



**SANTIAGO'S**

▪ FAITHFULLY AUTHENTIC ▪

# NUTRITIONAL INFORMATION

**VOTED** *BEST*  
**MEXICAN RESTAURANT**  
*IN SOUTH WELD COUNTY*

**BEST  
BURRITO**

*READERS  
CHOICE AWARD  
TIMES-CALL*

**HOT-MILD OR  
1/2 AND 1/2**

*IT'S A SANTIAGO'S THING*

# APPETIZERS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>3 DEEP FRIED TAQUITOS (Beef)</b>	810	470	53	16	1.5	11	20	95	1120	880	51	9	5	33
<b>3 DEEP FRIED TAQUITO (Carnitas)</b>	1190	770	87	27	0.5	21	33	175	1830	1160	54	9	8	48
<b>3 DEEP FRIED TAQUITOS (Chicken)</b>	670	350	40	10		12	13	65	830	680	53	10	6	28
<b>CHIPS AND SALSA</b>	880	360	40	6		21	9		1940	420	118	11	10	6
<b>NACHO PLATE</b>	1290	700	79	32	0	9	18	130	1550	1270	103	23	7	48
<b>TACO SALAD (Bean)</b>	1250	530	60	16	0	22	13	40	420	770	153	23	5	26
<b>TACO SALAD (Beef)</b>	1130	540	61	16	1.0	21	14	95	810	340	111	9	5	31
<b>TACO SALAD (Chicken)</b>	1030	450	51	12		21	10	70	620	210	112	9	6	27

# CHILDREN'S MENU

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>BEANS, RICE, BEEF, AND TORTILLAS</b>	720	250	28	11	0.5	3.0	8	70	1390	500	83	9		33
<b>BEEF TACO AND TOSTADA WITH RICE</b>	650	340	38	16	0.5	6	6	95	690	540	47	8	3	31
<b>CHEESE ENCHILADA WITH BEANS AND RICE</b>	580	280	31	15	0	1.5	5	70	1870	470	52	9	2	24
<b>CHICKEN TACO AND TOSTADA WITH RICE</b>	600	290	33	13	0	6	4.0	85	600	470	48	9	3	29
<b>QUESADILLA</b>	370	180	21	11		1.0	1.0	60	660		28			18

# BREAKFAST

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>MORNING PLATE</b>	780	390	45	11		17	13	435	590	1070	76	4	5	23
<b>MORNING PLATE</b> Add Bacon	190	130	14	4.5		1.5	6	40	850	210	1			13
<b>MORNING PLATE</b> Add Ham	100	25	3.0	1.0				60	1440		2		2	20
<b>MORNING PLATE</b> Add Sausage	350	310	35	12		4.0	15	50	640	160	1			9
<b>ADD CHEESE</b>	60	40	4.5	2.5				15	90		1			4
<b>ADD CHILE INSIDE -</b> Half And Half Chile	45	30	3.0	1.5	0	0	1.5	5	230	70	3			1
<b>ADD CHILE INSIDE -</b> Hot Green Chile	45	30	3.0	1.0	0	0	1.5	5	220	75	3			1
<b>ADD CHILE INSIDE -</b> Mild Green Chile	45	30	3.5	1.5	0	0	1.5	5	230	70	3			1
<b>ADD DELUXE -</b> Half & Half Chile	300	200	22	10	0	1.5	6	50	1120	350	13	2	4	12
<b>ADD DELUXE -</b> Hot Green Chile	290	190	22	10	0	1.5	5	50	1060	370	14	2	5	12
<b>ADD DELUXE -</b> Mild Green Chile	300	200	22	10	0	1.5	6	50	1120	350	13	2	4	12
<b>ADD SMOTHERED -</b> Half And Half Chile	180	110	13	5	0	1.5	6	20	900	290	11	1	3	5
<b>ADD SMOTHERED -</b> Hot Chile	180	110	12	5.0	0	1.5	5	20	870	300	11	2	4	5
<b>ADD SMOTHERED -</b> Mild Chile	180	120	13	5	0	1.5	6	20	930	280	11	1	3	5
<b>BREAKFAST BOWL -</b> Bacon (No Cheese Or Chile)	320	200	23	6		7	8	430	420	500	13	1	1	18
<b>BREAKFAST BOWL -</b> Ham (No Cheese Or Chile)	270	160	18	4.5		6	6	420	290	430	13	1	2	16



# BREAKFAST

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>BREAKFAST BOWL - Sausage (No Cheese Or Chile)</b>	320	200	23	6		7	8	425	240	460	13	1	1	15
<b>BREAKFAST BOWL Veggie (No Cheese Or Chile)</b>	280	170	19	5.0		6	6	445	160	460	13	1	1	15
<b>BREAKFAST BURRITO Bacon (No Cheese Or Chile)</b>	470	220	25	6		8	9	430	710	500	39	2	1	22
<b>BREAKFAST BURRITO Bacon with Half And Half (No Cheese)</b>	520	250	28	8	0	8	10	435	940	570	41	3	2	23
<b>BREAKFAST BURRITO Bacon with Hot Green Chile (No Cheese)</b>	520	250	28	8	0	8	10	435	930	570	41	3	2	23
<b>BREAKFAST BURRITO Bacon with Mild Green Chile (No Cheese)</b>	520	250	28	8	0	8	10	435	950	570	41	3	2	23
<b>BREAKFAST BURRITO Ham (No Cheese Or Chile)</b>	420	180	21	5		7	7	420	580	430	39	2	2	20
<b>BREAKFAST BURRITO Ham with Half And Half Chile (No Cheese)</b>	470	210	24	6	0	7	8	425	810	500	41	3	2	21
<b>BREAKFAST BURRITO Ham with Hot Green Chile (No Cheese)</b>	470	210	24	6	0	7	8	425	800	510	41	3	2	21
<b>BREAKFAST BURRITO Ham with Mild Green Chile (No Cheese)</b>	470	210	24	6	0	7	8	425	820	500	41	3	2	21
<b>BREAKFAST BURRITO Sausage (No Cheese Or Chile)</b>	460	230	26	7		8	9	425	530	460	39	2	1	19
<b>BREAKFAST BURRITO Sausage with Half And Half Chile (No Cheese)</b>	510	250	29	8	0	8	11	430	760	530	41	3	2	20



# BREAKFAST

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>BREAKFAST BURRITO</b> Sausage with Hot Green Chile (No Cheese)	510	250	29	8	0	8	10	430	750	530	41	3	2	20
<b>BREAKFAST BURRITO</b> Sausage with Mild Green Chile (No Cheese)	510	260	29	8	0	8	11	430	760	530	41	3	2	20
<b>BREAKFAST BURRITO</b> Veggie (No Cheese Or Chile)	430	190	22	5	0	7	7	445	450	460	39	2	1	19
<b>BREAKFAST BURRITO</b> Veggie with Half And Half Chile (No Cheese)	480	220	25	7	0	8	9	450	670	540	42	3	2	20
<b>BREAKFAST BURRITO</b> Veggie with Hot Green Chile (No Cheese)	470	220	25	6	0	8	9	450	660	540	42	3	2	20
<b>BREAKFAST BURRITO</b> Veggie with Mild Green Chile (No Cheese)	480	220	25	7	0	8	9	450	680	530	42	3	2	20
<b>HUEVOS RANCHEROS</b> Half And Half Chile	1350	600	67	19	0.5	21	22	465	1630	1980	141	21	6	47
<b>HUEVOS RANCHEROS</b> Hot Chile	1350	590	67	19	0.5	21	22	460	1600	1990	141	22	6	47
<b>HUEVOS RANCHEROS</b> Mild Chile	1350	600	68	19	0.5	21	22	465	1650	1980	140	21	6	47
<b>PANCAKES</b>	750	110	12	2.0	0	6	2.0	0	1240	0	152	2	88	6



# BURRITOS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>BURRITO BASE (No Protein)</b>	150	20	2.5	0		1.0	1.0		290		26			4
<b>ADD CHILE INSIDE</b> Half And Half Chile	45	30	3.0	1.5	0	0	1.5	5	230	70	3			1
<b>ADD CHILE INSIDE</b> Hot Chile	45	30	3.0	1.0	0	0	1.5	5	220	75	3			1
<b>ADD CHILE INSIDE</b> Mild Chile	45	30	3.5	1.5	0	0	1.5	5	230	70	3			1
<b>ADD DELUXE</b> Half And Half Chile	300	190	22	10	0	1.5	6	50	1090	360	13	2	4	12
<b>ADD DELUXE</b> Hot Chile	290	190	22	10	0	1.5	5	50	1060	370	14	2	5	12
<b>ADD DELUXE</b> Mild Chile	300	200	22	10	0	1.5	6	50	1120	350	13	2	4	12
<b>ADD GUACAMOLE</b>	140	110	13	2.0		1.5	9		260	430	8	6		2
<b>ADD SMOTHERED</b> Half And Half Chile	180	110	13	5	0	1.5	6	20	900	290	11	1	3	5
<b>ADD SMOTHERED</b> Hot Chile	180	110	12	5.0	0	1.5	5	20	870	300	11	2	4	5
<b>ADD SMOTHERED</b> Mild Chile	180	120	13	5	0	1.5	6	20	930	280	11	1	3	5
<b>ADD SOUR CREAM</b>	180	160	18	15					200		6		6	3
<b>BURRITO 1 ITEM</b> Add Beef	190	110	12	4.5	1.0	0	5	65	510	270	0			19
<b>BURRITO 1 ITEM</b> Add Carnitas	380	250	28	11	0	3.0	12	115	980	450	2		2	29
<b>BURRITO 1 ITEM</b> Add Chicharrones	130	70	7	2.5		1.0	3.5	20	570	30				15
<b>BURRITO 1 ITEM</b> Add Chicken	90	15	1.5	0		0	0.5	40	310	135	1			16
<b>BURRITO 1 ITEM</b> Add Rice	120	45	5.0	2.0	0	0.5	2.0	5	640	30	18			2
<b>BURRITO 1 ITEM</b> Add Steak	330	170	19	8		0.5	8	100	75	460				37
<b>BURRITO 2 ITEM</b> Add Beef	100	50	6	2.5	0	0	2.5	30	250	135				10
<b>BURRITO 2 ITEM</b> Add Carnitas	190	120	14	5	0	1.5	6	60	490	230	1			15
<b>BURRITO 2 ITEM</b> Add Chicharrones	60	35	3.5	1.5		0	1.5	10	280	15				7
<b>BURRITO 2 ITEM</b> Add Chicken	45	5	1.0	0		0	0	20	160	70	1			8
<b>BURRITO 2 ITEM</b> Add Rice	60	20	2.5	1.0	0	0	1.0	2	320	15	9			1
<b>STEAK BURRITO PLAIN</b>	500	210	24	8		2.0	11	100	1090	460	27			41



ITEM

CALORIES

CALORIES FROM FAT

TOTAL FAT (G)

SATURATED FAT (G)

TRANS FAT (G)

POLY UNSAT FAT (G)

MONO UNSAT FAT (G)

CHOLESTEROL (MG)

SODIUM (MG)

POTASSIUM (MG)

CARBOHYDRATES (G)

DIETARY FIBER (G)

SUGARS (G)

PROTEIN (G)

**STREET TACOS**  
(No Meat, No Chile)

490

170

19

8

0

2.0

3.5

35

580

440

62

12

4

19

**STREET TACOS AL CARBON**  
(No Chile Or Pico)

1210

530

60

18

0

8

23

135

1430

1520

110

26

10

61

**STREET TACOS BARBACOA**  
with Red Chile

1180

540

61

19

1.0

9

23

95

2890

1360

123

28

11

42

**ADD BEEF** (1 Serving)

100

50

6

2.5

0

0

2.5

30

250

135

10

**ADD CARNITAS** (1 Serving)

190

120

14

5

0

1.5

6

60

490

230

1

15

**ADD CHICKEN** (1 Serving)

45

5

1.0

0

0

0

20

160

70

1

8

**ADD FLOUR TORTILLAS (2)**

300

45

5

1.0

2.0

2.0

580

52

2

8

**ADD HALF AND HALF GREEN CHILE**

180

110

13

5

0

1.5

6

20

900

290

11

1

3

5

**ADD HOT GREEN CHILE**

180

110

12

5.0

0

1.5

5

20

870

300

11

2

4

5

**ADD MILD GREEN CHILE**

180

120

13

5

0

1.5

6

20

930

280

11

1

3

5

**ADD PICO DE GALLO**

35

530

11

7

**ADD RED CHILE**

130

90

10

4.0

0

1.0

4.0

10

2220

65

10

1

1

**ADD WHITE CORN TORTILLAS (4)**

200

25

3.0

1.0

20

40

6

4

4

**CARNE ASADA**  
with Half And Half Chile

880

420

47

20

0

3.0

16

160

1940

1290

56

11

7

58

**CARNE ASADA**  
with Hot Green Chile

880

410

47

20

0

3.0

16

155

1910

1300

56

11

7

58

**CARNE ASADA**  
with Mild Green Chile

890

420

47

20

0

3.0

16

160

1970

1280

56

10

7

59

**CARNE ASADA**  
with Pico De Gallo

740

300

34

15

0

1.5

10

135

1570

1000

56

9

11

54

**CARNE ASADA** with Red Chile

840

390

44

19

0

3.0

14

145

3250

1060

55

10

4

55

**CARNITA PLATTER**  
Half And Half Chile

1190

700

80

27

1.0

10

34

175

2810

1740

69

18

8

52

# DINNERS

		CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>CARNITA PLATTER</b>	Hot Chile	1190	700	79	27	1.0	10	33	175	2780	1750	69	18	8	52
<b>CARNITA PLATTER</b>	Mild Chile Prep	1190	710	80	27	1.0	10	34	175	2840	1730	69	18	8	52
<b>CHILE FRIES</b>	Half And Half Chile	1310	800	90	22	0	40	23	50	1400	2780	109	12	8	24
<b>CHILE FRIES</b>	Hot Green Chile	1310	800	90	22	0	40	22	50	1370	2780	109	12	9	24
<b>CHILE FRIES</b>	Mild Green Chile	1310	800	91	23	0	40	23	50	1430	2770	109	12	8	24
<b>CHILE FRIES</b>	Red Chile	1260	770	87	21	0	40	21	40	2720	2550	108	11	5	20
<b>CHILE RELLENO DINNER</b>	(No Chile)	620	260	29	14	0	1.5	4.5	190	1160	650	50	10	2	38
<b>CRISPY CHILE RELLENO DINNER</b>	(No Chile)	970	530	60	21	2.0	17	10	65	1740	440	86	16	9	30
<b>ENCHILADA DINNER</b>	Beef	1120	530	60	27	2.0	3.0	16	185	3850	900	85	12	3	58
<b>ENCHILADA DINNER</b>	Cheese	1160	610	69	35	0.5	2.0	7	180	3640	500	88	12	3	50
<b>ENCHILADA DINNER</b>	Chicken	960	390	44	20	0.5	3.0	8	155	3560	700	86	13	4	53
<b>FAJITAS</b>	with Chicken	870	390	44	13	0	7	17	140	1740	1650	66	19	8	58
<b>FAJITAS</b>	with Steak	1000	520	59	19	0	6	24	140	1720	1800	66	19	8	57
<b>FLAUTAS</b>	with Beef	1050	610	69	22	0.5	15	23	70	1270	1140	85	19	6	30
<b>FLAUTAS</b>	with Carnitas	1150	670	76	25	0	17	26	95	1510	1230	86	19	6	35
<b>FLAUTAS</b>	with Chicken	1000	560	63	19	0	15	20	60	1170	1070	85	19	6	28
<b>GREEN CHILE BOWL</b>	Half And Half Chile	180	110	13	5	0	1.5	6	20	900	290	11	1	3	5
<b>GREEN CHILE BOWL</b>	Hot Chile	350	220	25	10	0.5	3.0	11	40	1740	590	22	3	7	10
<b>GREEN CHILE BOWL</b>	Mild Chile	370	230	27	10	0.5	3.0	11	45	1860	560	22	2	7	10
<b>GREEN CHILE PLATE</b>	Half And Half Chile	510	260	30	13	0.5	2.5	9	60	1460	650	42	9	4	20





		CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>GREEN CHILE PLATE</b>	Hot Chile	510	260	29	13	0.5	2.5	9	55	1430	660	42	9	4	20
<b>GREEN CHILE PLATE</b>	Mild Chile	480	260	29	13	0	2.5	8	60	1330	640	37	9	4	20
<b>LARGE COMBO</b>	with Beef Taco (No Chile)	1960	890	100	43	1.5	10	18	230	3210	1740	181	36	6	88
<b>LARGE COMBO</b>	with Chicken Taco (No Chile)	1880	830	93	41	1.0	10	15	210	3050	1640	182	36	6	85
<b>MENUDO</b>		540	130	14	4.0	0	3.0	6	205	3800	260	79	7	3	26
<b>MEXICAN HAMBURGER</b>	with Half And Half Chile	960	470	53	21	2.0	4.0	19	180	2270	1200	60	10	5	58
<b>MEXICAN HAMBURGER</b>	with Hot Green Chile	960	460	53	21	2.0	4.0	19	180	2240	1200	61	10	5	58
<b>MEXICAN HAMBURGER</b>	with Mild Green Chile	960	470	53	22	2.0	4.0	19	180	2300	1190	60	10	5	58
<b>MEXICAN HAMBURGER</b>	with Red Chile	910	440	50	20	2.0	3.5	18	170	3590	970	60	10	1	55
<b>PORK CHOP DINNER</b>	(No Chile)	1430	860	97	32	0	24	32	205	1640	2230	79	12	3	64
<b>SMALL COMBO</b>	with chicken Taco (No Chile)	1420	610	69	30	0.5	9	12	160	2490	1280	138	26	5	63
<b>SMALL COMBO</b>	with Beef Taco (No Chile)	1470	660	75	32	1.0	9	14	170	2590	1340	137	26	5	65
<b>TAMALE DINNER</b>	with Hot Green Chile	770	380	43	18	0.5	2.5	9	85	1440	730	69	16	5	32
<b>TAMALE DINNER</b>	with Half And Half Chile	780	390	44	18	0.5	2.5	9	90	1470	730	69	15	5	32
<b>TAMALE DINNER</b>	with Mild Green Chile	780	390	44	18	0.5	2.5	9	90	1500	720	69	15	5	32



# STUFFED SOPAPILLAS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>SOPAPILLA</b> Half And Half Chile	880	470	53	17	0	15	15	45	1910	270	85	4	6	22
<b>SOPAPILLA</b> Hot Green Chile	880	470	53	17	0	15	15	45	1890	280	85	4	6	22
<b>SOPAPILLA</b> Mild Green Chile	880	470	53	17	0	15	15	45	1930	260	85	4	6	22
<b>ADD BEANS</b>	320	90	11	4.0	0	1.5	4.5	10	110	700	42	14		14
<b>ADD BEEF</b>	190	110	12	4.5	1.0	0	5	65	510	270	0			19
<b>ADD CARNITAS</b>	380	250	28	11	0	3.0	12	115	980	450	2		2	29
<b>ADD CHICHARRONES</b>	130	70	7	2.5		1.0	3.5	20	570	30				15
<b>ADD CHICKEN</b>	90	15	1.5	0		0	0.5	40	310	135	1			16
<b>ADD RICE</b>	120	45	5.0	2.0	0	0.5	2.0	5	640	30	18			2

# ENCHILADAS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>BEEF ENCHILADA (1)</b>	340	180	21	9	0.5	1.0	5.0	65	1560	240	21	2	2	18
<b>BEEF ENCHILADA (3)</b>	790	380	43	19	1.5	2.0	12	150	3300	540	54	5	3	43
<b>CHEESE ENCHILADA (1)</b>	360	210	24	12	0	0.5	2.0	65	1490	105	22	2	2	16
<b>CHEESE ENCHILADA (3)</b>	830	460	52	27	0	1.5	4.0	145	3080	135	57	5	3	35
<b>CHICKEN ENCHILADA (1)</b>	290	140	15	7	0	1.0	2.5	55	1460	170	22	2	2	17
<b>CHICKEN ENCHILADA (3)</b>	630	240	27	12	0	2.0	5.0	115	3010	340	55	5	4	38
<b>SUB HALF AND HALF CHILE (1)</b>	90	60	6	2.5	0	0.5	3.0	10	450	140	6		2	2
<b>SUB HALF AND HALF CHILE (3)</b>	180	110	13	5	0	1.5	6	20	900	290	11	1	3	5
<b>SUB HOT GREEN CHILE (1)</b>	90	50	6	2.5	0	0.5	2.5	10	430	140	5		2	2
<b>SUB HOT GREEN CHILE (3)</b>	170	110	12	5.0	0	1.5	5	20	850	290	11	2	4	5
<b>SUB MILD GREEN CHILE (1)</b>	90	60	6	2.5	0	0.5	3.0	10	460	135	5		2	2
<b>SUB MILD GREEN CHILE (3)</b>	180	110	13	5	0	1.5	6	20	910	270	11	1	3	5

# TOSTADAS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>TOSTADA BASE (No Protein)</b>	220	120	14	6		2.5	1.0	30	200	75	16	2	1	8
<b>TOSTADA 1 ITEM Add Beans</b>	120	35	4.0	1.5	0	0.5	1.5	3	40	260	15	5		5
<b>TOSTADA 1 ITEM Add Beef</b>	70	40	4.5	2.0	0	0	2.0	25	190	100				7
<b>TOSTADA 1 ITEM Add Chicken</b>	35	5	0.5	0		0	0	15	120	50	0			6
<b>TOSTADA 1 ITEM Add Guacamole</b>	100	70	8	1.0		1.0	6		190	280	6	4		
<b>TOSTADA 2 ITEMS Add Beans</b>	80	25	2.5	1.0	0	0	1.0	2	30	170	11	4		4
<b>TOSTADA 2 ITEMS Add Beef</b>	50	25	3.0	1.0	0	0	1.5	15	125	65				5
<b>TOSTADA 2 ITEMS Add Chicken</b>	20	0	0	0		0	0	10	80	35	0			4
<b>TOSTADA 2 ITEMS Add Guacamole</b>	70	45	5	0.5		0.5	4.0		125	190	4	3		

# AMERICAN FOOD

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>CHEESEBURGER DELUXE with Fries</b>	1360	750	84	23	1.0	31	22	130	1900	2400	111	11	15	47
<b>GRILLED CHEESE with Fries</b>	1110	600	68	17		30	14	40	840	1870	112	8	6	22
<b>HAMBURGER DELUXE with Fries</b>	1250	670	75	18	1.0	31	22	100	1720	2400	110	11	15	39

# SALSA

	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	POLY UNSAT FAT (g)	MONO UNSAT FAT (g)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)
<b>SALSITAS (1)</b>	10	0	0						250	60	1			0

# TACOS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>HARD SHELL TACO</b> with Beef	260	140	16	6	0	2.5	4.0	45	360	210	15	2	1	14
<b>HARD SHELL TACO</b> with Chicken	210	90	10	3.5		2.5	1.5	35	270	140	16	2	2	12
<b>SOFT SHELL TACO</b> with Beef	400	170	19	8	1.0	1.5	7	80	890	340	28	2		27
<b>SOFT SHELL TACO</b> with Chicken	300	80	9	3.5		1.5	1.5	55	700	210	29	2	2	24
<b>SOFT SHELL TACO</b> Add Smothered - Half And Half Chile	180	110	13	5	0	1.5	6	20	900	290	11	1	3	5
<b>SOFT SHELL TACO</b> Add Smothered - Hot Chile	180	110	12	5.0	0	1.5	5	20	870	300	11	2	4	5
<b>SOFT SHELL TACO:</b> Add Smothered - Mild Chile	180	120	13	5	0	1.5	6	20	930	280	11	1	3	5

# INDIAN TACOS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>INDIAN TACOS</b> (No Protein) - Half And Half Chile	590	370	42	14	0	12	11	50	1380	360	39	3	4	16
<b>INDIAN TACOS</b> (No Protein) - Hot Chile	590	360	41	13	0	12	11	50	1350	370	40	3	5	16
<b>INDIAN TACOS</b> (No Protein) - Mild Chile	590	370	42	14	0	12	11	50	1410	350	39	3	4	16
<b>ADD BEANS</b>	320	90	11	4.0	0	1.5	4.5	10	110	700	42	14		14
<b>ADD BEEF</b>	190	110	12	4.5	1.0	0	5	65	510	270	0			19
<b>ADD CARNITAS</b>	380	250	28	11	0	3.0	12	115	980	450	2		2	29
<b>ADD CHICKEN</b>	90	15	1.5	0		0	0.5	40	310	135	1			16
<b>ADD RICE</b>	120	45	5.0	2.0	0	0.5	2.0	5	640	30	18			2

# TAMALES

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>PLAIN TAMALES</b>	140	60	7	2.5				15	10	75	14	4		6
<b>ADD SMOTHERED</b> Half And Half Chile	90	60	6	2.5	0	0.5	3.0	10	450	140	6		2	2
<b>ADD SMOTHERED</b> Hot Chile	90	60	6	2.5	0	0.5	2.5	10	440	150	6		2	2
<b>ADD SMOTHERED</b> Mild Chile	90	60	7	2.5	0	0.5	3.0	10	470	140	5		2	2

# CHILE RELLENOS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>PLAIN CRISPY RELLENOS</b>	320	190	22	6	1.0	8	3.5	15	590	75	28	5	5	7
<b>PLAIN SOFT RELLENOS</b>	290	200	23	6		10	5.0	75	300	180	10	2	1	12
<b>ADD SMOTHERED</b> Half And Half Chile	90	60	6	2.5	0	0.5	3.0	10	450	140	6		2	2
<b>ADD SMOTHERED</b> - Hot Chile	90	60	6	2.5	0	0.5	2.5	10	440	150	6		2	2
<b>ADD SMOTHERED</b> - Mild Chile	90	60	7	2.5	0	0.5	3.0	10	470	140	5		2	2

# DESSERTS

	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	POLY UNSAT FAT (G)	MONO UNSAT FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CARBOHYDRATES (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
<b>CHURROS</b>	490	270	30	7	5	8	3.5	40	280	10	52	1	26	4
<b>SOPAPILLA BITES</b> with Cinnamon Sugar	690	310	35	8		14	11		1110	0	89	3	16	11
<b>SOPAPILLA BITES</b> with Powdered Sugar	690	310	35	8		14	11		1110	0	89	3	17	11
<b>SOPAPILLAS</b>	770	310	35	8		14	11		1110	25	112	3	40	11