

STARTERS

- CHIPS & SALSA** 640 cal
- CHIPS & QUESO** 1,070 cal
- CHIPS & GUACAMOLE** 960 cal
- TIJUANA TRIO** 960 cal
(chips, salsa, queso, guacamole)

ENTRÉES

ALL ITEMS MADE TO ORDER. Toppings include jalapeños, onions, lettuce, tomatoes & sour cream. Entrées served with side of chips, add 240 calories.

MAKE IT A MEAL
add rice, beans & a drink
300-460 cal

Top with queso, chipotle red sauce or verde sauce
10-180 cal



Make it **POWERLITE®** & save some calories, substitute low-fat cheese & fat-free sour cream on any menu item for free.



BURRITOS

Flour or wheat tortilla, cheese, choice of filling, toppings. Megajuana with double meat & cheese.

- | | |
|--|---|
| Chicken 410-920 cal
(regular or blackened) | Veggie 450-640 cal
(includes pico de gallo, rice, beans) |
| Chicken & Bean 500-940 cal | Refried or Black Bean 500-700 cal |
| Beef 650-800 cal | Bangin' Chicken® 490-840 cal
Crispy chicken tossed in our Smack My Ass Bangin' Chicken Sauce, grilled onions & green peppers, tomatoes, cheese, ranch dressing. |
| Beef & Bean 330-750 cal | |
| Carnitas 460-760 cal | |
| Steak 500-800 cal | |



CHIMICHANGAS

Lightly fried flour or wheat tortilla, cheese, choice of filling, toppings. Megajuana with double meat & cheese.

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|--|------|--|
| Chicken 440-940 cal
(regular or blackened) | 6.69 | Carnitas 480-790 cal |
| Chicken & Bean 630-720 cal | 6.69 | Steak 520-830 cal |
| Beef 670-970 cal | 6.99 | Refried or Black Bean 620-930 cal |
| Beef & Bean 640-1,080 cal | 6.99 | |

DOS ENCHILADAS

Two corn tortillas, melted cheese, choice of filling, chipotle red or verde sauce, toppings.

- | | |
|--|--|
| Chicken 250-1,100 cal
(regular or blackened) | Carnitas 270-1,160 cal |
| Chicken & Bean 290-1,150 cal | Steak 290-1,140 cal |
| Beef 360-1,030 cal | Refried or Black Bean 290-1,190 cal |
| Beef & Bean 350-1,200 cal | Cheese 580-900 cal |

FLAUTAS

Two lightly fried flour or wheat tortillas, cheese, choice of filling. Served with queso, guacamole, toppings.

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|--|--|
| Chicken 350-1,000 cal
(regular or blackened) | Carnitas 370-920 cal |
| Chicken & Bean 400-1,000 cal | Steak 390-940 cal |
| Beef 470-1,010 cal | Refried or Black Bean 440-990 cal |
| Beef & Bean 360-1,060 cal | |

NACHOS

Chips, melted cheese, choice of filling, toppings, guacamole, side of salsa.

- | | |
|--|--|
| Chicken 590-1,720 cal
(regular or blackened) | Carnitas 640-1,560 cal |
| Chicken & Bean 680-1,610 cal | Steak 680-1,610 cal |
| Beef 820-1,750 cal | Refried or Black Bean 770-1,710 cal |
| Beef & Bean 800-1,730 cal | Cheese 1,050-1,410 cal |

DOS TACOS

Hard corn, soft flour or wheat tortilla, cheese, choice of filling, toppings.

- | | |
|--|--|
| Chicken 120-550 cal
(regular or blackened) | Steak 140-490 cal |
| Chicken & Bean 190-490 cal | Refried or Black Bean 160-460 cal |
| Beef 500-940 cal | Mahi 210-520 cal
Topped with cabbage, pico de gallo, Southwest citrus vinaigrette. |
| Beef & Bean 250-550 cal | |
| Carnitas 130-430 cal | |

NORRITO BOWL®

No + burrito = Norrito. Light salsa-based rice, black beans, cheese, toppings, guacamole. Served in a bowl with choice of filling.

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|--|--|
| Chicken 110-640 cal
(regular or blackened) | Carnitas 160-550 cal |
| Chicken & Bean 200-620 cal | Steak 190-530 cal |
| Beef 340-650 cal | Refried or Black Bean 290-620 cal |
| Beef & Bean 320-410 cal | |

FRESH SALADS

Whole wheat tortilla shell, spring mix greens, cheese, choice of filling, toppings, guacamole, choice of ranch, salsa, avocado ranch or Southwest citrus vinaigrette dressing. (calorie range includes dressing options)

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|--|--|
| Chicken 470-1,140 cal
(regular or blackened) | Carnitas 550-960 cal |
| Chicken & Bean 560-1,010 cal | Steak 370-1,000 cal |
| Beef 480-1,100 cal | Refried or Black Bean 690-1,100 cal |
| Beef & Bean 680-1,120 cal | Mahi 740-1,070 cal |

Salad dressings by **KEN'S**
Dressing & Sauce

TOSTADAS

Lightly fried corn tortillas, refried beans, melted cheese, choice of filling, toppings, salsa.

- | | |
|--|---|
| Chicken 420-930 cal
(regular or blackened) | Refried or Black Bean 310-620 cal |
| Chicken & Bean 510-850 cal | Cheese 100-320 cal
(no beans) |
| Beef 650-960 cal | Bangin' Chicken® 1,240-1,570 cal
Crispy chicken tossed in our Smack My Ass Bangin' Chicken Sauce, grilled onions & green peppers, tomatoes, cheese, ranch dressing. |
| Beef & Bean 620-940 cal | |
| Carnitas 460-780 cal | |
| Steak 500-820 cal | |

QUESADILLAS

Flour or wheat tortilla, melted cheese, choice of filling, toppings.

- | | |
|--|--|
| Chicken 280-730 cal
(regular or blackened) | Carnitas 330-730 cal |
| Chicken & Bean 360-880 cal | Steak 370-770 cal |
| Beef 510-910 cal | Refried or Black Bean 320-700 cal |
| Beef & Bean 480-880 cal | Cheese 370-550 cal |

EXTRAS

- SALSA** (S) 40 (L) 80 cal
- QUESO** (S) 270 (L) 540 cal
- GUACAMOLE** (S) 180 (L) 350 cal
- RICE** (S) 150 (L) 300 cal
- BEANS** (S) 190 (L) 380 cal
(refried or black)

LIL' LIZARDS

For children 12 & under.

Comes with cheese, lettuce & tomatoes, chips, natural applesauce or candy, soft drink or apple juice. (calorie range includes sides & drink)

BEEF, CHICKEN OR BEAN BURRITO

230-520 cal

BEEF, CHICKEN OR BEAN TACO

(soft or hard shell) 150-380 cal

CHICKEN FINGERS

280-520 cal

QUESADILLA

(beef, chicken or cheese) 240-660 cal

NACHOS

(topped with queso) 690-930 cal



MAKE IT A HAPPY ENDING

CHURROS

370 cal
Lightly fried & sprinkled with sugar & cinnamon.

COOKIE DOUGH FLAUTAS

990-1,140 cal
"The Original" chocolate chip cookie dough loaded in a flour tortilla, lightly fried & topped with powdered sugar. Served with a side of chocolate syrup.

DRINKS

- 20 oz Coca-Cola®** - 210 cal, **Diet Coke** - 0 cal, **Sprite** - 210 cal
- 32 oz Coca-Cola®** - 330 cal, **Diet Coke** - 0 cal, **Sprite** - 330 cal
- 20 oz Fresh Brewed Luzianne Iced Tea** - 120-180 cal
- Bottled Water** - 0 cal
- Beer** - 100-200 cal | **8 oz Sangria** - 190 cal
- 6.3 oz Wine** - 140-150 cal



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CAN'T DECIDE? PICK DOS

Choose two different items:

- BURRITO | TACO | ENCHILADA**
- QUESADILLA | CHIMICHANGA**

Served with rice & refried or black beans, add 190-380 cal (for steak or carnitas, add 80-190 cal) 230-1,190 cal

*2,000 calories a day is used for general nutrition advice, but calorie needs vary. 1,200 - 1,400 calories per day is used for general nutrition for children ages 4-8 years & 1,400-2,000 calories per day for children ages 9 - 13 years, but calories may vary. Additional nutritional information is available upon request.