<table>
<thead>
<tr>
<th>BOWLS</th>
<th></th>
<th>BURRITOS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grilled Chicken Bowl</strong></td>
<td>$7.47</td>
<td><strong>Mexican Beef Burrito</strong></td>
<td>$7.47</td>
</tr>
<tr>
<td>670 Cals</td>
<td></td>
<td>740 Cals</td>
<td></td>
</tr>
<tr>
<td>black beans, corn salsa,</td>
<td></td>
<td>halal beef, black beans, pico</td>
<td></td>
</tr>
<tr>
<td>sour cream, guacamole</td>
<td></td>
<td>de gallo, corn salsa, monterey</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>jack cheese, sour cream</td>
<td></td>
</tr>
<tr>
<td><strong>3 Sisters Bowl</strong></td>
<td>650 Cals</td>
<td><strong>Chicken Tinga Burrito</strong></td>
<td>700 Cals</td>
</tr>
<tr>
<td>black beans, roasted squash</td>
<td></td>
<td>halal chicken, refried beans,</td>
<td></td>
</tr>
<tr>
<td>, corn salsa, pico de</td>
<td></td>
<td>pico de gallo, salsa roja,</td>
<td></td>
</tr>
<tr>
<td>gallo, jalapeno, guacamole</td>
<td></td>
<td>monterey jack cheese, sour</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>cream</td>
<td></td>
</tr>
<tr>
<td>Made with your choice of</td>
<td></td>
<td><strong>3 Sisters Burrito</strong></td>
<td>670 Cals</td>
</tr>
<tr>
<td>herbed seasoned white rice</td>
<td></td>
<td>refried beans, black beans,</td>
<td></td>
</tr>
<tr>
<td>(130 Cals)</td>
<td></td>
<td>roasted squash, corn salsa,</td>
<td></td>
</tr>
<tr>
<td>or cilantro lime brown</td>
<td></td>
<td>pico de gallo, jalapeno,</td>
<td></td>
</tr>
<tr>
<td>rice (140 Cals)</td>
<td></td>
<td>guacamole</td>
<td></td>
</tr>
</tbody>
</table>

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**
  - $7.99
  - Halal chicken, marinated black beans, chicken tinga, pico de gallo, monterey jack cheese, sour cream on the side

- **Big Bean**
  - 830 Cals
  - Marinated black beans, refried beans, pico de gallo, monterey jack cheese, sour cream on the side

**SAUCES**

- **Cilantro Lime Vinaigrette**
  - 30 Cals

- **Signature Cocina Sauce**
  - 150 Cals

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**TACOS**

- **Chicken Tinga Tacos**
  - 340 Cals
  - Black beans, pico de gallo, jalapeno, sour cream, guacamole

- **3 Sisters Tacos**
  - 320 Cals
  - Refried beans, black beans, roasted squash, corn salsa, pico de gallo

**ADD ONS**

- **Pico de Gallo**
  - 40 Cals
  - $0.99

- **Guacamole**
  - 140 Cals
  - $1.59

- **Sour Cream**
  - 60 Cals
  - $0.99

- **Extra Protein**
  - 90-170 Cals
  - $2.29

- **Extra Vegetables**
  - 22-72 Cals
  - $0.99

- **Extra Cheese**
  - 25 Cals
  - $0.99

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