








BOWLS



   **Grilled Chicken Rice Bowl** **690 cals**
black beans, corn salsa, sour cream & guacamole **\$10.35**


   **3 Sisters Bowl** **660 cals**
black beans, roasted squash, corn salsa, jalapeño & guacamole **\$10.15**

Made with your choice of herbed seasoned white rice (130 cals) or cilantro lime brown rice (140 cals)

BURRITOS

  **Chicken Tinga Burrito** **700 cals**
halal chicken, refried beans, pico de gallo, salsa roja, monterey jack cheese & sour cream **\$10.35**

  **3 Sisters Burrito** **680 cals**
refried beans, black beans, roasted squash, corn salsa, pico de gallo, jalapeño & guacamole **\$10.15**

 **Classic Beef Burrito** **740 cals**
halal beef, black beans, pico de gallo, corn salsa, monterey jack cheese, sour cream **\$10.35**

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

QUESADILLAS



Chicken Tinga Quesadilla

halal chicken tinga, marinated black beans, pico de gallo, monterey jack cheese & sour cream on the side

800 cals

\$10.60



Big Bean Quesadilla

marinated black beans, refried beans, pico de gallo, monterey jack cheese & sour cream on the side

800 cals

\$9.80



Chicken Mini Quesadilla (2)

halal chicken tinga, marinated black beans, monterey jack cheese & sour cream on the side

400 cals

\$7.50

ADD ONS

Pico De Gallo



15 cals

\$1.45

Guacamole



50 cals

\$1.80

Sour Cream



35 cals

\$1.80

Extra Protein



70-140 cals \$3.10

Extra Vegetables



20-35 cals \$1.45

Extra Cheese



50cals \$1.55

SAUCES

Cilantro Lime Vinaigrette



150 cals

Signature Burrito Sauce



35 cals

Please note: *Cross-contact with wheat allergens may occur during preparation.