** We account for 1/2 oz of canola oil for all fried foods **

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
SALSAS AND DIPS (choice of 3 for pickadippa)											
Black Bean Dip, 5oz	240	20	6	30	400	13	6	<1	10	154	1
Fire-Roasted Tomato-Chipotle Salsa, 5oz	35	0	0	0	360	7	2	3	1	15	1
Grilled Corn Salsa, 5oz	90	2.5	0	0	200	17	3	6	0	19	1
Guacamole, 5oz	230	20	3	0	80	13	9	1	3	19	1
Mad Mex Original Salsa, 5oz	30	0	0	0	360	6	1	4	1	9	0
Mango Tomatillo Salsa, 5oz	80	2	0	0	30	17	3	10	1	7	0
Pico de Gallo, 5oz	30	0	0	0	980	7	2	4	1	26	1
Pineapple-Habanero Salsa, 5oz	50	0	0	0	70	13	2	8	<1	19	0
Queso Blanco, 5oz	370	28	19	75	1510	8	0	0	17	433	0
Tomatillo-Avocado Salsa, 5oz	90	6	1	0	85	10	5	4	2	19	1
Chip Basket, 8oz	560	220	28	0	300	72	8	0	8	160	0
APPETIZERS											
Elote Bowl	460	35	9	40	830	31	3	7	13	110	1
Guacamole with Chips (does not include salsa)	790	48	5	0	380	85	17	1	11	179	1
Jersey Chips (w/ 5 oz. Ranch and Queso Blanco)	1150	95	34	115	2710	53	2	<1	21	555	0
Kaya's Yucatan Black Bean Dip with Chips	900	55	12	45	940	87	16	<1	22	454	2
Patatas Bravas	720	59	11	80	550	38	7	0	16	201	10
Pennsyltucky Fried Tofu	1200	68	9	0	2520	92	10	73	69	671	14
Queso Blanco with Chips	1000	62	25	90	2110	82	8	0	28	679	0
NACHOS											
Nacho Grande	2140	148	71	315	4250	120	25	7	84	1770	3
Nacho Supremo, Brisket Birria	2310	161	76	365	4380	123	26	7	96	1789	5
Nacho Supremo, Carnitas	2610	195	89	385	4400	121	26	7	94	1786	4
Nacho Supremo, Chicken	2330	156	73	440	4500	121	26	7	110	1789	4
Nacho Supremo, Chicken Tinga	2270	152	72	410	4390	121	26	7	104	1779	4
Nacho Supremo, Taco Beef	2290	156	74	370	4440	123	26	8	101	1781	5
SOUPS											
Corn Chowder, bowl	250	15	3.5	10	1420	23	3	2	6	116	0
Tortilla Soup, bowl	250	10	3	20	890	32	4	2	11	175	1
WINGS Bone-in Wings (without celery sticks and dressing) Small: 7 ea. / Large: 14 ea.											
Classic Buffalo, large	1410	118	29	350	3110	0	0	0	81	1	4
Classic Buffalo, small	770	66	16	175	1550	0	0	0	40	0	2
Honey Chipotle BBQ, large	1420	101	25	350	1010	45	0	11	81	7	4
Honey Chipotle BBQ, small	770	57	13	175	500	22	0	6	40	3	2
San Francisco, large	1420	111	27	350	2540	19	0	0	81	0	4
San Francisco, small	770	63	14	175	1270	9	0	9	40	1	2
Southwestern, large	1540	122	28	350	630	27	8	6	85	145	8
Southwestern, small	830	68	14	175	320	14	4	3	42	72	4
General Zaragoza Wings, large	1320	84	22	350	2130	49	<1	45	85	106	7
General Zaragoza Wings, small	720	49	12	175	1060	24	0	23	43	53	3

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
WINGS **Boneless Wings (without celery sticks and dressing)**											
Classic Buffalo	820	63	10	120	3450	20	3	3	42	97	3
Honey-Chipotle BBQ	830	46	6	120	1350	64	3	14	42	103	3
San Francisco	830	56	8	120	2880	39	3	3	42	97	3
Southwestern	950	67	9	120	980	47	11	9	46	241	7
General Zaragoza Wings	1120	59	8	120	2480	90	11	57	65	296	9
Insane (per oz)	10	0	0	0	860	2	<1	<1	0	4	0
SALADS **(does not include tortilla or dressing)**											
California Salad, no protein	350	22	11	50	430	20	10	3	24	548	5
California Grilled Salad, Chicken	610	30	12	185	660	22	11	4	66	576	6
California Grilled Salad, Steak	750	49	17	155	660	21	10	3	62	594	8
California Grilled Salad, Portobello	550	37	13	50	570	33	15	11	31	563	6
California Grilled Salad, Shrimp	1140	57	16	1025	3480	21	10	3	141	1184	5
California Grilled Salad, Salmon	670	36	13	150	680	20	10	3	69	566	6
Casa Salad	220	16	6	25	460	10	4	3	11	131	2
Grande Casa Salad, no protein	450	32	12	50	930	24	9	7	23	294	5
Grande Casa Salad, Chicken	690	40	13	185	1150	23	8	7	64	291	5
Grande Casa Salad, Steak	830	58	18	155	1150	22	7	6	60	309	7
Grande Casa Salad, Portobello	660	50	14	50	1080	36	12	16	29	281	5
Grande Casa Salad, Crispy Tofu	940	66	14	50	1310	49	7	16	45	530	8
Grande Casa Salad, Shrimp	980	66	16	535	2450	23	7	6	81	588	5
Grande Casa Salad, Salmon	750	46	14	150	1170	21	7	6	67	281	5
Taco Salad (served in a crispy flour tortilla)	1160	65	30	190	2050	79	11	17	63	576	9
Wing-O Salad, Chicken, Classic Buffalo	880	57	17	170	3120	32	8	8	59	479	5
Wing-O Salad, Chicken, Honey-Chipotle BBQ	890	44	15	170	1550	65	8	17	59	484	5
Wing-O Salad, Chicken, San Francisco	990	66	17	170	4040	42	7	8	59	455	4
Wing-O Salad, Chicken, Southwestern	980	61	17	170	1270	52	14	13	62	587	8
Wing-O Salad, Chicken, General Zaragoza	810	32	13	170	2390	68	8	42	63	559	7
Wing-O Salad, Crispy Tofu, Classic Buffalo	1120	85	20	50	2920	47	6	17	47	712	7
Wing-O Salad, Crispy Tofu, Honey-Chipotle BBQ	1200	76	18	50	1520	91	6	29	47	718	7
Wing-O Salad, Crispy Tofu, San Francisco	1120	80	19	50	2500	61	6	17	47	712	7
Wing-O Salad, Crispy Tofu, Southwestern	1320	97	21	50	1140	74	14	24	51	856	11
Wing-O Salad, Crispy Tofu, General Zaragoza	1090	59	15	50	2640	95	6	63	51	818	10
DRESSING											
Bleu Cheese, 2oz	240	23	8	30	450	3	0	0	3	53	0
Bleu Cheese, 4oz	460	45	15	65	910	6	0	0	6	107	0
Lime-Cilantro Vinaigrette, 2oz	380	41	6	<5	105	2	0	<1	<1	37	0
Lime-Cilantro Vinaigrette, 4oz	750	82	13	5	210	4	0	1	2	73	1
House Vinaigrette, 2oz	280	31	4.5	30	70	2	0	2	0	4	0
House Vinaigrette, 4oz	560	61	9	55	140	4	0	3	<1	8	1
Creamy Ranch, 2oz	180	18	4.5	15	320	3	0	0	1	49	0
Creamy Ranch, 4oz	360	37	9	30	640	7	0	0	2	98	0
Vegan Chipotle Ranch, 2oz	140	8	3	0	280	17	0	6	2	4	0
Vegan Chipotle Ranch, 4oz	280	15	6	0	560	34	0	12	3	7	0

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
MAD BOWLS (does not include tortilla)											
Carne Asada Bowl	1580	118	22	235	1290	81	15	11	58	245	8
Mad Mex Bowl, Chicken	900	40	14	220	1340	63	16	10	78	410	4
Mad Mex Bowl, Steak	970	56	18	155	1280	61	16	9	63	420	6
Mad Mex Bowl, Crispy Tofu	1190	72	17	50	1530	95	16	21	54	704	8
Mad Mex Bowl, Portobello	830	50	15	50	1230	78	21	20	33	394	4
Mad Mex Bowl, Shrimp	1120	64	17	535	2580	62	16	9	83	699	3
Mad Mex Bowl, Salmon	850	42	14	140	1270	60	15	9	64	390	4
Roasted Veggie Bowl, Chicken	1240	72	19	220	2090	75	22	14	85	476	7
Roasted Veggie Bowl, Steak	1310	88	23	155	2040	73	22	13	70	486	8
Roasted Veggie Bowl, Crispy Tofu	1420	96	21	50	2200	100	22	22	55	708	9
Roasted Veggie Bowl, Portobello	1170	82	19	50	1990	89	82	23	41	461	7
Roasted Veggie Bowl, Shrimp	1460	97	21	535	3340	73	22	13	91	765	6
Roasted Veggie Bowl, Salmon	1230	76	19	150	2060	72	22	13	77	458	6
Southwest Bowl, Chicken	1050	58	9	170	1300	79	22	14	67	234	8
Southwest Bowl, Steak	1120	74	13	105	1240	77	22	13	51	244	10
Southwest Bowl, Crispy Tofu	1060	62	8	0	1490	99	22	25	43	527	12
Southwest Bowl, Portobello	990	68	10	0	1190	93	27	24	22	218	8
Southwest Bowl, Shrimp	1270	82	12	485	2540	77	22	13	72	523	7
Southwest Bowl, Salmon	1040	62	9	100	1260	76	22	13	59	216	8
QUESADILLAS (includes salsa garnish)											
Avodilla Quesadilla	860	47	25	100	1310	65	13	8	41	700	4
Beef Birria Quesadilla	990	58	36	195	1740	50	7	4	57	975	6
Black Beanie Quesadilla	610	29	16	65	1390	57	7	11	27	449	4
Carnitas Quesadilla	1560	113	53	215	1690	73	4	17	52	716	4
Chicken Tinga	1010	50	30	275	1780	57	8	8	75	962	4
Mad Mex Quesadilla, Chicken	950	47	26	290	1580	46	4	5	76	722	4
Mad Mex Quesadilla, Steak	1010	58	29	190	1430	44	3	5	68	727	5
Mad Mex Quesadilla, Crispy Tofu	920	53	26	100	1430	58	3	9	48	821	4
Mad Mex Quesadilla, Portobello with Corn	830	46	25	100	1330	57	7	10	41	697	3
Mad Mex Quesadilla, Shrimp	1060	53	26	590	2760	44	3	5	94	1005	2
Mad Mex Quesadilla, Chicken Tinga	870	42	25	250	1450	45	3	5	67	701	3
Mad Mex Quesadilla, Brisket Birria	930	54	32	180	1430	48	4	6	54	716	5
Mad Mex Quesadilla, Carnitas	1380	106	51	215	1460	45	3	5	52	711	3
10" Flour Tortilla	200	0	3	0	400	34	1	0	6	60	2

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
BURRITOS (includes 12" flour tortilla and salsa garnish)											
Mad Mex Burrito, Chicken	1020	38	19	250	1590	99	7	4	70	471	6
Mad Mex Burrito, Steak	1080	49	22	150	1440	97	7	4	62	476	6
Mad Mex Burrito, Crispy Tofu	990	44	19	60	1440	110	7	8	41	571	6
Mad Mex Burrito, Portobello	930	42	18	60	1380	109	11	11	36	452	5
Mad Mex Burrito, Shrimp	1130	44	19	550	2770	97	7	4	88	755	4
Mad Mex Burrito, Taco Beef	970	39	21	145	1520	101	7	5	57	453	6
Mad Mex Burrito, Chicken Tinga	930	33	18	210	1450	97	7	4	61	451	5
Mad Mex Burrito, Brisket Birria	1000	46	25	140	1440	100	8	5	48	466	6
Mad Mex Burrito, Carnitas	1460	99	44	175	1470	97	7	4	45	453	4
Spicy Mad Mex Burrito, Chicken	1120	41	20	250	2600	119	15	16	73	488	7
Spicy Mad Mex Burrito, Steak	1180	51	22	150	2450	117	15	15	65	494	8
Spicy Mad Mex Burrito, Crispy Tofu	1090	46	19	60	2450	130	15	20	45	588	7
Spicy Mad Mex Burrito, Portobello	1020	38	18	60	3130	138	19	22	39	475	6
Spicy Mad Mex Burrito, Shrimp	1230	47	19	550	3780	117	15	15	91	772	5
Spicy Mad Mex Burrito, Taco Beef	1070	41	22	145	2530	121	15	17	60	470	8
Spicy Mad Mex Burrito, Chicken Tinga	1030	35	19	210	2460	117	15	16	64	468	6
Spicy Mad Mex Burrito, Brisket Birria	1100	48	25	140	2450	121	16	16	51	483	8
Spicy Mad Mex Burrito, Carnitas	1560	101	45	175	2480	117	15	16	49	471	6
Fajita Burrita, Chicken	1080	41	20	250	1840	106	9	8	71	495	6
Fajita Burrita, Steak	1140	52	22	150	1690	104	8	7	63	500	7
Fajita Burrita, Crispy Tofu	1100	51	20	60	1730	120	8	13	45	625	6
Fajita Burrita, Portobello	990	45	19	60	1630	116	13	15	37	475	5
Fajita Burrita, Shrimp	1180	47	19	550	3020	104	8	7	89	778	4
Fajita Burrita, Taco Beef	1030	42	22	145	1770	108	9	8	58	476	6
Fajita Burrita, Chicken Tinga	990	36	19	210	1700	104	8	7	62	474	5
Fajita Burrita, Brisket Birria	1050	49	25	140	1690	107	9	8	49	489	7
Fajita Burrita, Carnitas	1520	102	45	175	1720	104	8	7	46	477	5
Mad Mex Banderito Burrito, Chicken	1400	60	32	300	2970	128	12	16	87	829	7
Mad Mex Banderito Burrito, Steak	1460	71	35	200	2820	127	11	15	79	834	8
Mad Mex Banderito Burrito, Crispy Tofu	1430	69	32	110	2860	143	11	21	61	959	8
Mad Mex Banderito Burrito, Portobello	1320	63	32	110	2760	139	16	23	53	809	6
Mad Mex Banderito Burrito, Shrimp	1260	53	30	320	3270	127	11	15	72	929	5
Mad Mex Banderito Burrito, Taco Beef	1360	60	34	195	2900	130	12	16	74	810	8
Mad Mex Banderito Burrito, Chicken Tinga	1320	55	31	260	2830	127	11	15	78	808	6
Mad Mex Banderito Burrito, Brisket Birria	1380	67	38	190	2820	130	12	16	65	823	8
Mad Mex Banderito Burrito, Carnitas	1830	119	57	225	2840	127	11	15	62	818	6
Wing-O-Rito, Classic Buffalo	1180	55	22	250	2980	99	7	4	70	472	6
Wing-O-Rito, Honey-Chipotle BBQ	1180	47	21	250	1930	121	7	10	70	475	6
Wing-O-Rito, San Francisco	1180	52	22	250	2690	108	7	4	70	472	6
Wing-O-Rito, Southwestern	1240	58	22	250	1740	112	11	8	72	544	8
Wing-O-Rito, General Zaragoza	1130	38	19	250	2490	123	7	27	72	525	7
The BIG Burrito	1760	85	36	300	3380	167	20	21	85	594	9

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
BARE-ITOS (includes salsa garnish)											
Bare-ito, Chicken	690	28	13	240	960	50	5	3	61	356	3
Bare-ito, Steak	750	39	15	140	810	48	5	2	53	361	3
Bare-ito, Crispy Tofu	720	37	13	50	860	64	5	8	36	486	3
Bare-ito, Portobello	610	31	12	50	750	60	9	10	28	337	2
Bare-ito, Shrimp	800	34	13	535	2140	48	5	2	80	639	1
Bare-ito, Taco Beef	650	28	15	135	890	52	5	4	48	337	3
Bare-ito, Chicken Tinga	610	23	12	200	820	48	5	3	52	335	2
Bare-ito, Brisket Birria	670	35	18	130	810	51	6	3	40	351	4
Bare-ito, Carnitas	1120	87	37	165	840	48	5	3	37	345	2
ENCHILADAS (includes side of rice and beans)											
Mad Mex Enchilada, Chicken	1080	46	25	290	1600	85	11	10	80	709	5
Mad Mex Enchilada, Steak	1140	57	27	190	1450	83	11	9	73	714	5
Mad Mex Enchilada, Crispy Tofu	1050	52	24	100	1450	96	11	14	52	809	5
Mad Mex Enchilada, Portobello	990	50	24	100	1390	95	15	17	47	690	4
Mad Mex Enchilada, Shrimp	1070	52	24	345	2020	83	10	9	70	837	3
Mad Mex Enchilada, Chicken Tinga	990	41	24	250	1470	83	11	9	71	689	4
Mad Mex Enchilada, Brisket Birria	1060	54	30	180	1450	86	12	10	59	704	6
Mad Mex Enchilada, Carnitas	1510	106	49	215	1480	83	11	9	56	698	4
MAD WRAPS (does not include a side or dressing)											
Los Wingos Wrap, Classic Buffalo	1190	63	19	110	3130	107	5	6	49	477	5
Los Wingos Wrap, Honey-Chipotle BBQ	1190	54	18	110	2080	128	5	10	49	473	5
Los Wingos Wrap, San Francisco	1190	59	19	110	2850	116	5	6	49	477	5
Los Wingos Wrap, Southwestern	1250	65	19	110	1900	120	9	9	51	549	7
Los Wingos Wrap, General Zaragoza	1140	46	16	110	2640	131	5	28	51	530	6
Mad Mex Wrap, Chicken	1600	99	26	315	2050	107	9	10	71	509	7
Mad Mex Wrap, Steak	1660	110	29	215	1900	106	8	9	63	514	7
Mad Mex Wrap, Crispy Tofu	1570	104	25	125	1900	119	8	14	43	608	7
Mad Mex Wrap, Portobello	1510	102	25	125	1840	118	12	17	37	490	6
Mad Mex Wrap, Shrimp	1590	105	26	370	2470	105	8	9	60	637	5
Mad Mex Wrap, Carnitas	2030	158	51	235	1920	106	8	9	47	498	6
Tofu Wrapture, Classic Buffalo	1100	58	19	50	2990	105	4	9	39	561	5
Tofu Wrapture, Honey-Chipotle BBQ	1100	49	18	50	1940	127	4	15	39	564	5
Tofu Wrapture, San Francisco	1100	55	19	50	2700	114	4	9	39	561	5
Tofu Wrapture, Southwestern	1160	60	19	50	1750	119	8	12	41	633	7
Tofu Wrapture, General Zaragoza	1050	41	16	50	2500	129	4	35	42	614	7

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
TACOS (does not include a side - 3 tacos each)											
Crispy Baja Fish Tacos	1160	74	14	200	1190	67	9	7	62	218	5
Crispy Shrimp Tacos	690	29	8	290	1390	70	7	11	43	337	3
Grilled Salmon Tacos	1020	59	15	135	1060	73	8	13	57	250	5
Grilled Street Corn Steak Tacos	1540	120	22	220	1150	71	8	11	52	276	7
Herb O'vore's Tofu Tacos	1150	60	10	0	2230	118	13	44	44	562	11
Nacho Mamas Taco Platter (4 ea.)	940	47	27	205	1630	57	9	12	69	791	7
Street Taco Trio	810	60	21	180	640	36	4	18	34	187	3
WING-O TACOS (includes side of waffle fries, does not include dressing)											
Tacos, Wing-O, Classic Buffalo	1550	95	30	195	5110	100	11	5	73	696	5
Tacos, Wing-O, Honey-Chipotle BBQ	1570	77	27	195	3410	147	11	18	74	712	6
Tacos, Wing-O, San Francisco	1560	88	29	195	4940	121	11	7	74	706	6
Tacos, Wing-O, Southwest	1680	99	29	195	3030	130	20	13	78	850	10
Tacos, Wing-O, General Zaragoza	1460	61	24	195	4530	151	12	52	79	812	9
5" Flour Tortilla (3)	240	8	3	0	390	39	3	0	6	120	2
6" Yellow Corn Tortillas (3)	130	0	0	0	40	26	2	0	2	53	1
LA CHIMI (includes side of rice and beans)											
Chicken Chimi	1150	53	23	260	1980	92	8	7	66	438	5
FAJITAS (does not include tortillas)											
Chicken Fajita	1160	69	25	235	1240	72	10	15	66	452	3
Steak Fajita	1340	91	31	210	1260	72	10	15	62	473	5
Grilled Portobello and Tofu Fajita	1460	98	28	100	1390	110	15	32	47	606	6
Skewered Shrimp Fajita	1690	96	29	1075	4060	71	9	14	141	1060	2
5" Flour Tortillas (5)	400	13	5	0	650	65	5	0	10	200	3
SIDES											
Black Beans	35	0	0	0	65	12	7	<1	4	23	1
Mexican Rice	170	0	0	0	125	38	0	1	4	5	0
Rice and Beans w/ Cheese	390	17	10	60	820	43	9	5	22	433	2
Waffle Fries	780	48	4.5	0	600	84	17	<1	11	1580	1
12" Flour Tortilla	310	8	4.5	0	610	51	2	1	8	127	3
12" Whole Wheat Tortilla	310	8	2.5	0	640	49	3	2	9	150	3
DESSERT											
Chocolate Hazelnut Churros	760	37	19	135	110	92	4	50	12	196	2
Mexican Chocolate Brownie	1720	94	45	230	710	206	7	146	19	371	7
Vanilla Ice Cream, Chocolate Fudge	370	15	8	55	180	55	2	49	4	137	1
Vanilla Ice Cream, Strawberry Sauce	260	10	5	55	70	41	2	34	3	100	0

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
KID'S MENU											
Carrot and Celery w/ Ranch	190	19	4.5	15	350	6	1	2	1	63	0
Kid's Burrito Beef	990	40	27	125	1870	113	5	6	38	401	4
Kid's Burrito Chicken	1010	39	26	150	1800	112	4	5	45	393	3
Kid's Burrito Steak	1030	43	27	130	1770	112	4	5	41	399	3
Kid's California Grilled Chicken Salad (no dressing)	440	27	12	120	490	12	6	2	40	419	3
Kid's Dino Nuggets w/rice and corn	760	43	14	70	690	78	4	4	20	46	1
Kid's Dino Nuggets w/waffle fries	660	40	8	30	1230	58	5	0	16	33	2
Kid's Grilled Chicken	530	20	10	110	510	61	3	5	29	38	1
Mac 'N Cheese	170	7	2	10	480	20	<1	<1	7	84	1
Kid's Nachos	740	45	19	125	900	40	5	2	42	556	2
Kid's Quesadilla Cheese	800	32	23	90	1140	93	4	4	28	383	2
Kid's Quesadilla Chicken	940	38	24	185	1320	94	4	5	48	400	3
Kid's Quesadilla Steak	910	40	25	120	1210	93	4	4	38	396	3
Tom's Hard Taco Beef	620	28	16	90	700	69	4	5	24	199	2
Tom's Hard Taco Chicken	640	28	16	130	700	68	4	5	29	200	1
Tom's Hard Taco Steak	660	32	16	95	650	68	3	4	26	202	2
Tom's Soft Taco, Beef	620	30	17	90	820	74	4	5	25	221	2
Tom's Soft Taco, Chicken	670	31	17	130	820	72	4	5	30	222	2
Tom's Soft Taco, Steak	690	34	17	95	770	72	4	4	27	224	2
5" Flour Tortilla	80	2.5	1	0	130	13	1	0	2	40	1
Chocolate Brownie w/ice cream & fudge	700	36	18	95	300	87	3	65	8	169	3

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
SEASONAL ITEMS											
Barbecue Brisket Burrito	1060	36	15	75	2220	147	11	21	36	223	8
Buttermilk Fried Chicken Tacos, with rice & beans	1060	43	17	105	2460	132	11	15	39	410	5
Chicken and Corn Burrito	1270	52	26	265	2150	120	10	20	83	564	8
Chicken Gyro Taco, with rice & beans	1270	59	31	325	2950	103	14	20	87	904	7
Crab Dip with Chips	900	52	17	175	1020	79	9	4	31	325	3
Crabby Corn Quesadilla	810	35	24	235	2270	55	5	8	60	872	7
Fish-N-Chips Taco, includes side of waffle fries	1930	118	25	215	2390	144	13	13	83	237	5
Gobblerito Burrito	1300	53	29	180	2510	152	8	17	57	157	6
Griled Corn Bowl (no protein)	950	68	15	40	1510	78	18	11	19	256	3
Grilled Chicken Hatch Chile Enchilada	960	39	19	255	1310	87	14	14	73	471	7
Grilled Corn on the Cobb	640	55	17	105	1050	18	2	6	15	467	1
Holiday Birr-ito	1510	93	37	175	2800	133	21	14	53	385	12
Reuben Ques O'Dilla	1220	77	30	200	3860	73	7	17	64	932	8
Stuffed Hatch Chiles	360	18	9	85	730	30	4	9	24	239	2
Sweet Potato & Elote Tacos, with rice & beans	1460	101	18	120	1210	126	14	7	19	152	6
Waffle Fry Poutine	1130	57	30	145	2060	116	7	4	32	835	2