

# Cantina Laredo Nutritional Information

Effective: May 2018

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

DIPS	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chili Con Queso, Bowl	650	400	45	29	0	160	3250	27	1	18	34
Chili Con Queso, Cup	390	240	27	18	0	95	1950	16	1	11	20
Guacamole, Top Shelf (Tablesides)	390	280	31	6	0	5	1740	27	15	5	7
Queso Blanco	930	650	72	38	0	185	3510	22	4	12	41
Queso Laredo	610	370	41	25	0	155	3060	26	1	15	35
Queso y Guacamole Combinacion	600	370	41	21	0	105	2160	36	6	13	24
ENSALADA Y SOPA	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Arroz con Pollo, Bowl	400	100	11	4	0	40	1770	58	7	7	19
Arroz con Pollo, Cup	120	40	4.5	1.5	0	20	730	14	1	2	8
Ensalada de Camaron con Fresa	810	450	50	14	0	195	1540	66	7	52	31
Ensalada de Camaron con Miel	570	270	30	11	0	195	1500	47	8	32	32
Ensalada de Cilantro	810	560	63	13	1	30	1180	46	15	5	19
Ensalada de Mango y Pollo	970	490	55	15	0	125	1450	76	5	68	49
Ensalada: Add Chicken	240	60	7	2	0	115	1000	1	0	0	42
Ensalada: Add Salmon	220	120	13	2.5	0	65	450	2	0	0	23
Sopa y Ensalada de Mango	510	260	29	8	0	35	1070	49	5	30	15
Taco Salad	840	550	61	16	1	80	1430	42	7	3	31
Tortilla Soup, Bowl	220	100	11	2	0	15	1180	23	3	4	8
Tortilla Soup, Cup	180	90	10	1.5	0	15	760	17	2	2	8
Ranch Dressing (1 fl oz)	110	100	11	1.5	0	10	210	2	0	1	1
Tropical Ginger Vinaigrette (1 fl oz)	30	0	0	0	0	0	0	7	0	7	0
Vinaigrette (1 fl oz)	170	170	19	3	0	0	150	1	0	1	0
TAPAS	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Camaron y Chorizo Empanadas	630	300	33	13	0	100	1020	59	6	1	26
Carnita Sliders	1160	480	53	18	0	140	2770	129	10	40	38
Ceviche	890	370	41	7	0	100	1540	102	11	4	27
Crab Cakes Y Poblano	360	240	26	13	1	150	820	12	1	5	17
Flautas de Pollo Tingas	1010	430	48	19	0.5	165	1630	95	15	7	53
Flautitas	670	340	38	16	0.5	160	990	44	5	4	39
Nachos	1200	710	79	38	0	205	1300	72	15	2	57
Nachos: Add Chicken	190	50	5	1.5	0	95	800	1	0	0	34
Nachos: Add Steak	270	150	17	6	0	65	1290	6	1	3	24
Quesadilla	860	560	62	29	0	135	1360	44	4	3	35
Quesadilla: Add Chicken	240	60	7	2	0	115	1000	1	0	0	42
Quesadilla: Add Steak	340	190	21	8	0	85	1620	8	1	4	30
Quesadilla: Add Vegetarian	70	35	4	1	0	0	130	7	2	1	2
Quesadillas al Carbon, Tapas (Vegetarian)	820	520	57	25	0	105	1310	49	6	3	31
Quesadilla y Avocado Tostada	660	370	41	16	0	100	1300	44	11	3	32
Tacos de Ahi Tuna	350	180	20	3	0	30	630	27	6	7	17
Tamales	830	440	48	16	0	105	1810	60	10	30	39
Tostaditas de Aguacate	300	170	19	6	0	15	350	26	9	3	10
ESPECIALIDADES	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Camaron Poblano Asada	970	600	67	20	2	150	4650	48	6	7	46
Camarones Escondidos	800	270	30	11	0	325	3340	37	5	5	92
Carne Asada	830	430	47	13	1.5	135	4380	55	11	5	48
Carnitas	850	310	34	13	0	280	1780	40	9	5	92
Cascabel Ribeye	1380	930	103	47	5	300	7550	42	6	6	75
Pollo Asado	1450	760	85	23	0	350	2020	48	11	9	118
Pescado del Dia, Cod	480	240	26	7	0	65	760	28	3	2	31
Pescado del Dia, Flounder	490	260	29	8	0	75	1550	30	3	2	26
Pescado del Dia, Grouper	550	250	28	7	0	75	1140	30	3	2	43
Pescado del Dia, Haddock	560	330	37	10	0	75	1070	29	3	2	27
Pescado del Dia, Halibut	710	270	30	8	0	100	1200	81	5	20	45
Pescado del Dia, Mahi Mahi (Dinner)	370	80	8	3.5	0	155	1050	30	3	2	41
Pescado del Dia, Red Fish	540	260	29	8	0	115	1670	30	3	2	38
Pescado del Dia, Sea Bass	730	280	32	8	0	85	1200	81	5	20	46
Pescado del Dia, Snapper	560	250	28	8	0	70	1140	30	3	2	44
Pescado del Dia: Add Chile de Arbol Sauce	120	90	10	6	0	30	230	4	1	2	1
Pescado del Dia: Add Chimichurri Sauce	230	230	25	4	0.5	0	530	2	0	0	0
Pescado del Dia: Add Chipotle Aioli	310	290	32	5	0	25	290	6	2	2	1
Pescado del Dia: Add Jalapeno Beurre Blanc Sauce	240	230	26	16	1	70	330	2	0	1	1
Pescado del Dia: Add Mango Ginger Salsa	40	15	1.5	0	0	0	150	7	1	5	0
Pescado del Dia: Add Roasted Red Bell Pepper Sauce	30	20	2	0	0	0	220	2	1	1	1
Pescado del Dia: Add Veracruz Sauce	40	30	3	0.5	0	0	240	3	1	1	0

Red Fish (Without Sauce)	520	260	29	7	0	100	1580	32	4	3	34
Relleno de Camarones	940	540	60	29	1	305	3190	59	8	9	45
Relleno de Hongos	750	470	53	27	1	115	2170	51	8	10	22
Seabass (Without Sauce)	580	270	30	8	0	85	1190	32	4	3	44
Snapper (Without Sauce)	570	250	28	8	0	70	1130	32	4	3	45
Sopes de Barbacoa	1140	540	60	19	0	130	2080	99	12	3	49
<b>FAJITAS</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Camarones Fajitas	1170	430	48	15	0	225	3840	126	17	17	63
Chicken Fajitas	1230	380	42	14	0.5	215	4140	121	17	12	90
Chipotle Pollo Fajitas	1320	490	55	21	0	215	4100	121	17	11	87
Combinacion Fajitas	1290	460	52	18	0	185	4310	124	18	13	82
Fajitas Tres	1470	560	62	22	0.5	290	4990	126	18	15	102
Portobello Mushroom Fajitas	1340	770	86	23	1.5	35	2670	123	25	17	26
Steak Fajitas	1340	530	59	21	0	150	4470	128	18	15	73
<b>TACOS</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Tacos al Carbon, Chicken (Dinner)	1200	380	43	17	0	260	4350	101	12	9	100
Tacos al Carbon, Steak (Dinner)	1330	590	65	24	0	190	5430	114	13	17	77
Tacos de Barbacoa (Bar)	790	380	42	18	0	160	1340	54	6	10	49
Tacos de Barbacoa (Dinner)	1030	420	46	19	0	165	2520	94	12	13	58
Tacos de Camarones (Dinner)	1240	680	75	23	1	295	3020	91	14	8	49
Tacos de Camarones (Bar)	910	540	60	19	1	290	2030	51	8	7	41
Tacos de Carnitas (Dinner)	960	380	42	20	0	150	2500	86	12	9	59
Tacos de Fajita (Bar)	590	270	30	11	0	80	1010	51	8	6	30
Tacos de Fajita (Dinner)	920	370	41	14	0	105	2890	95	14	11	47
Tacos de Pescado (Dinner)	1170	580	64	19	1	145	2370	101	17	13	50
Tacos de Pescado (Bar)	930	540	60	18	0.5	155	1560	56	9	11	42
Tacos de Pollo (Dinner)	830	250	28	10	0	140	2240	88	14	10	57
Tacos de Pollo (Bar)	600	220	25	9	0	135	1280	47	8	8	49
Taqueria - Barbacoa Taco	270	130	14	6	0	55	520	18	2	3	16
Taqueria - Fajita Taco	230	120	13	4.5	0	35	660	18	3	3	13
Taqueria - Pescado Taco	360	230	26	7	0	50	680	20	3	4	13
Taqueria - Pescado Tacos (Three)	1190	620	68	17	1	160	2000	92	14	9	51
Taqueria - Pescado Tacos (Two)	1000	540	60	14	1	110	1830	77	12	7	37
Taqueria - Pollo Taco	210	80	9	3.5	0	45	450	16	3	3	16
Tradicional Crispy Tacos, Chicken (Three)	840	300	33	11	0	160	1250	91	13	6	45
Tradicional Crispy Tacos, Chicken (Two)	660	220	25	8	0	110	1050	77	12	5	34
Tradicional Crispy Tacos, Sirloin (Three)	1000	400	45	16	1	130	2340	99	14	5	51
Tradicional Crispy Tacos, Sirloin (Two)	770	290	33	12	0.5	90	1780	82	12	4	38
Tradicional Soft Tacos, Chicken (Three)	880	280	31	11	0	160	1840	101	12	7	49
Tradicional Soft Tacos, Chicken (Two)	690	210	23	8	0	110	1450	84	11	5	36
Tradicional Soft Tacos, Sirloin (Three)	1040	390	43	16	1	130	2930	109	13	6	55
Tradicional Soft Tacos, Sirloin (Two)	800	280	31	12	0.5	90	2170	89	11	4	40
<b>COMBINACIONES</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Acapulco	1760	800	89	31	1	240	4170	153	23	21	89
Cancun	1230	530	59	21	1	175	3080	111	16	6	63
Cozumel	1830	1000	111	48	1.5	335	3900	116	18	8	95
Juarez	910	360	40	15	0.5	100	1960	94	15	4	42
Puerta Vallarta	1290	560	63	23	0.5	175	3630	116	16	9	68
<b>ENCHILADAS</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Enchiladas de Avocado	1030	500	56	24	0	130	2280	91	18	9	45
Enchiladas de Beef (Three)	1090	410	46	15	1	140	3250	109	17	5	58
Enchiladas de Beef (Two)	890	350	39	14	1	110	2130	90	14	4	45
Enchiladas de Cheese (Three)	990	420	47	19	0	105	1620	103	16	4	41
Enchiladas de Cheese (Two)	790	320	36	15	0	80	1330	85	13	3	33
Enchiladas de Chicken (Three)	1470	760	85	33	1.5	245	3620	110	15	11	68
Enchiladas de Chicken (Two)	1100	550	61	24	1	170	2660	90	13	8	49
Enchiladas de Espinaca	940	500	55	22	1	95	1690	87	14	8	27
Enchiladas de Mole	940	350	39	13	0	125	3410	93	14	13	54
Enchiladas de Veracruz	1020	420	47	14	0	105	2990	103	16	8	49
<b>BURRITOS</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Chicken Fajita Burrito	1160	500	56	23	1	160	2480	113	16	9	52
Chimichanga de Pollo	1070	480	54	24	1	195	2250	87	14	7	60
Chimichanga de Pollo: Add Chili con Queso	200	120	13	9	0	50	980	8	0	6	10
Chimichanga de Pollo: Add Ranchera Sauce	70	35	4	1.5	0	5	460	6	1	3	2
Ground Sirloin Burrito	1090	430	48	22	0	125	3070	116	17	11	48
Pollo Tinga Burrito	1110	510	56	23	1	155	2080	114	17	10	39
Steak Fajita Burrito	1110	450	50	23	0	125	3290	115	16	13	51
<b>DESSERTS</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Churros	1010	340	38	15	0	65	830	155	5	81	9
Flan	920	150	17	9	0	220	250	170	1	169	18
Mango Tres Leches Cake	790	360	41	18	0	160	600	96	2	75	9
Mexican Apple Pie, Cinnamon Ice Cream	1030	530	59	25	2	45	770	123	5	76	8
Mexican Apple Pie, Vanilla Ice Cream	1030	530	59	26	2	45	770	123	4	77	8
Mexican Brownie, Cinnamon Ice Cream	1520	810	90	27	2.5	90	610	169	9	123	17

Mexican Brownie, Vanilla Ice Cream	1520	810	90	27	2.5	90	610	169	8	125	17
<b>SIDES</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Asparagus	25	5	0.5	0	0	0	115	4	2	1	2
Beef Tamale	540	260	29	9	0	75	1340	41	7	15	29
Black Beans	190	15	1.5	1	0	5	780	32	12	1	13
Cheese Enchilada	360	180	20	7	0	55	750	28	4	1	18
Cilantro Lime Rice	140	20	2.5	0	0	0	350	25	1	1	3
Crispy Chicken Tinga Taco	180	70	8	2.5	0	50	200	14	2	1	11
Crispy Ground Sirloin Taco	230	110	12	4.5	0	40	560	17	2	1	13
Mexican Rice	140	15	2	0	0	0	630	27	1	2	3
Mexican Street Corn	190	100	12	4.5	0	10	760	17	2	3	5
Rancho Beans	220	10	1.5	0	0	0	880	40	13	1	13
Refried Beans	290	100	11	4.5	0	15	45	36	12	0	14
Roasted Red Bell Pepper - 1.5 fl oz serving	30	20	2	0	0	0	220	2	1	1	1
Side Salad (Without Dressing)	40	15	1.5	0	0	0	35	5	2	2	2
Seasonal Vegetables	80	70	8	4.5	0	20	210	4	1	2	1
Vera Cruz - 1.5 fl oz serving	40	30	3	0.5	0	0	240	3	1	1	0
<b>LUNCH - DAILY FEATURES</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Ensalada de Pollo with Cilantro Lime Ranch Dressing	1290	810	91	24	0.5	160	2890	63	12	10	58
Ensalada y Taco*	210	110	12	2	0	0	140	25	2	22	3
Hongo y Green Chile Quesadilla	730	470	52	22	0	90	1390	44	6	5	25
Sopa y Jicama Green Apple Slaw	660	440	49	12	0	40	1450	42	7	8	16
Stacked Pollo Tinga Enchiladas	1050	490	55	20	1	270	2490	103	15	12	38
<b>LUNCH - ESPECIALIDADES</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Asada y Enchilada	960	460	51	14	1	120	3680	78	13	6	48
Crispy Carnitas Bowl	940	360	40	16	0	150	2580	86	15	9	60
Fajitas (Lunch)	790	230	26	8	0	15	2490	119	17	12	23
Fajitas (Lunch): Add Chicken	280	90	10	4.5	0	125	1040	1	0	0	42
Fajitas (Lunch): Add Combination	310	140	16	6	0	105	1130	3	1	1	37
Fajitas (Lunch): Add Steak	340	190	21	9	0	85	1240	6	1	2	32
Pescado del Dia, Mahi Mahi (Lunch)	310	60	7	2.5	0	115	890	30	3	2	31
Pollo Chipotle	930	380	43	19	0	260	3290	43	10	5	92
Salmon	430	170	19	3.5	0	80	930	30	3	2	33
<b>LUNCH - TACOS Y ENCHILADAS</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Guadalajara	1660	760	84	29	1.5	230	4130	141	22	21	83
Monterey	920	370	41	16	0.5	140	2300	86	12	6	51
Tacos de Barbacoa (Lunch)	760	290	32	13	0	110	2000	77	10	9	41
Tacos de Fajita (Lunch)	700	260	29	10	0	75	2280	78	11	9	34
Tacos de Pescado (Lunch)	980	500	55	16	0.5	100	2190	84	15	10	37
Tacos de Pollo (Lunch)	640	190	21	8	0	100	1860	73	12	8	41
Tradicional Crispy Tacos, Chicken (Lunch)	660	220	25	8	0	110	1050	77	12	5	34
Tradicional Crispy Tacos, Sirloin (Lunch)	770	290	33	12	0.5	90	1780	82	12	4	38
Tradicional Soft Tacos, Chicken (Lunch)	690	210	23	8	0	110	1450	84	11	5	36
Tradicional Soft Tacos, Sirloin (Lunch)	800	280	31	12	0.5	90	2170	89	11	4	40
<b>BRUNCH</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
Americana (DFW)	1180	640	71	22	0.5	575	1110	97	16	14	40
Americana: Add Bacon (DFW)	35	25	2.5	1	0	10	100	0	0	0	3
Americana: Add Sausage (DFW)	240	210	23	8	0	40	350	0	0	0	7
Artichoke and Spinach Omelet	1160	800	88	39	1.5	685	1890	53	8	16	40
Asada y Huevos	1070	730	81	30	2	505	3070	48	5	14	40
Brunch Tacos (DFW)	1250	700	77	24	0.5	410	1690	98	17	6	42
Chicken Fajita Omelet	1470	920	102	44	1	810	2840	54	6	16	82
Chilaquiles	1310	920	102	43	1	555	2400	50	4	13	48
Chorizo con Huevos	1460	890	99	42	1	715	2580	94	8	14	47
Crab Cakes Benedict	1020	580	65	30	1.5	605	2220	62	4	19	48
Huevos Ranchero	960	580	65	26	1	450	1390	69	7	13	26
Migas con Huevos	1000	640	71	32	0.5	690	1850	52	7	14	41
Tostar de Frances	930	370	41	15	2.5	95	940	128	3	72	14
<b>BEVERAGES - MARGARITAS</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>
3 Amigos Margarita Frozen	420	0	0	0	0	0	490	37	0	29	1
3 Amigos Margarita Rocks	310	0	0	0	0	0	490	23	0	16	1
Cabo Flip Margarita Frozen	470	0	0	0	0	0	490	38	0	32	0
Cabo Margarita Rocks	240	0	0	0	0	0	480	32	0	26	0
Casa Rita Frozen	400	0	0	0	0	0	490	38	0	35	0
Casa Rita Rocks	230	0	0	0	0	0	480	19	0	16	0
Cinco Rita	320	0	0	0	0	0	480	35	0	30	0
Ginger Mint Mango Rita	260	0	0	0	0	0	0	33	0	30	0
La Bandera Margarita	440	0	0	0	0	0	10	46	1	42	0
Mango Margarita	470	0	0	0	0	0	10	61	0	57	0
Mucho Tropical 'Rita	310	0	0	0	0	0	5	45	0	43	0
Passion Rita	240	0	0	0	0	0	0	29	0	26	0
Passion Fruit 'Rita (Frozen)	470	0	0	0	0	0	10	48	0	45	0
Passion Fruit 'Rita (Rocks)	270	0	0	0	0	0	0	25	0	23	0
Perfect Patron Margarita Frozen	450	0	0	0	0	0	490	40	0	36	0



Cuervo Reserva de la Familia (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Del Maguey VIDA Joven (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Don Julio Anejo (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Don Julio Reposado (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Don Julio Silver (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Don Julio 1942 (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Gran Centenario Anejo (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Gran Patron Platinum (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Herradura Anejo (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Herradura Reposado (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Herradura Seleccion Suprema (1.25 fl oz)	80	0	0	0	0	0	0	0	0	0	0	0
Hornitos Reposado (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Los Amantes Joven (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Maestro Dobel Reposado (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Milagro Anejo (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Milagro Reposado (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Montelobos Joven (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Patron Anejo (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Patron Reposado (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
Sauza Tres Generaciones Anejo (1.5 fl oz)	100	0	0	0	0	0	0	0	0	0	0	0
<b>BEVERAGES - COCKTAILS</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	
Blood Orange Sangria	210	0	0	0	0	0	0	20	1	15	0	
Bloody Maria	170	5	0	0	0	0	1030	8	2	4	2	
Bloody Mary	170	5	0	0	0	0	1030	8	2	4	2	
Classic Mojito	280	0	0	0	0	0	20	40	1	36	0	
Ginger Paloma	210	0	0	0	0	0	0	25	0	23	0	
Mango Mojito	280	0	0	0	0	0	25	42	1	36	0	
Mimosa	120	0	0	0	0	0	0	13	0	9	1	
Pomegranate Mojito	300	0	0	0	0	0	25	44	1	39	1	
Rojo Chelada	210	10	1	0	0	0	1000	22	1	3	2	
Strawberry Mojito	310	0	0	0	0	0	20	48	1	43	0	
Tamarind Limonada	230	0	0	0	0	0	90	25	1	22	0	
White Honey Sangria	230	0	0	0	0	0	15	34	2	26	1	
<b>KIDS MENU</b>	<b>Cals</b>	<b>Fat Cals</b>	<b>Fat (g)</b>	<b>Sat (g)</b>	<b>Trans (g)</b>	<b>Chol (mg)</b>	<b>Sod (mg)</b>	<b>Carbs (g)</b>	<b>Fiber (g)</b>	<b>Sugar (g)</b>	<b>Prot (g)</b>	
Kid Cheese Enchilada	690	330	37	19	0	95	1380	60	10	5	32	
Kid Cheese Quesadilla	830	420	46	20	0	90	1950	77	5	8	30	
Kid Cheeseburger Sliders	890	410	46	18	0.5	180	2580	80	5	15	39	
Kid Chicken Fingers	850	410	46	12	0	80	2980	81	6	10	30	
Kid Corn Dog	630	290	32	10	0	50	1780	70	5	14	16	
Kid Grilled Cheese	690	290	33	12	0	45	1710	80	4	10	21	
Kid Mac & Cheese	480	150	17	6	0	35	1030	64	3	11	18	
Kid Mini Tacos	620	250	28	11	0	65	1180	65	10	3	29	
Kid Taco Dinner	520	190	21	8	0	50	1080	59	10	3	24	
Kid Tex Mex Burrito	530	220	25	12	0	75	1710	53	5	5	25	

Values listed as "--" indicate that data is not available from suppliers, product labels or the USDA database for that nutrient.

HEALTHY DINING is not responsible for inaccurate nutrition labels. Nutrition analysis is conducted with a nutrient database: Genesis R&D, 11.3.265 database structure version 11.3.0. February 2017.

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