



# SELECT 1

<b>BURRITO (FLOUR OR WHOLE GRAIN)</b>	<b>310/290 CAL</b>
<b>3 TACOS (FLOUR OR CORN)</b>	<b>270/120 CAL</b>
<b>RICE BOWL</b>	<b>180 CAL</b>
<b>TACO Salad</b>	<b>260 CAL</b>
<b>Green salad</b>	<b>90 CAL</b>
<b>QUESADILLA</b>	<b>310/290 CAL</b>
<b>(FLOUR OR WHOLE GRAIN)</b>	
<b>HOUSE MADE NACHOS</b>	<b>250 CAL</b>

2000 CALORIES A DAY IS USED FOR GENERAL NUTRITION ADVICE,  
BUT CALORIE NEEDS VARY. ADDITIONAL NUTRITION INFORMATION  
IS AVAILABLE UPON REQUEST



# PICK 1

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|-------------------------|--------|--|--------|
| BEEF BARBACOA \$7.49    | 60/CAL | GROUND BEEF \$7.49   | 40/CAL |
| SHREDDED CHICKEN \$7.49 | 60/CAL | GRILLED CHICKEN \$7.49   | 40/CAL |
| PORK CARNITAS \$7.49    | 50/CAL |  TEX MEX VEGGIES \$7.49 | 60/CAL |

# ADD THESE

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|---|--|---|-------------|
| SALSA   |  10/CAL |  CHILI LIME DRESSING | 30/CAL      |
| SALSA VERDE   |  10/CAL |  CILANTRO            | 5/CAL       |
| SALSA ROJA  |  10/CAL |  CHEDDAR JACK        | 110-230/CAL |
| PICO DE GALLO   |  5/CAL  |  DICED TOMATOES      | 5/CAL       |
| DICED ONIONS  |  10/CAL |  SHREDDED LETTUCE    | 5/CAL       |
| JALAPENOS   |  5/CAL  |  HABANEROS           | 10/CAL      |
|  CHIPOTLE SOUR CREAM | 30/CAL   |   |             |

 = Vegan

 = Vegetarian



# SIDES

CILANTRO RICE		\$1.99	180/CAL
White or Brown			
PINTO BEANS		\$1.99	110
BLACK BEANS		\$1.99	80
REFRIED BEANS		\$1.99	100
CHIPS & SALSA		\$1.99	390
CHIPS & QUESO		\$2.29	390
CHIPS & GUACAMOLE		\$2.99	390

# EXTRAS

SOUR CREAM		\$.79	30/CAL
GUACAMOLE		\$1.99	20/CAL
DOUBLE PROTEIN		\$2.19	20-70/CAL

# DESSERT

CHURROS		\$1.99	140/CAL
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= Vegan

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