

Rosa's Cafe

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Protein (g)
Salads						
#19 Guacamole Salad	400	4	370	39	11	5
#20 Chicken Taco Salad	710	10	950	67	12	39
#36 Shredded Chicken Fiesta Salad	430	11	400	22	7	31
#52 Shredded Chicken Nacho Salad	810	10	710	82	13	38
Tostadas						
#23 Chicken Tostada	270	4.5	460	24	4	20
#25 Bean and Cheese Tostada	220	4.5	420	23	4	8
Kid's Meals						
Kids Meal- Bean & Cheese Burrito	450	7	1110	68	6	14
Kids Meal Taco- Chicken Crispy	270	3	470	31	7	19
Kids Meal Taco- Beef Crispy	310	4	650	34	7	15
Kids Meal Taco- Chicken Soft	380	4.5	830	50	7	24
Sides						
Black Beans ½ cup	90	0	510	17	4	5
Beans ½ cup	130	1	380	21	6	6
Guacamole ½ cup	150	2	310	9	6	2
Rice	150	2	410	27	1	3
Shredded Chicken ½ cup	120	0	80	2	0	26
Flour Tortilla (1)	160	1.5	350	27	1	4
Corn Tortilla (1)	100	0.5	30	15	2	1
Sautéed Veggies	25	0	30	3	1	0