

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV
Vegan Menu Items - Contain no ingredients derived from animal sources																
10" Flour Tortilla - 1 each	71g	210	45	5	2	0	0	510	36	1	0	6	0	0	15	10
10" Whole Wheat Tortilla - 1 each	71g	200	40	5	2	0	0	510	34	4	0	6	0	0	18	10
12" Flour Tortilla - 1 each	104g	310	60	7	3	0	0	740	52	2	0	8	0	0	20	15
12" Spinach Herb Tortilla - 1 each	104g	310	60	7	3	0	0	740	51	2	0	9	0	0	25	20
12" Tomato Basil Tortilla - 1 each	104g	310	60	7	3	0	0	720	52	2	0	8	8	0	25	15
12" Whole Wheat Tortilla - 1 each	104g	290	60	7	3	0	0	750	50	6	0	9	0	0	25	15
6" Corn Tortilla - 2 each	56 g	120	20	2	0	0	0	0	24	2	0	2	0	0	0	8
6" Flour Tortilla - 1 each	31g	90	18	2	1	0	0	220	15	1	0	3	0	0	4	4
7" Taco Shell - 1 each	22 g	100	40	4.5	1	0	0	0	14	2	1	2	0	0	2	4
Beans, Black - 1.5 spoonful	149 g	140	10	1	0	0	0	410	25	5	2	7	0	0	6	10
Beans, Refried - 1.5 spoonful	149 g	140	10	1	0	0	0	490	25	6	0	8	0	4	6	10
Beans, Whole Pinto - 1.5 spoonful	149 g	130	0	0	0	0	0	310	23	7	0	8	0	2	6	10
Breakfast Potatoes Side Order	68g	90	20	2.5	1	0	0	340	16	2	0	2	0	10	0	4
Cabbage - 1 tong full	57 g	15	0	0	0	0	0	10	3	1	1	1	2	30	2	2
Chips & Guacamole	198g	570	300	34	11	0	0	790	61	9	1	8	8	20	8	10
Chips & Salsa	170g	440	190	21	9	0	0	660	55	4	2	7	15	20	8	8
Chips, side	85 g	430	190	21	6	0	0	460	52	3	0	6	0	0	6	6
Enchilada Sauce - 1 ladle	57 g	25	0	0	0	0	0	360	5	1	1	1	4	8	2	2
Guacamole Add On - 1 scoop	35 g	45	35	4	0.5	0	0	105	3	2	0	1	2	6	0	0
Guacamole Side Order - 4 oz	113g	140	110	12	2	0	0	330	9	6	1	2	8	20	2	4
Jalapeno peppers - 1 tablespoon	10 g	0	0	0	0	0	0	170	0	0	0	0	2	2	2	0
Lettuce - 1 tong full	57 g	10	0	0	0	0	0	5	2	1	1	1	6	2	2	2
Pico de Gallo Add On - 1 scoop	57g	10	0	0	0	0	0	140	2	1	2	1	10	15	0	0
Pico de Gallo Side Order - 3 oz	85g	15	0	0	0	0	0	210	4	1	2	1	15	20	0	2
Rice - 1 scoop	142 g	210	25	3	0	0	0	300	40	1	0	4	2	2	4	10
Rice & Black Beans & Pico de Gallo	319g	350	35	4	0	0	0	780	67	6	3	11	6	8	10	20
Rice & Pinto Beans & Pico de Gallo	319g	340	30	3	0	0	0	680	65	8	1	12	6	10	10	20
Rice & Refried Beans & Pico de Gallo	319g	360	40	4.5	1	0	0	880	66	10	1	12	6	10	10	20
Rice, side	269 g	320	40	4.5	0.5	0	0	510	62	2	2	6	10	10	8	15
Salsa, Hot - 2 tablespoons	28 g	5	0	0	0	0	0	120	1	0	1	0	0	2	2	0
Salsa, Medium - 2 tablespoons	28 g	5	0	0	0	0	0	90	1	0	1	0	0	4	2	0
Salsa, Mild - 2 tablespoons	28 g	10	0	0	0	0	0	150	2	0	0	0	0	0	0	0
Vegan Baja Bowl, Mondito	265g	290	50	5	1	0	0	590	52	5	2	7	10	15	6	15
Vegan Baja Bowl, Mondo	390g	370	70	8	1.5	0	0	890	63	10	4	11	15	25	8	20
Vegan Burrito, Mondito	265g	390	80	9	2.5	0	0	950	68	6	2	12	8	15	20	20
Vegan Burrito, Mondo	494g	680	130	15	4.5	0	0	1630	115	12	4	19	15	25	30	35

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Vegetarian Menu Items - In addition to all the Vegan selections above, the items below contain no meat, poultry, seafood ingredients; but may contain dairy and/or egg ingredients (lacto-ovo vegetarian)																
Cheese Add On - 1 scoop	23 g	90	70	7	4	0	25	150	1	0	0	6	4	0	15	0
Cheese Enchiladas Platter	605g	810	290	32	14	0	70	1870	105	15	4	29	35	30	50	35
Cheese Enchiladas, Large (3)	259 g	330	120	14	6	0	35	650	42	5	2	14	20	10	30	15
Cheese Enchiladas, Small (2)	220g	230	80	9	4	0	25	560	31	4	2	9	20	10	20	10
Cheese Nachos, Mondito	264g	620	260	29	10	0	25	1070	72	8	2	17	15	15	25	15
Cheese Nachos, Mondo	408g	1050	560	62	29	0	95	1690	95	12	3	33	30	20	70	15
Cheese Quesadilla, Mondito	133g	350	140	16	8	0	35	800	39	1	1	15	10	6	40	10
Cheese Quesadilla, Mondo	229g	590	260	29	15	0	75	1320	57	3	2	26	25	15	70	15
Cheese Taco & Enchilada Platter	608g	830	300	33	15	0	70	1980	107	15	5	31	35	30	50	35
Chips & Queso	198g	580	300	33	14	0	5	1350	56	3	0	12	0	0	15	6
Get Wet Mondito Toppings - Enchilada Sauce	125g	80	35	4	2	0	10	500	7	1	2	4	15	15	10	4
Get Wet Mondito Toppings - Queso Sauce	125g	130	90	10	4.5	0	15	590	4	1	1	6	10	8	15	2
Get Wet Mondo Toppings - Enchilada Sauce	181g	100	40	4	2	0	10	860	12	2	3	4	20	20	10	6
Get Wet Mondo Toppings - Queso Sauce	181g	210	140	16	7	0	20	1040	6	1	1	9	10	8	15	2
Queso Add On - 1 ladle	57 g	80	50	6	2.5	0	5	450	2	0	0	3	0	0	4	0
Queso Side Order - 4 oz	113g	160	110	12	5	0	5	900	4	0	0	6	0	0	8	0
Sour Cream Add On - 1 scoop	35 g	70	60	7	4	0	25	55	2	0	1	1	4	0	4	0
Sour Cream Side Order - 3.5 oz	99g	190	170	19	11	0	65	160	6	0	3	3	15	0	15	0
Veggie Baja Bowl, Mondito	276g	330	80	9	3	0	10	660	52	5	2	10	10	15	15	15
Veggie Baja Bowl, Mondo	412g	460	140	15	5	0	25	1030	64	10	4	17	20	25	25	20
Veggie Burrito, Mondito	277g	440	110	13	4.5	0	10	1030	68	6	2	14	10	15	25	20
Veggie Burrito, Mondo	516g	770	200	22	8	0	25	1770	116	12	4	25	20	25	45	35
Veggie Taco - flour tortilla	178g	240	60	7	3.5	0	10	580	36	4	1	9	10	8	15	15
Veggie Taco - hard corn shell	169g	250	90	10	4	0	10	360	35	4	1	8	10	8	10	10
Veggie Taco - soft corn tortillas	203g	270	60	7	2.5	0	10	360	45	5	1	8	10	8	10	15
Veggie Taco Salad, Mondito	283g	440	200	22	6	0	10	700	49	8	4	13	15	10	15	20
Veggie Taco Salad, Mondo	606g	720	260	29	8	0	25	1150	96	11	7	22	40	25	30	30
White Sauce - 2 tablespoons	28 g	120	120	13	2.5	0	10	105	1	0	0	0	0	0	0	0

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Desserts																
Brownie - Oreo	92 g	400	150	17	8	0	65	230	59	2	37	4	0	0	2	10
Cookie - Chocolate Chip	38 g	170	70	7	4	0	10	120	24	1	15	2	6	0	0	6
Cookie - Double Chocolate Chip	38 g	170	70	8	4.5	0	10	135	23	1	15	2	6	0	2	4
Cookie - Oatmeal Raisin	38 g	160	60	7	4	0	10	130	23	1	13	2	4	0	0	4
Cookie - White Chocolate Macadamia	38 g	170	80	9	4	0	10	120	22	0	14	2	6	0	0	4
Kid's Menu																
Burrito Bean (refried) & Cheese	243g	440	120	14	7	0	25	1180	61	9	0	20	4	2	35	20
Chips 2 oz serving	57 g	280	130	14	4	0	0	300	34	2	0	4	0	0	4	4
Quesadilla Cheese	94g	300	110	12	6	0	25	660	37	1	0	12	4	0	30	10
Breakfast																
Breakfast Bowl - no meat	189g	250	110	12	4.5	0	290	770	18	4	1	15	15	10	15	10
Breakfast Burrito - no meat	260g	460	160	17	7	0	290	1280	54	5	1	21	15	10	30	20
Breakfast Quesadita - no meat	182g	370	140	16	6	0	290	960	39	1	1	18	15	6	25	15
Breakfast Taco - no meat, flour tortilla	120g	220	100	11	4.5	0	205	580	18	1	1	12	15	6	15	10
Breakfast Taco - no meat, hard corn shell	111g	230	120	13	5	0	205	360	17	2	1	11	15	6	10	8
Breakfast Taco - no meat, soft corn tortillas	145g	250	100	11	3.5	0	205	360	27	2	1	11	15	6	10	10
Information based on standard TACO DEL MAR® recipe preparation, and ingredient information supplied by manufacturers. REV 2/15																