



nutritional information

item	quantity	type	calories	calories from fat (fat cal)	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbohydrates (g)	dietary fiber (g)	sugars (g)	protein (g)
tacos													
<i>taco calories include tortilla (swap for bibb lettuce - 35 cal.)</i>													
Ahi Tuna Tatakó	1	taco	140	36	4	0	0	10	700	20	1	8	8
Baja Fish Taco	1	taco	150	72	8	1	0	15	310	16	1	1	5
Cauliflower Taco	1	taco	140	72	8	1	0	0	330	16	3	3	3
Crispy Oyster Taco	1	taco	130	72	8	1.5	0	10	230	13	1	1	2
Spiced Chicken Verde Taco	1	taco	100	36	4	0.5	0	15	560	12	1	1	4
Falafel Taco	1	taco	200	81	9	1	0	5	660	27	5	3	6
Duck Taco	1	taco	130	40.5	4.5	1	0	35	340	15	1	4	8
Spiced Lamb Kofta Taco	1	taco	130	54	6	2	0	35	290	14	1	1	9
Chile Lime Shrimp Taco	1	taco	110	36	4	0	0	55	330	13	0	2	7
Sesame Ribeye Taco	1	taco	130	36	4	1	0	25	730	13	0	2	12
Seared Chorizo Taco	1	taco	270	180	20	7	0	40	580	11	1	0	11
Pork Belly Taco	1	taco	300	153	17	4.5	0	25	470	31	1	20	10
Mushroom Taco	1	taco	140	72	8	2	0	10	150	13	0	1	4
not tacos													
Chicken Soup	1	Serving	280	70	7	2	0	115	950	22	8	5	33
Chopped Salad w/ dressing	1	Serving	480	370	42	8	0	20	1100	22	8	6	8
Duck Birria w/ broth	1	Serving	380	190	21	9	0	78	1239	19	4	1	28
Panucho	1	Serving	200	90	10	1.5	0	0	380	22	7	3	6
Gazpacho	1	Serving	240	160	18	2.5	0	0	1040	17	3	7	4
Plantains w/ sauce	1	Serving	680	360	40	6	0	25	490	77	5	49	3
Large Guacamole w/ 6 chips	1	Serving	570	300	33	4	0	0	820	67	16	3	8
Small Guacamole w/ 4 chips	1	Serving	340	170	18	2	0	0	440	42	9	1	5
Guac + Roja + Verde w/ 6 chips	1	Serving	520	210	24	2.5	0	0	1160	71	14	8	8
Salsa Verde w/ 4 chips	1	Serving	260	80	9	0.5	0	0	280	41	6	4	4
Salsa Roja w/ 4 chips	1	Serving	260	80	9	0.5	0	0	600	41	6	4	4
Pork Posole	1	Serving	260	150	17	6	0	50	980	10	1	3	17
Roasted Chicken, Whole	1	Serving	900	485	54	13	0	485	2570	5	0	2	100
Half Roasted Chicken w/ aji verde sauce	1	Serving	440	270	30	6	0	200	1190	3	0	1	41
Ceviche	1-2	Serving	340	110	14	1.5	0	75	1030	38	8	3	17
Tuna Poke w/ 3 chips	1	Serving	490	190	21	2.5	0	35	1120	50	9	14	27
Esquites	1	Serving	280	144	16	4.5	0	20	270	34	4	11	8
Grilled Corn	1	Serving	240	140	15	4.5	0	20	260	23	3	8	6
Fresh Pineapple w/ Lime	1	Serving	110	0	0	0	0	0	0	28	3	20	1



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Green Papaya Salad	1	Serving	70	0	0	0	0	0	0	16	0	12	1
Cucumber Salad	1	Serving	70	40	4.5	0.5	0	0	960	8	1	5	1
Stewed Beans (with sofrito)	1	Serving	240	54	6	1.5	0	15	720	33	13	2	13
Kimchi	1	Serving	45	0	0	0	0	0	1880	8	0	2	2
Street Corn Fritters w/ sauce	1	Serving	610	160	28.3	4	0	110	1980	28	4	5	22
rice bowls													
Sesame Ribeye	1	Serving	450	99	11	2	0	55	2040	60	3	5	28
Spiced Chicken Verde	1	Serving	370	99	11	1.5	0	30	1720	57	4	3	12
Chile Lime Shrimp	1	Serving	410	99	11	1.5	0	110	880	60	3	6	17
Seared Chorizo	1	Serving	710	369	41	14	0	75	2000	57	3	4	26
Mushroom	1	Serving	470	180	20	4.5	0	20	1130	61	3	4	13
Cauliflower	1	Serving	430	140	16	1.5	0	0	1560	66	7	6	10
Spiced Lamb Kofta	1	Serving	460	126	14	4.5	0	70	1420	63	5	5	23
Ahi Tuna	1	Serving	510	110	12	1.5	0	20	2620	80	5	23	21
Glazed Pork Belly	1	Serving	690	296	33	9	0	55	1560	77	4	23	23
Roasted Duck	1	Serving	460	107	12	2.5	0	90	1580	64	4	9	25
desserts													
Churros	1	Serving	600	306	34	14	0.5	115	170	66	3	34	10
Tres Leches	1	Serving	570	270	30	19	1	140	230	67	1	57	11
Key lime Pie in a Jar w/ whipped cream	1	Serving	680	250	28	15	0.5	285	300	94	1	83	16
FL - Duomo Gelato													
vanilla	1	Serving	180	110	7	4	0	-	-	26	0	-	5
chocolate	1	Serving	200	70	8	5	0	15	0	29	0	25	5
coconut	1	Serving	200	70	8	5	0	30	60	31	0	24	3
mint chocolate chip	1	Serving	250	110	12	8	0	30	70	32	-	25	3
w/ cone - vanilla	1	Serving	230	70	7	4	0	0	55	36	0	4	5
w/ cone - chocolate	1	Serving	250	80	9	5	0	15	60	40	0	29	5
w/ cone - coconut	1	Serving	250	80	8	5	0	30	120	41	0	27	4
w/ cone - mint chocolate chip	1	Serving	300	120	13	8	0	30	130	43	-	29	4
CO - Fior Gelato													
all flavors	1	Serving	220	81	9	4.5	0	30	130	23	-	20	5
w/ cone - all flavors	1	Serving	270	86	10	4.5	0	30	170	33	-	24	5
GA - Honeysuckle Gelato													
vanilla	1	Serving	210	80	9	4.5	0	35	95	28	0	25	4
dark chocolate	1	Serving	240	80	9	4.5	0	30	95	38	0	33	4



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fresh mint chip	1	Serving	240	80	11	7	0	30	70	18	0	29	4
toasted coconut	1	Serving	240	80	9	4.5	0	30	105	27	0	24	4
w/ cone - vanilla	1	Serving	260	80	9	4	0	30	135	34	0	26	5
w/ cone - dark chocolate	1	Serving	290	90	9	4.5	0	30	150	48	0	37	5
w/ cone - fresh mint chip	1	Serving	290	90	11	6	0	25	115	25	0	29	5
w/ cone - toasted coconut	1	Serving	290	85	9	4.5	0	30	160	37	0	28	5
NY, CT, VA, MA, TN, NC - Longford's													
coconut	1	Serving	250	110	12	0	0	50	-	26	-	26	-
vanilla	1	Serving	250	110	15	0	0	80	-	25	-	22	-
chocolate	1	Serving	270	140	15	0	0	45	-	27	-	23	4
fresh mint	1	Serving	290	140	16	0	0	75	-	32	-	25	5
w/ cone - coconut	1	Serving	300	110	13	0	0	50	55	37	-	30	1
w/ cone - vanilla	1	Serving	300	140	16	0	0	80	55	35	-	26	1
w/ cone - chocolate	1	Serving	320	140	16	0	0	45	55	38	-	27	5
w/ cone - fresh mint	1	Serving	340	150	16	0	0	75	55	42	-	28	5
WI - Villa Dolce Gelato													
vanilla	1	Serving	230	110	12	8	0	45	65	25	0	24	5
chocolate	1	Serving	250	100	11	6	0	85	50	35	0	31	6
coconut	1	Serving	240	110	12	8	0	40	55	29	0	29	3
mint chip	1	Serving	230	80	9	6	0	35	60	32	0	31	5
vanilla w/ cone	1	Serving	280	120	13	8	0	45	120	35	0	27	5
chocolate w/ cone	1	Serving	300	110	12	6	0	85	105	45	0	34	6
coconut w/ cone	1	Serving	290	120	13	8	0	40	115	40	0	33	4
mint chip w/ cone	1	Serving	280	90	10	6	0	35	120	42	0	34	5
misc													
Soft Corn Tortilla (ea.) - 4.5" Ole	1	Serving	35	0	0	0	0	0	14.5	9.5	0	0	0
Soft Flour Tortilla (ea.) - 6" Ole	1	Serving	90	25	2.5	1	0	0	150	14	1	0	2
Add On: 3 oz Rotisserie Chicken	1	Serving	140	64	7	2	0	95	440	0	0	0	20
kids menu													
Quesadilla Cheese	1	Serving	300	128	14	8	0	25	550	28	0	0	13
Quesadilla Beef	1	Serving	370	170	19	9	0	45	760	30	0	2	20
Quesadilla Chicken	1	Serving	370	160	18	9	0	75	770	28	0	0	23
Cucumbers	1	Serving	35	0	0	0	0	0	0	7	4	4	4
Steamed Broccoli	1	Serving	110	90	10	6	0	25	380	4	2	1	3



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Oaxaca Cheese Snack	1	Serving	270	190	21	14	0	60	0	60	0	0	21
Quesadilla Black Beans	1	Serving	330	130	14	8	0	25	550	35	2	0	15
Fruit Skewers	1	Serving	20	0.5	0	0	0	0	0	6	0	5	0
Roast Chicken	1	Serving	160	80	9	2.5	0	110	440	0	0	0	19
Small Tray - 1	1	Serving	630	300	34	18	0	115	910	54	2	9	29
Small Tray - 2	1	Serving	710	360	40	20	1	110	1110	59	2	12	33
Corn Wheels	1	Serving	150	111	12	7	0	30	25	11	1	4	2
Guacamole w/ 3 chips	1	Serving	300	164	18	2	0	0	490	33	9	1	4
Baja Fish Taco	1	Serving	110	40	4.5	0	0	10	190	14	1	0	4
Chicken Taco	1	Serving	160	70	8	3.5	0	60	340	10	1	0	14
Steak Taco	1	Serving	150	65	7	3.5	0	35	320	10	0	0	12

kids drinks

Sunset	1	7 oz	180	1.22	0	0	0	0	15	43	0	32	1
Nojito	1	7 oz	60	0	0	0	0	0	10	19	2	10	0
Limeade	1	7 oz	160	2	0.5	0	0	0	5	41	1	29	0
Clarico (peach)	1	7 oz	140	0	0	0	0	0	20	35	0	31	1
Clarico (mango)	1	7 oz	140	1	0	0	0	0	25	36	0	32	1
Clarico (guava)	1	7 oz	150	1	0	0	0	0	25	38	1	32	1
Clarico (pear)	1	7 oz	150	0	0	0	0	0	0	37	0	31	