

## 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	540	117	13	11
<b>Soup &amp; Salads</b>						
Fajita Salad – Chicken <i>No dressing</i>	410	3	1260	27	8	34
Chicken Tortilla Soup - Cup	320	7	1150	23	3	17
<b>Dressings</b>						
Lime Vinaigrette	140	1	480	10	0	0
Salsa	20	0	440	5	1	1
<b>Border Bowls</b>						
Grilled Portobello	580	3.5	1730	94	19	20
Grilled Chicken	670	4.5	2080	91	18	36
<b>Burritos, Chimis &amp; Enchiladas - listed without sides and sauce*</b>						
Shredded Chicken Tinga w/ Salsa Verde	180	2.5	580	17	3	11
	400	8	1220	33	7	27
<b>Fajitas only - no condiments *</b>						
Portobello & Vegetables	260	2	880	24	5	6
Grilled Chicken	370	3	1120	16	2	38
<b>Tacos without Rice and Beans *</b>						
Shredded Chicken Tinga - Crispy	200	3.5	490	15	2	11
Shredded Chicken Tinga – Soft	190	3.5	740	18	1	12
Seasoned Ground Beef-Crispy	250	5	430	16	2	13
<b>From the Mesquite Grill</b>						
Mexican Grilled Chicken	480	3.5	1810	51	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	90	1.5	250	7	2	2
Pico de Gallo	10	0	125	1	0	0
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

Fall 2022