### BOWLS

<table>
<thead>
<tr>
<th>Bowl Name</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Rice Bowl</td>
<td>$7.99</td>
<td>690 cals</td>
</tr>
<tr>
<td>3 Sisters Bowl</td>
<td>$7.99</td>
<td>820 cals</td>
</tr>
</tbody>
</table>

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

### BURRITOS

<table>
<thead>
<tr>
<th>Burrito Name</th>
<th>Price</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Tinga Burrito</td>
<td>$7.99</td>
<td>690 cals</td>
</tr>
<tr>
<td>3 Sisters Burrito</td>
<td>$7.99</td>
<td>670 cals</td>
</tr>
<tr>
<td>Classic Beef Burrito</td>
<td>$7.99</td>
<td>740 cals</td>
</tr>
</tbody>
</table>

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

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

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*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**  
$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.*