

**** 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	310	24	6	25	750	18	4	<1	9	60	0
Fire-Roasted Tomato-Chipotle Salsa, 5oz	35	0	0	0	440	7	2	2	1	20	1
Grilled Corn Salsa, 5oz	80	2	0	16	890	16	3	5	3	20	0.8
Guacamole, 5oz	230	21	3	0	330	13	9	1	3	20	0.8
Mad Mex Original Salsa, 5oz	35	0	0	0	360	8	2	5	1	20	0.7
Mango Tomatillo Salsa, 5oz	90	0	0	0	85	17	3	2	0	10	0.3
Pico de Gallo, 5oz	30	0	0	0	170	7	2	4	1	10	0.4
Pineapple-Habanero Salsa, 5oz	50	0	0	0	280	12	2	9	<1	17	0
Queso Blanco, 5oz	370	28	19	75	1480	8	0	0	16	430	0
Tomatillo-Avocado Salsa, 5oz	100	8	1	0	440	11	5	3	2	20	1
Chip Basket, 8oz	850	36	3	0	460	115	12	0	12	150	0
APPETIZERS											
Elote Bowl	240	16	4	25	940	22	2	5	8	80	0.5
Guacamole with Chips (does not include salsa)	780	48	5	0	590	85	17	1	11	1579	1
Kaya's Yucatan Black Bean Dip with Chips	900	55	12	45	1060	87	16	<1	22	1856	2
Queso Blanco with Chips	1000	62	25	90	2110	82	8	0	28	2079	0
Jersey Chips (w/ 5 oz. Ranch and Queso Blanco)	1150	95	34	115	2710	53	2	<1	21	555	0
Patatas Bravas	540	40	8	60	970	40	5	3	11	110	2
Pennsylvlucky Fried Tofu	1240	68	9	0	2890	99	10	80	69	696	15
NACHOS											
Nacho Grande	2130	148	71	315	4770	120	25	6	84	3170	3
Nacho Supremo, Chicken	2310	153	72	410	5150	121	26	7	114	3184	4
Nacho Supremo, Taco Beef	2290	156	74	370	5320	123	26	8	101	3183	5
Nacho Supremo, Chicken Tinga	2260	152	72	405	5010	122	26	7	103	3181	4
Nacho Supremo, Brisket Birria	2310	161	76	365	5110	123	26	7	96	3190	5
Nacho Supremo, Carnitas	2600	195	89	385	5240	121	25	7	94	3186	4
SOUPS											
Corn Chowder, bowl	250	15	3.5	10	940	23	3	2	6	116	0
Tortilla Soup, bowl	270	11	3	25	930	35	4	3	11	358	1
DRESSING											
Bleu Cheese, 2oz	230	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	370	41	6	<5	160	2	0	<1	<1	36	0
Lime-Cilantro Vinaigrette, 4oz	750	82	12	5	320	3	0	1	2	73	1
House Vinaigrette, 2oz	280	30	4.5	25	180	2	0	2	0	4	0
House Vinaigrette, 4oz	560	61	9	55	370	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	360	17	0	6	2	4	0
Vegan Chipotle Ranch, 4oz	280	15	6	0	730	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)
SALADS (does not include tortilla or dressing)											
California Grilled Salad, Chicken	580	28	12	185	710	20	10	3	66	562	6
California Grilled Salad, Steak	610	32	15	155	990	21	10	3	62	593	8
California Grilled Salad, Portobello	490	31	12	50	900	33	15	11	31	563	7
California Grilled Salad, Shrimp	840	25	11	1025	4450	21	10	3	141	1184	5
California Grilled Salad, Mahi Mahi	550	24	11	215	1310	22	10	6	66	588	7
Casa Salad	230	16	6	25	510	12	4	3	12	167	3
Grande Casa Salad	430	32	11	50	950	21	6	7	22	259	4
Grande Casa Salad, Chicken	690	40	13	185	1590	23	6	8	64	280	5
Grande Casa Salad, Steak	830	57	17	155	1510	23	6	7	60	305	7
Grande Casa Salad, Portobello	660	49	14	50	1490	37	11	16	30	277	5
Grande Casa Salad, Crispy Tofu	950	66	14	50	1390	51	6	18	46	429	8
Grande Casa Salad, Shrimp	1220	67	16	1025	4970	23	6	7	139	895	4
Grande Casa Salad, Mahi Mahi	780	34	12	340	1900	24	6	9	96	326	8
Taco Salad (served in a crispy flour tortilla)	1120	62	28	190	2260	77	9	18	61	586	9
Wing-O Salad, Chicken, Classic Buffalo	950	69	18	155	4220	28	7	8	54	447	4
Wing-O Salad, Chicken, Honey-Chipotle BBQ	990	71	18	170	4470	29	7	8	59	456	4
Wing-O Salad, Chicken, San Francisco	990	66	17	170	4040	42	7	8	59	455	4
Wing-O Salad, Chicken, Southwestern	1090	79	18	170	3450	38	7	12	60	527	6
Wing-O Salad, Chicken, General Zaragoza	970	42	13	245	2850	64	5	40	84	670	7
Wing-O Salad, Crispy Tofu, Classic Buffalo	1130	85	18	50	2990	48	6	19	47	715	7
Wing-O Salad, Crispy Tofu, Honey-Chipotle BBQ	1210	76	16	50	1590	93	6	30	47	721	7
Wing-O Salad, Crispy Tofu, San Francisco	1210	86	18	50	3120	67	6	19	47	715	7
Wing-O Salad, Crispy Tofu, Southwestern	1350	105	20	50	2300	63	8	26	49	763	10
Wing-O Salad, Crispy Tofu, General Zaragoza	1130	59	13	50	2960	102	6	69	52	833	11
MAD BOWLS (does not include tortilla)											
Mad Mex Bowl, Chicken	890	39	14	220	2250	64	17	10	79	401	4
Mad Mex Bowl, Steak	970	55	18	155	2150	64	17	10	64	424	6
Mad Mex Bowl, Crispy Tofu	1210	72	15	51	2140	99	17	23	55	711	8
Mad Mex Bowl, Portobello	780	45	14	50	2060	76	22	17	32	393	4
Mad Mex Bowl, Shrimp	1370	65	17	1025	5610	64	17	10	143	1014	4
Mad Mex Bowl, Mahi Mahi	980	33	13	380	2680	66	17	12	110	455	8
Southwest Bowl, Chicken	1050	65	9	170	3580	63	18	15	65	137	6
Southwest Bowl, Steak	1170	82	10	0	3400	85	18	25	37	405	10
Southwest Bowl, Crispy Tofu	970	73	10	0	3460	77	23	23	19	132	7
Southwest Bowl, Portobello	920	71	10	0	3320	75	24	18	20	143	6
Southwest Bowl, Shrimp	1020	64	9	415	4630	64	19	14	62	384	5
Southwest Bowl, Mahi Mahi	1120	59	9	330	4010	65	18	16	96	191	10

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrat es (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
WINGS											
Bone-in Wings (without celery sticks and dressing)											
Small: 7 ea. / Large: 14 ea.											
Classic Buffalo, large	1420	118	28	350	3110	0	0	0	81	1	4
Classic Buffalo, small	770	66	15	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	1560	130	28	350	1720	15	3	8	82	48	6
Southwestern, small	840	72	15	175	860	7	1	4	41	24	3
General Zaragoza Wings, large	1340	84	22	350	2380	54	0	51	86	118	7
General Zaragoza Wings, small	730	49	12	175	1190	27	0	25	43	59	4
WINGS											
Boneless Wings (without celery sticks and dressing)											
Classic Buffalo	810	63	9	120	4800	17	2	3	41	74	2
Honey-Chipotle BBQ	820	45	6	120	2700	61	1	14	41	79	2
San Francisco	810	56	8	120	4230	35	1	3	41	73	2
Southwestern	960	74	10	120	3410	31	4	10	43	121	5
General Zaragoza Wings	1130	59	8	120	4090	92	10	62	65	284	9
Insane (per oz)	10	0	0	0	860	2	<1	<1	0	4	0
QUESADILLAS											
(includes salsa garnish)											
Avodilla Quesadilla	890	49	25	100	1530	67	16	4	43	726	4
Beef Birria Quesadilla	900	27	15	55	1070	58	8	11	25	419	4
Black Beanie Quesadilla	590	27	15	55	1070	58	8	11	25	420	4
Chicken Tinga	930	47	27	200	1860	57	8	5	58	957	4
Shrimp, Mushroom and Spinach Quesadilla	1200	62	27	590	3700	56	9	8	104	1221	9
Mad Mex Quesadilla, Chicken	850	41	25	200	1590	45	3	5	66	702	3
Mad Mex Quesadilla, Steak	900	57	27	160	1530	44	3	5	57	714	4
Mad Mex Quesadilla, Crispy Tofu	930	52	25	100	1430	58	3	10	47	823	5
Mad Mex Quesadilla, Portobello with Corn	830	46	25	100	1520	57	6	10	41	698	3
Mad Mex Quesadilla, Shrimp	1070	53	26	590	3220	44	3	5	94	1006	3
Mad Mex Quesadilla, Chicken Tinga	800	39	25	190	1450	45	3	6	55	699	3
Mad Mex Quesadilla, Brisket Birria	850	48	29	155	1550	47	4	6	48	707	4
Mad Mex Quesadilla, Carnitas	1140	82	42	175	1680	45	3	5	46	700	3
10" Flour Tortilla	200	0	3	0	400	34	1	0	6	60	2
MAD WRAPS											
(does not include a side or dressing)											
Los Wingos Wrap, Classic Buffalo	1220	62	19	110	3830	115	4	6	50	457	4
Los Wingos Wrap, Honey-Chipotle BBQ	1220	53	18	110	2780	136	4	10	49	453	4
Los Wingos Wrap, San Francisco	1220	59	19	110	3550	124	4	6	50	457	4
Los Wingos Wrap, Southwestern	1300	68	19	110	3140	122	6	9	51	481	6
Los Wingos Wrap, General Zaragoza	1180	45	16	110	3470	141	5	31	52	516	6
Mad Mex Wrap, Chicken	1440	90	15	245	2800	83	9	12	64	630	6.2
Mad Mex Wrap, Portobello	1290	89	14	130	2080	86	10	14	31	620	5.9
Mad Mex Wrap, Carnitas	1910	153	41	240	2660	82	9	11	43	630	6.4
Mad Mex Wrap, Crispy Tofu	1400	92	14	130	2340	86	9	14	51	870	8.6
Mad Mex Wrap, Shrimp	1330	88	14	305	3020	81	8	10	47	650	5.6
Mad Mex Wrap, Steak	1330	96	15	130	2280	81	9	10	29	620	5.7
Tofu Wrapture, Classic Buffalo	1140	58	18	50	3040	115	4	10	40	554	5
Tofu Wrapture, Honey-Chipotle BBQ	1150	49	17	50	1990	137	4	15	40	557	5
Tofu Wrapture, San Francisco	1080	54	18	50	2630	112	4	10	39	553	5
Tofu Wrapture, Southwestern	1160	63	18	50	2220	110	5	13	40	577	6
Tofu Wrapture, General Zaragoza	1040	41	15	50	2560	129	4	35	41	612	7

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrat es (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
BURRITOS (includes 12" flour tortilla and salsa garnish)											
Mad Mex Banderito Burrito, Chicken	1370	56	31	210	3690	139	13	12	79	813	6
Mad Mex Banderito Burrito, Steak	1410	65	33	170	3630	139	13	11	70	826	7
Mad Mex Banderito Burrito, Crispy Tofu	1500	72	31	110	3580	156	13	18	63	966	8
Mad Mex Banderito Burrito, Portobello	1320	61	31	110	3620	147	15	17	53	810	6
Mad Mex Banderito Burrito, Shrimp	1330	55	30	320	4170	139	13	12	73	934	5
Mad Mex Banderito Burrito, Taco Beef	1390	62	34	180	3880	142	13	13	69	832	7
Mad Mex Banderito Burrito, Chicken Tinga	1310	54	31	205	3550	140	13	12	68	810	6
Mad Mex Banderito Burrito, Brisket Birria	1340	60	35	165	3790	139	12	12	60	862	7
Mad Mex Banderito Burrito, Carnitas	1650	97	48	185	3780	139	13	12	59	811	6
Mad Mex Burrito, Chicken	970	32	17	160	2070	110	8	5	62	453	5
Mad Mex Burrito, Steak	1010	41	20	120	2010	109	8	4	53	466	6
Mad Mex Burrito, Crispy Tofu	1110	47	18	60	1970	127	8	11	46	606	7
Mad Mex Burrito, Portobello	920	36	18	60	2000	118	11	9	36	450	5
Mad Mex Burrito, Shrimp	1180	44	19	550	3700	109	8	4	90	758	4
Mad Mex Burrito, Taco Beef	990	38	21	130	2260	112	9	5	52	472	6
Mad Mex Burrito, Chicken Tinga	910	30	17	155	1930	110	8	5	51	451	5
Mad Mex Burrito, Brisket Birria	960	39	22	115	2030	112	9	5	44	459	6
Mad Mex Burrito, Carnitas	1270	74	35	135	2170	109	8	4	42	451	5
Fajita Burrita, Chicken	1020	35	18	160	2020	116	10	7	63	472	5
Fajita Burrita, Steak	1060	44	20	120	1960	116	10	7	54	485	6
Fajita Burrita, Crispy Tofu	1160	50	18	60	1920	134	10	14	47	625	7
Fajita Burrita, Portobello	970	39	18	60	1950	124	13	12	37	469	5
Fajita Burrita, Shrimp	1230	47	19	550	3650	116	10	7	91	777	4
Fajita Burrita, Taco Beef	1030	38	21	130	2260	122	12	8	54	499	7
Fajita Burrita, Chicken Tinga	960	33	18	155	1880	117	10	8	52	469	5
Fajita Burrita, Brisket Birria	1010	42	22	115	1980	118	11	8	45	478	6
Fajita Burrita, Carnitas	1320	77	35	135	2120	116	10	7	43	470	5
Spicy Mad Mex Burrito, Chicken	1060	33	18	160	3200	130	16	17	65	478	6
Spicy Mad Mex Burrito, Steak	1110	42	20	120	3140	130	16	16	56	491	7
Spicy Mad Mex Burrito, Crispy Tofu	1140	45	18	60	3040	144	16	22	46	600	8
Spicy Mad Mex Burrito, Portobello	1020	38	18	60	3130	138	19	22	39	475	6
Spicy Mad Mex Burrito, Shrimp	1280	46	19	550	4830	130	16	16	93	783	6
Spicy Mad Mex Burrito, Taco Beef	1090	40	21	130	3390	133	16	17	55	497	8
Spicy Mad Mex Burrito, Chicken Tinga	1010	32	18	155	3060	131	16	17	54	475	7
Spicy Mad Mex Burrito, Brisket Birria	1060	41	22	115	3160	132	17	17	47	484	8
Spicy Mad Mex Burrito, Carnitas	1360	76	35	135	3300	130	16	17	45	476	6
Wing-O-Rito, Classic Buffalo	1120	49	20	160	3460	110	8	5	62	454	5
Wing-O-Rito, Honey-Chipotle BBQ	1130	40	19	160	2410	132	8	10	62	457	5
Wing-O-Rito, San Francisco	1120	45	20	160	3170	119	8	5	62	454	5
Wing-O-Rito, Southwestern	1200	54	20	160	2760	117	10	8	63	477	6
Wing-O-Rito, General Zaragoza	1080	32	17	160	3090	136	8	30	64	512	6
Dance Marathon Burrito	1220	44	19	160	2730	138	21	12	79	906	18
Shrimp, Mushroom and Spinach Burrito	1430	57	21	550	4370	138	21	11	108	1210	17
The BIG Burrito	1320	69	32	270	2730	89	15	16	84	579	7
BARE-ITOS (includes salsa garnish)											
Bare-ito, Chicken	660	22	11	150	1460	63	6	3	54	344	2
Bare-ito, Steak	700	31	14	110	1400	63	6	3	45	357	3
Bare-ito, Crispy Tofu	800	37	12	50	1350	81	6	10	38	497	4
Bare-ito, Portobello	610	26	11	50	1390	71	9	8	28	341	2
Bare-ito, Shrimp	870	34	13	535	3090	63	6	3	82	649	2
Bare-ito, Taco Beef	680	28	15	115	1650	66	7	4	43	363	4
Bare-ito, Chicken Tinga	600	20	11	140	1320	64	6	4	42	341	2
Bare-ito, Brisket Birria	650	29	16	100	1420	65	7	4	36	350	3
Bare-ito, Carnitas	950	63	28	125	1550	63	6	3	33	342	2

	Calories	Total Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrat es (g)	Fiber (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)
ENCHILADAS (includes side of rice and beans)											
Mad Mex Enchilada, Chicken	1040	40	23	200	2380	98	11	10	72	732	4
Mad Mex Enchilada, Steak	1080	49	25	160	2320	98	11	9	63	744	5
Mad Mex Enchilada, Crispy Tofu	1110	52	23	100	2230	112	11	15	54	853	5
Mad Mex Enchilada, Portobello	990	45	23	100	2300	106	14	15	46	733	4
Mad Mex Enchilada, Shrimp	1250	52	24	590	4010	98	11	9	100	1036	3
Mad Mex Enchilada, Chicken Tinga	980	39	23	190	2240	98	11	10	61	729	4
Mad Mex Enchilada, Brisket Birria	1030	47	27	155	2340	100	12	10	54	737	5
Mad Mex Enchilada, Carnitas	1320	81	40	175	2460	98	11	10	52	735	4
LA CHIMI (includes side of rice and beans)											
Chicken Chimí	1210	49	21	220	2840	106	9	8	73	436	5
FAJITAS (does not include tortillas)											
Chicken Fajita	1210	68	25	235	2120	82	9	15	67	442	3
Steak Fajita	1440	93	31	225	2190	84	10	15	69	476	5
Grilled Portobello and Tofu Fajita	1520	97	27	100	2220	122	15	29	48	603	5
Mahi Mahi Fajita	1160	62	24	265	2360	84	9	17	67	462	2
Skewered Shrimp Fajita	1630	65	22	1035	5660	117	10	7	150	1095	5
5" Flour Tortillas (5)	400	13	5	0	650	65	5	0	10	200	3
TACOS (does not include a side - 3 tacos each)											
Crispy Baja Fish Tacos	1280	88	15	200	2230	66	9	7	61	219	5
Crispy Shrimp Tacos	830	46	9	285	2030	67	8	8	43	340	3
Grilled Chicken Tacos	1080	41	13	200	2710	108	19	9	77	500	5
Grilled Street Corn Steak Tacos	1580	122	23	235	1560	71	8	11	57	282	8
Herb O'vore's Tofu Tacos	1180	62	8	0	2340	122	13	48	44	567	11
Jerked Chicken Tacos	720	33	6	135	2110	69	28	6	54	270	8.3
Nacho Mamas Taco Platter (4 ea.)	1110	61	28	205	2570	66	11	19	70	850	7
Street Taco Trio	870	44	18	155	1910	78	9	5	43	400	4
WING-O TACOS (includes side of waffle fries, does not include											
Tacos, Wing-O, Classic Buffalo	1610	108	31	195	6520	88	10	7	72	676	4
Tacos, Wing-O, Honey-Chipotle BBQ	1740	98	28	195	4430	143	10	18	73	685	5
Tacos, Wing-O, San Francisco	1850	119	32	195	6810	125	10	7	74	679	5
Tacos, Wing-O, Southwest	1880	127	32	195	5140	114	13	14	75	727	7
Tacos, Wing-O, General Zaragoza	1590	74	25	195	5800	153	10	57	79	797	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
SIDES											
Black Beans	40	0	0	0	190	12	7	<1	4	25	2
Casa Salad	230	16	6	25	510	12	4	3	12	167	3
Mexican Rice	170	0	0	0	430	37	0	1	4	5	0
Rice and Beans w/ Cheese	390	17	10	60	820	43	9	5	22	433	2
Spicy Spinach	30	0.5	0	0	90	5	2	0	3	111	3
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 Carbohydrat es (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	700	12	6	2	40	415	3
Kid's Dino Nuggets w/rice and corn	880	47	17	80	1320	96	4	3	22	46	1
Kid's Dino Nuggets w/waffle fries	660	40	8	30	1230	58	5	0	16	33	2
Kid's Grilled Chicken	580	24	13	120	1050	64	3	5	29	32	1
Mac 'N Cheese	170	6	1	<5	870	24	1	<1	6	51	1
Kid's Nachos	740	45	19	125	1200	40	5	2	42	1265	2
Kid's Quesadilla Cheese	860	32	23	90	1540	106	4	4	29	379	2
Kid's Quesadilla Chicken	950	35	23	140	1720	106	4	4	44	386	3
Kid's Quesadilla Steak	970	39	25	120	1700	106	4	4	40	392	3
Tom's Hard Taco Beef	710	30	17	90	1360	87	4	5	26	222	2
Tom's Hard Taco Chicken	730	29	16	115	1280	85	4	4	33	214	1
Tom's Hard Taco Steak	750	24	15	65	980	80	3	4	17	185	1
Tom's Soft Taco, Beef	710	31	16	95	1140	81	3	4	27	198	2
Tom's Soft Taco, Chicken	730	29	16	115	1280	85	4	4	33	214	1
Tom's Soft Taco, Steak	750	34	14	95	1250	85	4	4	29	220	2
5" Flour Tortilla	80	2.5	1	0	130	13	1	0	2	40	1
6" Yellow Corn Tortilla	40	0	0	0	15	9	0	0	<1	18	0
10" Flour Tortilla	210	6	2.5	0	350	33	2	0	5	102	2
Chocolate Brownie	640	36	19	110	240	73	2	60	7	196	1

	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											
Chicken and Corn Burrito	1140	42	23	175	2590	116	6	12	71	563	6
Crabby Corn Quesadilla	910	35	24	235	2150	54	5	8	60	869	7
Grilled Corn Bowl (no protein)	1010	58	14	55	2670	109	12	12	25	320	4.6
Grilled Corn on the Cobb	640	55	17	105	1050	18	2	6	15	467	1
MAD MISTERIOSO											
Chicken Gyro Taco	1000	54	28	260	4590	74	31	8	76	340	8.4