



nutritional information

item	servings	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	35	4	0	0	10	700	20	1	8	8
Baja Fish Taco	1	taco	150	80	8	1	0	15	310	16	1	1	5
Cauliflower Taco	1	taco	140	70	8	1	0	0	330	16	3	3	3
Carne Asada Taco	1	taco	140	50	6	1.5	0	30	650	11	0	1	12
Chicken Chorizo Taco	1	taco	100	40	5	0.5	0	15	460	12	1	1	4
Crispy Brussels Sprouts Taco	1	taco	280	160	18	11	0	5	530	26	1	7	2
Duck Taco	1	taco	130	40	4.5	1	0	35	340	15	1	4	8
Shrimp Taco	1	taco	150	80	9	1	0	50	390	14	1	1	5
Miso Cod Taco	1	taco	130	45	5	1	0	25	500	16	0	6	8
Mojo Pork Taco	1	taco	180	80	9	3	0	40	560	13	1	2	12
Pork Belly Taco	1	taco	300	150	17	4.5	0	25	470	31	1	20	10
Portobello Taco	1	taco	110	50	6	2	0	10	200	12	1	1	3
not tacos													
Street Corn Fritters w/ sauce	1	Serving	610	160	28.3	4	0	110	1980	28	4	5	22
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 Quesadilla	1	Serving	340	180	21	5	0	55	900	25	4	3	16
Empanadas w/ sauce	1	Serving	300	80	9	1.5	0	45	950	40	5	3	16
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
Kale + Apple + Goat Cheese w/ dressing	1	Serving	290	180	20	7	0	25	460	20	2	14	8
Pork Posole	1	Serving	260	150	17	6	0	50	980	10	1	3	17
Roasted Chicken, Whole	1	Serving	730	320	36	10	0	485	2230	1	0	1	99
Half Roasted Chicken	1	Serving	360	160	18	5	0	245	1120	1	0	1	50
Tuna Poke w/ 3 chips	1	Serving	490	190	21	2.5	0	35	1120	50	9	14	27
rice bowls													
Carne Asada	1	Serving	510	165	19	3.5	0	55	2010	59	4	3	26
Crispy Brussels Sprouts	1	Serving	600	250	29	17	0	5	1470	76	5	11	7



nutritional information

item	serving size		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)
Chicken Chorizo	1	Serving	420	130	14	2	0	30	1720	61	6	3	13
Mojo Pork Carnitas	1	Serving	540	183	20	6	0	85	1990	62	4	6	29
Portobello	1	Serving	410	127	14	4	0	15	1270	60	4	5	11
Cauliflower	1	Serving	430	140	16	1.5	0	0	1560	66	7	6	10
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
sides													
Fresh Pineapple w/ Lime	1	Serving	110	0	0	0	0	0	0	28	3	20	1
Asian Slaw	1	Serving	50	17	2	0	0	0	380	9	1	7	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
Steamed Brown Rice	1	Serving	250	30	6	1.5	0	15	680	32	13	1	13
Grilled Corn	1	Serving	240	140	15	4.5	0	20	260	23	3	8	6
desserts													
Churros w/ chocolate sauce	1	Serving	630	370	41	19	0.5	130	190	56	5	23	9
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
TX - Botolino Gelato													
vanilla	1	Serving	220	102	11	-	-	-	-	32	-	-	5
chocolate	1	Serving	230	82	9	-	-	-	-	32	-	-	5
coconut	1	Serving	230	82	9	-	-	-	-	32	-	-	5
mint chocolate chip	1	Serving	230	82	9	-	-	-	-	32	-	-	5
w/ cone - vanilla	1	Serving	270	106	12	0	0	0	40	36	-	3	5
w/ cone - chocolate	1	Serving	280	86	10	-	-	-	40	42	-	3	6
w/ cone - coconut	1	Serving	280	86	10	-	-	-	40	42	-	3	6
w/ cone - mint chocolate chip	1	Serving	280	86	10	-	-	-	40	42	-	3	4
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



nutritional information

item	serving size		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)
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, TN - 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
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 - 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
NC - Sugar and Snow Gelato													
chocolate	1	Serving	210	60	7	3.5	0	45	75	30	0	24	4
vanilla	1	Serving	220	100	11	7	-	95	70	25	-	24	4
RAD mint chip	1	Serving	230	110	12	7	0	90	70	26	-	24	4
coconut	1	Serving	240	120	13	10	0	70	75	27	0	24	4
w/ cone - chocolate	1	Serving	260	60	6	3	0	40	120	36	0	25	5
w/ cone - vanilla	1	Serving	270	100	12	7	0	95	130	35	-	28	5
w/ cone - RAD mint chip	1	Serving	280	110	13	7	0	90	130	37	0	28	5
w/ cone - coconut	1	Serving	290	120	14	10	0	70	135	38	0	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



nutritional information

item	serving size		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)
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



nutritional information

item	serving size		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)
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
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	0