

<b>Mad Mex Main Menu</b>																
<b>Nutritional: June 2018</b>		Calories	Cals. From Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vit. A	Vit. C	Calcium	Iron
<b>SALSAS AND DIPS</b>																
<b>(Choice of 3 for Pickadip)</b>																
Fire-Roasted Tomato-Chipotle	5 oz.	50	0	0g	0g	0g	0mg	850mg	11g	< 1g	6g	0g	15%	30%	8%	6%
<b>Salsa</b>																
Mad Mex Salsa	5 oz.	50	0	0g	0g	0g	0mg	620mg	10g	0g	7g	0g	25%	25%	2%	10%
Pico de Gallo	5 oz.	40	0	0g	0g	0g	0mg	210mg	8g	2g	5g	2g	30%	45%	2%	4%
Pineapple-Habanero Salsa	5 oz.	100	0	0g	0g	0g	0mg	640mg	24g	3g	16g	2g	15%	190%	2%	6%
Tomatillo-Avocado Salsa	5 oz.	160	100	12g	1.5g	0g	0mg	660mg	14g	7g	5g	3g	8%	60%	2%	10%
Black Bean Dip	5 oz.	330	220	24g	7g	0g	40mg	660mg	27g	15g	1g	17g	8%	4%	30%	20%
Guacamole	5 oz.	230	170	21g	3g	0g	0mg	310mg	13g	9g	< 1g	3g	6%	30%	2%	4%
Pepita Hummus	5 oz.	490	360	42g	6g	0g	0mg	690mg	25g	6g	< 1g	11g	2%	15%	4%	15%
XX Cheese Dip	5 oz.	220	140	17g	4.5g	0g	25mg	1430mg	11g	0g	2g	5g	15%	6%	15%	4%
Chip Basket	8 oz.	1130	440	49g	8g	0g	0mg	1220mg	154g	0g	0g	16g	0%	0%	0%	0%
<b>APPETIZERS</b>																
<b>(Facts are for 2 servings)</b>																
Guacamole and Chips (Salsa not included)		1360	610	69g	11g	0g	0mg	1530mg	167g	9g	<1g	19g	6%	30%	2%	4%
Kaya's Yucatan Black Bean Dip w/ Chips		1620	760	85g	19g	0g	65mg	2180mg	191g	21g	2g	42g	10%	4%	45%	25%
Mad Mex Chips and Salsa (Salsa not included)		1130	440	49g	8g	0g	0mg	1220mg	154g	0g	0g	16g	0%	0%	0%	0%
Pepita Hummus w/ Flatbread		920	440	53g	8g	0g	0mg	1380mg	96g	10g	< 1g	24g	2%	15%	35%	40%
XX Cheese Dip w/ Chips		1450	630	72g	14g	0g	35mg	3210mg	169g	0g	2g	23g	20%	8%	20%	6%
Jersey Chips (w/ 4 oz. Ranch or Cheese Dip)		1080	710	80g	28g	0g	150mg	1370mg	57g	5g	0g	41g	30%	25%	100%	10%
Nacho Grande		2380	1200	137g	54g	0g	240mg	4880mg	231g	43g	12g	85g	100%	70%	170%	60%
Nacho Grande	Barbacoa	2890	1520	170g	63	0g	415mg	7730mg	212g	24g	14g	130g	240%	70%	190%	60%
Nacho Grande	Beef	2270	1080	122g	48g	0g	250mg	4310mg	227g	40g	10g	95g	70%	45%	150%	60%
Nacho Grande	Carnitas	2260	1140	129g	49g	0g	305mg	4550mg	195g	18g	14g	91g	80%	160%	100%	35%
Nacho Grande	Chicken	2320	1080	122g	47g	0g	300mg	4220mg	222g	40g	8g	111g	70%	40%	150%	50%
Nacho Grande	Steak	2300	1090	123g	48g	0g	275mg	4020mg	221g	39g	8g	105g	70%	35%	150%	60%
Nacho Grande	Turkey															
Nacho Grande	Chili	2160	1090	124g	45g	0g	210mg	4110mg	197g	15g	12g	63g	90%	90%	130%	25%
Pennsylvucky Fried Tofu		1550	530	62g	9g	0g	0mg	3700mg	171g	15g	93g	86g	10%	80%	50%	110%
Taquitos, Potato (2 ea.)		890	490	56g	33g	0g	150mg	1420mg	72g	9g	3g	27g	35%	15%	70%	20%
Taquitos, Shrimp and Portabella (2 ea.)		700	380	44g	24g	0g	170mg	1140mg	58g	4g	4g	18g	35%	30%	30%	15%
<b>SOUPS</b>																
Black Bean Soup	cup	130	25	3g	1.5g	0g	5mg	450mg	33g	19g	4g	12g	6%	10%	8%	25%
Black Bean Soup	owl	160	25	3g	1.5g	0g	5mg	580mg	43g	25g	5g	15g	6%	15%	10%	30%
Black Bean Turkey Chili	cup	210	60	7g	2.5g	0g	35mg	610mg	33g	17g	6g	18g	10%	15%	10%	20%
Black Bean Turkey Chili	owl	300	90	10g	4g	0g	50mg	880mg	47g	24g	9g	25g	15%	25%	15%	30%
Chickpea Chili	cup	210	60	7g	3g	0g	15mg	790mg	26g	6g	7g	8g	8%	35%	10%	10%
Chickpea Chili	owl	310	90	10g	4.5g	0g	20mg	1130mg	38g	9g	10g	11g	10%	50%	15%	15%
Tortilla Soup	cup	180	90	10g	2.5g	0g	15mg	810mg	17g	0g	1g	6g	6%	6%	6%	2%
Tortilla Soup	owl	280	130	15g	4g	0g	25mg	1190mg	27g	0g	2g	10g	8%	8%	10%	2%
Turkey Chili	cup	230	70	8g	2.5g	0g	40mg	650mg	26g	6g	6g	14g	8%	20%	8%	10%
Turkey Chili	owl	330	100	11g	4g	0g	55mg	920mg	38g	9g	9g	20g	10%	25%	10%	15%
<b>SALADS</b>																
California Grilled Salad	Chicken	570	270	31g	13g	0g	180mg	1030mg	15g	8g	3g	60g	100%	70%	60%	20%

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California Grilled Salad	Chicken, Lunch	420	230	27g	12g	0g	120mg	690mg	10g	6g	2g	38g	60%	40%	50%	10%
California Grilled Salad	Portabella	520	330	39g	13g	0g	60mg	850mg	27g	11g	10g	26g	100%	70%	50%	20%
California Grilled Salad	Portabella, Lunch	400	270	31g	12g	0g	60mg	600mg	16g	7g	5g	21g	60%	40%	50%	10%
California Grilled Salad	Steak	640	310	36g	15g	0g	190mg	910mg	14g	7g	3g	64g	100%	70%	60%	30%
California Grilled Salad	Steak, Lunch	460	260	29g	13g	0g	125mg	630mg	9g	5g	2g	40g	60%	40%	50%	20%
Casa Salad		330	210	24g	11g	0g	50mg	860mg	11g	4g	4g	20g	290%	40%	40%	15%
Casa Salad	Lunch	120	70	8g	3g	0g	10mg	240mg	6g	2g	2g	7g	150%	25%	10%	8%
Chopper Salad	Chicken	510	140	16g	2.5g	0g	120mg	880mg	46g	15g	8g	50g	360%	170%	15%	25%
Chopper Salad	Portabella	460	210	24g	3.5g	0g	0mg	710mg	57g	18g	15g	16g	360%	170%	10%	25%
Chopper Salad	Steak	580	190	21g	5g	0g	125mg	760mg	44g	14g	8g	54g	360%	170%	15%	40%
Grilled Mahi Mahi Salad		820	400	46g	7g	0g	195mg	1170mg	49g	15g	6g	60g	130%	190%	20%	50%
Kale Salad		940	720	84g	14g	0g	15mg	570mg	42g	14g	2g	20g	560%	570%	60%	25%
Pittsburgh Salad	Chicken	1140	640	71g	19g	0g	180mg	2080mg	64g	9g	4g	62g	300%	60%	50%	20%
Pittsburgh Salad	Steak	1220	680	77g	21g	0g	190mg	1960mg	62g	8g	4g	66g	300%	50%	50%	35%
Taco Salad																
(w/ Fried 12" Flour Tortilla Bowl)		840	380	43g	23g	0g	140mg	2300mg	72g	7g	14g	42g	70%	130%	70%	40%
Wing-O Salad	Classic Buffalo	1060	570	63g	18g	0g	245mg	4310mg	37g	6g	4g	82g	140%	70%	60%	30%
Wing-O Salad	Honey-Chipotle BBQ	1060	380	42g	15g	0g	245mg	2420mg	87g	6g	48g	82g	130%	70%	60%	30%
Wing-O Salad	Insane	780	260	29g	12g	0g	245mg	4880mg	43g	7g	4g	83g	110%	110%	60%	35%
Wing-O Salad	San Francisco	1060	510	56g	17g	0g	245mg	3760mg	56g	6g	22g	82g	130%	70%	60%	30%
Wing-O Salad	Southwest	1140	610	70g	18g	0g	245mg	2830mg	47g	7g	4g	84g	130%	90%	70%	40%
10" Flour Tortilla		210	60	6g	2.5g	0g	0mg	340mg	33g	2g	0g	5g	0%	0%	10%	10%
Dressings:																
Bleu Cheese Dressing	2 oz.	300	280	31g	9g	0g	50mg	630mg	3g	0g	< 1g	4g	6%	0%	10%	0%
Bleu Cheese Dressing	4 oz.	610	560	62g	18g	0g	95mg	1260mg	5g	0g	2g	8g	15%	0%	25%	0%
Cilantro-Lime Vinaigrette	2 oz.	330	320	37g	6g	0g	< 5mg	160mg	1g	0g	0g	< 1g	6%	8%	4%	0%
Cilantro-Lime Vinaigrette	4 oz.	660	640	75g	12g	0g	5mg	320mg	3g	0g	0g	2g	10%	15%	6%	2%
House Vinaigrette	2 oz.	320	300	35g	5g	0g	35mg	220mg	3g	0g	2g	< 1g	2%	0%	2%	2%
House Vinaigrette	4 oz.	630	590	69g	10g	0g	70mg	450mg	5g	0g	4g	1g	4%	0%	2%	4%
Ranch Dressing	2 oz.	240	230	25g	5g	0g	30mg	450mg	4g	0g	2g	2g	2%	0%	6%	0%
Ranch Dressing	4 oz.	480	460	50g	10g	0g	60mg	890mg	8g	0g	4g	3g	4%	2%	10%	0%
Vegan Ranch Dressing	2 oz.	150	80	8g	3.5g	0g	0mg	400mg	18g	0g	6g	2g	0%	4%	0%	0%
Vegan Ranch Dressing	4 oz.	310	150	17g	7g	0g	0mg	810mg	36g	0g	12g	4g	0%	8%	0%	2%
<b>WINGS</b>																
Bone-in Wings with Celery Sticks																
Small: 7 ea. / Large: 14 ea.																
Classic Buffalo	small	710	530	58g	15g	0g	175mg	2010mg	< 1g	0g	0g	40g	30%	2%	0%	10%
Classic Buffalo	large	1420	1060	117g	30g	0g	350mg	4020mg	2g	< 1g	< 1g	81g	60%	2%	2%	20%
Honey Chipotle	small	710	400	45g	12g	0g	175mg	750mg	34g	0g	30g	40g	20%	2%	2%	10%
Honey-Chipotle	large	1420	810	89g	25g	0g	350mg	1490mg	68g	< 1g	61g	81g	40%	4%	2%	25%
Insane	small	520	320	36g	11g	0g	175mg	2390mg	5g	1g	1g	41g	10%	30%	4%	15%
Insane	large	1050	650	72g	21g	0g	350mg	4770mg	10g	2g	2g	82g	20%	60%	6%	30%
Insane Classic Buffalo	small	620	430	47g	13g	0g	175mg	2200mg	3g	< 1g	< 1g	41g	20%	15%	2%	15%
Insane Classic Buffalo	large	1230	850	94g	25g	0g	350mg	4400mg	6g	1g	1g	82g	40%	30%	4%	25%

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Insane San Francisco	small	620	410	45g	12g	0g	175mg	2020mg	9g	< 1g	7g	41g	20%	15%	2%	15%	
Insane San Francisco	large	1240	810	90g	25g	0g	350mg	4030mg	18g	1g	13g	82g	35%	30%	4%	25%	
Insane Southwest	small	640	440	50g	13g	0g	175mg	1710mg	6g	1g	< 1g	41g	15%	25%	4%	15%	
Insane Southwest	large	1280	880	99g	25g	0g	350mg	3410mg	12g	2g	2g	83g	30%	50%	8%	35%	
San Francisco	small	710	490	54g	14g	0g	175mg	1650mg	14g	0g	13g	41g	25%	2%	0%	10%	
San Francisco	large	1430	970	108g	28g	0g	350mg	3290mg	27g	< 1g	25g	81g	50%	2%	2%	25%	
Southwest	small	760	560	63g	15g	0g	175mg	1020mg	8g	1g	< 1g	42g	20%	20%	6%	20%	
Southwest	large	1520	1120	127g	29g	0g	350mg	2040mg	15g	3g	2g	83g	40%	40%	10%	35%	
<b>BONELESS WINGS</b>																	
Small: 4 oz. / Large: 8 oz.																	
Classic Buffalo	small	500	280	31g	5g	0g	115mg	2560mg	14g	1g	< 1g	40g	30%	6%	6%	10%	
Classic Buffalo	large	920	530	58g	10g	0g	180mg	4870mg	27g	2g	< 1g	65g	60%	10%	8%	20%	
Honey-Chipotle BBQ	small	510	150	17g	3g	0g	115mg	1300mg	47g	1g	30g	40g	20%	8%	6%	10%	
Honey-Chipotle BBQ	large	1010	310	34g	6g	0g	230mg	2580mg	95g	3g	61g	80g	40%	15%	10%	20%	
Insane	small	320	70	8g	1g	0g	115mg	2930mg	18g	2g	1g	41g	10%	35%	8%	15%	
Insane	large	640	150	16g	2.5g	0g	230mg	5860mg	36g	4g	2g	82g	20%	70%	15%	25%	
San Francisco	small	510	240	26g	4.5g	0g	115mg	2190mg	27g	1g	13g	40g	25%	6%	6%	10%	
San Francisco	large	1020	470	52g	9g	0g	230mg	4380mg	53g	3g	26g	80g	50%	15%	10%	20%	
Southwest	small	560	310	36g	5g	0g	115mg	1570mg	21g	2g	1g	41g	20%	25%	10%	15%	
Southwest	large	1120	620	71g	10g	0g	230mg	3130mg	41g	5g	2g	82g	40%	50%	20%	35%	
<b>SEITAN WINGS</b>																	
Choice of (2 oz. Small/4 oz. Large):																	
Classic Buffalo	small	440	240	26g	4.5g	0g	0mg	2270mg	21g	2g	3g	28g	25%	2%	4%	10%	
Classic Buffalo	large	880	480	52g	9g	0g	0mg	4540mg	41g	4g	6g	56g	45%	2%	6%	25%	
Honey-Chipotle BBQ	small	440	120	12g	2g	0g	0mg	1010mg	54g	2g	33g	28g	15%	2%	4%	10%	
Honey-Chipotle BBQ	large	880	230	25g	3.5g	0g	0mg	2020mg	108g	4g	66g	56g	25%	4%	8%	25%	
San Francisco	small	440	200	22g	3.5g	0g	0mg	1910mg	34g	2g	15g	28g	20%	2%	4%	10%	
San Francisco	large	890	400	43g	7g	0g	0mg	3810mg	67g	4g	31g	57g	35%	2%	6%	25%	
Southwest	small	490	270	31g	4g	0g	0mg	1290mg	28g	3g	4g	29g	15%	20%	8%	20%	
Southwest	large	990	540	62g	8g	0g	0mg	2570mg	55g	6g	7g	59g	25%	40%	15%	35%	
Bleu Cheese Dressing	2 oz.	300	280	31g	9g	0g	50mg	630mg	3g	0g	< 1g	4g	6%	0%	10%	0%	
Bleu Cheese Dressing	4 oz.	610	560	62g	18g	0g	95mg	1260mg	5g	0g	2g	8g	15%	0%	25%	0%	
Ranch Dressing	2 oz.	240	230	25g	5g	0g	30mg	450mg	4g	0g	2g	2g	2%	0%	6%	0%	
Ranch Dressing	4 oz.	480	460	50g	10g	0g	60mg	890mg	8g	0g	4g	3g	4%	2%	10%	0%	
Vegan Ranch Dressing	2 oz.	150	80	8g	3.5g	0g	0mg	400mg	18g	0g	6g	2g	0%	4%	0%	0%	
Vegan Ranch Dressing	4 oz.	310	150	17g	7g	0g	0mg	810mg	36g	0g	12g	4g	0%	8%	0%	2%	
<b>BARE-ITOS</b>																	
Bare-ito	Chicken	560	190	22g	11g	0g	145mg	1310mg	46g	12g	2g	53g	25%	20%	45%	20%	
Bare-ito	Portobella	520	230	27g	12g	0g	60mg	1170mg	54g	14g	7g	28g	20%	15%	45%	20%	
Bare-ito	Shrimp	480	170	19g	11g	0g	200mg	1500mg	46g	11g	2g	41g	25%	15%	50%	20%	
Bare-ito	Steak	540	200	23g	12g	0g	125mg	1120mg	46g	11g	2g	46g	20%	15%	45%	25%	
Bare-ito	Tofu	570	220	25g	11g	0g	60mg	1090mg	55g	13g	7g	42g	25%	20%	50%	40%	
<b>BURRITOS</b>																	
(Facts w/ 12" Flour Tortilla)																	
Angry Hippie (STP) Burrito		900	330	38g	17g	0g	65mg	2230mg	118g	25g	14g	43g	150%	80%	70%	60%	
Angry Hippie (STP) Burrito, Vegan		830	250	29g	11g	0g	0mg	2290mg	133g	26g	13g	29g	140%	70%	50%	60%	
Barbacoa Burrito		1140	360	41g	19g	0g	215mg	4260mg	112g	16g	8g	89g	160%	35%	70%	70%	
Carnitas Burrito		1310	560	63g	33g	0g	280mg	2810mg	117g	7g	21g	68g	80%	310%	70%	50%	
Chickpea Chili Burrito		790	250	29g	16g	0g	65mg	2120mg	98g	8g	10g	30g	35%	60%	60%	35%	
Chickpea Chili Burrito, Chicken		910	290	33g	17g	0g	155mg	2370mg	92g	6g	9g	57g	35%	50%	60%	35%	

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Dance Marathon Burrito		1050	380	43g	18g	0g	155mg	2600mg	116g	25g	12g	71g	140%	60%	70%	60%
Dance Marathon Burrito, Vegetarian		1070	400	46g	18g	0g	65mg	2370mg	124g	26g	17g	60g	140%	60%	80%	80%
Fajita Burrita	Chicken	960	290	33g	17g	0g	155mg	2320mg	115g	23g	12g	66g	60%	190%	70%	50%
Fajita Burrita	Portobella	920	330	38g	17g	0g	65mg	2180mg	123g	26g	17g	42g	60%	180%	60%	50%
Fajita Burrita	Shrimp	880	270	31g	16g	0g	205mg	2510mg	115g	23g	12g	54g	60%	180%	70%	50%
Fajita Burrita	Steak	940	300	34g	18g	0g	130mg	2130mg	114g	23g	12g	60g	60%	180%	70%	60%
Fajita Burrita	Tofu	970	320	37g	17g	0g	65mg	2100mg	123g	24g	16g	55g	60%	180%	70%	70%
Kristy's Big Sister's Red Velvet Burrito		960	300	34g	17g	0g	155mg	2460mg	113g	23g	10g	68g	160%	100%	70%	60%
Kristy's Big Sister's Red Velvet Burrito	Vegetarian	970	330	38g	17g	0g	65mg	2240mg	121g	24g	15g	57g	150%	90%	80%	80%
Mad Mex Burrito	Chicken	910	280	32g	17g	0g	155mg	2250mg	105g	21g	7g	65g	35%	35%	60%	50%
Mad Mex Burrito	Portobella	870	330	37g	17g	0g	65mg	2100mg	112g	23g	11g	40g	35%	30%	60%	50%
Mad Mex Burrito	Shrimp	830	260	30g	16g	0g	205mg	2430mg	105g	20g	7g	53g	35%	30%	70%	45%
Mad Mex Burrito	Steak	890	290	33g	18g	0g	130mg	2050mg	104g	20g	6g	58g	35%	30%	60%	60%
Mad Mex Burrito	Tofu	920	310	36g	17g	0g	65mg	2020mg	113g	22g	11g	54g	35%	30%	70%	70%
Mole Burrito		1130	410	46g	19g	0g	160mg	2700mg	121g	24g	19g	70g	40%	40%	80%	60%
Pico Burrito		770	240	27g	16g	0g	65mg	1960mg	111g	22g	10g	37g	60%	70%	60%	50%
Shrimp, Mushroom and Spinach Burrito		980	360	41g	18g	0g	205mg	2790mg	115g	24g	12g	59g	140%	60%	80%	60%
Spicy Mad Mex Burrito	Chicken	920	290	32g	17g	0g	155mg	2910mg	107g	21g	8g	65g	45%	40%	60%	50%
Spicy Mad Mex Burrito	Portobella	880	330	38g	17g	0g	65mg	2760mg	114g	23g	12g	41g	45%	35%	60%	50%
Spicy Mad Mex Burrito	Shrimp	840	260	30g	16g	0g	205mg	3090mg	106g	21g	8g	53g	45%	35%	70%	50%
Spicy Mad Mex Burrito	Steak	900	300	34g	18g	0g	130mg	2710mg	106g	21g	8g	58g	45%	35%	60%	60%
Spicy Mad Mex Burrito	Tofu	930	310	36g	17g	0g	65mg	2680mg	115g	22g	12g	54g	45%	35%	70%	70%
Super Mad Mex Burrito	Chicken	930	300	34g	17g	0g	155mg	2430mg	95g	8g	9g	60g	190%	90%	70%	50%
Super Mad Mex Burrito	Portobella	890	340	39g	17g	0g	65mg	2290mg	103g	11g	14g	35g	190%	90%	70%	50%
Super Mad Mex Burrito	Shrimp	860	280	32g	16g	0g	205mg	2620mg	95g	8g	9g	48g	190%	90%	80%	45%
Super Mad Mex Burrito	Steak	920	310	35g	18g	0g	130mg	2230mg	94g	8g	9g	53g	190%	90%	70%	50%
Super Mad Mex Burrito	Tofu	950	330	37g	17g	0g	65mg	2200mg	103g	9g	14g	49g	190%	90%	70%	70%
Thai Curry Burrito	Chicken	1030	350	40g	15g	0g	85mg	1950mg	113g	13g	27g	57g	60%	130%	25%	50%
Thai Curry Burrito	Portobella	980	390	45g	16g	0g	0mg	1800mg	121g	15g	32g	33g	60%	130%	25%	50%
Thai Curry Burrito	Shrimp	950	330	38g	15g	0g	140mg	2130mg	113g	12g	27g	45g	60%	130%	35%	45%
Thai Curry Burrito	Steak	1010	360	41g	16g	0g	65mg	1750mg	112g	12g	27g	50g	60%	120%	25%	60%
Thai Curry Burrito	Tofu	1040	380	44g	15g	0g	0mg	1720mg	121g	14g	32g	46g	60%	130%	30%	70%
Turkey Chili Burrito		1100	420	48g	27g	0g	185mg	2210mg	124g	9g	19g	42g	50%	45%	70%	40%
Veggie Burrito		960	350	40g	17g	0g	65mg	2310mg	131g	28g	20g	44g	70%	220%	70%	60%
Wing-O-Rito	Classic															
Wing-O-Rito	Buffalo	1090	460	52g	24g	0g	175mg	3310mg	104g	21g	8g	65g	60%	60%	70%	50%
Wing-O-Rito	Honey-Chipotle															
Wing-O-Rito	BBQ	1090	400	45g	22g	0g	175mg	2680mg	121g	21g	23g	65g	50%	60%	70%	50%
Wing-O-Rito	Insane	990	360	41g	22g	0g	175mg	3500mg	106g	21g	9g	66g	50%	70%	70%	50%
Wing-O-Rito	San Francisco	1090	440	50g	23g	0g	175mg	3130mg	111g	21g	15g	65g	60%	60%	70%	50%
Wing-O-Rito	Southwest	1110	480	55g	24g	0g	175mg	2820mg	108g	21g	9g	66g	50%	70%	70%	50%
12" Flour Tortilla		310	70	8g	4g	0g	0mg	610mg	51g	2g	1g	8g	0%	0%	15%	20%
12" Whole Wheat Tortilla		310	80	8g	2.5g	0g	0mg	640mg	49g	3g	2g	9g	0%	0%	15%	15%
<b>ENCHILADAS</b>																
Carnitas Enchilada		1470	620	72g	39g	0g	335mg	3430mg	133g	29g	32g	89g	200%	350%	120%	60%
Dance Marathon Enchilada		1130	440	52g	25g	0g	210mg	2920mg	104g	29g	20g	81g	260%	100%	110%	60%
Fajita Enchilada	Chicken	1030	360	42g	23g	0g	210mg	2640mg	103g	27g	20g	77g	180%	230%	100%	50%

<b>Mad Mex Main Menu</b>																
<b>Nutritional: June 2018</b>			Cals. From													
		Calories	Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vit. A	Vit. C	Calcium	Iron
Fajita Enchilada	Portobella	990	400	47g	24g	0g	120mg	2490mg	111g	30g	25g	53g	170%	220%	100%	50%
Fajita Enchilada	Shrimp	960	340	40g	23g	0g	260mg	2820mg	103g	27g	20g	65g	170%	220%	110%	45%
Fajita Enchilada	Steak	1020	370	43g	24g	0g	185mg	2440mg	103g	27g	20g	70g	170%	220%	100%	50%
Fajita Enchilada	Tofu	1050	390	45g	23g	0g	120mg	2410mg	112g	28g	25g	66g	170%	220%	110%	70%
Kristy's Big Sister's Red Velvet Enchilada		1040	370	43g	23g	0g	210mg	2780mg	101g	27g	19g	79g	270%	140%	110%	60%
Kristy's Big Sister's Red Velvet Enchilada	Vegetarian	1050	400	46g	24g	0g	120mg	2550mg	109g	28g	24g	68g	270%	130%	120%	70%
Mad Mex Enchilada	Chicken	980	350	41g	23g	0g	210mg	2560mg	93g	25g	15g	75g	150%	70%	100%	45%
Mad Mex Enchilada	Portobella	940	390	46g	23g	0g	120mg	2420mg	101g	27g	20g	51g	150%	70%	100%	45%
Mad Mex Enchilada	Shrimp	910	330	39g	22g	0g	260mg	2750mg	93g	24g	15g	63g	150%	70%	110%	45%
Mad Mex Enchilada	Steak	970	360	42g	24g	0g	185mg	2370mg	92g	24g	15g	69g	150%	70%	100%	50%
Mad Mex Enchilada	Tofu	1000	380	44g	23g	0g	120mg	2340mg	101g	26g	20g	65g	150%	70%	110%	60%
Mole Enchilada		900	310	35g	16g	0g	155mg	2170mg	96g	25g	18g	63g	70%	50%	70%	45%
Super Mad Mex Enchilada	Chicken	1080	360	42g	23g	0g	210mg	2950mg	108g	29g	18g	80g	310%	130%	110%	60%
Super Mad Mex Enchilada	Portobella	1030	410	47g	24g	0g	120mg	2800mg	116g	32g	23g	56g	310%	130%	110%	60%
Super Mad Mex Enchilada	Shrimp	1000	340	40g	23g	0g	260mg	3130mg	108g	29g	18g	68g	310%	120%	120%	60%
Super Mad Mex Enchilada	Steak	1060	370	43g	24g	0g	185mg	2750mg	107g	29g	18g	74g	310%	120%	110%	70%
Super Mad Mex Enchilada	Tofu	1090	390	46g	23g	0g	120mg	2720mg	116g	30g	23g	70g	310%	130%	120%	80%
Veggie Enchilada		1030	410	48g	24g	0g	120mg	2630mg	117g	31g	27g	54g	180%	190%	100%	50%
6" White Corn Tortillas (1)		120	5	1.5g	1.5g	0g	0mg	20mg	24g	3g	0g	3g	0%	2%	4%	6%
<b>FAJITAS</b>																
<i>(w/o Tortillas)</i>																
Chicken Fajita		1070	600	69g	23g	0g	210mg	2060mg	55g	11g	14g	63g	90%	290%	60%	20%
Mahi Mahi Fajita		910	440	51g	20g	0g	255mg	1910mg	50g	10g	13g	64g	90%	280%	60%	30%
Adobo Shrimp Skewers Fajita		1010	590	69g	23g	0g	330mg	2410mg	54g	10g	14g	52g	90%	290%	70%	20%
Steak Fajita		1140	650	74g	26g	0g	220mg	1940mg	53g	10g	14g	67g	80%	290%	60%	35%
Veggie Fajita		1280	760	88g	25g	0g	90mg	2200mg	88g	17g	28g	49g	80%	310%	70%	45%
6" Flour Tortillas (4)		390	110	11g	4.5g	0g	0mg	640mg	60g	4g	0g	9g	0%	0%	15%	15%
<b>LOS HANDIDOS</b>																
Chicken Chimi		890	270	30g	12g	0g	180mg	2890mg	95g	22g	10g	72g	60%	100%	45%	50%
Chico Pobre Fish Wrap (w/ Waffle Fries)		1600	910	104g	19g	0g	155mg	3180mg	122g	10g	5g	51g	40%	45%	30%	40%
Grilled Chicken Torta		1380	850	99g	23g	0g	250mg	2060mg	59g	8g	4g	71g	30%	40%	70%	30%
Los Wingos Wrap, Classic Buffalo		1080	480	54g	20g	0g	150mg	3700mg	89g	4g	4g	58g	60%	35%	60%	35%
Los Wingos Wrap, Honey-Chipotle BBQ		1080	360	40g	17g	0g	150mg	2440mg	122g	5g	34g	58g	50%	35%	60%	35%
Los Wingos Wrap, Insane		890	280	32g	15g	0g	150mg	4080mg	93g	5g	5g	59g	40%	60%	60%	35%
Los Wingos Wrap, San Francisco		1090	440	49g	19g	0g	150mg	3330mg	101g	4g	17g	58g	60%	35%	60%	35%
Los Wingos Wrap, Southwest		1130	510	59g	19g	0g	150mg	2710mg	95g	6g	5g	59g	50%	50%	60%	40%
Tofu Wrapture		1120	570	65g	21g	0g	60mg	2900mg	93g	5g	9g	45g	50%	35%	60%	45%
12" Flour Tortilla		310	70	8g	4g	0g	0mg	610mg	51g	2g	1g	8g	0%	0%	15%	20%
12" Whole Wheat Tortilla		310	80	8g	2.5g	0g	0mg	640mg	49g	3g	2g	9g	0%	0%	15%	15%
<b>QUESADILLAS</b>																
Barbacoa Quesadilla		920	350	40g	17g	0g	215mg	3730mg	62g	8g	12g	77g	180%	180%	60%	45%
Black Bean Quesadilla		690	350	38g	16g	0g	80mg	1240mg	68g	16g	11g	31g	30%	30%	70%	25%
Black Bean Quesadilla, Chicken		770	350	38g	16g	0g	140mg	1470mg	64g	13g	11g	50g	30%	35%	60%	25%
Black Bean Quesadilla, Steak		760	360	39g	17g	0g	125mg	1320mg	63g	13g	11g	45g	30%	30%	70%	30%
Carnitas Quesadilla		790	370	41g	19g	0g	185mg	2050mg	47g	5g	8g	56g	50%	170%	60%	25%
Happy Hippie (STP) Quesadilla		590	290	33g	14g	0g	60mg	1360mg	50g	7g	10g	26g	140%	60%	60%	25%

<b>Mad Mex Main Menu</b>																
<b>Nutritional: June 2018</b>		Calories	Cals. From Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vit. A	Vit. C	Calcium	Iron
<b>Kristy's Big Sister's Red Velvet</b>																
		660	270	30g	14g	0g	145mg	1610mg	46g	5g	6g	51g	140%	80%	60%	30%
		660	260	28g	14g	0g	145mg	1470mg	49g	5g	8g	50g	50%	170%	60%	20%
		620	300	34g	14g	0g	60mg	1320mg	56g	8g	13g	25g	45%	160%	50%	20%
		580	240	26g	13g	0g	200mg	1650mg	48g	5g	8g	37g	45%	160%	60%	15%
		640	270	30g	15g	0g	125mg	1270mg	48g	5g	8g	43g	45%	160%	60%	25%
		670	280	32g	14g	0g	60mg	1240mg	57g	6g	13g	39g	45%	170%	60%	35%
		780	370	41g	20g	0g	170mg	1740mg	45g	5g	4g	56g	110%	80%	70%	25%
<b>Shrimp, Mushroom and Spinach</b>																
		670	320	36g	15g	0g	200mg	1930mg	49g	6g	8g	42g	130%	40%	70%	25%
		210	60	6g	2.5g	0g	0mg	340mg	33g	2g	0g	5g	0%	0%	10%	10%
<b>TACOS (3 EA.)</b>																
		980	250	31g	9g	0g	155mg	4080mg	114g	23g	13g	76g	200%	160%	35%	70%
		910	300	35g	12g	0g	145mg	2310mg	101g	20g	10g	60g	60%	140%	25%	50%
		1160	510	58g	14g	0g	170mg	2930mg	115g	21g	13g	62g	120%	170%	35%	50%
		1470	860	100g	20g	0g	250mg	1920mg	95g	17g	6g	65g	70%	130%	35%	60%
	Chicken	970	310	36g	17g	0g	195mg	2900mg	103g	24g	11g	75g	70%	100%	70%	45%
	Fried Fish	1390	760	90g	16g	0g	190mg	2420mg	117g	29g	7g	59g	35%	70%	25%	50%
		970	370	43g	8g	0g	195mg	2310mg	103g	28g	7g	64g	50%	70%	25%	60%
	Steak	970	280	32g	13g	0g	155mg	2740mg	112g	28g	15g	74g	80%	210%	60%	60%
	Tofu	1230	330	39g	7g	0g	0mg	4240mg	180g	36g	67g	66g	60%	170%	50%	110%
		1750	980	109g	23g	0g	215mg	6250mg	106g	10g	2g	82g	70%	30%	40%	30%
		1750	730	81g	18g	0g	215mg	3720mg	173g	10g	62g	82g	50%	35%	45%	35%
		1380	570	64g	15g	0g	215mg	7000mg	115g	11g	4g	83g	35%	90%	45%	40%
		1760	890	100g	22g	0g	215mg	5520mg	132g	10g	27g	82g	70%	30%	40%	30%
		1850	1040	119g	23g	0g	215mg	4270mg	120g	12g	4g	84g	60%	70%	50%	45%
		240	60	8g	3g	0g	0mg	390mg	39g	3g	0g	6g	0%	0%	10%	10%
		1050	380	43g	24g	0.5g	200mg	2830mg	104g	24g	12g	71g	70%	90%	110%	50%
		170	0	0g	0g	0g	0mg	50mg	35g	2g	0g	3g	0%	0%	6%	4%
<b>DINNER SIDES</b>																
		90	0	0g	0g	0g	0mg	310mg	28g	18g	2g	11g	2%	4%	6%	20%
		120	70	8g	3g	0g	10mg	240mg	6g	2g	2g	7g	150%	25%	10%	8%
		1130	440	49g	8g	0g	0mg	1220mg	154g	0g	0g	16g	0%	0%	0%	0%
		90	0	0g	0g	0g	0mg	240mg	20g	0g	< 1g	2g	6%	10%	0%	4%
		390	140	16g	10g	0g	60mg	890mg	49g	18g	2g	27g	20%	15%	45%	25%
		15	0	0g	0g	0g	0mg	45mg	2g	1g	0g	2g	100%	25%	6%	8%
		620	210	24g	10g	0g	90mg	1360mg	71g	8g	22g	36g	140%	410%	40%	25%
		650	430	47g	7g	0g	0mg	1040mg	52g	5g	0g	5g	0%	4%	0%	4%
		300	150	18g	10g	0g	95mg	210mg	29g	1g	9g	6g	15%	4%	10%	6%
<b>DESSERT</b>																
		760	340	37g	19g	0g	135mg	110mg	92g	4g	50g	12g	15%	0%	20%	15%
		1030	460	51g	25g	0g	215mg	200mg	124g	4g	78g	15g	20%	4%	30%	15%
<b>Vegan Carrot Cake</b>																
	Saturday Style	1060	400	44g	16g	0g	120mg	680mg	153g	4g	99g	14g	10%	4%	25%	10%
	Sunday Style	1150	450	50g	20g	0g	120mg	820mg	160g	6g	103g	16g	10%	4%	30%	15%
		1590	630	70g	25g	0g	145mg	890mg	221g	7g	179g	18g	10%	4%	30%	8%

<b>Mad Mex Main Menu</b>																
<b>Nutritional: June 2018</b>		Calories	Cals. From Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vit. A	Vit. C	Calcium	Iron
	<b>Saturday</b>															
<b>Sopapilla</b>	<b>Style</b>	930	340	38g	8g	0g	30mg	610mg	134g	3g	42g	16g	8%	2%	25%	30%
	<b>Sunday</b>															
<b>Sopapilla</b>	<b>Style</b>	1020	390	44g	12g	0g	30mg	740mg	138g	5g	45g	18g	8%	2%	35%	35%
	<b>Chocolate</b>															
<b>Vanilla Ice Cream</b>	<b>Fudge</b>	480	170	19g	10g	0g	75mg	230mg	71g	2g	64g	5g	6%	4%	20%	4%
	<b>Strawberry</b>															
<b>Vanilla Ice Cream</b>	<b>Sauce</b>	320	120	13g	6g	0g	75mg	90mg	49g	2g	41g	4g	6%	25%	10%	0%