

Non-Alcoholic Drinks

	Serving Size	Total Calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Agua Fresca de Jamaica	1	170	0	0	0	0	0	20	41	0	39	0
Strawberry Cilantro Soda	1	170	0	0	0	0	0	50	44	1	40	0
Cucumber Cooler	1	100	0	0	0	0	0	15	28	0	24	0
Soft Drinks Coke	1	140	0	0	0	0	0	45	39	0	39	0
Soft Drinks Diet Coke	1	0	0	0	0	0	0	40	0	0	0	0
Soft Drinks Sprite	1	140	0	0	0	0	0	65	38	0	38	0
Soft Drinks Fresca	1	0	0	0	0	0	0	35	0	0	0	0
Soft Drinks Barq's Root Beer	1	160	0	0	0	0	0	70	45	0	45	0
Soft Drink Orange Fanta	1	160	0	0	0	0	0	60	45	0	44	0
Lemonade	1	170	0	0	0	0	0	20	43	0	42	0

Wine

Cabernet Sauvignon	1	120	0	0	0	0	0	0	4	0	0	0
Chardonnay	1	120	0	0	0	0	0	0	3	0	1	0

House-Made Sangrias

House-Made Sangria Red	1	260	0	0	0	0	0	15	38	1	31	1
House-Made Sangria White	1	250	0	0	0	0	0	10	38	1	31	1

Mixed Drinks

Mojito - Original	1	190	0	0	0	0	0	10	28	0	24	0
Mojito - Mango Chile	1	250	0	0	0	0	0	10	44	0	42	0
Mojito - Coco Pina	1	250	10	1	1	0	0	20	40	1	38	0
Mexico Mule	1	160	0	0	0	0	0	0	17	0	14	0

Patrón Perfect

Patrón Perfect	1	160	0	0	0	0	0	20	13	0	12	0
Muy Perfect	1	170	0	0	0	0	0	20	13	0	12	0

Well Drinks

Coke & Bourbon - Jim Beam 8 Star	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Tequila - Giro Silver	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Rum - Castillo	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Vodka - Gordon's	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Gin - Gilbey's	1	120	0	0	0	0	0	10	10	0	10	0

Call Drinks

Coke & Whiskey - Jack Daniels	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Whiskey - Jameson	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Cognac - Hennessy	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Vodka - Tito's	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Tequila - Patrón Silver	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Tequila - El Jimador Silver	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Rum - Bacardi Silver	1	120	0	0	0	0	0	10	10	0	10	0
Coke & Gin - Tanqueray	1	120	0	0	0	0	0	10	10	0	10	0
Shot of Tequila - El Jimador Silver	1	100	0	0	0	0	0	0	0	0	0	0

Margaritas

Signature Margarita	1	200	0	0	0	0	0	40	21	0	20	0
Signature Margarita Strawberry	1	130	0	0	0	0	0	30	20	0	18	0
Signature Margarita Raspberry	1	140	0	0	0	0	0	30	22	0	20	0
Signature Margarita Midori Melon	1	160	0	0	0	0	0	25	25	0	23	0
Signature Margarita Pomegranate	1	160	0	0	0	0	0	25	25	0	24	0
Signature Margarita Mango	1	150	0	0	0	0	0	25	23	0	22	0
Signature Margarita Blackberry	1	150	0	0	0	0	0	30	24	0	23	0
Cadillac Margarita	1	160	0	0	0	0	0	25	15	0	14	0
Cadillac Margarita - Midori Melon	1	200	0	0	0	0	0	20	24	0	22	0
Cadillac Margarita - Mango	1	190	0	0	0	0	0	20	22	0	21	0
Cadillac Margarita - Pomegranate	1	200	0	0	0	0	0	20	24	0	23	0
Cadillac Margarita - Blackberry	1	190	0	0	0	0	0	25	23	0	22	0
Skinny Cadillac Margarita	1	140	0	0	0	0	0	0	13	0	5	0
Skinny Cadillac Margarita - Pomegranate	1	140	0	0	0	0	0	0	14	0	5	0
Skinny Cadillac Margarita - Blackberry	1	140	0	0	0	0	0	0	14	0	5	0
Black Diamond Margarita	1	350	0	0	0	0	0	2190	49	3	38	1
Supercharged Cadillac Margarita	1	180	0	0	0	0	0	15	17	0	14	0
Spicy Mango Margarita	1	270	0	0	0	0	0	0	35	0	31	0
Strawberry Cadillac Margarita	1	170	0	0	0	0	0	25	18	0	17	0

Draft Beer

Modelo Pint	1	170	0	0	0	0	0	16	0	0	1	0
Modelo Schooner	1	230	0	0	0	0	0	22	0	0	2	0
Modelo Large Pilsner	1	260	0	0	0	0	0	26	0	0	2	0
Blue Moon Pint	1	200	0	0	0	0	0	14	0	13	3	0
Blue Moon Schooner	1	270	0	0	0	0	5	19	0	17	4	0
Blue Moon Large Pilsner	1	310	0	0	0	0	5	23	0	20	4	0
Coors Light Pint	1	120	0	0	0	0	0	15	6	0	0	1
Coors Light Schooner	1	180	0	0	0	0	0	20	9	0	0	1
Coors Light Large Pilsner	1	200	0	0	0	0	0	20	10	0	0	1
Das XX Ambar Pint	1	170	0	0	0	0	0	16	0	0	0	0
Das XX Ambar Schooner	1	230	0	0	0	0	0	22	0	0	0	0
Das XX Ambar Large Pilsner	1	270	0	0	0	0	0	26	0	0	0	0
Das XX Lager Pint	1	150	0	0	0	0	0	35	13	1	3	1
Das XX Lager Schooner	1	210	0	0	0	0	0	50	18	1	4	1
Das XX Lager Large Pilsner	1	240	0	0	0	0	0	60	21	1	5	1
Pacifico Pint	1	170	0	0	0	0	0	0	15	0	0	0
Pacifico Schooner	1	230	0	0	0	0	0	0	21	0	0	0
Pacifico Large Pilsner	1	270	0	0	0	0	0	0	24	0	0	0
Sam Adams Pint	1	200	0	0	0	0	0	15	23	0	0	0
Sam Adams Schooner	1	280	0	0	0	0	0	20	31	0	0	0
Sam Adams Large Pilsner	1	320	0	0	0	0	0	20	36	0	0	0

Bottled Beer

Heineken	1	140	0	0	0	0	0	10	11	1	2	2
Tecate	1	140	0	0	0	0	0	30	14	0	3	1
Pacifico	1	150	0	0	0	0	0	0	13	0	0	0
Modelo Negra	1	170	0	0	0	0	0	0	16	0	0	1
Modelo Especial	1	140	0	0	0	0	0	10	11	1	2	2
Montejo Mexican Lager	1	140	0	0	0	0	0	0	14	0	0	1
O'Douls	1	70	0	0	0	0	0	10	15	0	0	1
Miller Lite	1	100	0	0	0	0	0	0	3	0	0	1
Das XX Lager	1	130	0	0	0	0	0	30	11	1	3	1
Corona Extra	1	150	0	0	0	0	0	0	13	0	0	0
Corona Light	1	100	0	0	0	0	0	0	5	0	0	0
Coors Light	1	110	0	0	0	0	0	10	5	0	0	1
Cabotella Mexican Ale	1	150	45	5	3	0	0	35	5	0	4	1
Budweiser	1	150	0	0	0	0	0	10	11	0	0	1
Michelada	1	190	0	0	0	0	0	1540	21	0	6	2



EL TORITO

CANTINA AUTÉNTICA



Nutrition Guide

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

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EL TORITO
CANTINA AUTÉNTICA

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Nutrition Guide

Appetizers (Serves)

	Serving Size	Total Calories (cal)	Calories from fat (fat cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fresh Tableside Guacamole (4)	1	120	90	11	1.5	0	0	300	8	5	1	2
Mexico City Flautas (2)	1	580	350	39	11	0	55	700	38	3	13	19
Quesadilla (Cheese) (3)	1	190	110	12	7	0	25	350	12	1	1	7
Quesadilla (Steak) (3)	1	240	140	16	8	0	40	380	12	1	1	12
Quesadilla (Chicken) (3)	1	230	130	14	7	0	40	480	13	1	2	12
Nachos Supremos with Chicken (3)	1	430	230	26	11	0	60	860	29	6	2	21
Nacho Supremos with Steak (3)	1	420	230	26	10	0	50	880	28	5	2	20
Grande Fiesta Platter (4)	1	520	320	35	11	0	50	1030	34	4	3	18
Bacon-Wrapped Shrimp (2)	1	700	520	59	10	0.5	70	400	34	6	18	14
Ensaladas and Soups												
House-Made Tortilla Soup Cup	1	210	100	11	4	0	40	1110	12	3	3	15
House-Made Tortilla Soup Bowl	1	380	170	19	8	0	75	2220	23	5	6	31
Mexican Caesar	1	410	340	38	7	0	15	380	13	3	2	7
Tableside Fajita Salad (Steak)	1	910	660	75	16	0	70	1820	43	10	18	26
Tableside Fajita Salad (Chicken)	1	930	640	73	13	0	90	1840	44	10	20	34
Grilled Chicken Taco Salad (No Dressing)	1	890	440	49	10	0	75	1550	74	21	7	46
Grilled Chicken Mexican Caesar	1	740	550	62	10	0	85	1110	19	6	5	30
Ranch Dressing	1	120	110	12	2	0	10	135	1	0	1	1
Serrano Grape-Vinaigrette Dressing	1	110	90	11	1	0	0	135	4	0	4	0
Cilantro-Pepita Dressing	1	150	140	16	2.5	0	5	125	1	0	0	1
Flame-Grilled Fajitas (Serves)												
Grilled Steak Fajitas	1	850	380	43	18	0.5	110	2700	87	16	14	36
Grilled Chicken Fajitas	1	890	350	39	12	0.5	145	2730	87	16	17	50
Shrimp Fajitas	1	850	360	40	16	1	335	3510	76	12	15	50
Ignited Fajitas Supremas	1	1020	450	50	19	1	285	3590	78	12	16	61
Seafood Fajitas	1	1020	490	54	24	1	275	3900	83	13	17	53
Fajitas Duo (Minimum Cals)	1	850	380	43	18	0.5	110	2700	87	16	14	36
Fajitas Duo (Maximum Cals)	1	960	470	53	23	1	255	3160	86	17	15	39
Fajitas Combo	1	1090	500	56	24	0.5	130	3180	107	19	16	46
Family Style Fajitas (4)	1	970	590	66	23	0.5	155	2040	59	10	11	37
Fajita Tortillas - Corn	1	140	20	2	0	0	0	40	28	2	0	2
Fajita Tortillas - Flour	1	360	90	10	0	0	0	640	60	4	0	8
Specialties												
Carne Asada	1	1660	1010	113	34	2.5	225	4220	82	11	11	79
Carne Asada and Shrimp	1	1890	880	99	26	2.5	1220	7600	60	9	9	185
Pollo Fresco en Adobo	1	1040	470	52	21	0.5	270	3490	78	9	10	67
Carnitas Michoacán	1	1520	1140	128	51	1	105	2660	68	13	14	31
Chile Verde	1	1600	1180	133	54	1	110	3470	76	15	18	32
Combo Classics												
Create your Own Combo - 2 Item (Minimum Cals)	1	740	200	23	6	0	40	1560	108	16	9	28
Create your Own Combo - 2 Item (Maximum Cals)	1	1530	460	51	24	0	85	4390	206	23	12	39
Create your Own Combo - 3 Item (Minimum Cals)	1	900	240	27	7	0	55	1910	133	19	10	36
Create your Own Combo - 3 Item (Maximum Cals)	1	2080	620	69	34	0	120	6150	279	30	15	53
Macho Combo	1	1790	690	78	33	0.5	220	4140	201	26	13	66
Sizzling Combo	1	1120	540	60	24	1	255	3990	92	11	13	53
Baja Combo	1	1450	640	71	19	1	320	3870	137	11	24	67
Enchiladas												
Chicken and Sour Cream Enchiladas	1	830	310	35	10	0	60	1550	100	15	8	33
Spinach Enchiladas	1	820	340	38	16	0.5	55	2420	99	14	13	25
Shrimp Mazatlán Enchiladas	1	800	280	31	13	0	215	3400	87	9	11	42
Sizzling Enchilada with Steak	1	970	460	52	18	0.5	90	3150	97	12	12	34
Sizzling Enchilada with Chicken	1	1000	440	50	15	0.5	110	3170	97	12	14	42
Enchiladas Rancheras with Chicken	1	740	290	33	10	0	50	1850	87	15	9	27
Enchiladas Rancheras with Cheese	1	840	380	42	18	0	65	1830	85	14	9	31
Enchiladas Rancheras with Beef	1	740	290	33	10	0	35	1870	86	14	9	26

Tacos, Burritos & more!

Carne Asada Burrito	1	1410	680	76	23	1.5	125	3330	125	20	12	57
Burrito Especial Chicken	1	1020	370	41	15	0	95	2860	116	17	12	44
Burrito Especial Beef	1	1000	370	42	14	0	60	2920	113	15	12	40
Street Taco Trio with Steak	1	660	200	22	6	0	70	2960	78	9	9	39
Street Taco Trio with Chicken	1	760	260	30	8	0	115	2940	80	9	12	43
Street Taco Trio with Carnitas	1	1310	890	101	41	0.5	85	2700	78	9	11	26
Street Taco Trio with Fish	1	730	320	36	12	0	75	1960	74	9	10	27
Street Taco Trio with Shrimp	1	690	260	30	10	0	175	2580	75	9	30	30

Lunch (Serves)

Soup and Mexican Caesar Salad	1	610	430	48	11	0	50	1490	25	6	5	23
Dos Tacos with Chicken	1	670	260	29	9	0	80	2330	70	8	10	31
Dos Tacos with Carnitas	1	1030	680	77	31	0.5	60	2170	69	8	9	20
Dos Tacos with Steak	1	600	220	24	8	0	50	2340	69	8	8	29
Burrito Especial	1	830	350	39	17	0	65	3150	90	8	11	29
Fajitas Chiquitas Carnitas	1	900	590	66	27	0.5	60	1530	61	9	11	18
Fajitas Chiquitas Chicken	1	580	220	25	7	0	75	1670	62	9	12	28
Fajitas Chiquitas Steak	1	560	240	26	10	0	60	1650	62	9	10	21
Create Your Own Combo (1) (Minimum Cals)	1	670	260	29	7	0	25	1210	84	13	7	20
Create Your Own Combo (1) (Maximum Cals)	1	970	290	33	14	0	45	2620	133	17	9	26
Beef Crispy Taco and Chicken and Sour Cream Enchilada	1	640	180	20	7	0	50	1780	91	11	9	25
Mexican Caesar Salad and Quesadilla	1	650	480	53	14	0	40	840	28	5	2	17
Mexican Caesar Salad and Quesadilla with Steak	1	660	480	54	14	0	45	800	27	5	3	19
Mexican Caesar Salad and Quesadilla with Chicken	1	650	470	52	13	0	45	890	28	5	3	19

Sides

Vegetables	1	90	45	5	0.5	0	0	25	11	3	4	12
Sweet Corn Cake	1	70	35	4	2.5	0	10	50	9	0	5	1
Rice	1	130	15	1.5	0	0	0	570	24	1	1	3
Refried Beans	1	220	80	9	1.5	0	0	240	27	9	0	9
Frijoles de la Olla	1	70	5	0	0	0	0	370	13	4	1	4
Fresh Fruit	1	50	0	0	0	0	0	15	14	1	11	1

Kids Menu

Steak Fajitas with Corn Tortilla	1	470	210	23	10	0	65	1200	46	4	5	20
Steak Fajitas with Flour Tortilla	1	580	240	27	10	0	65	1500	62	5	5	23
Chicken Fajitas with Corn Tortilla	1	490	190	21	8	0	85	1220	46	4	6	27
Chicken Fajitas with Flour Tortilla	1	600	230	25	8	0	85	1520	62	5	6	30
Chicken Tenders with Ranch Dressing	1	510	450	51	8	0	20	380	7	0	1	7
Cheese Pizza	1	520	290	32	16	0	50	740	39	2	4	20
Pepperoni Pizza	1	600	350	39	20	0	70	1000	39	2	4	23
Mini Burgers	1	470	170	18	9	0	105	370	48	0	15	29
Cheese Quesadilla	1	510	280	31	16	0	75	830	32	2	0	25
Mini Corn dogs	1	830	540	60	13	0	65	1540	56	0	24	18

Kids Sides

Steamed Broccoli	1	40	5	0.5	0	0	0	10	8	4	2	5
Apple Sauce	1	50	0	0	0	0	0	0	13	1	11	0
Baby Carrots	1	40	0	0	0	0	0	90	9	3	5	1
Rice	1	110	15	1.5	0	0	0	490	21	0	1	2
Fruit	1	80	5	0	0	0	0	0	20	2	13	1
French Fries	1	270	190	21	3.5	0	0	350	20	2	1	2
Build Your Own Sundae	1	230	120	13	8	0	35	75	26	0	23	3

Kids Drinks

Apple Juice	1	110	0	0	0	0	0	20	28	0	25	0
Strawberry Lemonade	1	110	0	0	0	0	0	15	29	0	28	0
Raspberry Lemonade	1	110	0	0	0	0	15	29	0	28	0	0
Soft Drink Coke	1	90	0	0	0	0	0	30	26	0	26	0
Shirley Temple	1	190	0	0	0	0	0	45	48	0	40	0
Lemonade	1	110	0	0	0	0	0	20	29	0	28	0
Milk	1	100	20	2.5	1.5	0	10	105	12	0	12	8
Chocolate Milk	1	160	25	2.5	1	0	15	160	25	0	24	9

Happy Hour (Serves)

Papas Calientes	3	400	250	28	7	0	15	1000	31	3	10	4
Mini Tacos	2	270	180	20	4.5	0	15	490	16	4	2	7
Sliders	3	390	280	31	11	0	40	700	22	1	9	6
Queso Dip (4)	1	160	80	9	4.5	0	20	410	14	2	2	7
Esquites	1	390	200	22	12	0	50	700	42	2	17	8
Torta	1	600	270	30	10	1	40	1200	65	6	6	20
Sopes	1	220	100	12	4	0	20	800	21	3	2	8
Ceviche	1	190	80	10	1	0	30	900	21	4	4	8
Taquitos	1	720	510	57	10	0.5	25	1000	36	3	4	12

Sweet Endings (Serves)

Home-Style Flan (2)	1	360	110	12	7	0	150	120	55	0
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