

Product	Sv. Size	Weight	Cal	Fat Cal.	Total Fat (g)	Sat Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Pro (g)	Vit A %DV	Vit C %DV	Ca %DV	Iron %DV
BAJA BOWLS - includes rice, beans, meat, cheese, salsa, guacamole and sour cream; fish baja bowl also includes cabbage and white sauce, no meat.																
baja bowl, beef, refried	1 bowl	574 g	830	320	35	15	80	2540	81	10	6	44	40	35	40	45
baja bowl, chicken, refried	1 bowl	574 g	790	280	31	12	105	2230	79	9	6	44	40	35	35	35
baja bowl, fish, refried	1 bowl	638 g	880	370	41	13	80	2330	95	9	7	31	35	70	40	35
baja bowl, pork, refried	1 bowl	574 g	790	290	33	13	105	2260	81	9	5	40	45	35	35	35
MONDO BURRITOS - includes flour tortilla, rice, beans, meat, salsa; cheese burrito has no meat; fish burrito also contains cabbage and white sauce, no rice, no meat.																
mondo burrito, beef, refried	1 burrito	615 g	1070	320	36	12.5	65	2560	134	12	6	54	33	30	55	60
mondo burrito, cheese, refried	1 burrito	544 g	870	220	24	8	30	1830	130	10	5	30	25	30	50	45
mondo burrito, chicken, refried	1 burrito	615 g	1030	280	32	9	90	2250	131	11	6	54	33	30	55	50
mondo burrito, fish, refried	1 burrito	551 g	840	270	30	5	35	1620	110	12	7	32	15	60	35	40
mondo burrito, pork, refried	1 burrito	615 g	920	220	24	5	60	2100	132	11	5	43	25	30	35	50
MONDITO BURRITOS - includes flour tortilla, rice, beans, meat, salsa; cheese burrito has no meat; fish burrito also contains cabbage and white sauce, no rice, no meat.																
mondito, beef, refried	1 burrito	313 g	555	170	18.5	6.25	35	1290	70.5	6	3	28	14	15	30	35
mondito, cheese, refried	1 burrito	277 g	460	120	13	4	15	920	69	5	3	16	10	15	25	25
mondito, chicken, refried	1 burrito	313 g	545	150	16.5	4.75	45	1130	69.5	6	3	28	14	15	30	30
mondito, pork, refried	1 burrito	313 g	545	150	17.5	5.25	45	1140	70.5	6	3	26	19	15	30	30
mondito, fish, refried	1 burrito	288 g	505	180	20.5	5.25	30	930	60.5	7	3	21	12	30	30	25
VEGAN MONDO - includes flour tortilla, guacamole, rice, beans, lettuce, salsa.																
vegan mondo, refried	1 burrito	580 g	800	170	19	3.5	0	1830	133	12	6	24	25	35	35	50
mondito vegan, refried	1 burrito	299 g	430	100	11	2	0	940	70	6	3	13	15	20	20	25
ENCHILADAS - includes corn tortillas, meat, cheese, rice, beans, enchilada sauce, lettuce, salsa; cheese enchilada has no meat.																
enchilada, beef	1 enchilada	662 g	1030	340	37	16	95	3210	115	13	6	55	45	25	70	60
enchilada, cheese	1 enchilada	562 g	820	240	27	11	55	2490	112	12	5	31	40	20	60	40
enchilada, chicken	1 enchilada	662 g	990	300	33	13	115	2900	113	12	5	55	45	20	60	45
enchilada, pork	1 enchilada	662 g	990	310	35	14	115	2930	114	12	5	51	50	20	60	45
NACHOS & CHIPS - nachos include chips, cheese, beans, salsa, sour cream, guacamole.																
nachos, refried	1 tray	475 g	1190	580	65	25	100	1800	110	12	6	37	45	25	80	25
chips & salsa	1 tray	198 g	590	240	27	5	0	550	78	5	3	8	15	20	10	10
QUESADILLAS - includes flour tortilla, meat, cheese, salsa; cheese quesadilla has no meat.																
quesadilla, beef	1 quesadilla	353 g	800	330	37	16	95	1540	66	6	5	49	35	20	70	40
quesadilla, cheese	1 quesadilla	282 g	710	310	35	16	85	990	63	4	4	32	35	20	80	20

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quesadilla, chicken	1 quesadilla	353 g	770	300	33	13	115	1220	64	5	4	49	35	20	60	30
quesadilla, pork	1 quesadilla	353 g	770	310	35	14	115	1250	65	5	4	45	40	20	60	30
TACOS - meat taco includes hard or soft corn shell, meat, cheese, lettuce, salsa; veggie taco contains hard or soft corn shell, rice, beans, cheese lettuce, salsa; fish tacos include hard or soft																
taco, hard, beef	1 taco	135 g	270	130	15	6	30	510	17	1	1	17	15	8	15	15
taco, hard, chicken	1 taco	135 g	260	120	13	4.5	45	360	16	1	1	17	15	8	15	8
taco, hard, fish	1 taco	131 g	270	130	15	4	30	360	23	1	1	10	8	20	15	8
taco, hard, pork	1 taco	135 g	260	120	14	4.5	45	370	17	1	1	15	15	8	10	8
taco, soft, beef	1 taco	165 g	280	100	11	5	30	590	28	4	1	18	15	8	20	15
taco, soft, chicken	1 taco	165 g	260	80	9	3.5	45	430	27	3	1	19	15	8	20	10
taco, soft, fish	1 taco	162 g	270	100	11	3.5	30	440	34	3	1	12	8	20	20	8
taco, soft, pork	1 taco	165 g	260	90	10	4	45	450	28	3	1	16	15	8	20	10
taco, soft, veggie	1 taco	215 g	310	70	8	3	15	640	49	5	1	11	10	10	20	15
TACO SALADS - include shell, beans, lettuce, meat, cheese, salsa, sour cream, guacamole; fish taco salad includes shell, beans, cabbage, white sauce, fish, cheese, salsa, sur cream, guacamole.																
taco salad, beef, refried	1 salad	595 g	930	440	49	19	80	2180	75	12	7	47	45	35	40	50
taco salad, chicken, refried	1 salad	595 g	900	400	45	16	105	1870	73	11	6	47	45	35	40	45
taco salad, fish, refried	1 salad	617 g	1040	550	61	18	85	2050	89	11	8	34	35	80	40	40
taco salad, pork, refried	1 salad	595 g	900	420	46	17	105	1900	74	11	6	43	45	35	35	45
KIDS MENU																
kids chips & cheese	1 tray	85 g	400	200	22	7	30	350	38	2	0	10	8	0	25	6
kids bean & cheese burrito	1 burrito	214 g	480	150	17	7	30	800	58	7	2	20	8	4	40	20
kids bean & cheese burrito & chips	1 meal	271 g	760	270	31	9	30	970	95	9	2	24	8	4	40	25
kids quesadilla	1 quesadilla	93 g	320	120	14	6	30	320	34	2	1	13	8	0	30	10
kids quesadilla & chips	1 meal	150 g	600	240	27	8	30	490	71	4	1	17	8	0	35	15
kids taco, beef	1 taco	85 g	270	130	15	6	30	460	16	1	1	17	8	2	15	15
kids taco, chicken	1 taco	85 g	250	120	13	4.5	45	300	15	1	0	17	8	2	10	8
kids taco, pork	1 taco	85 g	250	120	14	4.5	45	320	16	1	0	15	10	2	10	8
BREAKFAST MENU																
Eggs	2 oz scoop	57 g	90	60	7	1.5	220	250	1	0	0	7	10	0	2	4
Hash Browns	1 triangle	56 g	110	50	6	1	0	140	13	2	0	1	0	4	0	0
Potatoes Diced	1.75 oz scoop	50 g	60	10	1	0	0	20	11	1	0	2	0	2	0	2
Sausage	1.25 oz scoop	35 g	100	70	8	3	20	220	1	0	0	6	8	0	2	2

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mondo brkfst burrito, refried	1 burrito	658 g	1190	540	59	21	470	2240	110	13	7	54	60	30	60	50
mondito brkfst burrito, refried	1 burrito	354 g	640	280	31	11	265	1160	62	7	3	29	30	15	30	25
mondo brkfst burrito, refried	1 burrito	587 g	1080	450	50	16	455	2010	105	11	5	52	50	25	50	45
mondito brkfst burrito, refried	1 burrito	320 g	590	240	27	9	255	1050	60	6	3	28	25	15	30	25
breakfast taco, flour, refried	1 taco	116 g	260	130	15	5	135	640	18	1	1	13	15	4	15	10
egg & cheese burrito, refried	1 burrito	285 g	490	170	19	6	235	830	59	6	3	22	20	15	30	25
egg & cheese taco, flour, refried	1 taco	95 g	200	90	10	3.5	125	510	17	1	1	9	10	4	15	8
TORTILLAS																
Corn Tortillas	2 each	52 g	120	10	1.5	0	0	85	24	3	0	3	0	0	10	4
Flour Tortilla 10"	1 each	65 g	210	45	5	1	0	140	33	2	1	7	0	0	15	10
Flour Tortilla 13"	1 each	112 g	350	80	9	1.5	0	240	57	3	2	11	0	0	20	20
Flour Tortilla 6"	1 each	31 g	100	20	2.5	0.5	0	240	15	0	0	3	0	0	6	6
Spinach Tortilla 13"	1 each	112 g	350	90	10	3	0	790	56	5	2	10	0	4	15	20
Taco Salad Shell	1 each	59 g	280	140	16	4	0	190	29	1	1	4	0	0	0	20
Taco Shell	1 each	22 g	110	45	5	1	0	5	14	0	0	2	0	0	2	4
Tomato Tortilla 13"	1 each	112 g	350	90	10	3	0	790	56	5	2	10	0	4	15	20
Whole Wheat Tortilla 13"	1 each	114 g	300	40	4.5	1.5	0	650	54	8	2	12	0	0	10	20
SIDES																
Beans, black	4.25 oz spn	120 g	140	15	2	0	0	420	24	8	2	7	0	0	0	10
Beans, refried	4.25 oz spn	120 g	160	30	3.5	1	0	480	24	5	1	7	0	4	6	10
Beans, whole pinto	4.25 oz spn	120 g	90	0	0	0	0	200	20	6	1	6	0	0	4	15
Beef	3.5 oz scoop	99 g	200	100	11	5	35	730	4	1	1	24	8	2	6	20
Chicken	3.5 oz scoop	99 g	170	60	7	2	60	410	1	0	0	24	8	2	2	8
Cod	2 pieces	78 g	120	30	3.5	0.5	25	340	13	0	1	10	0	0	0	4
Pork	3.5 oz scoop	99 g	170	80	8	2.5	60	440	3	0	0	20	10	2	2	8
Cheese	1 scoop	28 g	110	80	9	4.5	30	180	1	0	0	7	8	0	20	0
Rice	1 scoop	170 g	230	30	3	0	0	720	45	1	0	4	4	6	2	15
Rice & Black Beans	1 tray	312 g	370	45	5	0.5	0	1190	69	9	3	12	6	10	2	25
Rice & Refried Beans	1 tray	312 g	390	60	7	1.5	0	1260	69	6	2	12	6	15	10	25
Rice & Whole Pinto Beans	1 tray	312 g	320	30	3	0	0	980	66	8	2	10	6	10	6	30
SAUCES																
Enchilada Sauce	3 oz	85 g	35	0	0	0	0	610	7	0	2	1	15	4	2	6
Guacamole	.75 oz scoop	35 g	40	30	3.5	0.5	0	170	2	1	1	1	4	6	0	2

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Salsa	3 oz scoop	85 g	15	0	0	0	0	210	4	1	2	1	15	20	0	2
Sour Cream	.75 oz scoop	35 g	70	50	6	4	15	60	2	0	1	1	4	0	4	0
Green Sauce	2 Tbsp.	28 g	5	0	0	0	0	45	1	0	0	0	0	0	0	0
Habanero Sauce	2 Tbsp.	28 g	10	0	0	0	0	160	1	0	1	0	8	4	0	0
Red Sauce	2 Tbsp.	28 g	5	0	0	0	0	45	1	0	0	0	4	4	0	0
White Sauce	2 Tbsp.	28 g	120	120	13	2	10	160	1	0	1	0	0	2	0	0
Queso	1/4 cup	57 g	80	50	6	2.5	<5	450	2	0	0	3	0	0	4	0
DESSERTS																
Brownie, Oreo	1 each	92 g	400	160	17	4.5	70	210	59	1	37	4	0	0	2	10
Cookie, Butter	1 each	71 g	220	90	10	7	40	190	31	0	17	2	8	0	0	6
Cookie, Choc Chip	1 each	71 g	240	110	12	8	30	140	34	1	23	2	6	0	2	8
Cookie, Choc Chip/Nut	1 each	71 g	240	120	13	7	30	125	30	2	20	3	4	0	2	8
Cookie, Milk Choc	1 each	71 g	240	100	12	8	35	150	31	0	21	3	6	0	4	6
Cookie, Oat/Rsn/Wnut	1 each	71 g	240	100	11	6	35	180	35	1	21	3	6	0	2	8
Cookie, Peanut Butter	1 each	71 g	240	110	13	6	40	95	27	0	15	4	6	0	2	6
Cookie, Triple Choc	1 each	71 g	230	110	12	8	30	150	31	1	18	3	4	0	2	6
Cookie, White Ch Mac	1 each	71 g	270	140	16	8	30	135	30	0	12	3	4	0	4	6