

## BOWLS



Grilled Chicken Rice Bowl  
black beans, corn salsa, sour cream & guacamole

690 cals  
\$10.00



3 Sisters Bowl  
black beans, roasted squash, corn salsa, jalapeño & guacamole

660 cals  
\$9.80

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

## BURRITOS



Chicken Tinga Burrito  
halal chicken, refried beans, pico de gallo, salsa roja, monterey jack cheese & sour cream

700 cals  
\$10.00



3 Sisters Burrito  
refried beans, black beans, roasted squash, corn salsa, pico de gallo, jalapeño & guacamole

680 cals  
\$9.80



Classic Beef Burrito  
halal beef, black beans, pico de gallo, corn salsa, monterey jack cheese, sour cream

740 cals  
\$10.00

***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

800 cals

\$10.20



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

## Big Bean Quesadilla

800 cals

\$9.50



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

# ADD ONS

Pico de Gallo  

15 cals

\$1.40

Guacamole  

50 cals

\$1.70

Sour Cream  

35 cals

\$1.70

Extra Protein 

70-140 cals

\$3.00

Extra Vegetables  

20-35 cals

\$1.40

Extra Cheese  

50 cals

\$1.50

# SAUCES



Cilantro Lime Vinaigrette

150 cals



Signature Burrito Sauce

35 cals

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