BOWLS

Grilled Chicken Bowl
black beans, corn salsa, sour cream, guacamole
$7.29 660 Cal

3 Sisters Bowl
black beans, roasted squash, corn salsa, jalapeno, guacamole
$7.29 620 Cal

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

BURRITOS

Mexican Beef Burrito
black beans, pico de gallo, corn salsa, monterey jack cheese, sour cream
$7.29 740 Cal

Chicken Tinga Burrito
refried beans, pico de gallo, salsa roja, monterey jack cheese, sour cream
$7.29 690 Cal

3 Sisters Burrito
refried beans, black beans, roasted squash, corn salsa, pico de gallo, jalapeno, guacamole
$7.29 660 Cal

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
  - 420 Cal
  - black beans, corn salsa, pico de gallo, monterey jack cheese, sour cream, guacamole

- **Big Bean**
  - 310 Cal
  - black beans, roasted squash, corn salsa, monterey jack cheese, guacamole

**SAUCES**

- **Cilantro lime vinaigrette**
  - 30 Cal

- **Signature Cocina sauce**
  - 150 Cal

**TACOS**

- **Chicken Tinga Tacos**
  - $5.29
  - 340 Cal
  - two soft white corn tortilla tacos
  - black beans, pico de gallo, jalapeno, sour cream, guacamole

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

**ADD ONS**

- pico de gallo
  - 40 Cal
  - $0.99

- guacamole
  - 140 Cal
  - $1.59

- sour cream
  - 60 Cal
  - $0.99

- extra protein
  - 90-170 Cal
  - $2.29

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