

## On the Border

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Starters/Border Bites</b>						
Guacamole w/o Chips	270	3.5	410	15	9	3
Chips and Salsa	910	11	550	116	13	11
<b>Soup &amp; Salads</b>						
Fajita Salad – Chicken <i>No dressing</i>	410	3	1450	28	8	34
Chicken Tortilla Soup - Cup	340	7	1280	23	3	19
<b>Dressings</b>						
Lime Vinaigrette	140	1	480	10	0	0
Salsa	20	0	450	4	1	0
<b>Border Bowls</b>						
Grilled Portobello	580	3.5	1730	94	19	20
Grilled Chicken	680	4.5	2210	92	18	37
Grilled Shrimp	670	3.5	2510	91	18	33
<b>Burritos, Chimis &amp; Enchiladas - listed without sides and sauce*</b>						
Shredded Chicken Tinga w/ Salsa Verde	190	3	710	17	3	13
<b>Fajitas only - no condiments *</b>						
Portobello & Vegetables	240	2	880	22	5	6
Grilled Chicken	370	3	1090	14	2	42
<b>Tacos without Rice and Beans *</b>						
Shredded Chicken Tinga - Crispy	210	3.5	620	15	2	13
Shredded Chicken Tinga – Soft	200	3.5	860	18	1	14
Seasoned Ground Beef-Crispy	250	5	430	16	2	13
<b>From the Mesquite Grill</b>						
Mexican Grilled Chicken	490	3.5	1990	53	5	33
<b>Sides and Add-ons</b>						
Grilled Shrimp Skewer (3 shrimp)	50	4.5	390	1	0	7
Cilantro Lime Rice	180	0	570	37	2	3
Corn Tortillas (1)	60	0.5	0	12	1	1
Sautéed Vegetables	100	1.5	220	9	2	2
Pico de Gallo	10	0	125	1	0	1
Avocado Slices (3)	60	1	0	3	3	1
House Salad (no dressing)	210	3	190	23	4	5
Side Mexican Rice	220	1	910	39	2	4
Side Black Beans	210	0.5	690	36	12	11
Side Refried Beans	220	2.5	540	30	7	10