

## On The Border

Item	Calories	Saturated Fat	Sodium	Carbs	Fiber	Protein
<b>Starters</b>						
Guacamole w/o chips	240	3	450	15	9	3
Chips and Salsa	390	4.5	470	51	6	5
<b>Border Bowls</b>						
Grilled Portobello Mushroom	590	4	1790	90	20	21
Grilled Chicken	660	4	1970	85	16	41
<b>Soup &amp; Salads</b>						
Mango Chicken Salad w/ Fat-Free Mango Citrus Vinaigrette	330	1.5	490	44	11	29
Fajita Salad - Chicken - No dressing	440	3.5	1090	27	8	41
<b>Enchiladas *</b>						
Tomatillo Enchiladas - Chicken Tinga with Cilantro Lime Rice	460	3	1290	71	8	22
Tomatillo Enchiladas - Spinach & Mushroom with Cilantro Lime Rice	420	2.5	910	74	8	12
<b>Create Your Own - Tacos *</b>						
Chicken Tinga - Crispy	230	4	540	17	2	15
Ground Beef - Crispy	250	5	380	15	3	12
<b>Fajitas only - no condiments *</b>						
Portobello & Vegetables	250	2	1040	23	5	6
Grilled Chicken	370	3	1040	12	1	48
<b>Favorites</b>						
Border Smart Chicken Fajita	650	2.5	1500	80	20	53
Mexican Grilled Chicken w/ Salsa Fresca	630	3	2510	60	8	59
Mexican Grilled Chicken w/ Tomatillo Sauce	620	3	2300	60	9	70
<b>Tacos without Rice and Beans *</b>						
Cabo Grilled Shrimp Tacos	380	2.5	950	31	7	20
Grilled Fish Tacos Del Mar	370	2.5	610	30	7	22
<b>Sides</b>						
Grilled Shrimp Skewer	50	0	380	1	0	6
Cilantro Lime Rice	180	0	570	37	2	3
Corn Tortillas	130	0	15	33	3	5
Grilled Vegetables	60	0	35	11	3	2
Pico de Gallo	10	0	130	1	0	0
Avocado Slices	80	1	0	4	3	1
House Salad (no dressing)	250	4	320	26	5	6



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<b>Salsa</b>						
Green Chile Sauce	35	0	680	5	1	1
Ranchero Sauce	80	0.5	530	10	2	2
<b>Salad Dressings</b>						
Fat Free Mango Citrus Dressing	330	1.5	490	44	11	29
<b>*Additional Rice and choice of beans add the following:</b>						
Side Mexican Rice	220	2	840	37	1	4
Side Black Beans	200	0	670	36	12	11
Side Refried Beans	230	2.5	560	30	7	10

Spring 2019