

## On the Border

Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Starters</b>						
Guacamole w/o chips	240	3	450	15	9	3
Chips and Salsa	390	4.5	470	51	6	5
<b>Soup &amp; Salads</b>						
Fajita Salad – Chicken <i>No dressing</i>	430	3.5	1070	27	8	41
<b>Dressings</b>						
Lime Vinaigrette	140	2	470	10	0	0
Salsa	20	0	430	4	1	1
<b>Enchiladas - listed without sides *</b>						
Shredded Chicken Tinga w/ Green Chile Sauce	210	8	430	17	3	13
<b>Fajitas only - no condiments *</b>						
Portobello & Vegetables	250	2	1010	21	4	6
Grilled Chicken	370	3	1040	12	1	48
<b>Favorites</b>						
Mexican Grilled Chicken w/ Salsa Fresca	630	3	2510	60	8	59
Mexican Grilled Chicken w/ Tomatillo Sauce	670	3	2300	60	9	70
<b>Tacos without Rice and Beans *</b>						
Shredded Chicken Tinga - Crispy	200	3	380	16	2	11
Shredded Chicken Tinga – Soft	210	3.5	680	23	1	12
<b>Sides</b>						
Grilled Shrimp Skewer (3 shrimp)	50	0	390	1	0	7
Cilantro Lime Rice	180	0	570	37	2	3
Corn Tortillas (1)	60	0	0	12	1	1
Grilled Vegetables	60	0	35	11	3	2
Pico de Gallo	10	0	105	1	0	0
Avocado Slices	80	1	0	4	3	1
House Salad <i>No dressing</i>	210	3	170	23	4	5



Items	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
<b>Salsa</b>						
Green Chile Sauce	30	0	510	4	1	1
Ranchero Sauce	60	0	400	8	1	1
<b>Sides</b>						
<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	220	2.5	540	30	7	10

