Tacos Chorizo w/ Red Salsa	2,534 g	3,790	1,400	156	41	0	340	2,850	441	27	38	143
Taquiza 2-20 Tacos Lengua w/ Green Salsa	2,534 g	2,860	740	82	21	0	215	4,140	444	28	38	80
Taquiza 2-20 Tacos Lengua w/ Red Salsa	2,534 g	2,910	740	82	21	0	215	3,940	444	28	38	90
Taquiza 2-20 Tacos Pollo w/ Green Salsa	2,534 g	3,490	1,210	134	25	0	425	5,490	446	29	42	119
Taquiza 2-20 Tacos Pollo w/ Red Salsa	2,534 g	3,540	1,210	134	25	0	425	5,290	446	29	42	129
Taquiza 2-20 Tacos Tripas w/ Green Salsa	2,534 g	3,160	850	95	33	0	1,120	24,930	433	27	38	135
Taquiza 2-20 Tacos Tripas w/ Red Salsa	2,534 g	3,210	850	95	33	0	1,120	24,730	433	27	37	145