

# Healthy Choices

Our restaurant is featured on



**HealthyDiningfinder.com**

**NEW  
OPTIONS**



## Healthy Breakfast Bowl

Calories	Fat	Protein
570	14g	54g



## Healthy Chicken Bowl

Calories	Fat	Protein
580	13g	39g



## Mexican Garden Salad

Calories	Fat	Protein
210	5g	32g



\*\*Dressing not included in analysis

Extra-Lite Ranch (1 TBS) 30 Calories, 1.5g Fat  
Chunky Salsa (1oz) 5 Calories, 0g Fat

## Carne Asada Taco

Calories	Fat	Protein
320	13g	24g



## Chicken Taco A la Plancha™

Calories	Fat	Protein
260	13g	20g



## Side of Whole Pinto Beans (8oz.)

Calories	Fat	Protein
320	1.5g	20g

## Breakfast Torta

Request whole pinto beans & no hashbrowns.

Calories	Fat	Protein
380	20g	22g



## Chicken Torta

Request no mayonnaise.

Calories	Fat	Protein
580	24g	40g



## Chile Verde Burrito

Request a whole wheat tortilla & whole pinto beans.

Calories	Fat	Protein
650	16g	36g



## Veggie Burrito

Request a whole wheat tortilla & whole pinto beans.

Calories	Fat	Protein
640	21g	22g



## "Protein Style" Burrito

### CARNE ASADA

Calories	Fat	Protein
380	21g	38g

### POLLO ASADO

Calories	Fat	Protein
380	20g	36g



250 cal., 7g Fiber  
(reg. flour 410 cal.)

## Other Healthy Requests available:

- Whole Beans for Refried Beans
- Egg Whites

# Mexican Food Calorie Guide

**LM Reder**



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