

## BOWLS



NO GLUTEN\*



HALAL

### Grilled Chicken Rice Bowl

black beans, corn salsa, sour cream & guacamole

690 cals

\$9.10



NO GLUTEN\*



VEGAN

### 3 Sisters Bowl

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

660 cals

\$9.10

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

## BURRITOS



HALAL

### Chicken Tinga Burrito

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

700 cals

\$9.10



VEGAN

### 3 Sisters Burrito

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

680 cals

\$9.10



HALAL

### Classic Beef Burrito

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

740 cals

\$9.10

**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

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

\$9.60



## Big Bean Quesadilla

800 cals

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

\$9.10

# ADD ONS

Pico de Gallo  

15 cals \$1.30

Guacamole  

50 cals \$1.60

Sour Cream  

35 cals \$1.60

Extra Protein 

70-140 cals \$2.90

Extra Vegetables  

20-35 cals \$1.30

Extra Cheese  

50 cals \$1.40

# SAUCES



Cilantro Lime Vinaigrette

150 cals



Signature Burrito Sauce

35 cals

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