



NUTRITION AND ALLERGEN INFORMATION

The health and safety of our guests is a top priority at On The Border. As part of our commitment to you we have prepared the following list of menu items and their corresponding nutritional values and allergens. Additionally, no item is certified as vegetarian or gluten free. Every effort is made to keep this information current. However, due to differences in suppliers, recipe revisions, preparation techniques, and/or the season of the year it is possible that ingredient changes and substitutions may occur. Please be aware; each menu item is prepared by hand and may come in contact with allergens during normal kitchen operations. This may include shared preparation and cooking areas, including shared fryers. 112018v1

Due to these circumstances, we are unable to guarantee that any menu entrée can be completely free of allergens.

NOTICE: BEFORE PLACING YOUR ORDER PLEASE INFORM YOUR SERVER OR A MANAGER IF A PERSON IN YOUR PARTY HAS A FOOD ALLERGY.

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<i>Starters</i> Listed as served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG
Border Sampler	2000	1200	134	59	2	285	4280	109	9	11	92	■			■					■	
Brisket Quesadillas	1300	790	88	36	1	170	3130	76	5	19	54				■			■		■	
Chips & Salsa	390	170	19	4.5	0	0	470	51	6	3	5	■									■
Empanadas - Chicken Tinga with Queso	1110	630	70	36	2	125	2120	79	7	8	40	■			■			■		■	
Empanadas - Seasoned Ground Beef with Queso	1170	710	79	34	2.5	75	2240	76	7	8	39	■			■			■		■	
Fajita Quesadilla - Chicken	1190	730	82	33	1	185	2460	58	4	4	54				■					■	
Fajita Quesadilla - Steak	1280	860	96	40	1.5	150	1980	55	4	5	52				■					■	
Firecracker Stuffed Jalapeños with Queso	920	550	61	34	1	140	4160	49	14	11	43	■			■					■	
Grande Fajita Nachos - Chicken	1280	670	75	34	0	225	3110	76	13	4	72	■			■						
Grande Fajita Nachos - Steak	1410	870	96	44	1	175	2390	72	13	6	69	■			■						
Guacamole without Chip Basket	240	180	20	3	0	0	450	15	9	1	3	■									■
Guacamole Live!® without Chip Basket	760	610	68	8	0	0	1160	48	16	1	15										■
Guac/Queso Duo without Chip Basket	540	380	42	17	1	65	1920	26	10	11	19	■			■						
Signature Queso Bowl without Chip Basket	480	310	35	22	1.5	105	2350	18	2	15	26				■						■
Signature Queso Bowl - Border Style without Chip Basket	280	170	18	11	1	50	1860	15	2	9	14				■				■		
Signature Queso Bowl - Primo Style without Chip Basket	580	380	43	25	2	125	2580	21	3	16	31				■				■		
Signature Queso Cup without Chip Basket	300	200	22	13	1	65	1470	11	1	9	16				■						■
Signature Queso Cup - Border Style without Chip Basket	170	100	12	7	0	35	1160	9	1	5	9				■				■		
Signature Queso Cup - Primo Style without Chip Basket	350	230	26	15	1	75	1580	13	2	10	18				■				■		
Stacked Nachos	2010	1150	128	52	1.5	205	3850	146	22	15	75	■	■		■				■		■
<i>Border Bowls</i> Listed as served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG
Grilled Chicken	680	180	20	5	0	110	2030	86	18	10	42				■						
Grilled Portobello	590	150	17	4	0	10	1790	90	20	7	21				■						■
Grilled Shrimp	670	240	26	4.5	0	90	2570	86	18	6	33				■		■				
Grilled Steak	730	230	25	8	0	70	2310	88	19	7	40				■						
<i>Soup & Salads</i> Listed without dressing unless otherwise noted	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG
Chicken Tortilla Soup - Bowl	540	330	58	18	0	25	1200	46	5	4	28	■			■				■		
Chicken Tortilla Soup - Cup	330	210	34	12	0	25	620	24	3	2	18	■			■				■		

Cal.....Calories FatCal.....Fat from Calories Fat.....Total Fat Fat-S.....Saturated Fat Trans.....Trans Fat Chol....Cholesterol Sod.....Sodium Carbs.....Carbohydrates
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Soup & Salads	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
<i>Listed without dressing unless otherwise noted</i>																						
Fajita Salad - Chicken	440	180	21	3.5	0	150	1090	27	8	17	41				■			■		■		
Fajita Salad - Steak	510	250	28	8	0.5	95	1500	30	9	12	38				■			■		■		
Grande Taco Salad - Chicken Tinga	600	420	68	21	0	35	950	41	9	10	29	■	■		■			■		■		
Grande Taco Salad - Seasoned Ground Beef	690	420	47	17	0.5	75	1620	40	11	9	30	■	■		■			■		■		
Mango Chicken Salad with Fat-Free Mango Citrus Vinaigrette	330	35	4	1.5	0	55	490	44	11	0	29				■							
Dressings																						
Avocado Ranch	130	110	12	3.5	0	20	250	2	1	2	1		■		■			■			■	
Chipotle-Honey Mustard	330	280	31	5	0	25	320	12	0	12	1		■								■	
Fat-Free Mango Citrus Vinaigrette	80	0	0	0	0	0	140	20	0	8	0										■	
Ranch	230	220	24	3	0	25	400	2	0	2	1		■		■						■	
Salsa	20	0	0	0	0	0	430	4	1	3	1										■	
Smoked Jalapeño Vinaigrette	240	210	24	3.5	0	0	810	9	0	8	0										■	
Enchiladas																						
<i>Listed without sides unless otherwise noted</i>																						
Tomatillo Enchiladas - Chicken Tinga with Cilantro Lime Rice	460	90	10	3	0	45	1290	71	8	5	22				■							
Tomatillo Enchiladas - Spinach & Mushroom with Cilantro Lime Rice	420	80	9	2.5	0	0	910	74	8	3	12				■						■	
Border Queso Beef Enchiladas	510	260	29	12	1	70	1610	35	7	6	26	■			■			■				
Enchiladas Suizas	800	530	90	34	0	90	960	57	8	10	46	■	■		■			■		■		
Ranchiladas	1150	700	126	54	1.5	235	2410	53	9	9	80	■			■			■		■		
ADD RICE & CHOICE OF BEANS																						
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■			■				
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11										■	
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							
Combos <i>Listed without Mexican rice and beans</i>																						
Chile Relleno Combo	820	490	55	25	1	95	2080	46	12	6	35	■			■			■		■		
Superior Dinner	1180	730	115	49	1.5	160	2100	75	8	9	59	■	■		■			■		■		
ADD RICE & CHOICE OF BEANS																						
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■			■				
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11										■	
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							
CREATE YOUR OWN - SOUP OR SALAD																						
<i>Each item listed individually</i>																						
Chicken Tortilla Soup - Cup	330	210	34	12	0	25	620	24	3	2	18	■			■			■				
House Salad without Dressing	240	120	13	4	0	10	250	25	4	3	6	■			■			■			■	

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CREATE YOUR OWN - CLASSICS Each item listed individually	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG
Cheese Chile Relleno with Ranchero Sauce	510	290	32	16	0.5	40	1370	36	10	7	19	■			■			■		■	■
Empanadas - Chicken with Queso	480	280	31	16	1	60	1050	33	3	5	18	■			■			■		■	
Empanadas - Beef with Queso	510	310	35	16	1	40	1100	32	3	5	18	■			■			■		■	
Mini Chicken Chimichanga with Queso	320	170	19	11	0	55	940	22	0	4	17	■			■					■	
CREATE YOUR OWN - ENCHILADAS Each item listed individually	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG
Cheese & Onion with Chile Con Carne	360	250	52	22	0	50	510	21	3	2	17	■			■			■		■	■
Chicken Tinga with Green Chile Sauce	210	130	25	8	0	15	430	17	3	2	13	■			■			■			
Chicken Tinga with Sour Cream Sauce	250	170	29	11	0	25	260	17	2	2	14	■	■		■			■		■	
Ground Beef with Chile Con Carne	310	200	46	17	0.5	35	420	20	4	2	17	■			■			■		■	
Spinach & Mushroom with Sour Cream Sauce	220	120	14	6	0	25	470	19	3	2	7	■	■		■			■		■	
CREATE YOUR OWN - TACOS Each item listed individually	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG
Chicken Tinga - Crispy	200	140	26	7	0	5	50	16	2	2	11	■			■						
Chicken Tinga - Soft	210	120	23	8	0	5	350	22	1	2	13				■					■	
Dos Equis® Fish with Creamy Red Chile Sauce	420	230	25	8	0	40	1120	34	1	2	14	■	■	■	■					■	
Ground Beef - Crispy	250	140	15	5	0	30	380	15	3	2	12	■			■			■			
Ground Beef - Soft	260	120	13	6	0	30	680	21	2	2	13				■			■		■	
ADD RICE & CHOICE OF BEANS																					
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■			■			
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11										■
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■						
Fajitas Listed without Mexican rice & beans and fajita condiments unless otherwise noted	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG
CLASSIC FAJITAS																					
Carnitas	760	580	65	13	1.5	110	1840	12	2	6	34							■		■	
Grilled Chicken	370	130	15	3	0	195	1040	12	1	13	48							■		■	
Grilled Shrimp	530	440	49	8	0.5	125	2270	13	2	5	25				■		■	■		■	
Grilled Steak	470	230	26	8	0.5	120	1590	16	3	7	44							■		■	
Portobello & Vegetables	250	150	17	2	0	0	1040	23	5	10	6							■		■	■
Add-On Shrimp Skewer	50	40	4.5	0	0	40	390	1	0	0	7						■	■			
SPECIALTY FAJITAS																					
Border Smart SM Chicken Fajitas Listed As Served	650	120	13	2.5	0	90	1500	80	20	8	53							■		■	
Monterey Ranch Chicken	740	430	48	16	0	285	1890	14	1	14	68		■		■			■		■	
The Ultimate Fajita®	980	720	81	18	1.5	185	2800	23	4	14	50				■		■	■		■	

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<i>Fajitas</i> ADD FAJITA CONDIMENTS	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Corn Tortillas (3)	170	20	2	0	0	0	10	35	3	1	4											■
Guacamole	45	35	4	0.5	0	0	100	3	2	0	1											■
Homemade Flour Tortillas (3)	360	100	11	5	0	0	900	53	2	0	8				■						■	■
Mixed Cheese	110	80	9	5	0	25	170	1	0	0	7				■							■
Pico de Gallo	10	5	0.5	0	0	0	130	1	0	1	0											■
Sour Cream	60	45	5	3.5	0	20	15	1	0	1	1				■							■
ADD RICE & CHOICE OF BEANS																						
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■				■			
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11											■
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							
<i>Burritos & Chimis</i> Listed <i>without</i> Mexican rice & Beans	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Classic Burrito without Sauce - Chicken Tinga	690	410	77	28	0	55	1100	56	3	5	47				■						■	
Classic Burrito without Sauce - Seasoned Ground Beef	840	420	47	23	1	125	2110	55	5	4	48				■				■		■	
Classic Chimichanga without Sauce - Chicken Tinga	810	390	43	21	0	145	1970	57	10	6	48	■			■						■	
Classic Chimichanga without Sauce - Seasoned Ground Beef	960	500	55	27	1.5	90	2340	66	23	6	50	■			■				■		■	
Green Chile Carnitas Chimichanga	1230	750	83	28	1.5	130	2700	74	4	9	48	■			■				■		■	
Grilled California Burrito	1440	900	100	35	2	110	2380	91	6	5	49	■	■		■				■		■	
The Big Bordurrito® - Chicken	1570	620	69	22	1	155	4740	161	13	9	69		■		■				■		■	
The Big Bordurrito® - Steak	1750	880	98	36	2	85	3770	156	13	12	65		■		■				■		■	
Three-Sauce Fajita Burrito - Chicken	920	360	40	20	0	195	4070	71	4	10	64		■		■				■		■	
Three-Sauce Fajita Burrito - Steak	1100	620	69	34	1.5	130	3100	66	4	12	59		■		■				■		■	
ADD CHOICE OF SAUCE																						
Chile con Carne	140	140	64	22	0	0	0	11	2	1	8										■	
Green Chile Sauce	35	10	1	0	0	0	680	5	1	1	1										■	
Ranchero Sauce	80	30	3.5	0.5	0	0	530	10	2	3	2										■	■
Signature Queso	240	160	17	11	1	50	1180	9	1	8	13				■							
Sour Cream Sauce	110	80	9	5	0	30	340	5	0	1	2		■		■						■	■
<i>Favorites</i> Listed As Served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Caribbean Mango Grilled Fish	650	280	31	8	0.5	85	1670	55	5	13	41			■	■						■	■
Carne Asada	990	580	65	20	1.5	135	2920	55	6	10	49				■						■	■
Chimichurri Chicken & Shrimp	630	250	28	6	0	200	2210	51	4	13	51				■		■					
Grilled Queso Chicken	870	380	42	16	1	250	2550	62	9	22	65				■							
Mexican Grilled Chicken with Salsa Fresca	630	160	18	3	0	120	2510	60	8	13	59											
Mexican Grilled Chicken with Tomatillo Sauce	670	160	18	3	0	205	2300	60	9	10	70											

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<i>Tacos</i> Listed without Mexican rice and beans	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Brisket Tacos (2)	850	380	42	17	0	90	2560	79	3	25	39	■			■						■	
Brisket Tacos (3)	1240	560	62	25	0	130	3560	110	4	31	58	■			■						■	
Cabo Grilled Shrimp Tacos	380	230	26	2.5	0	85	950	31	7	5	20						■	■				
Dos XX® Fish Tacos (2)	1080	700	77	20	0.5	105	2530	70	2	5	28	■	■	■	■						■	
Dos XX® Fish Tacos (3)	1500	920	103	28	0.5	145	3640	103	4	7	42	■	■	■	■						■	
Grilled Fish Tacos Del Mar	370	180	20	2.5	0	40	610	30	7	5	22			■								
Southwest Chicken Tacos (2)	1080	720	80	20	0	165	1670	54	3	8	38	■	■		■						■	
Southwest Chicken Tacos (3)	1500	950	106	28	0.5	235	2360	80	4	11	56	■	■		■						■	
Street-Style Mini Tacos - Chicken	670	350	40	13	0.5	190	1350	32	6	11	50				■							
Street-Style Mini Tacos - Steak	720	420	47	17	1	125	1700	35	8	7	45				■							
ADD RICE & CHOICE OF BEANS																						
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■				■			
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11											■
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							
<i>Lunch</i> Listed without Mexican rice and beans	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Border's Best Lunch Fajitas - Chicken <i>Add Fajita Condiments</i>	310	120	14	2.5	0	145	920	11	1	11	36										■	■
Border's Best Lunch Fajitas - Steak <i>Add Fajita Condiments</i>	380	190	22	6	0.5	90	1330	14	3	7	34										■	■
ADD FAJITA CONDIMENTS																						
Corn Tortillas (3)	170	20	2	0	0	0	10	35	3	1	4											■
Guacamole	45	35	4	0.5	0	0	100	3	2	0	1											■
Homemade Flour Tortillas (3)	360	100	11	5	0	0	900	53	2	0	8				■						■	■
Mixed Cheese	110	80	9	5	0	25	170	1	0	0	7				■							■
Pico de Gallo	10	5	0.5	0	0	0	130	1	0	1	0											■
Sour Cream	60	45	5	3.5	0	20	15	1	0	1	1				■							■
ADD RICE & CHOICE OF BEANS																						
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■				■			
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11											■
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							
Quesadilla Combo <i>Each Item Listed Individually</i>																						
Chicken Tortilla Soup - Cup	330	210	34	12	0	25	620	24	3	2	18	■			■						■	
House Salad without Dressing	240	120	13	4	0	10	250	25	4	3	6	■			■							■
Quesadilla Combo - Brisket Quesadilla	670	430	48	20	0.5	95	1390	32	4	4	28				■						■	
Quesadilla Combo - Chicken Quesadilla	680	420	47	19	0.5	110	1500	33	3	3	31				■						■	
Quesadilla Combo - Steak Quesadilla	740	510	57	23	1	90	1170	31	3	4	30				■						■	

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<i>Sides & Add-Ons</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Avocado Slices (3)	80	70	7	1	0	0	0	4	3	0	1											■
Black Beans	200	10	1	0	0	0	670	36	12	1	11											■
Cilantro Lime Rice	180	20	2	0	0	0	570	37	2	1	3											■
Corn Tortillas (3)	170	20	2	0	0	0	10	35	3	1	4											
Empanadas - Chicken Tinga (2) with Queso	480	280	31	16	1	60	1050	33	3	5	18	■			■			■		■		
Empanadas - Ground Beef (2) with Queso	510	310	35	16	1	40	1100	32	3	5	18	■			■			■		■		
French Fries with Ketchup	490	170	18	4	0	0	1000	74	6	13	6	■						■				■
Grilled Shrimp Skewer (3 Shrimp)	50	40	4.5	0	0	40	390	1	0	0	7						■		■			
Guacamole	45	35	4	0.5	0	0	100	3	2	0	1											■
Homemade Flour Tortillas (3)	360	100	11	5	0	0	900	53	2	0	8				■					■		■
Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■			■				
Mixed Cheese	110	80	9	5	0	25	170	1	0	0	7				■							■
Pico de Gallo	10	5	0.5	0	0	0	130	1	0	1	0											■
Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							
Sautéed Vegetables	100	70	8	1.5	0	0	290	8	2	5	2											■
Sour Cream	60	45	5	3.5	0	20	15	1	0	1	1				■							■
<i>Weekday Specials</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
FIESTA TRIO <i>Each Item Listed Individually</i>																						
Chicken Tortilla Soup - Cup	330	210	34	12	0	25	620	24	3	2	18	■			■				■			
House Salad without Dressing	240	120	13	4	0	10	250	25	4	3	6	■			■				■			■
Chicken Fajita (Lunch Portion) <i>Listed without Mexican rice & beans and fajita condiments</i>	310	120	14	2.5	0	145	920	11	1	11	36								■		■	
ADD FAJITA CONDIMENTS																						
Corn Tortillas (3)	170	20	2	0	0	0	10	35	3	1	4											■
Guacamole	45	35	4	0.5	0	0	100	3	2	0	1											■
Homemade Flour Tortillas (3)	360	100	11	5	0	0	900	53	2	0	8				■					■		■
Mixed Cheese	110	80	9	5	0	25	170	1	0	0	7				■							■
Pico de Gallo	10	5	0.5	0	0	0	130	1	0	1	0											■
Sour Cream	60	45	5	3.5	0	20	15	1	0	1	1				■							■
ADD RICE & CHOICE OF BEANS																						
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■				■			
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11											■
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							
Brownie Sundae For One	620	290	32	14	0	75	300	76	3	60	7		■		■			■	■	■		■
Sopapillas - Chocolate Sauce (2)	540	170	19	6	0	0	500	86	3	47	7	■			■			■		■		■
Sopapillas - Honey (2)	620	160	18	5	0	0	410	113	2	79	6	■			■					■		■

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ENDLESS ENCHILADAS <i>Listed without Mexican rice & beans</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Cheese & Onion with Chile Con Carne	360	250	52	22	0	50	510	21	3	2	17	■			■			■		■		
Chicken Tinga with Green Chile Sauce	210	130	25	8	0	15	430	17	3	2	13	■			■			■				
Chicken Tinga with Sour Cream Sauce	250	170	29	11	0	25	260	17	2	2	14	■	■		■			■		■		
Seasoned Ground Beef with Chile Con Carne	310	200	46	17	0.5	35	420	20	4	2	17	■			■			■		■		
Spinach & Mushroom with Sour Cream Sauce	220	120	14	6	0	25	470	19	3	2	7	■	■		■			■		■		
ADD RICE & CHOICE OF BEANS																						
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■			■				
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11										■	
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							
TACO FIX TUESDAYS <i>Each Item Listed Individually</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Brisket (1)	390	180	20	8	0	45	990	31	1	5	19	■			■						■	
Chicken Tinga - Crispy (1)	200	140	26	7	0	5	50	15	2	1	11	■			■							
Chicken Tinga - Soft (1)	210	110	23	8	0	5	340	20	1	1	13				■					■		
Seasoned Ground Beef - Crispy (1)	240	140	15	5	0	30	380	14	2	1	11	■			■			■				
Seasoned Ground Beef - Soft (1)	250	110	13	6	0	30	680	20	2	1	13				■			■		■		
Southwest Chicken (1)	420	240	26	8	0	70	680	26	1	3	19	■	■		■						■	
Veggie - Crispy (1)	170	100	11	3	0	5	140	15	2	2	3	■			■						■	
Veggie - Soft (1)	180	80	8	3.5	0	5	440	21	1	2	5				■					■	■	
Garnish - Lettuce & Tomato	5	0	0	0	0	0	0	1	0	1	0											■
FAJITA FEST	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Chicken Fajita (Lunch Portion) <i>Listed without Mexican rice & beans and fajita condiments</i>	310	120	14	2.5	0	145	920	11	1	11	36							■		■		
ADD FAJITA CONDIMENTS																						
Corn Tortillas (3)	170	20	2	0	0	0	10	35	3	1	4										■	
Guacamole	45	35	4	0.5	0	0	100	3	2	0	1										■	
Homemade Flour Tortillas (3)	360	100	11	5	0	0	900	53	2	0	8				■					■	■	
Mixed Cheese	110	80	9	5	0	25	170	1	0	0	7				■						■	
Pico de Gallo	10	5	0.5	0	0	0	130	1	0	1	0										■	
Sour Cream	60	45	5	3.5	0	20	15	1	0	1	1				■						■	
ADD RICE & CHOICE OF BEANS																						
Side Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■			■				
Side Black Beans	200	10	1	0	0	0	670	36	12	1	11										■	
Side Refried Beans	230	60	7	2.5	0	5	560	30	7	1	10				■							

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<i>Beverages</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Coca-Cola®	180	0	0	0	0	0	60	51	0	51	0											■
Coffee	0	0	0	0	0	0	0	0	0	0	0											■
Coke Zero®	0	0	0	0	0	0	35	0	0	0	0											■
Diet Coke®	0	0	0	0	0	0	50	0	0	0	0											■
Dr Pepper®	140	0	0	0	0	0	55	36	0	35	0											■
Flavored Ice Tea - Mango	50	0	0	0	0	0	0	12	0	12	0											■
Flavored Ice Tea - Peach	60	0	0	0	0	0	0	16	0	16	0											■
Iced Tea - Sweet	110	0	0	0	0	0	30	27	0	27	0											■
Iced Tea - Unsweet	0	0	0	0	0	0	30	0	0	0	0											■
Minute Maid® Lemonade	150	0	0	0	0	0	20	40	0	39	0											■
Milk	170	60	7	4	0	25	160	16	0	16	11				■							■
Sprite®	150	0	0	0	0	0	35	37	0	33	0											■
Strawberry Lemonade	210	0	0	0	0	0	15	53	1	50	0											■
<i>Desserts Listed as served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Border Brownie Sundae	1340	620	69	32	1	170	640	164	7	128	16		■		■			■	■	■	■	■
Caramel Churros	810	290	32	12	1	105	170	119	5	73	10	■			■						■	■
Two Caramel Churros	360	120	14	4.5	0	45	70	53	2	32	4	■			■						■	■
Sopapillas	1330	410	46	13	0	0	1110	221	6	131	17	■			■			■			■	■
Sopapillas - Chocolate Sauce (2)	540	170	19	6	0	0	500	86	3	47	7	■			■			■			■	■
Sopapillas - Honey (2)	620	160	18	5	0	0	410	113	2	79	6	■			■						■	■
Snickers® Empanadas	1210	550	61	25	2	75	860	148	1	76	17	■	■		■	■		■			■	■
KIDS MENU																						
<i>Kids Listed as served</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG	
Big Kids Nachos - Fajita Chicken	710	370	42	20	0	120	1770	44	5	5	38	■			■							
Big Kids Nachos - Seasoned Ground Beef	740	430	48	22	0.5	100	1480	44	7	5	35	■			■			■				
Border Chicken Strips with French Fries	820	370	42	9	0	35	2070	85	6	13	28	■						■			■	
Build-Your-Own Mini Tacos with Mexican Rice & Refried Beans	810	320	36	13	0	45	1960	91	13	3	31	■			■			■				
Cheese Quesadilla with French Fries	1210	710	79	30	1	105	1950	91	5	13	36	■			■			■			■	■
Cheese Quesadilla - Fajita Chicken with French Fries	1290	720	80	31	1	145	2580	93	5	13	48	■			■			■			■	
Corn Dog with French Fries	580	230	26	6	0	15	1150	77	5	17	9	■	■		■			■			■	
Enchilada Plate - Beef Enchilada with Mexican Rice & Refried Beans	720	290	56	20	0.5	35	1790	87	11	3	30				■			■			■	
Enchilada Plate - Cheese Enchilada with Mexican Rice & Refried Beans	830	380	67	28	0	65	1800	86	10	2	35				■			■			■	
Enchilada Plate - Chicken Enchilada with Mexican Rice & Refried Beans	660	210	24	10	0	50	1960	85	10	4	26		■		■			■			■	
Grilled Chicken Soft Taco with Mexican Rice & Refried Beans	700	210	23	9	0	85	1940	87	9	5	37				■			■			■	

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<i>Kids</i> Listed as served	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)	CC	Egg	Fish	Milk	Peanut	Shellfish	Soy	Treenut	Wheat	VEG
KID SIDES																					
Mexican Rice	220	60	6	2	0	0	840	37	1	1	4				■			■			
Beans Black	200	10	1	0	0	0	670	36	12	1	11										■
Beans Refried	210	60	6	2	0	0	520	30	7	1	10										
French Fries	280	110	12	2.5	0	0	340	40	4	0	4	■							■		■
House Salad without Dressing	10	0	0	0	0	0	5	2	1	1	0										■
KID DESSERTS & BEVERAGES																					
Ice Cream Sundae - Chocolate Syrup	260	80	9	6	0	35	100	44	1	34	3				■				■		■
Ice Cream Sundae - Strawberry Purée	220	80	9	5	0	35	55	34	1	26	3				■						■
Mini Sopapillas with Honey	310	80	9	2.5	0	0	210	57	1	39	3	■			■					■	■
Juice - Apple	100	5	0	0	0	0	10	25	0	21	0										■
Juice - Cranberry	120	0	0	0	0	0	0	30	0	26	0										■
Juice- Orange	140	0	0	0	0	0	20	34	0	30	3										■
Lemonade	100	0	0	0	0	0	15	25	0	25	0										■
Milk	150	50	6	4	0	25	140	15	0	15	10				■						■
Soft Drink - Coke	120	0	0	0	0	0	35	32	0	32	0										■
Soft Drink - Coke Zero	0	0	0	0	0	0	25	0	0	0	0										■
Soft Drink - Diet Coke	0	0	0	0	0	0	30	0	0	0	0										■
Soft Drink - Dr. Pepper	90	0	0	0	0	0	35	23	0	22	0										■
Soft Drink - Sprite	90	0	0	0	0	0	20	23	0	21	0										■
Strawberry Lemonade	130	0	0	0	0	0	10	34	1	32	0										■
Kid's Fit Meal!																					
Cheesy Chicken Taquitos Served with Queso, Seasonal Fruit, Mini Sopapilla & OJ	520	110	12	5	0	40	740	86	5	43	20	■			■						■

FROM THE CANTINA

At this time we do not have allergen information available on our alcoholic beverages. The Alcohol & Tobacco Tax & Trade Bureau (TTB), who regulates alcohol labeling, currently does not require alcohol suppliers to disclose allergen information on its labels. Therefore, out of an abundance of caution and concern for your health, we can't recommend an alcoholic beverage that would eliminate the potential of consuming a certain allergen.

<i>Margaritas on the Rocks</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
1800 Mercedes	290	0	0	0	0	0	2840	36	0	28	0
Borderita®	340	0	0	0	0	0	2840	46	0	40	0
Fresh Lime Skinny	180	0	0	0	0	0	2840	24	0	20	0
Green Apple Glacier	330	0	0	0	0	0	2850	55	1	45	0
House Rocks Grande	260	0	0	0	0	0	2860	26	0	23	0
House Rocks Regular	200	0	0	0	0	0	2860	20	0	17	0
Prickly Pear	280	0	0	0	0	0	2840	28	0	25	0
The Perfect Patrón	260	0	0	0	0	0	2840	34	0	30	0

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<i>Frozen Margaritas</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Blue Lagoon Grande	420	0	0	0	0	0	2900	53	0	44	0
Blue Lagoon Regular	300	0	0	0	0	0	2880	37	0	30	0
Coronarita™	390	0	0	0	0	0	2890	48	0	35	0
Holiday Swirl Grande	480	0	0	0	0	0	50	67	1	61	0
Holiday Swirl Regular	330	0	0	0	0	0	35	46	1	41	0
House Grande	340	0	0	0	0	0	2890	45	0	40	0
House Regular	220	0	0	0	0	0	2870	30	0	26	0
Mango Tango Grande	350	0	0	0	0	0	55	54	0	48	0
Mango Tango Regular	230	0	0	0	0	0	35	36	0	32	0
Sangria Swirl Grande	380	0	0	0	0	0	55	46	0	40	0
Sangria Swirl Regular	250	0	0	0	0	0	35	30	0	26	0
Strawbrrrita Grande	360	0	0	0	0	0	55	55	1	49	0
Strawbrrrita Regular	260	0	0	0	0	0	35	42	1	38	0
<i>Add an OTB Meltdown™</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Tequilas - Silver/Gold/Reposado/Añejo	60	0	0	0	0	0	0	0	0	0	0
Blue Curacao	40	0	0	0	0	0	0	4	0	4	0
Chambord	45	0	0	0	0	0	0	2	0	2	0
Cointreau	80	0	0	0	0	--	0	8	0	8	0
Gran Gala	80	--	--	--	--	--	--	8	--	8	--
Grand Marnier	60	--	--	--	--	--	--	5	--	--	--
Midori	60	0	0	--	--	--	--	--	0	--	--
Pama	80	0	0	0	0	0	0	8	0	8	0
<i>Cervezas - Import</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Bohemia	150	0	0	0	0	0	0	14	0	3	1
Corona Extra	150	0	0	0	0	0	15	14	0	4	1
Corona Light	100	0	0	0	0	0	0	5	0	--	1
<i>Cervezas - Import</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Dos Equis Ambar	150	0	0	0	0	0	0	13	0	3	4
Dos Equis Lager	130	0	0	0	0	0	0	11	0	3	4
Heineken	140	0	0	0	0	0	0	12	0	0	2
Modelo Especial	150	0	0	0	0	0	15	14	0	4	1
Modelo Negra	160	0	0	0	0	0	10	15	0	13	1
Pacifico	140	0	0	0	0	0	10	14	0	12	1
Tecate	140	0	0	0	0	0	0	13	0	3	1

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<i>Cervezas - Domestic</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Angry Orchard Hard Cider	190	0	0	0	0	0	0	25	0	20	0
Blue Moon	170	0	0	0	0	0	15	14	0	0	2
Bud Light	110	0	0	0	0	0	0	7	0	0	1
Budweiser	140	0	0	0	0	0	0	11	0	0	1
Coors Light	100	0	0	0	0	0	10	5	0	0	0
Michelob Ultra	90	0	0	0	0	0	0	3	0	0	1
Miller Lite	100	0	0	0	0	0	0	3	0	0	0
<i>Cervezas - Draft</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Dos Equis Amber Grande	220	0	0	0	0	0	0	21	0	5	5
Dos Equis Amber Pitcher	650	0	0	0	0	0	0	61	0	14	16
Dos Equis Amber Regular	130	0	0	0	0	0	0	12	0	3	3
Dos Equis Lager Grande	200	0	0	0	0	0	0	18	0	4	5
Dos Equis Lager Pitcher	590	0	0	0	0	0	0	51	0	13	16
Dos Equis Lager Regular	120	0	0	0	0	0	0	10	0	3	3
<i>Shots</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Fireball Cinnamon Whisky	110	0	0	0	0	0	0	11	0	11	0
Hornitos® Tequila	100	0	0	0	0	0	0	0	0	0	0
<i>Cocktails</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Cuba Libre	140	0	0	0	0	0	20	18	0	16	0
Limeade Fresca	270	0	0	0	0	0	20	43	0	36	0
Padre Island Tea	300	0	0	0	0	0	15	48	0	42	0
Poncho Punch	290	0	0	0	0	0	10	37	0	29	0
Red Sangria Glass	170	0	0	0	0	0	5	19	1	14	0
Red Sangria Pitcher	830	0	0	0	0	0	30	87	1	70	1
<i>Wine By The Glass</i>	Cals	Fat Cals	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sug (g)	Prot (g)
Red	170	0	0	0	0	0	10	5	0	1	0
Rosé	180	0	0	0	0	0	10	8	0	8	1
White	170	0	0	0	0	0	10	5	0	2	0

This information is based on standard product recipes and ingredients. The nutritional analysis encompasses data from our food suppliers, an independent laboratory commissioned by On The Border combined with nutrient data from the USDA and Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on FDA guidelines. Some menu items may not be available at all locations. .



CATERING and PARTY PLATTERS NUTRITION AND ALLERGEN INFORMATION

The health and safety of our guests is a top priority at On The Border. As part of our commitment to you we have prepared the following list of menu items and their corresponding nutritional values. Every effort is made to keep this information current. However, due to differences in suppliers, recipe revisions, preparation techniques, and/or the season of the year it is possible that ingredient changes and substitutions may occur. 112018v1

Cal.....Calories FatCal.....Fat from Calories Fat.....Total Fat Fat-S.....Saturated Fat Trans.....Trans Fat Chol....Cholesterol Sod.....Sodium Carbs.....Carbohydrates
 Fib.....Fiber Sug.....Sugar Prot.....Protein (g).....grams (mg).....milligrams

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Buffets												
FAJITAS <i>Values listed PER person. Includes chips & salsa ADD rice & beans.</i>	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	
Classic Fajitas												
Chicken	1010	410	46	16	0	175	2100	99	10	13	53	
Combo	1040	450	50	18	0	150	2200	99	11	11	51	
Grande Portion Chicken	1130	440	49	18	0	225	2270	107	10	15	65	
Grande Portion Combo	1170	490	54	20	0.5	190	2540	109	11	12	64	
Grande Portion Steak	1220	530	59	23	0.5	150	2810	111	12	9	62	
Steak	1080	480	53	20	0.5	120	2400	101	12	9	50	
Portobello Fajita	910	420	47	16	0	30	1810	105	13	12	22	
The Ultimate Fajita	1500	780	87	26	1.5	220	3480	114	12	14	72	
ADD Rice & Beans												
Side Beans - Black	120	5	0.5	0	0	0	400	22	6	0	6	
Side Beans - Refried	130	35	3.5	0	0	0	310	18	6	0	6	
Side Rice - Cilantro Lime	130	15	1.5	0	0	0	430	27	6	0	2	
Side Rice - Mexican	170	45	5	0	0	0	630	28	6	0	3	
MEXICAN COMBINATIONS	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)	
<i>Values listed PER person. Includes chips & salsa ADD rice & beans unless otherwise noted.</i>												
Fajita & Taco Buffet	1000	470	52	18	0.5	125	1740	93	12	10	42	
Fiesta Especial	1320	770	110	46	1.5	140	2250	99	12	11	50	
Fiesta Favorites	1790	1020	160	66	1.5	195	2930	141	14	11	78	
Flair of Mexico	1720	910	137	57	1.5	170	3350	149	14	25	69	
Nacho Buffet												
Chicken Tinga	980	570	84	29	1	75	2600	86	16	17	42	
Fajita Chicken	980	470	52	21	1	170	2850	83	15	19	49	
Fajita Combo	1000	490	55	23	1	150	2990	84	16	17	48	
Fajita Steak	1030	520	57	24	1	130	3130	85	16	16	47	
Seasoned Ground Beef	1070	570	63	26	1.5	115	3270	86	18	16	43	
Taco Buffet												
Chicken Tinga - Crispy	600	330	47	14	0	20	500	60	7	5	20	
Chicken Tinga - Soft	590	300	44	14	0	20	790	65	6	5	20	
Seasoned Ground Beef - Crispy	640	330	36	12	0	45	850	59	8	5	20	
Seasoned Ground Beef - Soft	640	300	33	12	0	40	1120	64	7	4	21	
Taste of the Border	1600	850	119	44	1	180	2900	134	17	13	66	

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MEXICAN COMBINATIONS											
<i>Values listed PER person. Includes chips & salsa ADD rice & beans unless otherwise noted.</i>											
	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Tex-Mex Combo	1000	580	89	34	1	95	1360	80	11	7	37
Traditional Fiesta											
Chicken Tinga - Crispy	710	410	56	20	0	50	1090	64	8	9	26
Seasoned Ground Beef - Crispy	760	410	45	18	0.5	70	1440	64	8	8	26
ADD Rice & Beans											
Side Beans - Black	120	5	0.5	0	0	0	400	22	6	0	6
Side Beans - Refried	130	35	3.5	0	0	0	310	18	6	0	6
Side Rice - Cilantro Lime	130	15	1.5	0	0	0	430	27	6	0	2
Side Rice - Mexican	170	45	5	0	0	0	630	28	6	0	3
CREATE YOUR OWN BUFFETS											
<i>Values listed PER piece or PER ounce.</i>											
	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Chicken Tenders (1)	160	90	10	2	0	10	410	10	1	0	8
Empanada - Chicken Tinga (1)	200	110	12	6	0	20	310	15	1	1	7
Empanada - Seasoned Ground Beef (1)	210	130	14	6	0	10	330	14	1	1	6
Guacamole (1 oz)	40	35	4	0.5	0	0	90	2	2	0	1
Mini Burrito - Black Bean & Corn (1)	210	80	9	4.5	0	15	410	25	3	1	8
Mini Burrito - Chicken Tinga (1)	220	120	21	8	0	15	390	20	1	1	12
Mini Burrito - Seasoned Ground Beef (1)	250	120	13	6	0	30	640	20	2	1	13
Mini Burrito - Spinach & Mushroom (1)	200	90	10	4.5	0	15	610	20	1	1	7
Mini Chimichanga - Black Bean & Corn (1)	260	120	14	5	0	15	410	25	3	1	8
Mini Chimichanga - Chicken Tinga (1)	230	110	13	7	0	35	500	18	0	1	12
Mini Chimichanga - Seasoned Ground Beef (1)	240	120	14	6	0	15	590	18	2	2	11
Mini Chimichanga - Spinach & Mushroom (1)	240	130	15	5	0	15	610	20	1	1	7
Mini Quesadilla - Cheese (1)	330	230	26	12	0	55	490	10	0	0	15
Mini Quesadilla - Chicken (1)	280	170	19	8	0	45	630	12	1	1	14
Signature Queso (1 floc)	60	40	4.5	2.5	0	15	290	2	0	2	3
Stuffed Jalapeño (1)	130	80	9	4.5	0	20	600	7	2	1	6
Texas Wing with Jalapeño BBQ Sauce (1)	60	20	2	0.5	0	15	135	3	0	3	6
CREATE YOUR OWN BUFFETS											
<i>Values listed PER piece ADD rice & beans.</i>											
	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Empanada - Chicken Tinga (1)	200	110	12	6	0	20	310	15	1	1	7
Empanada - Seasoned Ground Beef (1)	210	130	14	6	0	10	330	14	1	1	6
Enchilada - Cheese & Onion with Chile con Carne (1)	360	250	52	22	0	50	510	21	3	2	17
Enchilada - Chicken Tinga with Green Chile Sauce (1)	210	130	25	8	0	15	430	17	3	2	13
Enchilada - Chicken Tinga with Sour Cream Sauce (1)	250	170	29	11	0	25	260	17	2	2	14
Enchilada - Seasoned Ground Beef with Chile con Carne (1)	310	200	46	17	0.5	35	420	20	4	2	17
Taco - Chicken Tinga - Crispy (1)	250	180	30	10	0	20	135	16	2	2	15
Taco - Chicken Tinga - Soft (1)	260	150	28	10	0	20	430	22	1	2	16

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CREATE YOUR OWN BUFFETS	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Taco - Seasoned Ground Beef - Crispy (1)	300	180	20	8	0	40	470	16	3	2	15
Taco - Seasoned Ground Beef - Soft (1)	310	150	17	8	0	40	760	22	2	2	17
ADD Rice & Beans											
Side Beans - Black	120	5	0.5	0	0	0	400	22	6	0	6
Side Beans - Refried	130	35	3.5	0	0	0	310	18	6	0	6
Side Rice - Cilantro Lime	130	15	1.5	0	0	0	430	27	6	0	2
Side Rice - Mexican	170	45	5	0	0	0	630	28	6	0	3
ADD Queso & Sopapillas PER person	330	160	18	8	0	25	790	35	1	17	9
FULL COURSE FIESTA BUFFETS	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
<i>Values listed PER person. Includes chips & salsa, appetizer & dessert ADD drink, rice & beans.</i>											
Grande Fajita	1370	600	66	26	1	175	2930	135	12	33	60
Grande Traditional	1640	910	132	54	1.5	155	2600	140	14	30	57
Tour of Mexico	1880	960	130	44	1	200	3290	175	16	40	69
ADD Rice & Beans											
Side Beans - Black	120	5	0.5	0	0	0	400	22	6	0	6
Side Beans - Refried	130	35	3.5	0	0	0	310	18	6	0	6
Side Rice - Cilantro Lime	130	15	1.5	0	0	0	430	27	6	0	2
Side Rice - Mexican	170	45	5	0	0	0	630	28	6	0	3
ADD Queso & Sopapillas	3520	1670	186	97	6	390	10200	368	13	245	116
Border Bowls	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
<i>Values listed includes chips & salsa.</i>											
Grilled Chicken	1200	340	38	9	0	160	3120	156	27	15	61
Grilled Combo	1230	380	42	11	0	130	3330	157	27	13	60
Grilled Portobello Mushroom	1040	310	35	8	0	10	2760	158	28	12	29
Grilled Shrimp	1150	400	45	8	0	115	3600	155	27	9	46
Grilled Steak	1270	410	46	13	0	100	3530	159	28	11	58
ADD Shrimp Skewer	60	50	5	0	0	50	430	1	0	0	10
Individual Boxes	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
<i>Values listed includes chips & salsa.</i>											
Big-As-Your-Mouth Burrito											
Carnitas	1120	430	48	13	0.5	65	2840	135	14	7	40
Chicken	970	270	29	9	0	100	2540	135	14	9	45
Portobello Mushroom	900	250	28	8	0	25	2360	139	16	9	31
Steak	1010	300	34	11	0	75	2750	137	15	7	44
Veggie	960	300	33	9	0	25	2590	141	16	10	30
Chilled Fajita Wrap											
Chicken	850	360	40	11	0.5	125	2180	85	7	15	42
Steak	940	470	52	15	1	105	2250	84	8	10	41
Veggie	810	390	44	11	0.5	30	2160	90	9	14	21

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<i>Individual Boxes</i> Values listed includes chips & salsa.	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Chilled Fajita Wrap & Salad Combo ADD house or confetti rice salad.											
Chicken	520	230	25	8	0	65	1200	54	4	8	21
Steak	570	280	31	10	0	50	1230	53	5	5	20
Veggie	510	240	27	8	0	15	1410	59	5	9	11
ADD House or Confetti Rice Salad											
Confetti Rice Salad	180	70	8	1.5	0	0	550	25	2	2	3
House Salad ADD choice of dressing	260	130	14	4.5	0	15	270	26	4	3	6
Individual Salads ADD choice of dressing , unless otherwise noted.											
Fajita Salad - Chicken	570	200	23	5	0	150	1320	52	11	18	43
Fajita Salad - Steak	640	280	31	10	0	95	1730	55	13	14	41
Mango Chicken Salad with Fat-Free Mango Citrus Vinaigrette	590	160	18	6	0	110	1100	76	13	25	35
Taco Salad - Chicken Tinga	810	510	78	23	0	35	1340	68	13	13	32
Taco Salad - Seasoned Ground Beef	890	510	57	19	0.5	80	2010	67	14	12	33
Side Guacamole	80	70	8	1	0	0	180	5	4	0	1
Side Sour Cream	110	90	10	7	0	40	30	2	0	2	2
Dressings (2 fl oz)											
Avocado Ranch	130	110	12	3.5	0	20	250	2	1	2	1
Chipotle-Honey Mustard	330	280	31	5	0	25	320	12	0	12	1
Fat-Free Mango Citrus Vinaigrette	80	0	0	0	0	0	140	20	0	8	0
Ranch	230	220	24	3	0	25	400	2	0	2	1
Salsa	20	0	0	0	0	0	430	4	1	3	1
Smoked Jalapeño Vinaigrette	240	210	24	3.5	0	0	810	9	0	8	0
ADD A Dessert Bar											
Chocolate Pecan (1)	330	180	20	7	0	45	100	34	2	23	3
Lemon (1)	260	120	13	8	0	65	140	32	0	22	3
Toffee Blondie (1)	290	100	12	6	0	40	220	42	1	27	3
Sides & Add-Ons											
Add-On Corn Tortillas (By the dozen)	680	70	8	1.5	0	0	40	139	12	3	15
Add-On Flour Tortillas (By the dozen)	1440	380	42	24	0	0	3600	228	12	0	36
Add-On Sautéed Veggies (By the pound)	260	170	19	3.5	0.5	0	750	21	5	12	5
SALADS Values listed without dressing, unless otherwise noted.	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
House Salad Serves 8-10	1340	620	69	20	0	60	2280	152	34	34	39
Fajita Salad - Chicken Serves 8-10	1680	680	76	18	0.5	620	2710	105	40	58	165
Fajita Salad - Steak Serves 8-10	1970	970	107	35	1.5	395	4350	117	46	41	155
Mango Chicken Salad with Fat-Free Mango Citrus Vinaigrette Serves 8-10	1730	300	33	13	0.5	440	3850	241	38	105	129
Confetti Rice Salad Serves 15-20	6080	2410	269	46	2.5	0	18410	828	72	73	107

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SALADS	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
ADD Two Dressings (10 fl oz ea)											
Avocado Ranch	630	560	62	17	0.5	105	1250	12	3	8	7
Chipotle Honey Mustard	1630	1410	156	24	1	130	1580	62	1	59	4
Fat Free Mango Citrus Vinaigrette	410	0	0	0	0	0	710	102	1	39	1
Ranch	1150	1090	121	15	0.5	115	1980	12	0	10	7
Salsa	100	10	1	0	0	0	2150	21	4	14	4
Smoked Jalapeno Vinaigrette	1220	1060	118	18	1	0	4060	44	2	38	1
FAMILY MEALS Serves 4-5	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Classic Fajita Family Meal Values listed includes chips, salsa, Mexican Rice & condiments (except guacamole or cheese) ADD choice of beans, guacamole or cheese.											
Carnitas	5930	2650	296	90	3.5	545	16010	594	42	41	222
Chicken	5110	1700	189	64	2	835	12100	594	41	66	257
Combo	5310	1890	210	75	2.5	685	13200	602	45	55	250
Steak	5500	2080	231	85	3.5	535	14290	610	49	44	243
ADD Cheese	400	290	32	19	0	100	640	3	0	1	25
ADD Guacamole	320	260	28	4	0	0	670	18	13	2	4
Enchilada Family Meal Values listed includes chips & salsa, Mexican Rice ADD choice of beans.											
Cheese & Onion with Chile con Carne	6020	3430	622	245	4.5	515	10030	550	58	36	200
Chicken Tinga with Green Chile Sauce	4500	1760	196	64	0.5	355	12560	525	55	37	162
Chicken Tinga with Sour Cream Sauce	4860	2110	235	90	1	490	10870	524	50	39	165
Seasoned Ground Beef with Chile con Carne	5480	2880	561	196	5	350	9180	544	68	32	205
Spinach & Mushroom with Sour Cream Sauce	4640	2140	238	87	1.5	270	9650	537	54	36	100
Enchilasagna Family Meal Values listed includes chips & salsa and house salad ADD choice of dressing.											
Green Chile Carnitas	5040	2880	321	98	5	490	8770	400	46	34	174
King Ranch	4640	2670	395	140	3.5	365	6800	440	54	57	198
Veggie with Ranchero Sauce	4310	2060	229	86	3.5	300	7510	473	69	58	139
Veggie with Tomatillo Sauce	4230	2010	223	86	3.5	300	6870	470	71	62	138
ADD Dressing (4 fl)											
Avocado Ranch	250	220	25	7	0	40	500	5	1	3	3
Chipotle-Honey Mustard	650	560	63	10	0	50	630	25	0	24	1
Fat-Free Mango Citrus Vinaigrette	160	0	0	0	0	0	290	41	0	15	0
Ranch	460	430	48	6	0	45	790	5	0	4	3
Salsa	40	5	0	0	0	0	860	9	2	6	1
Smoked Jalapeño Vinaigrette	490	420	47	7	0	0	1630	18	1	15	0
Taco Family Meal Values listed includes chips & salsa, Mexican rice ADD choice of beans.											
Chicken Tinga - Crispy	4410	1820	202	57	0	295	8780	508	50	38	143
Chicken Tinga - Soft	4510	1610	178	61	0.5	295	11740	566	44	38	158
Seasoned Ground Beef - Crispy	4850	2270	252	79	3	285	8770	499	58	32	150
Seasoned Ground Beef - Soft	4950	2050	228	83	3.5	285	11730	557	52	32	166

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FAMILY MEALS <i>Serves 4-5</i>	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Taco & Cheese Enchilada Family Meal <i>Values listed includes chips & salsa, Mexican rice</i> ADD choice of beans.											
Taco - Chicken Tinga - Crispy & Cheese Enchilada	5220	2630	412	151	2.5	405	9400	529	54	37	171
Taco - Chicken Tinga - Soft & Cheese Enchilada	5270	2520	400	153	2.5	405	10890	558	51	37	179
Taco - Seasoned Ground Beef - Crispy & Cheese Enchilada	5440	2850	437	162	4	400	9400	525	58	34	175
Taco - Seasoned Ground Beef - Soft & Cheese Enchilada	5490	2740	425	164	4	400	10880	553	55	34	183
ADD Choice of Beans - Family Meal											
Side Beans - Black	600	30	3.5	1	0	0	2020	108	35	2	32
Side Beans - Refried	640	170	18	6	0	0	1570	89	20	2	29
GROUP MEALS <i>Serves 8-10</i>	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Classic Fajita Group Meal <i>Values listed includes chips, salsa, Mexican Rice & condiments (except guacamole or cheese)</i> ADD choice of beans, guacamole or cheese.											
Chicken	9530	3110	345	121	3.5	1570	23510	1116	73	117	458
Combo	9920	3470	386	142	5	1305	25640	1132	80	98	450
Steak	10260	3810	424	161	6	1005	27610	1147	88	77	433
ADD Cheese	800	580	65	38	0	195	1280	6	0	1	50
ADD Guacamole	630	510	57	8	0	0	1350	36	26	4	8
Enchilada Group Meal <i>Values listed includes chips & salsa, Mexican rice</i> ADD choice of beans.											
Cheese & Onion with Chile con Carne	11420	6580	1213	483	9	1030	19990	1022	107	71	393
Chicken Tinga with Green Chile Sauce	8390	3250	361	120	1	705	25050	972	101	74	318
Chicken Tinga with Sour Cream Sauce	9100	3940	438	173	2.5	980	21660	970	92	77	322
Seasoned Ground Beef with Chile con Carne	10340	5490	1091	385	11	695	18300	1010	126	63	403
Spinach & Mushroom with Sour Cream Sauce	8660	3990	444	167	2.5	540	19230	996	100	71	193
Enchilasagna Group Meal <i>Values listed includes chips & salsa and house salad</i> ADD choice of dressing.											
Green Chile Carnitas	9960	5490	613	190	8	995	19360	782	101	87	358
King Ranch	9070	5030	755	265	4	715	14060	848	111	133	387
Veggie with Ranchero Sauce	8440	3860	430	162	4	590	15590	917	141	133	271
Veggie with Tomatillo Sauce	8300	3760	418	161	4	590	14330	911	144	141	269
ADD Two Dressings (10 fl oz ea)											
Avocado Ranch	630	560	62	17	0.5	105	1250	12	3	8	7
Chipotle Honey Mustard	1630	1410	156	24	1	130	1580	62	1	59	4
Fat Free Mango Citrus Vinaigrette	410	0	0	0	0	0	710	102	1	39	1
Ranch	1150	1090	121	15	0.5	115	1980	12	0	10	7
Salsa	100	10	1	0	0	0	2150	21	4	14	4
Smoked Jalapeno Vinaigrette	1220	1060	118	18	1	0	4060	44	2	38	1
Nacho Bar Group Meal											
Chicken Tinga	11110	6320	913	312	9	735	22770	1014	169	154	426
Seasoned Ground Beef	11980	6320	703	274	15	1155	29410	1007	185	146	434

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GROUP MEALS <i>Serves 8-10</i>	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Taco Bar Group Meal <i>Values listed includes chips & salsa, Mexican Rice</i> ADD choice of beans.											
Chicken Tinga - Crispy	9700	4360	485	164	0.5	845	19220	996	95	78	350
Chicken Tinga - Soft	9940	3850	428	173	1.5	845	26320	1135	82	77	388
Seasoned Ground Beef - Crispy	8060	4170	463	178	6	820	15700	648	72	41	332
Seasoned Ground Beef - Soft	10830	4740	527	217	7	830	26300	1116	98	65	403
ADD Choice of Beans - Group Meal											
Side Beans - Black	1190	60	7	1.5	0	0	4040	216	69	3	64
Side Beans - Refried	1280	330	37	12	0	0	3140	177	41	4	58
ADD Queso & Sopapillas	3520	1670	186	97	6	390	10200	368	13	245	116
PARTY PLATTERS	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
5-Layer Dip - Large <i>Values listed without chips Serves 15-20</i>	4730	2840	316	152	2	705	11220	270	80	39	190
ADD Flour Tortilla Crisps	3430	2180	243	60	0	25	3490	274	18	11	39
ADD Tortilla Chips	4720	2160	240	58	0	20	520	597	66	9	55
5-Layer Dip - Small <i>Values listed without chips Serves 8-10</i>	2460	1440	160	73	1.5	320	6020	171	52	22	88
ADD Flour Tortilla Crisps	1720	1090	121	30	0	10	1740	137	9	6	19
ADD Tortilla Chips	2380	1080	120	29	0	10	260	299	33	4	28
Combo Supremo Platter <i>Values listed without empanadas or mini quesadillas Serves 6-8</i>	2610	1580	175	71	3	485	9270	116	20	57	144
ADD Empanadas - Chicken Tinga	1580	880	98	48	3	155	2450	119	10	7	54
ADD Empanadas - Seasoned Ground Beef	1690	1020	113	46	3.5	80	2640	115	11	7	51
ADD Mini Quesadilla - Fajita Chicken	2220	1360	152	60	2	370	5080	93	4	6	116
ADD Mini Quesadilla - Fajita Steak	2460	1700	190	79	3.5	280	3780	86	4	9	110
Create Your Own Platter <i>Values listed PER piece</i>											
Chicken Tender (1)	160	90	10	2	0	10	410	10	1	0	8
Empanada - Chicken Tinga (1)	200	110	12	6	0	20	310	15	1	1	7
Empanada - Seasoned Ground Beef (1)	210	130	14	6	0	10	330	14	1	1	6
Mini Chimichanga - Chicken Tinga (1)	230	110	13	7	0	35	500	18	0	1	12
Mini Chimichanga - Seasoned Ground Beef (1)	240	120	14	6	0	15	590	18	2	2	11
Mini Quesadilla - Chicken (1)	280	170	19	8	0	45	630	12	1	1	14
Stuffed Jalapeño (1)	130	80	9	4.5	0	20	600	7	2	1	6
Texas Wings with Jalapeño BBQ Sauce (1)	60	20	2	0.5	0	15	135	3	0	3	6
Empanada Platters <i>Serves 6-8</i>											
Chicken Tinga	5210	2970	330	167	10	575	9710	375	32	36	188
Combination	5370	3170	352	164	11	455	9990	369	33	37	184
Seasoned Ground Beef	5530	3370	374	160	11	340	10270	364	34	37	180
Fajita Wrap Platters <i>Serves 8-12</i>											
Chicken	6370	2990	333	79	4.5	855	25860	515	32	91	335
Steak	8030	5250	584	170	12	730	17490	442	31	65	316
ADD Bacon & Avocado	1830	1360	151	44	0	405	5220	50	36	8	92

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PARTY PLATTERS	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Mexican Sampler Platters <i>Values listed with queso and without empanadas or mini chimichangas Serves 6-8</i>	3910	2420	270	117	4.5	685	10130	158	8	24	206
ADD - Empanadas - Chicken Tinga (6)	1180	660	74	36	2	120	1840	89	8	5	41
ADD - Empanadas - Seasoned Ground Beef (6)	1260	760	85	35	2.5	60	1980	86	8	6	39
ADD - Mini Chimichanga - Chicken Tinga (6)	1410	680	76	40	1	200	3020	109	0	4	72
ADD - Mini Chimichanga - Seasoned Ground Beef (6)	1440	730	81	36	2.5	105	3520	111	14	12	65
Mini Chimichanga Platters <i>Serves 6-8</i>											
Black Bean and Corn	6720	3280	367	159	8	405	12290	638	74	37	230
Chicken Tinga	6100	3050	339	180	6	910	14440	452	2	33	315
Seasoned Ground Beef	6230	3240	360	167	11	520	16440	462	59	63	288
Seasoned Ground Beef and Chicken Tinga	6160	3150	350	173	8	715	15440	457	30	48	301
Spinach and Mushroom	6340	3460	387	160	8	405	17000	532	44	36	201
Mini Quesadilla Platters <i>Serves 6-8</i>											
Cheese	8920	6340	707	330	7	1415	13730	290	25	24	369
Fajita Chicken	7650	4800	535	228	12	1285	17130	317	36	32	371
Fajita Steak	8370	5840	651	284	16	1010	13240	297	36	43	353
Mini Taco Platters <i>Serves 6-8</i>											
Chicken Tinga - Crispy	2100	1390	249	79	1	125	1720	157	22	25	120
Seasoned Ground Beef - Crispy	2500	1390	154	62	3.5	315	4710	154	29	21	123
PARTY PACKS <i>Serves 10-12</i>	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Standard Party Pack <i>Values listed without mini chimichangas</i>	9770	4990	555	214	7	710	21380	972	142	129	250
Supreme Party Pack <i>Values listed without mini chimichangas</i>	12140	6340	704	241	8	1255	25780	1048	143	193	421
ADD - Mini Chicken Chimichangas (12)	2810	1370	152	79	2.5	405	6040	217	0	9	145
ADD - Mini Seasoned Ground Beef Chimichangas (12)	2870	1470	163	73	4.5	205	7040	222	29	24	131
DESSERTS	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Assorted Dessert Bars <i>(By the dozen)</i>	5540	2680	297	130	4	790	2900	651	25	475	59
Assorted Dessert Platter <i>(24)</i>	7780	3260	362	149	4.5	830	4680	1053	32	717	84
Caramel Churros <i>(By the dozen)</i>	1630	560	64	10	1.5	150	240	241	13	137	18
Chocolate Walnut Brownies <i>(By the dozen)</i>	5810	2930	326	138	2	675	3010	652	35	520	65
Mini Sopapillas Platter <i>(48)</i>	3030	990	110	32	0	0	2640	486	14	272	39
BY THE DOZEN	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
APPETIZERS											
Firecracker Stuffed Jalapeños <i>(By the dozen)</i>	1600	950	105	56	1.5	230	7150	89	27	14	74
Grilled Shrimp <i>(By the dozen)</i>	260	190	21	0.5	0	200	1710	2	0	0	38
Mini Burritos <i>(By the dozen)</i>											
Black Bean & Corn	2590	960	106	58	1.5	150	4970	310	36	11	102
Brisket with Jalapeño BBQ Sauce	2750	880	98	45	0.5	325	10260	305	17	59	163
Brisket without Jalapeño BBQ Sauce	2460	850	94	44	0.5	325	8000	242	14	5	162
Chicken Tinga	2650	1410	252	99	1.5	165	4640	253	17	11	151

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BY THE DOZEN	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Seasoned Ground Beef	3040	1410	157	82	4	355	7630	249	24	8	155
Seasoned Ground Beef and Chicken Tinga	2810	1230	137	67	1.5	355	7670	242	15	11	147
Spinach & Mushroom	2400	1050	116	58	1.5	150	7320	257	21	10	88
Mini Chimichangas (By the dozen)											
Black Bean & Corn	3120	1490	166	68	3	150	4970	310	36	11	102
Chicken Tinga	2810	1370	152	79	2.5	405	6040	217	0	9	145
Seasoned Ground Beef	2870	1470	163	73	4.5	205	7040	222	29	24	131
Spinach & Mushroom	2930	1570	176	69	3	150	7320	257	21	10	88
Mini Quesadillas (By the dozen)											
Brisket without Jalapeño BBQ Sauce	3110	2050	228	102	5	425	5670	128	8	6	139
Cheese	4110	2880	321	164	8	660	5950	121	6	3	186
Chicken	3380	2050	229	98	5	570	7620	140	9	8	179
Spinach & Mushroom	2920	1930	216	89	5	285	5150	145	13	10	104
Steak	3740	2570	287	126	8	430	5680	130	9	14	170
TACOS & ENCHILADAS											
Empanadas (By the dozen)											
Chicken Tinga	2370	1330	147	73	4	235	3680	179	15	10	81
Seasoned Ground Beef	2530	1530	170	69	5	115	3960	173	16	11	77
Enchiladas (By the dozen)											
Cheese with Chile con Carne	4980	3500	678	296	2.5	790	5210	233	30	15	265
Cheese with Ranchero Sauce	4950	3190	355	174	0	790	8390	230	25	27	226
Cheese with Tomatillo Sauce	4750	3050	339	171	0	790	6660	221	30	37	223
Cheese & Onion with Chile con Carne	4390	3070	630	274	8	640	6090	239	34	25	208
Cheese & Onion with Red Chile Sauce	4030	2720	433	203	3.5	610	6110	231	37	21	162
Chicken Tinga with Green Chile Sauce	2580	1630	308	97	1.5	150	4050	202	25	24	152
Chicken Tinga with Sour Cream Sauce	3050	2060	355	133	3	315	3340	209	25	23	163
Seasoned Ground Beef with Chile con Carne	3720	2400	555	209	7	420	5110	236	46	20	208
Seasoned Ground Beef with Red Chile Sauce	3380	2060	360	144	4.5	410	5100	224	49	16	168
Shredded Beef with Red Chile Sauce	3000	1650	315	129	1.5	425	5360	216	49	20	185
Spinach & Mushroom with Sour Cream Sauce	2780	1550	173	80	3.5	315	5890	231	30	22	81
Tacos (By the dozen)											
Chicken Tinga - Crispy	2160	1300	271	79	1.5	85	580	205	22	26	139
Chicken Tinga - Soft	2570	1360	277	96	0.5	85	4160	273	23	23	158
Seasoned Ground Beef - Crispy	2690	1300	145	56	5	335	4560	201	31	22	145
Seasoned Ground Beef - Soft	3100	1360	151	73	4	335	8140	269	32	19	163
Shredded Beef - Crispy	2560	1230	136	49	0.5	345	4870	177	35	24	158
Shredded Beef - Soft	2680	970	108	54	1	345	8420	246	28	23	177
Specialty Tacos (By the dozen)											
Brisket with Jalapeño BBQ Sauce	4940	2230	247	102	2	525	14110	444	26	116	234
Southwest Chicken with Jalapeno BBQ Sauce	5340	2860	317	105	3.5	855	10480	389	24	93	231

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BY THE QUART	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Black Beans (By the quart)	1190	60	7	1.5	0	0	4040	216	69	3	64
Border Queso (By the quart)	970	600	67	38	2.5	180	5800	48	3	30	44
Cilantro Lime Rice (By the quart)	1340	130	15	3	0	0	4250	275	12	4	25
Guacamole (By the quart)	1340	1090	121	18	0	0	2880	77	56	8	17
Mexican Rice (By the quart)	1660	430	48	14	0	0	6320	281	11	4	26
Mixed Cheese (By the quart)	3400	2480	276	164	0	840	5460	26	0	5	214
Pico de Gallo (By the quart)	390	210	24	2	0	0	4200	43	12	25	8
Queso (By the quart)	1790	1170	130	81	6	390	8830	69	6	56	96
Queso Blanco (By the quart)	2400	1760	195	122	9	605	9020	49	0	36	124
Queso de Espinaca (By the quart)	1780	1290	143	86	6	425	7350	41	3	28	89
Refried Beans (By the quart)	1350	390	43	16	0	25	3360	178	41	4	63
Salsa (By the quart)	290	30	3	0.5	0	0	6450	64	13	42	11
Sour Cream (By the quart)	1920	1560	173	111	5	640	480	32	5	32	32
Drinks	CAL	FAT CAL	FAT (g)	SAT (g)	TRANS (g)	CHOL (mg)	SOD (mg)	CARB (g)	FIB (g)	SUG (g)	PROT (g)
Bottled Water	0	0	0	0	0	0	0	0	0	0	0
Flavored Iced Tea - Mango	580	0	0	0	0	0	35	145	0	138	0
Flavored Iced Tea - Peach	750	0	0	0	0	0	0	192	0	192	0
Iced Tea - Unsweet (By the gallon)	40	0	0	0	0	0	115	11	0	0	0
Lemonade - Strawberry (By the gallon)	2390	10	1	0	0	0	200	615	10	578	4
Minute Maid® Lemonade (By the gallon)	1770	0	0	0	0	0	230	464	0	448	0
Soft Drink - Coca-Cola® (By the case)	3360	0	0	0	0	0	1080	936	0	936	0
Soft Drink - Diet Coke® (By the case)	0	0	0	0	0	0	960	0	0	0	0
Soft Drink - Sprite® (By the case)	3540	15	2	0	0	0	800	898	0	795	4
FIESTA CANTEENS Values are listed values do not include tequila and triple sec.											
Mango Margarita Mix Canteen	1900	5	0.5	0	0	0	440	491	1	452	1
OTB Margarita Mix Canteen	1400	0	0	0	0	0	510	358	0	316	0
Strawberry Margarita Mix Canteen	1850	5	0.5	0	0	0	420	469	7	418	3

This information is based on standard product recipes and ingredients. The nutritional analysis encompasses data from our food suppliers, an independent laboratory commissioned by On The Border combined with nutrient data from the USDA and Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on FDA guidelines. Some menu items may not be available at all locations. .