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Austin Grill and NIS assume no responsibility for errors in labeling or changes in the chemical or constituent composition of ingredients or prepared products used in this company's recipes and menu items that are the direct or indirect fault of the suppliers, distributors, and purveyors of said ingredients and products.

This information is meant to serve as a guide for personal use. The actual nutritional values may vary from the values listed here due to variations in portion size(s), product preparation, and/or substitution of ingredients.

The allergen profile listed for our menu items is specific for the standard recipe for each item. Because Austin Grill does not use dedicated prep methods, cross contamination may occur.

Austin Grill Menu Analysis Book

Table of Contents

Appetizers

Austin Wings, Half Order

Austin Wings, Texas Size

Guacamole, Large

Guacamole, Small

Entrees

Bean and Cheese Burrito, with Black Beans

Bean and Cheese Burrito, with Refried Beans

Bean and Cheese Tacos, with Black Beans

Bean and Cheese Tacos, with Refried Beans

Beef Burrito

Beef Tacos

Beef Tacos, Hard Shell

Carnitas Tacos

Chicken Tacos

Grilled Chicken Burrito

Grilled Fish Tacos, Dinner

Grilled Fish Tacos, Lunch

Grilled Vegetable Burrito

Grilled Vegetable Tacos

Guacamole Tacos

Spinach and Cheese Enchiladas

Tacos al Carbon, Dinner

Tacos al Carbon, Lunch

Salads

Bevo Salad

Contents

Appetizers

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Austin Wings, Half Order															
Allergens: none															
Austin Wings, Half Order (1 serving)	440.0	371.0	41.0	5.0	0.0	51.0	4284.0	3.0	1.0	1.0	13.0	1938.0	2.0	17.0	1.0
Austin Wings, Half Order (1 serving) with Ranch Dressing	677.0	591.0	66.0	9.0	0.0	63.0	4747.0	5.0	1.0	2.0	14.0	1987.0	3.0	66.0	1.0
Austin Wings, Half Order (1 serving) with Tortilla Strips	530.0	391.0	43.0	5.0	0.0	51.0	4319.0	19.0	2.0	1.0	15.0	1938.0	2.0	37.0	2.0
Austin Wings, Half Order (1 serving) with Ranch Dressing, Tortilla Strips	768.0	611.0	68.0	10.0	0.0	63.0	4782.0	21.0	2.0	2.0	16.0	1987.0	3.0	86.0	2.0
Austin Wings, Texas Size															
Allergens: none															
Austin Wings, Texas Size (1 serving)	879.0	743.0	83.0	10.0	0.0	102.0	8569.0	7.0	2.0	1.0	26.0	3876.0	4.0	34.0	2.0
Austin Wings, Texas Size (1 serving) with Ranch Dressing	1117.0	963.0	107.0	15.0	0.0	114.0	9031.0	9.0	2.0	3.0	27.0	3925.0	5.0	82.0	3.0
Austin Wings, Texas Size (1 serving) with Tortilla Strips	1061.0	782.0	87.0	11.0	0.0	102.0	8639.0	39.0	4.0	1.0	30.0	3876.0	4.0	74.0	3.0
Austin Wings, Texas Size (1 serving) with Ranch Dressing, Tortilla Strips	1298.0	1002.0	111.0	15.0	0.0	114.0	9101.0	41.0	4.0	3.0	31.0	3925.0	5.0	122.0	3.0
Beef Fajitas															
Allergens: wheat, sulfites, soy, milk, msg															
Beef Fajitas (1 serving)	1612.0	921.0	102.0	31.0	0.0	220.0	2143.0	94.0	9.0	9.0	72.0	2634.0	125.0	404.0	6.0

Beef Fajitas (1 serving) with Pinto Beans	1768.0	949.0	105.0	31.0	0.0	223.0	2366.0	117.0	14.0	10.0	81.0	2661.0	128.0	448.0	8.0
Beef Fajitas (1 serving) with Red Rice	1795.0	929.0	103.0	31.0	0.0	220.0	2808.0	132.0	9.0	10.0	75.0	2922.0	142.0	411.0	8.0
Beef Fajitas (1 serving) with Pinto Beans, Red Rice	1951.0	957.0	106.0	31.0	0.0	223.0	3031.0	156.0	15.0	11.0	84.0	2949.0	145.0	455.0	10.0

Chicken Quesadilla

Allergens: wheat, soy, milk, egg

Chicken Quesadilla (1 quesadilla)	867.0	409.0	45.0	22.0	0.0	166.0	1698.0	60.0	4.0	0.0	56.0	1271.0	8.0	727.0	1.0
Chicken Quesadilla (1 quesadilla) with Pico De Gallo	874.0	410.0	46.0	22.0	0.0	166.0	1810.0	61.0	4.0	1.0	57.0	1464.0	12.0	730.0	1.0
Chicken Quesadilla (1 quesadilla) with Shredded Lettuce	869.0	409.0	45.0	22.0	0.0	166.0	1700.0	60.0	4.0	1.0	57.0	1343.0	9.0	729.0	1.0
Chicken Quesadilla (1 quesadilla) with Sour Cream	927.0	454.0	50.0	25.0	0.0	186.0	1713.0	61.0	4.0	1.0	57.0	1471.0	8.0	767.0	1.0
Chicken Quesadilla (1 quesadilla) with Pico De Gallo, Shredded Lettuce	876.0	410.0	46.0	22.0	0.0	166.0	1811.0	62.0	4.0	1.0	57.0	1535.0	12.0	733.0	1.0
Chicken Quesadilla (1 quesadilla) with Pico De Gallo, Sour Cream	934.0	455.0	51.0	25.0	0.0	186.0	1825.0	62.0	4.0	2.0	58.0	1664.0	12.0	770.0	1.0
Chicken Quesadilla (1 quesadilla) with Shredded Lettuce, Sour Cream	929.0	454.0	50.0	25.0	0.0	186.0	1715.0	61.0	4.0	2.0	58.0	1543.0	9.0	769.0	1.0
Chicken Quesadilla (1 quesadilla) with Pico De Gallo, Shredded Lettuce, Sour Cream	936.0	455.0	51.0	25.0	0.0	186.0	1826.0	63.0	4.0	2.0	58.0	1735.0	12.0	773.0	1.0

Chile Con Queso, Large

Allergens: soy, milk

Chile Con Queso, Large (1 serving)	254.0	171.0	19.0	12.0	0.0	60.0	1133.0	8.0	1.0	3.0	12.0	1366.0	11.0	330.0	0.0
Chile Con Queso, Large (1 serving) with Tortilla Chips	740.0	244.0	27.0	12.0	0.0	60.0	1376.0	105.0	9.0	3.0	20.0	1366.0	11.0	330.0	3.0

Chile Con Queso, Small

Allergens: soy, milk

Chile Con Queso, Small (1 serving)	405.0	274.0	30.0	19.0	0.0	96.0	1779.0	12.0	1.0	4.0	19.0	2128.0	16.0	527.0	1.0
Chile Con Queso, Small (1 serving) with Tortilla Chips	891.0	346.0	38.0	19.0	0.0	96.0	2022.0	110.0	9.0	4.0	27.0	2128.0	16.0	527.0	3.0

East Austin Nachos

Allergens: soy, milk

East Austin Nachos (1 serving)	1177.0	496.0	55.0	22.0	0.0	178.0	1651.0	116.0	11.0	8.0	51.0	2510.0	38.0	406.0	7.0
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Fire Roasted Corn Dip

Allergens: milk

Fire Roasted Corn Dip (1 serving)	619.0	443.0	49.0	32.0	0.0	144.0	1095.0	18.0	1.0	4.0	23.0	1969.0	34.0	511.0	0.0
Fire Roasted Corn Dip (1 serving) with Tortilla Chips	1024.0	504.0	56.0	32.0	0.0	144.0	1297.0	99.0	8.0	4.0	30.0	1969.0	34.0	511.0	3.0

Guacamole, Large**Allergens: none**

Guacamole, Large (1 serving)	458.0	314.0	35.0	5.0	0.0	0.0	717.0	30.0	18.0	5.0	6.0	1394.0	40.0	46.0	2.0
Guacamole, Large (1 serving) with Tortilla Chips	944.0	387.0	43.0	5.0	0.0	0.0	960.0	127.0	26.0	5.0	14.0	1394.0	40.0	46.0	5.0

Guacamole, Small**Allergens: none**

Guacamole, Small (1 serving)	284.0	184.0	20.0	3.0	0.0	0.0	757.0	21.0	11.0	5.0	4.0	1404.0	35.0	37.0	1.0
Guacamole, Small (1 serving) with Tortilla Chips	770.0	257.0	29.0	3.0	0.0	0.0	1000.0	118.0	19.0	5.0	12.0	1404.0	35.0	37.0	4.0

Lake Travis Nachos**Allergens: milk**

Lake Travis Nachos (1 serving)	1384.0	492.0	55.0	28.0	0.0	138.0	1458.0	169.0	25.0	7.0	59.0	1968.0	14.0	1015.0	8.0
Lake Travis Nachos (1 serving) with Grilled Vegetables	1481.0	559.0	62.0	29.0	0.0	143.0	1676.0	175.0	27.0	10.0	60.0	5645.0	88.0	1032.0	9.0

Longhorn Nachos**Allergens: milk**

Longhorn Nachos (1 serving)	1394.0	646.0	72.0	35.0	0.0	200.0	1337.0	119.0	23.0	8.0	71.0	2878.0	54.0	1388.0	6.0
Longhorn Nachos (1 serving) with Chicken	1523.0	659.0	73.0	35.0	0.0	266.0	1658.0	120.0	23.0	9.0	98.0	3085.0	63.0	1403.0	7.0
Longhorn Nachos (1 serving) with Combo	1699.0	788.0	88.0	41.0	0.0	301.0	2065.0	121.0	24.0	9.0	108.0	3349.0	74.0	1410.0	9.0
Longhorn Nachos (1 serving) with Steak	1755.0	849.0	94.0	44.0	0.0	302.0	2188.0	122.0	24.0	9.0	106.0	3429.0	77.0	1410.0	10.0

Quesadillas**Allergens: wheat, milk**

Quesadillas (1 serving)	810.0	409.0	45.0	21.0	0.0	125.0	1483.0	65.0	4.0	2.0	35.0	1514.0	4.0	746.0	0.0
Quesadillas (1 serving) with Chicken	940.0	422.0	47.0	21.0	0.0	191.0	1804.0	66.0	4.0	2.0	62.0	1721.0	13.0	761.0	1.0
Quesadillas (1 serving) with Shrimp	924.0	426.0	47.0	21.0	0.0	297.0	1650.0	66.0	4.0	2.0	58.0	1718.0	6.0	805.0	3.0
Quesadillas (1 serving) with Spinach and Portobello	885.0	451.0	50.0	24.0	0.0	137.0	1551.0	70.0	6.0	4.0	38.0	4302.0	12.0	782.0	1.0

Quesadillas (1 serving) with Steak	1172.0	612.0	68.0	30.0	0.0	227.0	2334.0	67.0	5.0	3.0	70.0	2065.0	27.0	768.0	4.0	
Queso Fundido																
Allergens: soy, milk																
Queso Fundido (1 serving)	401.0	273.0	30.0	19.0	0.0	96.0	1723.0	12.0	1.0	3.0	19.0	2032.0	14.0	526.0	0.0	
Queso Fundido (1 serving) with Chorizo	509.0	340.0	38.0	21.0	0.0	153.0	2166.0	13.0	2.0	3.0	28.0	2315.0	15.0	549.0	2.0	
Queso Fundido (1 serving) with Guacamole	474.0	325.0	36.0	20.0	0.0	96.0	1832.0	16.0	4.0	4.0	20.0	2248.0	20.0	533.0	1.0	
Queso Fundido (1 serving) with Pico De Gallo	416.0	274.0	30.0	19.0	0.0	96.0	1946.0	14.0	1.0	5.0	19.0	2417.0	22.0	532.0	1.0	
Queso Fundido (1 serving) with Chorizo, Guacamole	582.0	392.0	44.0	22.0	0.0	153.0	2274.0	17.0	5.0	4.0	29.0	2532.0	21.0	556.0	2.0	
Queso Fundido (1 serving) with Chorizo, Pico De Gallo	523.0	341.0	38.0	21.0	0.0	153.0	2388.0	16.0	3.0	5.0	28.0	2701.0	22.0	555.0	2.0	
Queso Fundido (1 serving) with Guacamole, Pico De Gallo	488.0	326.0	36.0	20.0	0.0	96.0	2054.0	19.0	4.0	6.0	20.0	2634.0	28.0	540.0	1.0	
Queso Fundido (1 serving) with Chorizo, Guacamole, Pico De Gallo	596.0	392.0	44.0	22.0	0.0	153.0	2497.0	20.0	5.0	6.0	29.0	2917.0	29.0	563.0	2.0	
Queso Fundito																
Allergens: soy, milk																
Queso Fundito (1 serving)	621.0	406.0	45.0	22.0	0.0	153.0	2580.0	22.0	7.0	6.0	30.0	3891.0	35.0	571.0	2.0	
Spinach and Portabella Quesadilla																
Allergens: wheat, soy, milk, egg																
Spinach and Portabella Quesadilla (1 quesadilla)	990.0	560.0	62.0	27.0	0.0	141.0	1796.0	71.0	8.0	3.0	40.0	8080.0	22.0	810.0	3.0	
Spinach and Portabella Quesadilla (1 quesadilla) with Pico De Gallo	997.0	560.0	62.0	27.0	0.0	141.0	1907.0	73.0	8.0	4.0	40.0	8273.0	26.0	813.0	3.0	
Spinach and Portabella Quesadilla (1 quesadilla) with Shredded Lettuce	992.0	560.0	62.0	27.0	0.0	141.0	1797.0	72.0	8.0	3.0	40.0	8151.0	23.0	812.0	3.0	
Spinach and Portabella Quesadilla (1 quesadilla) with Sour Cream	1050.0	605.0	67.0	31.0	0.0	161.0	1811.0	72.0	8.0	4.0	41.0	8280.0	22.0	850.0	3.0	
Spinach and Portabella Quesadilla (1 quesadilla) with Pico De Gallo, Shredded Lettuce	999.0	560.0	62.0	27.0	0.0	141.0	1909.0	73.0	8.0	4.0	40.0	8344.0	27.0	816.0	3.0	
Spinach and Portabella Quesadilla (1 quesadilla) with Pico De Gallo, Sour Cream	1057.0	605.0	67.0	31.0	0.0	161.0	1922.0	74.0	8.0	5.0	41.0	8473.0	26.0	853.0	3.0	
Spinach and Portabella Quesadilla (1 quesadilla) with Shredded Lettuce,	1052.0	605.0	67.0	31.0	0.0	161.0	1812.0	73.0	8.0	4.0	41.0	8351.0	23.0	852.0	3.0	

Sour Cream

Spinach and Portabella Quesadilla (1 quesadilla) with Pico De Gallo, Shredded Lettuce, Sour Cream	1059.0	605.0	67.0	31.0	0.0	161.0	1924.0	74.0	8.0	5.0	41.0	8544.0	27.0	856.0	3.0
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Texas Lettuce Cups

Allergens: wheat, sulfites, soy, milk

Texas Lettuce Cups (1 serving)	208.0	37.0	4.0	1.0	0.0	77.0	897.0	8.0	3.0	4.0	33.0	6008.0	46.0	71.0	2.0
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Texas Lettuce Cups (1 serving) with Ranch Dressing	445.0	257.0	29.0	5.0	0.0	89.0	1359.0	10.0	3.0	6.0	34.0	6058.0	46.0	119.0	2.0
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Texas Sampler

Allergens:

Texas Sampler (unspecified quantity)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
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Texas Sampler (unspecified quantity) with Pico De Gallo	7.0	0.0	0.0	0.0	0.0	0.0	111.0	1.0	0.0	1.0	0.0	193.0	4.0	3.0	0.0
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Texas Sampler (unspecified quantity) with Shredded Lettuce	5.0	0.0	0.0	0.0	0.0	0.0	3.0	1.0	0.0	0.0	0.0	142.0	1.0	5.0	0.0
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Texas Sampler (unspecified quantity) with Sour Cream	60.0	45.0	5.0	4.0	0.0	20.0	15.0	1.0	0.0	1.0	1.0	200.0	0.0	40.0	0.0
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Texas Sampler (unspecified quantity) with Pico De Gallo, Shredded Lettuce	12.0	1.0	0.0	0.0	0.0	0.0	114.0	2.0	1.0	1.0	1.0	335.0	5.0	8.0	0.0
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Texas Sampler (unspecified quantity) with Pico De Gallo, Sour Cream	67.0	45.0	5.0	4.0	0.0	20.0	126.0	2.0	0.0	2.0	1.0	393.0	4.0	43.0	0.0
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Texas Sampler (unspecified quantity) with Shredded Lettuce, Sour Cream	65.0	45.0	5.0	4.0	0.0	20.0	18.0	2.0	0.0	1.0	1.0	342.0	1.0	45.0	0.0
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Texas Sampler (unspecified quantity) with Pico De Gallo, Shredded Lettuce, Sour Cream	72.0	46.0	5.0	4.0	0.0	20.0	129.0	3.0	1.0	2.0	2.0	535.0	5.0	48.0	0.0
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Three Cheese Quesadilla

Allergens: wheat, milk

Three Cheese Quesadilla (1 quesadilla)	946.0	528.0	59.0	30.0	0.0	162.0	1851.0	63.0	4.0	1.0	44.0	1698.0	0.0	966.0	0.0
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Three Cheese Quesadilla (1 quesadilla) with Shredded Lettuce	948.0	528.0	59.0	30.0	0.0	162.0	1852.0	64.0	4.0	1.0	44.0	1769.0	0.0	969.0	0.0
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Three Cheese Quesadilla (1 quesadilla) with Sour Cream	1006.0	573.0	64.0	33.0	0.0	182.0	1866.0	64.0	4.0	2.0	45.0	1898.0	0.0	1006.0	0.0
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Three Cheese Quesadilla (1 quesadilla) with Shredded Lettuce, Sour Cream	1008.0	573.0	64.0	33.0	0.0	182.0	1867.0	65.0	4.0	2.0	45.0	1969.0	0.0	1009.0	0.0
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Total	Fat	Total	Saturated	Trans	Cholesterol	Sodium	Total	Fiber	Sugars	Protein	Vit	Vit	Calcium	Iron
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Breakfast Entrees	Calories (kcal)	Calories (kcal)	Fat (g)	Fat (g)	Fat (g)	(mg)	(mg)	Carbs (g)	(g)	(g)	(g)	A (iu)	C (mg)	(mg)	(mg)
All American Breakfast															
Allergens: egg															
All American Breakfast (1 serving)	261.0	168.0	19.0	7.0	0.0	449.0	690.0	1.0	0.0	1.0	20.0	488.0	0.0	52.0	2.0
All American Breakfast (1 serving) with Griddle Potatoes	386.0	245.0	27.0	10.0	0.0	459.0	751.0	12.0	1.0	3.0	21.0	1110.0	53.0	63.0	2.0
Austin Eggs Benedict															
Allergens: wheat, milk, egg															
Austin Eggs Benedict (1 serving)	1243.0	941.0	105.0	61.0	0.0	877.0	741.0	48.0	1.0	4.0	25.0	4679.0	19.0	251.0	4.0
Austin Eggs Benedict (1 serving) with Griddle Potatoes	1495.0	1094.0	122.0	67.0	0.0	897.0	862.0	70.0	3.0	8.0	27.0	5923.0	125.0	274.0	5.0
Avocado and Tomato Omelet															
Allergens: wheat, milk, egg															
Avocado and Tomato Omelet (1 omelet)	712.0	494.0	55.0	22.0	0.0	790.0	619.0	18.0	6.0	8.0	38.0	3031.0	20.0	1163.0	3.0
Avocado and Tomato Omelet (1 omelet) with Griddle Potatoes	838.0	571.0	63.0	25.0	0.0	800.0	679.0	29.0	8.0	10.0	39.0	3653.0	73.0	1174.0	4.0
Cornmeal Pancakes and Eggs															
Allergens: wheat, milk, egg															
Cornmeal Pancakes and Eggs (1 serving)	548.0	272.0	30.0	13.0	0.0	518.0	1024.0	39.0	2.0	5.0	28.0	916.0	0.0	190.0	4.0
Cornmeal Pancakes and Eggs (1 serving) with Maple Syrup	863.0	272.0	30.0	13.0	0.0	518.0	1035.0	119.0	2.0	85.0	28.0	916.0	0.0	190.0	4.0
Cornmeal Pancakes and Eggs (1 serving) with Pecan Butter	727.0	412.0	46.0	22.0	0.0	553.0	1024.0	50.0	2.0	14.0	28.0	1412.0	0.0	196.0	4.0
Cornmeal Pancakes and Eggs (1 serving) with Maple Syrup, Pecan Butter	1042.0	412.0	46.0	22.0	0.0	553.0	1035.0	129.0	2.0	94.0	28.0	1412.0	0.0	196.0	4.0
French Toast															
Allergens: wheat, barley, soy, milk, egg															
French Toast (1 serving)	420.0	59.0	7.0	1.0	0.0	143.0	959.0	71.0	0.0	7.0	17.0	188.0	0.0	287.0	5.0
French Toast (1 serving) with Maple Syrup	735.0	59.0	7.0	1.0	0.0	143.0	970.0	150.0	0.0	87.0	17.0	188.0	0.0	287.0	5.0
French Toast (1 serving) with Pecan Butter	598.0	199.0	22.0	10.0	0.0	177.0	959.0	81.0	0.0	17.0	17.0	684.0	0.0	294.0	5.0
French Toast (1 serving) with Maple	913.0	199.0	22.0	10.0	0.0	177.0	970.0	160.0	0.0	96.0	17.0	684.0	0.0	294.0	5.0

Syrup, Pecan Butter

Huevos Rancheros

Allergens: wheat, milk, egg

Huevos Rancheros (1 serving)	282.0	178.0	20.0	8.0	0.0	454.0	329.0	5.0	1.0	3.0	20.0	1498.0	40.0	268.0	2.0
Huevos Rancheros (1 serving) with Black Beans	486.0	207.0	23.0	9.0	0.0	454.0	408.0	38.0	9.0	5.0	31.0	1503.0	41.0	336.0	5.0
Huevos Rancheros (1 serving) with Cilantro Rice	453.0	266.0	30.0	9.0	0.0	456.0	576.0	23.0	1.0	3.0	23.0	1835.0	42.0	280.0	3.0
Huevos Rancheros (1 serving) with Flour Tortillas	507.0	228.0	25.0	8.0	0.0	454.0	787.0	42.0	3.0	3.0	26.0	1498.0	40.0	268.0	2.0
Huevos Rancheros (1 serving) with Black Beans, Cilantro Rice	657.0	295.0	33.0	10.0	0.0	456.0	655.0	56.0	9.0	5.0	34.0	1840.0	44.0	348.0	6.0
Huevos Rancheros (1 serving) with Black Beans, Flour Tortillas	712.0	258.0	29.0	9.0	0.0	454.0	866.0	75.0	11.0	5.0	37.0	1503.0	41.0	336.0	5.0
Huevos Rancheros (1 serving) with Cilantro Rice, Flour Tortillas	678.0	316.0	35.0	9.0	0.0	456.0	1034.0	60.0	3.0	3.0	29.0	1835.0	42.0	280.0	3.0
Huevos Rancheros (1 serving) with Black Beans, Cilantro Rice, Flour Tortillas	883.0	345.0	38.0	10.0	0.0	456.0	1113.0	93.0	11.0	5.0	40.0	1840.0	44.0	348.0	6.0

Magnolia Eggs

Allergens: wheat, soy, milk, egg

Magnolia Eggs (1 serving)	609.0	265.0	29.0	16.0	0.0	422.0	1638.0	54.0	0.0	6.0	32.0	1874.0	12.0	843.0	3.0
Magnolia Eggs (1 serving) with Griddle Potatoes	860.0	418.0	46.0	21.0	0.0	442.0	1758.0	77.0	3.0	10.0	34.0	3118.0	118.0	866.0	4.0

Salmon Omelet

Allergens: fish, milk, egg

Salmon Omelet (1 omelet)	540.0	326.0	36.0	15.0	0.0	726.0	351.0	3.0	0.0	2.0	48.0	1268.0	5.0	492.0	3.0
Salmon Omelet (1 omelet) with Griddle Potatoes	665.0	402.0	45.0	17.0	0.0	736.0	412.0	14.0	2.0	4.0	49.0	1890.0	59.0	503.0	4.0

Spinach, Swiss and Mushroom Omelet

Allergens: milk, egg

Spinach, Swiss and Mushroom Omelet (1 omelet)	407.0	245.0	27.0	13.0	0.0	676.0	337.0	4.0	1.0	2.0	33.0	5119.0	13.0	522.0	4.0
Spinach, Swiss and Mushroom Omelet (1 omelet) with Griddle Potatoes	533.0	322.0	36.0	15.0	0.0	686.0	397.0	15.0	3.0	4.0	35.0	5741.0	66.0	533.0	5.0

Steak and Eggs

Allergens: sulfites, wheat, soy, egg

Steak and Eggs (1 serving)	653.0	442.0	49.0	13.0	0.0	526.0	520.0	2.0	0.0	1.0	47.0	592.0	3.0	72.0	6.0
Steak and Eggs (1 serving) with Flour Tortillas	991.0	518.0	58.0	13.0	0.0	526.0	1207.0	57.0	3.0	1.0	56.0	592.0	3.0	72.0	6.0
Steak and Eggs (1 serving) with Griddle Potatoes	904.0	595.0	66.0	19.0	0.0	546.0	641.0	24.0	3.0	5.0	50.0	1836.0	110.0	95.0	7.0
Steak and Eggs (1 serving) with Pico De Gallo	660.0	443.0	49.0	13.0	0.0	526.0	631.0	3.0	1.0	2.0	47.0	785.0	7.0	75.0	6.0
Steak and Eggs (1 serving) with Flour Tortillas, Griddle Potatoes	1243.0	671.0	75.0	19.0	0.0	546.0	1328.0	79.0	6.0	5.0	59.0	1836.0	110.0	95.0	7.0
Steak and Eggs (1 serving) with Flour Tortillas, Pico De Gallo	998.0	518.0	58.0	13.0	0.0	526.0	1318.0	58.0	4.0	2.0	56.0	785.0	7.0	75.0	6.0
Steak and Eggs (1 serving) with Griddle Potatoes, Pico De Gallo	911.0	596.0	66.0	19.0	0.0	546.0	752.0	25.0	4.0	6.0	50.0	2029.0	114.0	98.0	7.0
Steak and Eggs (1 serving) with Flour Tortillas, Griddle Potatoes, Pico De Gallo	1250.0	671.0	75.0	19.0	0.0	546.0	1439.0	80.0	7.0	6.0	59.0	2029.0	114.0	98.0	7.0

Texas Toast

Allergens: wheat, barley, soy, milk, egg

Texas Toast (1 serving)	571.0	154.0	17.0	6.0	0.0	239.0	1644.0	73.0	1.0	9.0	27.0	285.0	7.0	319.0	5.0
Texas Toast (1 serving) with Maple Syrup	781.0	154.0	17.0	6.0	0.0	239.0	1651.0	126.0	1.0	62.0	27.0	285.0	7.0	319.0	5.0
Texas Toast (1 serving) with Pecan Butter	749.0	295.0	33.0	14.0	0.0	274.0	1644.0	84.0	1.0	18.0	27.0	781.0	7.0	325.0	5.0
Texas Toast (1 serving) with Maple Syrup, Pecan Butter	959.0	295.0	33.0	14.0	0.0	274.0	1651.0	137.0	1.0	71.0	27.0	781.0	7.0	325.0	5.0

Two Egg Breakfast

Allergens: egg

Two Egg Breakfast (1 serving)	265.0	169.0	19.0	7.0	0.0	449.0	690.0	2.0	0.0	1.0	20.0	489.0	7.0	54.0	2.0
Two Egg Breakfast (1 serving) with Flour Tortillas	491.0	219.0	24.0	7.0	0.0	449.0	1148.0	39.0	2.0	1.0	26.0	489.0	7.0	54.0	2.0
Two Egg Breakfast (1 serving) with Red Beans, with Cheese Garnish	444.0	213.0	24.0	9.0	0.0	464.0	1064.0	23.0	6.0	1.0	32.0	728.0	7.0	207.0	3.0
Two Egg Breakfast (1 serving) with Flour Tortillas, Red Beans, with Cheese Garnish	670.0	264.0	29.0	9.0	0.0	464.0	1522.0	60.0	9.0	1.0	38.0	728.0	7.0	207.0	3.0

Two Eggs, Any Style

Allergens: egg

Two Eggs, Any Style (1 serving)	148.0	89.0	10.0	3.0	0.0	424.0	140.0	1.0	0.0	1.0	13.0	488.0	0.0	52.0	2.0
Breakfast Side Items	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Side of Bacon															
Allergens: none															
Side of Bacon (1 serving)	113.0	79.0	9.0	4.0	0.0	25.0	550.0	0.0	0.0	0.0	8.0	0.0	0.0	0.0	0.0
Desserts	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Bread Pudding															
Allergens: wheat, barley, tree nuts, soy, milk, egg															
Bread Pudding (1 serving)	899.0	335.0	37.0	19.0	0.0	188.0	611.0	128.0	4.0	78.0	15.0	553.0	0.0	252.0	5.0
Bread Pudding (1 serving) with Vanilla Ice Cream	1070.0	439.0	49.0	26.0	0.0	232.0	655.0	142.0	4.0	93.0	18.0	1064.0	1.0	355.0	6.0
Brownie Deluxe															
Allergens: wheat, tree nuts, soy, milk, egg															
Brownie Deluxe (1 serving)	1315.0	657.0	73.0	43.0	0.0	294.0	236.0	145.0	6.0	111.0	17.0	2219.0	1.0	203.0	5.0
Chocolate Kahlua Flan															
Allergens: soy, milk, egg															
Chocolate Kahlua Flan (1 serving)	403.0	109.0	12.0	7.0	0.0	180.0	138.0	61.0	1.0	56.0	9.0	459.0	1.0	178.0	1.0
Double Fudge Cake															
Allergens: wheat, soy, milk, egg															
Double Fudge Cake (1 serving)	987.0	486.0	54.0	26.0	1.0	115.0	730.0	113.0	7.0	76.0	12.0	751.0	0.0	153.0	7.0
Double Fudge Cake (1 serving) with Vanilla Ice Cream	1157.0	590.0	66.0	34.0	1.0	159.0	774.0	128.0	7.0	90.0	15.0	1262.0	1.0	255.0	8.0
Ice Cream															
Allergens: milk															
Ice Cream (1 serving)	341.0	209.0	23.0	15.0	0.0	89.0	89.0	29.0	0.0	29.0	5.0	1023.0	2.0	205.0	1.0
Ice Cream, Chocolate															
Allergens: milk															

Ice Cream, Chocolate (1 serving)	341.0	184.0	20.0	14.0	0.0	75.0	102.0	34.0	1.0	33.0	5.0	682.0	2.0	205.0	1.0	
Ice Cream, Cinnamon																
Allergens: milk																
Ice Cream, Cinnamon (1 serving)	341.0	209.0	23.0	15.0	0.0	89.0	89.0	30.0	1.0	29.0	5.0	1023.0	2.0	205.0	2.0	
Ice Cream, Roasted Coconut																
Allergens: sulfites, tree nuts, milk																
Ice Cream, Roasted Coconut (1 serving)	355.0	221.0	25.0	16.0	0.0	82.0	89.0	30.0	0.0	29.0	5.0	682.0	2.0	205.0	1.0	
Ice Cream, Vanilla																
Allergens: milk																
Ice Cream, Vanilla (1 serving)	341.0	209.0	23.0	15.0	0.0	89.0	89.0	29.0	0.0	29.0	5.0	1023.0	2.0	205.0	1.0	
Key Lime Pie																
Allergens: wheat, soy, milk, egg																
Key Lime Pie (1 serving)	539.0	178.0	20.0	10.0	2.0	236.0	256.0	77.0	0.0	65.0	11.0	604.0	14.0	280.0	1.0	
Texas Apple Crisp																
Allergens: wheat, soy, milk, egg																
Texas Apple Crisp (1 serving)	387.0	69.0	8.0	5.0	0.0	19.0	272.0	77.0	2.0	59.0	2.0	289.0	0.0	52.0	1.0	
Texas Apple Crisp (1 serving) with Vanilla Ice Cream	557.0	173.0	19.0	12.0	0.0	64.0	317.0	92.0	2.0	73.0	5.0	800.0	1.0	154.0	2.0	

Entrees	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Austin Special Enchiladas																
Allergens: milk																
Austin Special Enchiladas (1 serving)	860.0	475.0	53.0	27.0	0.0	214.0	1539.0	44.0	8.0	8.0	52.0	2938.0	31.0	898.0	2.0	
Austin Special Enchiladas (1 serving) with Pinto Beans	1068.0	513.0	57.0	28.0	0.0	217.0	1836.0	75.0	15.0	10.0	64.0	2974.0	34.0	956.0	5.0	
Austin Special Enchiladas (1 serving) with Red Rice	1104.0	486.0	54.0	27.0	0.0	214.0	2426.0	95.0	8.0	10.0	57.0	3322.0	53.0	907.0	4.0	
Austin Special Enchiladas (1 serving) with Pinto Beans, Red Rice	1312.0	524.0	58.0	28.0	0.0	217.0	2724.0	126.0	16.0	12.0	68.0	3358.0	57.0	965.0	7.0	
Bean and Cheese Burrito, with Black Beans																
Allergens: wheat, milk																

Bean and Cheese Burrito, with Black Beans (1 burrito)	950.0	352.0	39.0	15.0	0.0	80.0	1262.0	108.0	16.0	4.0	40.0	1057.0	6.0	539.0	4.0	
Bean and Cheese Burrito, with Black Beans (1 burrito) with Red Rice	1194.0	362.0	40.0	15.0	0.0	80.0	2149.0	159.0	16.0	6.0	44.0	1441.0	28.0	548.0	6.0	
Bean and Cheese Burrito, with Refried Beans																
Allergens: wheat, milk																
Bean and Cheese Burrito, with Refried Beans (1 serving)	882.0	351.0	39.0	15.0	0.0	84.0	1451.0	95.0	13.0	3.0	36.0	1086.0	8.0	506.0	3.0	
Bean and Cheese Burrito, with Refried Beans (1 serving) with Red Rice	1127.0	361.0	40.0	15.0	0.0	84.0	2338.0	146.0	13.0	5.0	41.0	1470.0	30.0	515.0	5.0	
Bean and Cheese Tacos, with Black Beans																
Allergens: wheat, milk																
Bean and Cheese Tacos, with Black Beans (1 serving)	879.0	249.0	28.0	10.0	0.0	50.0	1052.0	117.0	19.0	6.0	38.0	845.0	7.0	384.0	5.0	
Bean and Cheese Tacos, with Black Beans (1 serving) with Cilantro Rice	1162.0	395.0	44.0	12.0	0.0	54.0	1463.0	146.0	20.0	7.0	42.0	1404.0	11.0	404.0	7.0	
Bean and Cheese Tacos, with Black Beans (1 serving) with Red Rice	1123.0	260.0	29.0	10.0	0.0	50.0	1939.0	168.0	20.0	8.0	43.0	1229.0	30.0	393.0	7.0	
Bean and Cheese Tacos, with Refried Beans																
Allergens: wheat, milk																
Bean and Cheese Tacos, with Refried Beans (1 serving)	425.0	147.0	16.0	7.0	0.0	38.0	732.0	50.0	8.0	3.0	17.0	712.0	7.0	192.0	2.0	
Bean and Cheese Tacos, with Refried Beans (1 serving) with Cilantro Rice	709.0	292.0	32.0	9.0	0.0	42.0	1143.0	79.0	8.0	4.0	22.0	1271.0	12.0	212.0	3.0	
Bean and Cheese Tacos, with Refried Beans (1 serving) with Red Rice	669.0	158.0	18.0	7.0	0.0	38.0	1620.0	101.0	8.0	5.0	22.0	1096.0	30.0	201.0	4.0	
Beef Burrito																
Allergens: sulfites, wheat, soy, milk																
Beef Burrito (1 serving)	1091.0	597.0	66.0	23.0	0.0	169.0	1336.0	61.0	11.0	3.0	60.0	1173.0	11.0	523.0	6.0	
Beef Burrito (1 serving) with Red Rice	1335.0	608.0	68.0	23.0	0.0	169.0	2223.0	112.0	11.0	5.0	64.0	1557.0	33.0	532.0	8.0	
Beef Enchiladas																
Allergens: wheat, milk																
Beef Enchiladas (1 serving)	721.0	411.0	46.0	19.0	0.0	153.0	1151.0	36.0	6.0	4.0	39.0	1495.0	21.0	283.0	4.0	
Beef Enchiladas (1 serving) with Pinto Beans	929.0	449.0	50.0	20.0	0.0	157.0	1449.0	67.0	14.0	6.0	50.0	1531.0	25.0	341.0	6.0	

Beef Enchiladas (1 serving) with Red Rice	965.0	421.0	47.0	19.0	0.0	153.0	2038.0	87.0	7.0	6.0	43.0	1879.0	43.0	292.0	6.0	
Beef Enchiladas (1 serving) with Pinto Beans, Red Rice	1173.0	460.0	51.0	20.0	0.0	157.0	2336.0	118.0	14.0	8.0	55.0	1915.0	47.0	351.0	8.0	
Beef Tacos																
Allergens: wheat, sulfites, soy, milk																
Beef Tacos (1 serving)	830.0	512.0	57.0	19.0	0.0	152.0	982.0	29.0	2.0	2.0	47.0	939.0	8.0	269.0	4.0	
Beef Tacos (1 serving) with Pinto Beans	1142.0	569.0	63.0	20.0	0.0	158.0	1429.0	75.0	14.0	4.0	64.0	993.0	14.0	356.0	8.0	
Beef Tacos (1 serving) with Red Rice	1075.0	522.0	58.0	19.0	0.0	152.0	1870.0	80.0	3.0	4.0	51.0	1323.0	30.0	278.0	6.0	
Beef Tacos (1 serving) with Pinto Beans, Red Rice	1387.0	580.0	64.0	20.0	0.0	158.0	2316.0	126.0	14.0	7.0	69.0	1377.0	36.0	365.0	10.0	
Beef Tacos, Hard Shell																
Allergens: milk																
Beef Tacos, Hard Shell (1 serving)	857.0	498.0	55.0	22.0	0.0	189.0	1046.0	36.0	4.0	7.0	51.0	1812.0	31.0	432.0	4.0	
Beef Tacos, Hard Shell (1 serving) with Red Rice	1101.0	509.0	57.0	22.0	0.0	189.0	1933.0	87.0	4.0	9.0	55.0	2197.0	53.0	441.0	6.0	
Beef Tacos, Hard Shell (1 serving) with Refried Beans	1062.0	536.0	60.0	23.0	0.0	193.0	1340.0	66.0	11.0	8.0	62.0	1848.0	34.0	490.0	7.0	
Beef Tacos, Hard Shell (1 serving) with Red Rice, Refried Beans	1306.0	547.0	61.0	23.0	0.0	193.0	2227.0	117.0	12.0	10.0	66.0	2232.0	57.0	499.0	9.0	
Carne Asada Platter																
Allergens: wheat, soy, milk, msg																
Carne Asada Platter (1 serving)	548.0	298.0	33.0	14.0	0.0	143.0	515.0	11.0	2.0	3.0	47.0	794.0	37.0	36.0	5.0	
Carne Asada Platter (1 serving) with Corn on the Cob, Grilled	811.0	418.0	46.0	21.0	0.0	174.0	1901.0	42.0	7.0	7.0	53.0	2247.0	88.0	55.0	7.0	
Carne Asada Platter (1 serving) with Mashed Potatoes	859.0	481.0	53.0	22.0	0.0	183.0	1429.0	39.0	3.0	6.0	51.0	1297.0	53.0	87.0	6.0	
Carne Asada Platter (1 serving) with Corn on the Cob, Grilled, Mashed Potatoes	1122.0	601.0	67.0	30.0	0.0	214.0	2815.0	69.0	9.0	11.0	56.0	2750.0	104.0	105.0	7.0	
Carne Combo Platter																
Allergens: sulfites, wheat, soy, milk, msg																
Carne Combo Platter (1 serving)	1252.0	761.0	85.0	28.0	0.0	236.0	1845.0	47.0	6.0	12.0	72.0	2425.0	58.0	419.0	7.0	
Carne Combo Platter (1 serving) with Red Rice	1497.0	772.0	86.0	29.0	0.0	236.0	2733.0	98.0	7.0	14.0	76.0	2809.0	80.0	428.0	9.0	
Carne Combo Platter (1 serving) with	1458.0	799.0	89.0	29.0	0.0	239.0	2139.0	77.0	13.0	13.0	83.0	2461.0	62.0	476.0	10.0	

Refried Beans																
Carne Combo Platter (1 serving) with Red Rice, Refried Beans	1702.0	809.0	90.0	29.0	0.0	239.0	3026.0	128.0	14.0	15.0	87.0	2845.0	84.0	485.0	12.0	
Carnitas Fajitas																
Allergens: wheat, milk																
Carnitas Fajitas (1 serving)	1123.0	566.0	63.0	21.0	0.0	149.0	2072.0	88.0	7.0	7.0	49.0	1451.0	34.0	283.0	2.0	
Carnitas Fajitas (1 serving) with Pinto Beans	1279.0	595.0	66.0	22.0	0.0	151.0	2295.0	112.0	13.0	8.0	58.0	1478.0	37.0	326.0	4.0	
Carnitas Fajitas (1 serving) with Red Rice	1306.0	574.0	64.0	21.0	0.0	149.0	2737.0	127.0	7.0	9.0	53.0	1739.0	51.0	289.0	4.0	
Carnitas Fajitas (1 serving) with Pinto Beans, Red Rice	1462.0	603.0	67.0	22.0	0.0	151.0	2960.0	150.0	13.0	10.0	61.0	1766.0	54.0	333.0	5.0	
Carnitas Tacos																
Allergens: wheat, milk																
Carnitas Tacos (1 serving)	816.0	384.0	43.0	16.0	0.0	119.0	2536.0	68.0	9.0	12.0	37.0	734.0	22.0	74.0	2.0	
Carnitas Tacos (1 serving) with Pinto Beans	1025.0	423.0	47.0	17.0	0.0	122.0	2834.0	98.0	16.0	14.0	49.0	770.0	26.0	133.0	4.0	
Carnitas Tacos (1 serving) with Red Rice	1061.0	395.0	44.0	16.0	0.0	119.0	3423.0	119.0	9.0	14.0	42.0	1118.0	45.0	83.0	4.0	
Carnitas Tacos (1 serving) with Pinto Beans, Red Rice	1269.0	433.0	48.0	17.0	0.0	122.0	3721.0	150.0	17.0	16.0	53.0	1154.0	49.0	142.0	6.0	
Cheese Enchiladas																
Allergens: milk																
Cheese Enchiladas (1 serving)	904.0	579.0	64.0	34.0	0.0	200.0	1159.0	37.0	5.0	3.0	47.0	2251.0	6.0	1255.0	0.0	
Cheese Enchiladas (1 serving) with Pinto Beans	1112.0	618.0	69.0	35.0	0.0	204.0	1457.0	68.0	13.0	5.0	58.0	2287.0	10.0	1313.0	3.0	
Cheese Enchiladas (1 serving) with Red Rice	1148.0	590.0	66.0	34.0	0.0	200.0	2047.0	88.0	6.0	5.0	51.0	2635.0	28.0	1264.0	2.0	
Cheese Enchiladas (1 serving) with Pinto Beans, Red Rice	1356.0	628.0	70.0	35.0	0.0	204.0	2344.0	119.0	13.0	7.0	63.0	2671.0	32.0	1322.0	5.0	
Chicken Enchiladas																
Allergens: milk																
Chicken Enchiladas (1 serving)	650.0	305.0	34.0	16.0	0.0	215.0	1019.0	31.0	5.0	2.0	53.0	1363.0	8.0	460.0	2.0	
Chicken Enchiladas (1 serving) with Pinto Beans	858.0	343.0	38.0	17.0	0.0	219.0	1316.0	62.0	13.0	4.0	64.0	1399.0	12.0	518.0	5.0	
Chicken Enchiladas (1 serving) with Red Rice	894.0	316.0	35.0	16.0	0.0	215.0	1906.0	82.0	6.0	5.0	57.0	1747.0	31.0	469.0	4.0	

Chicken Enchiladas (1 serving) with Pinto Beans, Red Rice	1102.0	354.0	39.0	17.0	0.0	219.0	2204.0	113.0	13.0	6.0	69.0	1783.0	35.0	527.0	7.0	
Chicken Fajitas																
Allergens: wheat, sulfites, milk, msg																
Chicken Fajitas (1 serving)	1323.0	505.0	56.0	18.0	0.0	216.0	2534.0	115.0	10.0	9.0	82.0	2910.0	139.0	408.0	3.0	
Chicken Fajitas (1 serving) with Pinto Beans	1479.0	533.0	59.0	19.0	0.0	219.0	2757.0	138.0	16.0	10.0	90.0	2937.0	141.0	452.0	5.0	
Chicken Fajitas (1 serving) with Red Rice	1506.0	513.0	57.0	18.0	0.0	216.0	3199.0	154.0	11.0	11.0	85.0	3198.0	156.0	415.0	5.0	
Chicken Fajitas (1 serving) with Pinto Beans, Red Rice	1662.0	541.0	60.0	19.0	0.0	219.0	3422.0	177.0	16.0	12.0	94.0	3225.0	158.0	459.0	6.0	
Chicken Tacos																
Allergens: wheat, milk																
Chicken Tacos (1 serving)	832.0	311.0	35.0	14.0	0.0	179.0	1655.0	62.0	5.0	5.0	64.0	1817.0	53.0	476.0	2.0	
Chicken Tacos (1 serving) with Pinto Beans	1144.0	369.0	41.0	16.0	0.0	184.0	2101.0	108.0	17.0	7.0	81.0	1871.0	59.0	563.0	6.0	
Chicken Tacos (1 serving) with Red Rice	1077.0	322.0	36.0	14.0	0.0	179.0	2542.0	113.0	6.0	7.0	69.0	2201.0	76.0	485.0	4.0	
Chicken Tacos (1 serving) with Pinto Beans, Red Rice	1389.0	380.0	42.0	16.0	0.0	184.0	2988.0	160.0	17.0	9.0	86.0	2255.0	81.0	572.0	8.0	
Chicken Tamales																
Allergens: wheat, sulfites, soy, milk																
Chicken Tamales (1 serving)	928.0	470.0	52.0	20.0	5.0	106.0	1114.0	81.0	10.0	2.0	31.0	1377.0	17.0	80.0	6.0	
Chile Rubbed Tuna																
Allergens: wheat, fish, milk, egg																
Chile Rubbed Tuna (1 serving)	686.0	433.0	48.0	18.0	0.0	172.0	317.0	10.0	7.0	1.0	53.0	1342.0	10.0	94.0	4.0	
Chile Rubbed Tuna (1 serving) with Cilantro Rice	969.0	579.0	64.0	20.0	0.0	176.0	728.0	39.0	8.0	1.0	57.0	1901.0	15.0	115.0	5.0	
Chorizo Burrito																
Allergens: wheat, milk, egg																
Chorizo Burrito (1 serving)	881.0	500.0	56.0	22.0	0.0	801.0	1763.0	39.0	5.0	6.0	53.0	4983.0	72.0	569.0	5.0	
Chorizo Burrito (1 serving) with Griddle Potatoes	1133.0	653.0	73.0	27.0	0.0	821.0	1883.0	61.0	8.0	10.0	56.0	6227.0	179.0	591.0	6.0	
Chorizo Quesadilla																
Allergens: wheat, milk																

Chorizo Quesadilla (1 quesadilla)	1003.0	538.0	60.0	26.0	0.0	219.0	2039.0	67.0	6.0	2.0	49.0	2089.0	4.0	790.0	2.0	
Chorizo, Cheese and Egg Tacos																
Allergens: wheat, milk, egg																
Chorizo, Cheese and Egg Tacos (1 serving)	726.0	347.0	39.0	14.0	0.0	531.0	1477.0	53.0	5.0	3.0	38.0	1606.0	5.0	323.0	3.0	
Chorizo, Cheese and Egg Tacos (1 serving) with Pinto Beans	1038.0	404.0	45.0	15.0	0.0	536.0	1924.0	100.0	16.0	5.0	55.0	1661.0	11.0	411.0	7.0	
Chorizo, Cheese and Egg Tacos (1 serving) with Red Rice	970.0	358.0	40.0	14.0	0.0	531.0	2365.0	105.0	5.0	5.0	42.0	1991.0	28.0	332.0	5.0	
Chorizo, Cheese and Egg Tacos (1 serving) with Pinto Beans, Red Rice	1282.0	415.0	46.0	15.0	0.0	536.0	2811.0	151.0	16.0	7.0	59.0	2045.0	34.0	420.0	9.0	
Classic Combo Platter																
Allergens: sulfites, wheat, soy, milk, msg																
Classic Combo Platter (1 serving)	1252.0	761.0	85.0	28.0	0.0	236.0	1845.0	47.0	6.0	12.0	72.0	2425.0	58.0	419.0	7.0	
Classic Combo Platter (1 serving) with Red Rice	1497.0	772.0	86.0	29.0	0.0	236.0	2733.0	98.0	7.0	14.0	76.0	2809.0	80.0	428.0	9.0	
Classic Combo Platter (1 serving) with Refried Beans	1458.0	799.0	89.0	29.0	0.0	239.0	2139.0	77.0	13.0	13.0	83.0	2461.0	62.0	476.0	10.0	
Crab Quesadilla																
Allergens: wheat, milk, shellfish																
Crab Quesadilla (1 quesadilla)	941.0	529.0	59.0	31.0	0.0	210.0	1611.0	60.0	6.0	3.0	45.0	2375.0	44.0	696.0	1.0	
French Toast and Eggs																
Allergens: wheat, barley, soy, milk, egg																
French Toast and Eggs (1 serving)	740.0	227.0	25.0	8.0	0.0	592.0	1650.0	86.0	0.0	23.0	37.0	676.0	0.0	339.0	7.0	
French Toast and Eggs (1 serving) with Maple Syrup	1055.0	227.0	25.0	8.0	0.0	592.0	1660.0	166.0	0.0	102.0	37.0	676.0	0.0	339.0	7.0	
French Toast and Eggs (1 serving) with Pecan Butter	919.0	368.0	41.0	16.0	0.0	626.0	1650.0	97.0	0.0	32.0	37.0	1172.0	0.0	346.0	7.0	
French Toast and Eggs (1 serving) with Maple Syrup, Pecan Butter	1234.0	368.0	41.0	16.0	0.0	626.0	1660.0	176.0	0.0	111.0	37.0	1172.0	0.0	346.0	7.0	
Fried Shrimp																
Allergens: wheat, soy, milk, shellfish																
Fried Shrimp (1 serving)	591.0	124.0	14.0	2.0	0.0	297.0	1997.0	66.0	2.0	4.0	50.0	1630.0	59.0	189.0	8.0	
Fried Shrimp (1 serving) with Sweet Chili Sauce	731.0	124.0	14.0	2.0	0.0	297.0	2797.0	100.0	4.0	32.0	50.0	1630.0	59.0	189.0	10.0	
Fried Shrimp (1 serving) with Sweet	848.0	223.0	25.0	4.0	0.0	297.0	2718.0	103.0	6.0	19.0	50.0	10274.0	87.0	225.0	9.0	

Potato Curls																
Fried Shrimp (1 serving) with Sweet Chili Sauce, Sweet Potato Curls	988.0	223.0	25.0	4.0	0.0	297.0	3518.0	137.0	8.0	47.0	50.0	10274.0	87.0	225.0	10.0	
Grilled Chicken Breast																
Allergens: wheat, tree nuts, soy, milk																
Grilled Chicken Breast (1 serving)	717.0	295.0	33.0	11.0	0.0	172.0	1678.0	42.0	5.0	6.0	59.0	6056.0	128.0	104.0	4.0	
Grilled Chicken Burrito																
Allergens: sulfites, wheat, soy, milk																
Grilled Chicken Burrito (1 burrito)	1060.0	353.0	39.0	9.0	0.0	77.0	2122.0	123.0	18.0	9.0	52.0	1800.0	40.0	336.0	6.0	
Grilled Fish Tacos, Dinner																
Allergens: wheat, milk, fish, egg																
Grilled Fish Tacos, Dinner (1 serving)	1125.0	722.0	80.0	13.0	0.0	83.0	1630.0	59.0	4.0	2.0	37.0	431.0	13.0	111.0	1.0	
Grilled Fish Tacos, Dinner (1 serving) with Black Beans	1329.0	752.0	84.0	13.0	0.0	83.0	1708.0	92.0	12.0	3.0	48.0	436.0	14.0	178.0	3.0	
Grilled Fish Tacos, Dinner (1 serving) with Cilantro Rice	1296.0	810.0	90.0	14.0	0.0	85.0	1877.0	76.0	5.0	2.0	40.0	768.0	16.0	123.0	1.0	
Grilled Fish Tacos, Dinner (1 serving) with Black Beans, Cilantro Rice	1500.0	839.0	93.0	15.0	0.0	85.0	1956.0	109.0	13.0	4.0	51.0	773.0	17.0	191.0	4.0	
Grilled Fish Tacos, Lunch																
Allergens: wheat, fish, milk, egg																
Grilled Fish Tacos, Lunch (1 serving)	762.0	488.0	54.0	9.0	0.0	58.0	1124.0	40.0	3.0	1.0	26.0	356.0	9.0	93.0	0.0	
Grilled Fish Tacos, Lunch (1 serving) with Black Beans	966.0	518.0	58.0	10.0	0.0	58.0	1202.0	73.0	11.0	3.0	37.0	361.0	11.0	161.0	3.0	
Grilled Fish Tacos, Lunch (1 serving) with Cilantro Rice	933.0	576.0	64.0	10.0	0.0	60.0	1371.0	57.0	3.0	2.0	28.0	693.0	12.0	105.0	1.0	
Grilled Fish Tacos, Lunch (1 serving) with Black Beans, Cilantro Rice	1137.0	605.0	67.0	11.0	0.0	60.0	1449.0	90.0	11.0	3.0	39.0	697.0	13.0	173.0	4.0	
Grilled Red Snapper																
Allergens: sulfites, milk, fish																
Grilled Red Snapper (1 serving)	513.0	94.0	10.0	3.0	0.0	77.0	2717.0	59.0	6.0	8.0	45.0	1332.0	75.0	120.0	2.0	
Grilled Vegetable Burrito																
Allergens: wheat, soy, milk																
Grilled Vegetable Burrito (1 burrito)	914.0	324.0	36.0	8.0	0.0	33.0	1560.0	116.0	14.0	6.0	31.0	4151.0	71.0	311.0	4.0	
Grilled Vegetable Tacos																

Allergens: sulfites, wheat, milk

Grilled Vegetable Tacos (1 serving)	830.0	461.0	51.0	17.0	0.0	89.0	1653.0	66.0	7.0	8.0	25.0	8491.0	154.0	483.0	1.0
Grilled Vegetable Tacos (1 serving) with Black Beans	1102.0	500.0	56.0	18.0	0.0	89.0	1757.0	110.0	17.0	11.0	40.0	8497.0	156.0	573.0	4.0
Grilled Vegetable Tacos (1 serving) with Cilantro Rice	1114.0	607.0	67.0	19.0	0.0	93.0	2063.0	95.0	7.0	9.0	29.0	9050.0	158.0	503.0	2.0
Grilled Vegetable Tacos (1 serving) with Black Beans, Cilantro Rice	1386.0	646.0	72.0	20.0	0.0	93.0	2168.0	139.0	18.0	11.0	44.0	9056.0	160.0	593.0	6.0

Guacamole Tacos

Allergens: wheat, milk

Guacamole Tacos (1 serving)	703.0	351.0	39.0	11.0	0.0	50.0	1246.0	66.0	12.0	5.0	19.0	1577.0	33.0	272.0	1.0
Guacamole Tacos (1 serving) with Black Beans	975.0	390.0	43.0	12.0	0.0	50.0	1350.0	110.0	23.0	7.0	34.0	1583.0	34.0	362.0	5.0
Guacamole Tacos (1 serving) with Cilantro Rice	987.0	497.0	55.0	13.0	0.0	54.0	1656.0	95.0	13.0	6.0	24.0	2136.0	37.0	292.0	2.0
Guacamole Tacos (1 serving) with Black Beans, Cilantro Rice	1259.0	536.0	60.0	14.0	0.0	54.0	1761.0	139.0	24.0	8.0	38.0	2142.0	39.0	382.0	6.0

Joe Ely Combination Platter

Allergens: sulfites, wheat, soy, milk

Joe Ely Combination Platter (1 serving)	1171.0	543.0	60.0	23.0	3.0	192.0	2067.0	91.0	11.0	7.0	62.0	2862.0	43.0	320.0	5.0
Joe Ely Combination Platter (1 serving) with Red Rice	1416.0	554.0	62.0	23.0	3.0	192.0	2954.0	142.0	12.0	9.0	67.0	3247.0	66.0	329.0	8.0
Joe Ely Combination Platter (1 serving) with Refried Beans	1376.0	580.0	64.0	24.0	3.0	195.0	2360.0	121.0	19.0	8.0	73.0	2898.0	47.0	378.0	8.0
Joe Ely Combination Platter (1 serving) with Red Rice, Refried Beans	1621.0	591.0	66.0	24.0	3.0	195.0	3248.0	172.0	19.0	10.0	78.0	3282.0	70.0	387.0	10.0

Macho Tacos

Allergens: wheat, milk, egg

Macho Tacos (1 serving)	852.0	442.0	49.0	15.0	0.0	761.0	1683.0	53.0	6.0	4.0	47.0	2272.0	58.0	327.0	5.0
Macho Tacos (1 serving) with Red Rice	1097.0	453.0	50.0	15.0	0.0	761.0	2570.0	104.0	6.0	6.0	52.0	2656.0	81.0	336.0	7.0
Macho Tacos (1 serving) with Refried Beans	1057.0	480.0	53.0	16.0	0.0	765.0	1977.0	84.0	13.0	6.0	58.0	2308.0	62.0	384.0	7.0
Macho Tacos (1 serving) with Red Rice, Refried Beans	1302.0	491.0	55.0	16.0	0.0	765.0	2864.0	135.0	14.0	8.0	63.0	2692.0	84.0	393.0	9.0

Migas Plate

Allergens: milk, egg

Migas Plate (1 serving)	273.0	161.0	18.0	8.0	0.0	387.0	459.0	11.0	1.0	3.0	18.0	1099.0	6.0	545.0	1.0	
Migas Plate (1 serving) with Black Beans	477.0	191.0	21.0	8.0	0.0	387.0	537.0	44.0	9.0	5.0	29.0	1104.0	7.0	613.0	4.0	
Migas Plate (1 serving) with Cilantro Rice	486.0	271.0	30.0	9.0	0.0	390.0	767.0	33.0	2.0	3.0	22.0	1519.0	9.0	560.0	2.0	
Migas Plate (1 serving) with Black Beans, Cilantro Rice	690.0	300.0	33.0	10.0	0.0	390.0	845.0	66.0	10.0	5.0	33.0	1524.0	10.0	628.0	5.0	
Pan Seared Salmon																
Allergens: wheat, sulfites, soy, fish, milk, egg																
Pan Seared Salmon (1 serving)	754.0	323.0	36.0	8.0	0.0	151.0	1434.0	52.0	4.0	11.0	54.0	1318.0	69.0	98.0	3.0	
Picadillo and Queso Tacos																
Allergens: wheat, soy, milk																
Picadillo and Queso Tacos (1 serving)	987.0	482.0	54.0	18.0	0.0	177.0	1471.0	65.0	7.0	7.0	54.0	1670.0	36.0	189.0	5.0	
Picadillo and Queso Tacos (1 serving) with Red Rice	1232.0	493.0	55.0	18.0	0.0	177.0	2358.0	116.0	8.0	9.0	59.0	2054.0	59.0	198.0	7.0	
Picadillo and Queso Tacos (1 serving) with Refried Beans	1193.0	520.0	58.0	18.0	0.0	181.0	1765.0	96.0	15.0	9.0	66.0	1706.0	40.0	246.0	7.0	
Picadillo and Queso Tacos (1 serving) with Red Rice, Refried Beans	1437.0	531.0	59.0	18.0	0.0	181.0	2652.0	147.0	15.0	11.0	70.0	2090.0	63.0	255.0	10.0	
Pollo Guisado Burrito																
Allergens: wheat, sulfites, soy, milk																
Pollo Guisado Burrito (1 serving)	857.0	326.0	36.0	15.0	0.0	128.0	1387.0	77.0	15.0	6.0	54.0	1763.0	22.0	566.0	5.0	
Pollo Guisado Burrito (1 serving) with Red Rice	1101.0	337.0	37.0	15.0	0.0	128.0	2274.0	128.0	15.0	8.0	59.0	2147.0	44.0	575.0	7.0	
Pollo Guisado Tacos																
Allergens: sulfites, wheat, soy, milk																
Pollo Guisado Tacos (1 serving)	551.0	203.0	23.0	9.0	0.0	108.0	1436.0	45.0	4.0	5.0	38.0	1683.0	24.0	281.0	1.0	
Pollo Guisado Tacos (1 serving) with Red Rice	795.0	214.0	24.0	9.0	0.0	108.0	2323.0	96.0	5.0	7.0	43.0	2067.0	46.0	290.0	3.0	
Pollo Guisado Tacos (1 serving) with Refried Beans	756.0	241.0	27.0	10.0	0.0	111.0	1729.0	75.0	12.0	6.0	50.0	1718.0	27.0	339.0	4.0	
Pollo Guisado Tacos (1 serving) with Red Rice, Refried Beans	1000.0	252.0	28.0	10.0	0.0	111.0	2617.0	127.0	12.0	8.0	54.0	2103.0	50.0	348.0	6.0	
Pork Chop																
Allergens: sulfites, milk																
Pork Chop (1 serving)	842.0	476.0	53.0	23.0	0.0	239.0	635.0	19.0	3.0	5.0	67.0	1450.0	41.0	99.0	4.0	

Pork Chop (1 serving) with Grilled Potato	1046.0	503.0	56.0	23.0	0.0	239.0	1317.0	60.0	6.0	8.0	71.0	1450.0	65.0	109.0	4.0	
Portabella Fajitas																
Allergens: wheat, sulfites, soy, milk, egg, msg																
Portabella Fajitas (1 serving)	1108.0	541.0	60.0	18.0	0.0	96.0	1857.0	106.0	12.0	13.0	32.0	2534.0	123.0	406.0	3.0	
Portabella Fajitas (1 serving) with Black Beans	1313.0	570.0	63.0	19.0	0.0	96.0	1936.0	139.0	20.0	14.0	43.0	2539.0	124.0	474.0	5.0	
Portabella Fajitas (1 serving) with Cilantro Rice	1321.0	650.0	72.0	20.0	0.0	99.0	2165.0	128.0	13.0	13.0	35.0	2954.0	126.0	421.0	4.0	
Portabella Fajitas (1 serving) with Black Beans, Cilantro Rice	1526.0	680.0	76.0	20.0	0.0	99.0	2243.0	161.0	20.0	15.0	46.0	2959.0	127.0	489.0	6.0	
Roadhouse Burrito																
Allergens: wheat, soy, milk																
Roadhouse Burrito (1 burrito)	1248.0	626.0	70.0	31.0	0.0	199.0	2071.0	90.0	12.0	9.0	59.0	2808.0	31.0	687.0	6.0	
Rockfish Tacos																
Allergens: wheat, soy, milk, fish, egg																
Rockfish Tacos (1 serving)	917.0	511.0	57.0	9.0	0.0	85.0	1289.0	55.0	5.0	4.0	43.0	2074.0	21.0	86.0	2.0	
Rockfish Tacos (1 serving) with Black Beans	1121.0	540.0	60.0	9.0	0.0	85.0	1368.0	88.0	12.0	6.0	54.0	2079.0	22.0	154.0	4.0	
Rockfish Tacos (1 serving) with Cilantro Rice	1201.0	656.0	73.0	11.0	0.0	89.0	1700.0	84.0	5.0	5.0	47.0	2634.0	25.0	106.0	3.0	
Rockfish Tacos (1 serving) with Black Beans, Cilantro Rice	1405.0	685.0	76.0	11.0	0.0	89.0	1778.0	117.0	13.0	7.0	58.0	2639.0	26.0	174.0	6.0	
Short Stack																
Allergens: wheat, milk, egg																
Short Stack (1 serving)	383.0	138.0	15.0	9.0	0.0	92.0	445.0	51.0	2.0	6.0	10.0	570.0	1.0	183.0	3.0	
Short Stack (1 serving) with Maple Syrup	698.0	138.0	15.0	9.0	0.0	92.0	456.0	131.0	2.0	85.0	10.0	570.0	1.0	183.0	3.0	
Short Stack (1 serving) with Pecan Butter	562.0	279.0	31.0	17.0	0.0	127.0	445.0	62.0	2.0	15.0	10.0	1067.0	1.0	190.0	3.0	
Short Stack (1 serving) with Maple Syrup, Pecan Butter	877.0	279.0	31.0	17.0	0.0	127.0	456.0	141.0	2.0	95.0	10.0	1067.0	1.0	190.0	3.0	
Shrimp Brochettes																
Allergens: soy, shellfish, milk, egg																
Shrimp Brochettes (1 serving)	204.0	79.0	9.0	1.0	0.0	118.0	4036.0	13.0	4.0	6.0	18.0	2959.0	50.0	108.0	3.0	
Shrimp Brochettes (1 serving) with	408.0	106.0	12.0	2.0	0.0	118.0	4718.0	54.0	6.0	9.0	22.0	2959.0	74.0	118.0	4.0	

Grilled Potato

Shrimp Enchiladas

Allergens: sulfites, wheat, soy, milk, shellfish

Shrimp Enchiladas (1 serving)	597.0	310.0	34.0	17.0	0.0	214.0	3018.0	32.0	5.0	4.0	43.0	2564.0	22.0	696.0	3.0
Shrimp Enchiladas (1 serving) with Black Beans	801.0	340.0	38.0	17.0	0.0	214.0	3096.0	64.0	13.0	6.0	54.0	2569.0	24.0	764.0	5.0
Shrimp Enchiladas (1 serving) with Cilantro Rice	881.0	456.0	51.0	19.0	0.0	218.0	3429.0	61.0	5.0	5.0	47.0	3123.0	27.0	717.0	4.0
Shrimp Enchiladas (1 serving) with Black Beans, Cilantro Rice	1085.0	485.0	54.0	19.0	0.0	218.0	3507.0	93.0	13.0	7.0	58.0	3128.0	28.0	784.0	7.0

Shrimp Fajitas

Allergens: sulfites, wheat, soy, shellfish, milk, msg

Shrimp Fajitas (1 serving)	1206.0	576.0	64.0	19.0	0.0	330.0	2056.0	95.0	9.0	9.0	59.0	2790.0	124.0	465.0	5.0
Shrimp Fajitas (1 serving) with Black Beans	1411.0	605.0	67.0	19.0	0.0	330.0	2135.0	128.0	16.0	10.0	70.0	2795.0	126.0	533.0	8.0
Shrimp Fajitas (1 serving) with Red Rice	1390.0	585.0	65.0	19.0	0.0	330.0	2722.0	133.0	9.0	10.0	63.0	3078.0	141.0	472.0	7.0
Shrimp Fajitas (1 serving) with Black Beans, Red Rice	1594.0	614.0	68.0	19.0	0.0	330.0	2800.0	166.0	17.0	12.0	74.0	3083.0	143.0	539.0	9.0

Shrimp Tacos

Allergens: wheat, milk, shellfish, egg

Shrimp Tacos (1 serving)	812.0	409.0	45.0	8.0	0.0	255.0	1230.0	56.0	4.0	4.0	41.0	2020.0	24.0	146.0	5.0
Shrimp Tacos (1 serving) with Black Beans	1016.0	438.0	49.0	8.0	0.0	255.0	1308.0	89.0	12.0	6.0	52.0	2025.0	25.0	214.0	7.0
Shrimp Tacos (1 serving) with Cilantro Rice	1096.0	555.0	62.0	10.0	0.0	259.0	1641.0	85.0	5.0	5.0	46.0	2579.0	28.0	167.0	6.0
Shrimp Tacos (1 serving) with Black Beans, Cilantro Rice	1300.0	584.0	65.0	10.0	0.0	259.0	1719.0	118.0	13.0	7.0	57.0	2584.0	29.0	234.0	9.0

Slow Smoked Rib Platter

Allergens: none

Slow Smoked Rib Platter (1 serving)	1635.0	956.0	106.0	41.0	0.0	472.0	1834.0	36.0	16.0	24.0	130.0	0.0	0.0	0.0	4.0
Slow Smoked Rib Platter (1 serving) with Corn on the Cob	2001.0	1176.0	131.0	56.0	0.0	533.0	4399.0	67.0	22.0	29.0	135.0	1893.0	51.0	23.0	6.0
Slow Smoked Rib Platter (1 serving) with Mashed Potatoes	1946.0	1138.0	126.0	50.0	0.0	512.0	2748.0	64.0	18.0	27.0	133.0	503.0	16.0	51.0	5.0
Slow Smoked Rib Platter (1 serving) with Corn on the Cob, Mashed Potatoes	2311.0	1358.0	151.0	65.0	0.0	573.0	5313.0	94.0	23.0	32.0	139.0	2396.0	67.0	74.0	6.0

Spinach and Cheese Enchiladas**Allergens: milk**

Spinach and Cheese Enchiladas (1 serving)	440.0	233.0	26.0	16.0	0.0	81.0	896.0	30.0	5.0	3.0	26.0	7321.0	30.0	694.0	2.0
Spinach and Cheese Enchiladas (1 serving) with Black Beans	644.0	262.0	29.0	17.0	0.0	81.0	974.0	63.0	13.0	5.0	37.0	7326.0	31.0	762.0	4.0
Spinach and Cheese Enchiladas (1 serving) with Cilantro Rice	724.0	379.0	42.0	18.0	0.0	85.0	1306.0	59.0	6.0	4.0	30.0	7881.0	35.0	714.0	3.0
Spinach and Cheese Enchiladas (1 serving) with Black Beans, Cilantro Rice	928.0	408.0	45.0	19.0	0.0	85.0	1385.0	92.0	14.0	6.0	41.0	7885.0	36.0	782.0	6.0

Spinach and Feta Enchiladas**Allergens: milk**

Spinach and Feta Enchiladas (1 serving)	660.0	431.0	48.0	27.0	0.0	122.0	1466.0	34.0	6.0	2.0	26.0	8402.0	24.0	567.0	2.0
Spinach and Feta Enchiladas (1 serving) with Black Beans	932.0	470.0	52.0	28.0	0.0	122.0	1570.0	78.0	17.0	5.0	40.0	8408.0	26.0	657.0	6.0
Spinach and Feta Enchiladas (1 serving) with Cilantro Rice	943.0	577.0	64.0	29.0	0.0	126.0	1876.0	63.0	7.0	3.0	30.0	8961.0	28.0	587.0	4.0
Spinach and Feta Enchiladas (1 serving) with Ranchera Sauce	696.0	446.0	50.0	27.0	0.0	122.0	1483.0	38.0	7.0	5.0	27.0	9444.0	36.0	599.0	3.0
Spinach and Feta Enchiladas (1 serving) with Tomatillo Sauce	721.0	444.0	49.0	27.0	0.0	122.0	1906.0	44.0	10.0	8.0	27.0	8957.0	46.0	595.0	3.0
Spinach and Feta Enchiladas (1 serving) with Black Beans, Cilantro Rice	1216.0	615.0	68.0	30.0	0.0	126.0	1981.0	107.0	17.0	5.0	44.0	8968.0	30.0	677.0	7.0
Spinach and Feta Enchiladas (1 serving) with Black Beans, Ranchera Sauce	969.0	485.0	54.0	28.0	0.0	122.0	1587.0	82.0	18.0	7.0	41.0	9450.0	37.0	689.0	6.0
Spinach and Feta Enchiladas (1 serving) with Black Beans, Tomatillo Sauce	993.0	483.0	54.0	28.0	0.0	122.0	2011.0	88.0	20.0	11.0	42.0	8964.0	47.0	685.0	7.0
Spinach and Feta Enchiladas (1 serving) with Cilantro Rice, Ranchera Sauce	980.0	592.0	66.0	29.0	0.0	126.0	1893.0	67.0	8.0	6.0	31.0	10003.0	40.0	619.0	4.0
Spinach and Feta Enchiladas (1 serving) with Cilantro Rice, Tomatillo Sauce	1004.0	590.0	66.0	29.0	0.0	126.0	2317.0	73.0	10.0	9.0	32.0	9517.0	50.0	615.0	5.0
Spinach and Feta Enchiladas (1 serving) with Black Beans, Cilantro Rice, Ranchera Sauce	1252.0	631.0	70.0	30.0	0.0	126.0	1998.0	111.0	19.0	8.0	46.0	10010.0	42.0	709.0	7.0

Spinach and Feta Enchiladas (1

servings) with Black Beans, Cilantro Rice, Tomatillo Sauce	1277.0	629.0	70.0	30.0	0.0	126.0	2421.0	117.0	21.0	11.0	46.0	9523.0	52.0	705.0	8.0	
Steak Enchiladas																
Allergens: milk																
Steak Enchiladas (1 serving)	509.0	260.0	29.0	15.0	0.0	105.0	1101.0	29.0	4.0	3.0	35.0	2010.0	26.0	446.0	2.0	
Steak Enchiladas (1 serving) with Black Beans	714.0	289.0	32.0	16.0	0.0	105.0	1179.0	62.0	12.0	5.0	46.0	2015.0	27.0	513.0	5.0	
Steak Enchiladas (1 serving) with Cilantro Rice	793.0	406.0	45.0	17.0	0.0	109.0	1511.0	58.0	5.0	4.0	39.0	2570.0	30.0	466.0	4.0	
Steak Enchiladas (1 serving) with Black Beans, Cilantro Rice	998.0	435.0	48.0	18.0	0.0	109.0	1590.0	91.0	13.0	6.0	50.0	2574.0	31.0	534.0	6.0	
Steak Laredo																
Allergens: none																
Steak Laredo (1 serving)	733.0	448.0	50.0	16.0	0.0	286.0	1821.0	6.0	2.0	2.0	61.0	1361.0	15.0	58.0	5.0	
Steak Laredo (1 serving) with Mashed Potatoes	1148.0	691.0	77.0	28.0	0.0	339.0	3040.0	43.0	4.0	7.0	66.0	2032.0	36.0	126.0	5.0	
Steak Laredo (1 serving) with Vegetable Skewers	765.0	450.0	50.0	16.0	0.0	286.0	1827.0	11.0	3.0	5.0	63.0	1904.0	50.0	75.0	5.0	
Steak Laredo (1 serving) with Mashed Potatoes, Vegetable Skewers	1180.0	693.0	77.0	28.0	0.0	339.0	3045.0	49.0	6.0	9.0	68.0	2575.0	71.0	142.0	6.0	
Sweet Chili Glazed Ribs																
Allergens: none																
Sweet Chili Glazed Ribs (1 serving)	228.0	114.0	13.0	5.0	0.0	51.0	1924.0	15.0	1.0	12.0	15.0	369.0	15.0	36.0	2.0	
Sweet Chili Glazed Ribs (1 serving) with Sweet Chili Sauce	368.0	114.0	13.0	5.0	0.0	51.0	2724.0	49.0	3.0	40.0	15.0	369.0	15.0	36.0	3.0	
Sweet Chili Glazed Ribs (1 serving) with Sweet Potato Curls	484.0	212.0	24.0	6.0	0.0	51.0	2645.0	52.0	4.0	27.0	15.0	9013.0	44.0	72.0	2.0	
Sweet Chili Glazed Ribs (1 serving) with Sweet Chili Sauce, Sweet Potato Curls	624.0	212.0	24.0	6.0	0.0	51.0	3445.0	86.0	6.0	55.0	15.0	9013.0	44.0	72.0	4.0	
Tacos al Carbon, Dinner																
Allergens: wheat, milk																
Tacos al Carbon, Dinner (1 serving)	654.0	249.0	28.0	8.0	0.0	84.0	1596.0	61.0	5.0	3.0	37.0	1215.0	26.0	89.0	3.0	
Tacos al Carbon, Dinner (1 serving) with Black Beans	858.0	278.0	31.0	8.0	0.0	84.0	1675.0	94.0	13.0	4.0	48.0	1220.0	27.0	156.0	6.0	
Tacos al Carbon, Lunch																
Allergens: wheat, milk																

Tacos al Carbon, Lunch (1 serving)	451.0	173.0	19.0	6.0	0.0	58.0	1154.0	42.0	4.0	2.0	26.0	1078.0	20.0	83.0	2.0
Tacos al Carbon, Lunch (1 serving) with Black Beans	655.0	202.0	22.0	6.0	0.0	58.0	1233.0	75.0	11.0	4.0	37.0	1083.0	22.0	151.0	5.0

Taquitos

Allergens: wheat, soy, milk, egg

Taquitos (1 serving)	1205.0	545.0	61.0	21.0	0.0	201.0	3286.0	109.0	8.0	2.0	54.0	2896.0	44.0	445.0	2.0
Taquitos (1 serving) with Tomato Chipotle Sauce, with Sour Cream	1269.0	590.0	66.0	25.0	0.0	221.0	3379.0	110.0	8.0	3.0	55.0	3223.0	44.0	486.0	2.0

Tuna Tacos

Allergens: wheat, soy, milk, fish

Tuna Tacos (1 serving)	523.0	194.0	22.0	5.0	0.0	97.0	746.0	34.0	3.0	5.0	46.0	769.0	11.0	92.0	2.0
Tuna Tacos (1 serving) with Black Beans	796.0	233.0	26.0	5.0	0.0	97.0	850.0	78.0	14.0	7.0	61.0	775.0	12.0	182.0	5.0
Tuna Tacos (1 serving) with Cilantro Rice	807.0	340.0	38.0	7.0	0.0	100.0	1156.0	63.0	4.0	6.0	50.0	1328.0	15.0	112.0	3.0
Tuna Tacos (1 serving) with Black Beans, Cilantro Rice	1080.0	378.0	42.0	7.0	0.0	100.0	1261.0	107.0	14.0	8.0	65.0	1334.0	17.0	202.0	6.0

Vegetable Fajitas

Allergens: wheat, sulfites, soy, milk, egg, msg

Vegetable Fajitas (1 serving)	1272.0	695.0	77.0	20.0	0.0	117.0	2223.0	110.0	13.0	13.0	31.0	3690.0	196.0	438.0	3.0
Vegetable Fajitas (1 serving) with Black Beans	1476.0	724.0	80.0	20.0	0.0	117.0	2302.0	143.0	20.0	15.0	42.0	3695.0	197.0	506.0	5.0
Vegetable Fajitas (1 serving) with Cilantro Rice	1485.0	804.0	89.0	21.0	0.0	120.0	2531.0	131.0	13.0	14.0	34.0	4109.0	199.0	453.0	4.0
Vegetable Fajitas (1 serving) with Black Beans, Cilantro Rice	1689.0	833.0	93.0	22.0	0.0	120.0	2609.0	164.0	21.0	15.0	45.0	4114.0	200.0	521.0	6.0

Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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Austin House Side Salad

Allergens: milk, egg

Austin House Side Salad (1 salad)	131.0	67.0	7.0	3.0	0.0	17.0	463.0	10.0	2.0	6.0	6.0	4230.0	26.0	85.0	1.0
Austin House Side Salad (1 salad) with Grilled Potato	400.0	158.0	18.0	4.0	0.0	17.0	1145.0	51.0	5.0	10.0	10.0	4230.0	51.0	95.0	1.0

Bevo Salad

Allergens: milk

Bevo Salad (1 salad)	392.0	152.0	17.0	6.0	0.0	30.0	746.0	43.0	10.0	7.0	17.0	9264.0	76.0	312.0	3.0
Bevo Salad (1 salad) with Chicken	554.0	169.0	19.0	6.0	0.0	112.0	1148.0	44.0	11.0	7.0	50.0	9523.0	87.0	331.0	4.0
Bevo Salad (1 salad) with Cilantro Lime Vinaigrette	655.0	404.0	45.0	11.0	0.0	72.0	964.0	45.0	10.0	7.0	18.0	9561.0	81.0	334.0	3.0
Bevo Salad (1 salad) with Salmon	643.0	290.0	32.0	9.0	0.0	114.0	830.0	43.0	10.0	7.0	45.0	9335.0	81.0	329.0	4.0
Bevo Salad (1 salad) with Steak	693.0	321.0	36.0	13.0	0.0	115.0	1456.0	45.0	11.0	7.0	46.0	9723.0	94.0	330.0	7.0
Bevo Salad (1 salad) with Chicken, Cilantro Lime Vinaigrette	817.0	421.0	47.0	11.0	0.0	154.0	1366.0	46.0	11.0	7.0	51.0	9821.0	92.0	353.0	5.0
Bevo Salad (1 salad) with Cilantro Lime Vinaigrette, Salmon	907.0	543.0	60.0	14.0	0.0	156.0	1048.0	45.0	10.0	7.0	46.0	9632.0	87.0	351.0	4.0
Bevo Salad (1 salad) with Cilantro Lime Vinaigrette, Steak	956.0	574.0	64.0	18.0	0.0	157.0	1674.0	47.0	11.0	8.0	47.0	10020.0	100.0	353.0	7.0

Chalupa Taco Salad**Allergens: milk**

Chalupa Taco Salad (1 salad)	463.0	189.0	21.0	10.0	0.0	50.0	542.0	47.0	10.0	6.0	19.0	6660.0	45.0	334.0	4.0
Chalupa Taco Salad (1 salad) with Grilled Chicken	625.0	206.0	23.0	10.0	0.0	132.0	943.0	49.0	10.0	6.0	52.0	6920.0	56.0	353.0	5.0
Chalupa Taco Salad (1 salad) with Red Salsa Vinaigrette	581.0	301.0	33.0	11.0	0.0	50.0	635.0	49.0	10.0	7.0	20.0	7009.0	49.0	343.0	4.0
Chalupa Taco Salad (1 salad) with Salmon	714.0	328.0	36.0	13.0	0.0	134.0	626.0	47.0	10.0	6.0	48.0	6731.0	50.0	351.0	4.0
Chalupa Taco Salad (1 salad) with Steak	764.0	359.0	40.0	17.0	0.0	135.0	1251.0	50.0	11.0	7.0	48.0	7119.0	63.0	352.0	7.0
Chalupa Taco Salad (1 salad) with Grilled Chicken, Red Salsa Vinaigrette	743.0	318.0	35.0	12.0	0.0	132.0	1036.0	50.0	11.0	7.0	53.0	7268.0	60.0	362.0	5.0
Chalupa Taco Salad (1 salad) with Red Salsa Vinaigrette, Salmon	832.0	439.0	49.0	14.0	0.0	134.0	719.0	49.0	10.0	7.0	48.0	7080.0	54.0	360.0	4.0
Chalupa Taco Salad (1 salad) with Red Salsa Vinaigrette, Steak	882.0	471.0	52.0	19.0	0.0	135.0	1344.0	51.0	11.0	8.0	48.0	7468.0	67.0	361.0	7.0

Grilled Chopped Salad**Allergens: milk**

Grilled Chopped Salad (1 salad)	526.0	112.0	12.0	3.0	0.0	57.0	641.0	67.0	13.0	9.0	36.0	8932.0	136.0	213.0	5.0
Grilled Chopped Salad (1 salad) with Red Salsa Vinaigrette	593.0	176.0	20.0	4.0	0.0	57.0	694.0	67.0	13.0	9.0	36.0	9131.0	138.0	218.0	6.0

Grilled Porkloin Salad**Allergens: tree nuts, milk**

Grilled Porkloin Salad (1 salad)	497.0	321.0	36.0	10.0	0.0	77.0	1112.0	24.0	8.0	14.0	21.0	6808.0	55.0	111.0	3.0
Grilled Porkloin Salad (1 salad) with Balsamic Mustard Vinaigrette	677.0	447.0	50.0	12.0	0.0	77.0	1692.0	38.0	8.0	24.0	21.0	6808.0	57.0	111.0	3.0
Grilled Salmon Salad															
Allergens: tree nuts, fish															
Grilled Salmon Salad (1 salad)	430.0	187.0	21.0	3.0	0.0	67.0	165.0	31.0	8.0	7.0	30.0	8891.0	54.0	118.0	4.0
Grilled Salmon Salad (1 salad) with Grilled Potato	635.0	214.0	24.0	4.0	0.0	67.0	846.0	72.0	10.0	10.0	34.0	8891.0	78.0	128.0	5.0
Grilled Salmon Salad (1 salad) with Honey Lime Vinaigrette	751.0	489.0	54.0	6.0	0.0	67.0	334.0	36.0	8.0	10.0	30.0	8910.0	59.0	121.0	4.0
Grilled Salmon Salad (1 salad) with Grilled Potato, Honey Lime Vinaigrette	956.0	516.0	57.0	6.0	0.0	67.0	1016.0	77.0	10.0	14.0	34.0	8910.0	84.0	131.0	5.0
Grilled Shrimp Salad															
Allergens: shellfish															
Grilled Shrimp Salad (1 salad)	302.0	136.0	15.0	3.0	0.0	152.0	381.0	16.0	9.0	5.0	25.0	8299.0	44.0	122.0	4.0
Grilled Shrimp Salad (1 salad) with Honey Lime Vinaigrette	543.0	363.0	40.0	4.0	0.0	152.0	508.0	20.0	9.0	7.0	25.0	8314.0	48.0	124.0	4.0
Grilled Steak Wedge Salad															
Allergens: milk															
Grilled Steak Wedge Salad (1 salad)	531.0	336.0	37.0	18.0	0.0	136.0	3476.0	10.0	4.0	4.0	36.0	2141.0	30.0	136.0	4.0
Grilled Steak Wedge Salad (1 salad) with Bleu Cheese Dressing	792.0	581.0	65.0	23.0	0.0	157.0	3910.0	11.0	4.0	5.0	39.0	2213.0	30.0	211.0	4.0
Grilled Steak Wedge Salad (1 salad) with Grilled Potato	736.0	363.0	40.0	18.0	0.0	136.0	4157.0	50.0	6.0	7.0	40.0	2141.0	54.0	146.0	5.0
Grilled Steak Wedge Salad (1 salad) with Bleu Cheese Dressing, Grilled Potato	996.0	608.0	68.0	24.0	0.0	157.0	4591.0	51.0	6.0	8.0	42.0	2213.0	54.0	221.0	5.0
House Salad															
Allergens: none															
House Salad (1 salad)	121.0	56.0	6.0	1.0	0.0	0.0	18.0	10.0	3.0	4.0	6.0	3806.0	19.0	42.0	3.0
Southwest Caesar Salad															
Allergens: wheat, soy, milk															
Southwest Caesar Salad (1 salad)	275.0	113.0	13.0	4.0	0.0	20.0	761.0	23.0	6.0	5.0	17.0	11911.0	107.0	484.0	3.0
Southwest Caesar Salad (1 salad) with Caesar Dressing	833.0	647.0	72.0	13.0	0.0	133.0	1444.0	25.0	6.0	5.0	21.0	12121.0	110.0	521.0	3.0
Southwest Caesar Salad (1 salad) with	437.0	130.0	14.0	5.0	0.0	102.0	1162.0	24.0	7.0	5.0	50.0	12170.0	118.0	503.0	4.0

Grilled Chicken

Southwest Caesar Salad (1 salad) with Grilled Salmon	526.0	252.0	28.0	8.0	0.0	104.0	844.0	23.0	6.0	5.0	45.0	11982.0	112.0	501.0	3.0
Southwest Caesar Salad (1 salad) with Shrimp	389.0	131.0	15.0	5.0	0.0	192.0	928.0	24.0	6.0	5.0	40.0	12115.0	109.0	543.0	6.0
Southwest Caesar Salad (1 salad) with Tuna	440.0	129.0	14.0	5.0	0.0	100.0	824.0	23.0	6.0	5.0	55.0	11999.0	108.0	533.0	5.0
Southwest Caesar Salad (1 salad) with Caesar Dressing, Grilled Chicken	995.0	664.0	74.0	14.0	0.0	216.0	1845.0	26.0	7.0	5.0	54.0	12380.0	121.0	540.0	5.0
Southwest Caesar Salad (1 salad) with Caesar Dressing, Grilled Salmon	1084.0	785.0	87.0	16.0	0.0	217.0	1527.0	25.0	6.0	5.0	49.0	12192.0	116.0	538.0	4.0
Southwest Caesar Salad (1 salad) with Caesar Dressing, Shrimp	947.0	665.0	74.0	14.0	0.0	306.0	1612.0	26.0	6.0	5.0	44.0	12325.0	112.0	580.0	6.0
Southwest Caesar Salad (1 salad) with Caesar Dressing, Tuna	998.0	662.0	74.0	14.0	0.0	213.0	1507.0	25.0	6.0	5.0	58.0	12210.0	112.0	570.0	6.0

Texas Wedge Salad

Allergens: wheat, soy

Texas Wedge Salad (1 salad)	196.0	32.0	4.0	0.0	0.0	0.0	280.0	32.0	7.0	4.0	9.0	618.0	7.0	72.0	2.0
Texas Wedge Salad (1 salad) with Arbol Dressing	527.0	339.0	38.0	6.0	0.0	17.0	1002.0	35.0	7.0	6.0	11.0	715.0	11.0	141.0	3.0

Sandwiches

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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Austin Burger

Allergens: wheat, soy, milk, egg

Austin Burger (1 sandwich)	600.0	307.0	34.0	10.0	0.0	109.0	5358.0	35.0	5.0	13.0	38.0	2140.0	146.0	163.0	6.0
Austin Burger (1 sandwich) with French Fries	1146.0	591.0	66.0	17.0	0.0	109.0	7233.0	96.0	11.0	13.0	44.0	2140.0	157.0	163.0	7.0
Austin Burger (1 sandwich) with Side of Mixed Greens	621.0	309.0	34.0	10.0	0.0	109.0	5374.0	39.0	7.0	14.0	39.0	6800.0	162.0	195.0	7.0
Austin Burger (1 sandwich) with French Fries, Side of Mixed Greens	1167.0	593.0	66.0	17.0	0.0	109.0	7250.0	99.0	13.0	14.0	45.0	6800.0	173.0	195.0	8.0

Chicken Sandwich

Allergens: wheat, soy, milk, egg

Chicken Sandwich (1 sandwich)	830.0	481.0	53.0	19.0	0.0	177.0	1554.0	33.0	2.0	3.0	52.0	1027.0	13.0	298.0	3.0
Chicken Sandwich (1 sandwich) with Side of Mixed Greens	851.0	483.0	54.0	19.0	0.0	177.0	1571.0	36.0	3.0	5.0	53.0	5687.0	29.0	330.0	4.0

Chile Glazed Tuna Sandwich

Allergens: wheat, soy, fish, milk, egg

Chile Glazed Tuna Sandwich (1 sandwich)	737.0	285.0	32.0	11.0	0.0	115.0	1188.0	66.0	6.0	31.0	44.0	656.0	6.0	118.0	5.0
Chile Glazed Tuna Sandwich (1 sandwich) with Side of Mixed Greens	758.0	287.0	32.0	11.0	0.0	115.0	1204.0	70.0	7.0	33.0	46.0	5316.0	22.0	150.0	6.0

Grilled Chicken Breast Sandwich

Allergens: wheat, soy, milk, egg

Grilled Chicken Breast Sandwich (1 sandwich)	542.0	179.0	20.0	3.0	0.0	102.0	990.0	41.0	7.0	11.0	48.0	1734.0	29.0	158.0	4.0
Grilled Chicken Breast Sandwich (1 sandwich) with French Fries	1088.0	463.0	51.0	11.0	0.0	102.0	2866.0	101.0	13.0	11.0	54.0	1734.0	39.0	158.0	5.0
Grilled Chicken Breast Sandwich (1 sandwich) with Side of Mixed Greens	563.0	181.0	20.0	3.0	0.0	102.0	1007.0	45.0	9.0	12.0	49.0	6395.0	45.0	190.0	5.0
Grilled Chicken Breast Sandwich (1 sandwich) with French Fries, Side of Mixed Greens	1108.0	465.0	52.0	11.0	0.0	102.0	2882.0	105.0	15.0	12.0	55.0	6395.0	55.0	190.0	6.0

Hangover Burger

Allergens: wheat, soy, milk, egg

Hangover Burger (1 sandwich)	971.0	547.0	61.0	26.0	0.0	427.0	1062.0	36.0	2.0	6.0	64.0	1080.0	10.0	206.0	7.0
Hangover Burger (1 sandwich) with Pinto Beans	1179.0	585.0	65.0	27.0	0.0	431.0	1359.0	67.0	10.0	7.0	76.0	1116.0	14.0	264.0	10.0
Hangover Burger (1 sandwich) with Red Rice	1215.0	558.0	62.0	26.0	0.0	427.0	1949.0	87.0	3.0	8.0	69.0	1464.0	33.0	215.0	9.0
Hangover Burger (1 sandwich) with Pinto Beans, Red Rice	1423.0	596.0	66.0	27.0	0.0	431.0	2247.0	118.0	10.0	9.0	80.0	1500.0	37.0	274.0	12.0

Pork Loin Sandwich

Allergens: wheat, soy, milk, egg

Pork Loin Sandwich (1 sandwich)	985.0	537.0	60.0	13.0	0.0	72.0	1919.0	77.0	8.0	17.0	34.0	175.0	4.0	112.0	5.0
Pork Loin Sandwich (1 sandwich) with French Fries	1288.0	695.0	77.0	17.0	0.0	72.0	2961.0	110.0	11.0	17.0	38.0	175.0	10.0	112.0	5.0
Pork Loin Sandwich (1 sandwich) with Side of Mixed Greens	1006.0	539.0	60.0	13.0	0.0	72.0	1935.0	80.0	10.0	19.0	36.0	4835.0	20.0	144.0	6.0
Pork Loin Sandwich (1 sandwich) with French Fries, Side of Mixed Greens	1309.0	697.0	77.0	17.0	0.0	72.0	2977.0	113.0	13.0	19.0	39.0	4835.0	26.0	144.0	6.0

Portabella Mushroom Sandwich

Allergens: wheat, soy, milk, egg

Portabella Mushroom Sandwich (1

sandwich)	421.0	203.0	23.0	3.0	0.0	12.0	846.0	44.0	7.0	12.0	12.0	2922.0	47.0	141.0	3.0
Portabella Mushroom Sandwich (1 sandwich) with French Fries	966.0	487.0	54.0	10.0	0.0	12.0	2721.0	104.0	13.0	12.0	18.0	2922.0	58.0	141.0	4.0
Portabella Mushroom Sandwich (1 sandwich) with Side of Mixed Greens	441.0	205.0	23.0	3.0	0.0	12.0	862.0	47.0	8.0	13.0	13.0	7582.0	63.0	173.0	4.0
Portabella Mushroom Sandwich (1 sandwich) with French Fries, Side of Mixed Greens	987.0	489.0	54.0	10.0	0.0	12.0	2738.0	107.0	14.0	13.0	19.0	7582.0	74.0	173.0	5.0

Red Snapper Sandwich

Allergens: wheat, barley, soy, fish, milk, egg

Red Snapper Sandwich (1 sandwich)	655.0	291.0	32.0	10.0	0.0	79.0	1639.0	55.0	2.0	9.0	33.0	3092.0	32.0	249.0	4.0
Red Snapper Sandwich (1 sandwich) with French Fries	958.0	449.0	50.0	14.0	0.0	79.0	2681.0	89.0	6.0	9.0	37.0	3092.0	38.0	249.0	5.0
Red Snapper Sandwich (1 sandwich) with Side of Mixed Greens	676.0	293.0	33.0	10.0	0.0	79.0	1655.0	59.0	4.0	11.0	35.0	7752.0	48.0	281.0	5.0
Red Snapper Sandwich (1 sandwich) with French Fries, Side of Mixed Greens	979.0	451.0	50.0	14.0	0.0	79.0	2697.0	92.0	7.0	11.0	38.0	7752.0	54.0	281.0	5.0

Shrimp Po Boy

Allergens: wheat, soy, shellfish, egg

Shrimp Po Boy (1 sandwich)	625.0	310.0	34.0	5.0	0.0	145.0	3088.0	51.0	4.0	7.0	27.0	2491.0	23.0	92.0	6.0
Shrimp Po Boy (1 sandwich) with French Fries	1171.0	594.0	66.0	13.0	0.0	145.0	4963.0	111.0	10.0	7.0	33.0	2491.0	34.0	92.0	7.0
Shrimp Po Boy (1 sandwich) with Side of Mixed Greens	646.0	312.0	35.0	5.0	0.0	145.0	3104.0	55.0	6.0	8.0	28.0	7151.0	39.0	124.0	7.0
Shrimp Po Boy (1 sandwich) with French Fries, Side of Mixed Greens	1192.0	596.0	66.0	13.0	0.0	145.0	4980.0	115.0	12.0	8.0	34.0	7151.0	50.0	124.0	8.0

Side Items

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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Corn on the Cobb, Grilled

Allergens: milk

Corn on the Cobb, Grilled (1 serving)	263.0	120.0	13.0	7.0	0.0	30.0	1385.0	30.0	5.0	5.0	5.0	1453.0	51.0	18.0	1.0
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Grilled Vegetables

Allergens: milk

Grilled Vegetables (1 serving)	162.0	113.0	13.0	2.0	0.0	8.0	365.0	11.0	3.0	5.0	2.0	6130.0	124.0	28.0	1.0
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Loaded Grilled Potato, Side

Allergens: milk

Loaded Grilled Potato, Side (1 serving)	769.0	314.0	35.0	17.0	0.0	97.0	2628.0	83.0	6.0	8.0	28.0	925.0	51.0	469.0	2.0
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Side of Corn on the Cob

Allergens: milk

Side of Corn on the Cob (1 serving)	531.0	302.0	34.0	19.0	0.0	83.0	2207.0	47.0	9.0	7.0	10.0	2790.0	78.0	88.0	2.0
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Side of Corn on the Cob

Allergens: milk

Side of Corn on the Cob (1 serving)	366.0	220.0	24.0	14.0	0.0	61.0	2566.0	31.0	6.0	5.0	5.0	1893.0	51.0	23.0	1.0
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Side of Creamy Corn Succotash

Allergens: sulfites, milk

Side of Creamy Corn Succotash (1 serving)	123.0	39.0	4.0	2.0	0.0	12.0	217.0	15.0	2.0	4.0	6.0	377.0	25.0	24.0	1.0
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Side of French Fries

Allergens: none

Side of French Fries (1 serving)	303.0	158.0	18.0	4.0	0.0	0.0	6617.0	33.0	3.0	0.0	3.0	0.0	6.0	0.0	1.0
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Side of Grilled Vegetables

Allergens: milk

Side of Grilled Vegetables (1 serving)	130.0	90.0	10.0	2.0	0.0	6.0	292.0	9.0	2.0	4.0	1.0	4904.0	100.0	23.0	0.0
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Side of Texas Red Slaw

Allergens: soy, egg

Side of Texas Red Slaw (1 serving)	134.0	90.0	10.0	2.0	0.0	4.0	799.0	9.0	2.0	6.0	2.0	2703.0	16.0	53.0	1.0
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Soups

	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
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Chicken Tortilla Soup, Bowl

Allergens: wheat, sulfites, soy, milk

Chicken Tortilla Soup, Bowl (1 bowl)	310.0	160.0	18.0	7.0	0.0	31.0	795.0	30.0	6.0	4.0	6.0	1046.0	47.0	76.0	1.0
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Chicken Tortilla Soup, Cup

Allergens: wheat, sulfites, soy, milk

Chicken Tortilla Soup, Cup (1 bowl)	144.0	77.0	9.0	3.0	0.0	16.0	393.0	13.0	3.0	2.0	3.0	523.0	24.0	36.0	0.0
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Corn Soup, Bowl**Allergens:** milk

Corn Soup, Bowl (1 bowl)	387.0	198.0	22.0	13.0	0.0	75.0	466.0	33.0	2.0	8.0	13.0	1549.0	28.0	288.0	0.0
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Corn Soup, Cup**Allergens:** milk

Corn Soup, Cup (1 bowl)	204.0	101.0	11.0	6.0	0.0	37.0	238.0	19.0	1.0	4.0	7.0	774.0	14.0	144.0	0.0
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Texas Chili, Bowl**Allergens:** wheat, milk

Texas Chili, Bowl (1 bowl)	329.0	211.0	23.0	9.0	0.0	75.0	460.0	7.0	2.0	1.0	20.0	289.0	2.0	129.0	2.0
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Texas Chili, Bowl (1 bowl) with Flour Tortillas	555.0	262.0	29.0	9.0	0.0	75.0	918.0	44.0	4.0	1.0	26.0	289.0	2.0	129.0	2.0
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Texas Chili, Cup**Allergens:** wheat, milk

Texas Chili, Cup (1 bowl)	260.0	169.0	19.0	7.0	0.0	60.0	368.0	6.0	1.0	1.0	16.0	254.0	1.0	122.0	2.0
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Texas Chili, Cup (1 bowl) with Flour Tortilla	373.0	194.0	22.0	7.0	0.0	60.0	597.0	24.0	2.0	1.0	19.0	254.0	1.0	122.0	2.0
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