

BOWLS

\$7.99

Grilled Chicken Rice Bowl

690 cals

black beans, corn salsa, sour cream & guacamole

3 Sisters Bowl

820 cals

black beans, roasted squash, corn salsa, jalapeño & guacamole

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

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.

BURRITOS

\$7.99

Chicken Tinga Burrito

690 cals

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

3 Sisters Burrito

670 cals

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

Classic Beef Burrito

740 cals

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



QUESADILLAS



Chicken Tinga Quesadilla **\$8.55** **810 cals**

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



Big Bean Quesadilla **\$8.39** **820 cals**

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

ADD ONS

Pico de Gallo   **10 cals** **\$1.05**

Guacamole   **20 cals** **\$1.35**

Sour Cream   **10 cals** **\$1.35**

Extra Protein  **30-60 cals** **\$2.40**

Extra Vegetables   **5-40 cals** **\$1.05**

Extra Cheese   **20 cals** **\$1.15**

SAUCES

Cilantro Lime Vinaigrette **140 cals**

Signature Burrito Sauce **40 cals**



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