



# nutritional information

item	quantity	unit	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)
<b>tacos</b>													
<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	81	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
Chicken Chorizo Taco	1	taco	100	36	4	0.5	0	15	560	12	1	1	4
Falafel Taco	1	taco	200	80	9	1	0	5	660	27	5	3	6
Duck Taco	1	taco	130	40	4.5	1	0	35	340	15	1	4	8
Grilled Corvina Taco	1	taco	100	27	3	0	0	20	500	12	0	2	7
Sesame Ribeye Taco	1	taco	130	36	4	1	0	25	730	13	0	2	12
Mojo Pork Taco	1	taco	180	81	9	3	0	40	560	13	1	2	12
Pork Belly Taco	1	taco	300	153	17	4.5	0	25	470	31	1	20	10
Portobello Taco	1	taco	110	54	6	2	0	10	200	12	1	1	3
<b>not tacos</b>													
Ceviche (Corvina)	1	Serving	390	171	19	2.5	0	50	700	38	8	3	21
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	460	240	27	4	0	45	1210	40	5	2	16
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	230	110	13	2	0	50	1110	13	5	4	19
Tuna Poke w/ 3 chips	1	Serving	490	190	21	2.5	0	35	1120	50	9	14	27
<b>rice bowls</b>													
Sesame Ribeye	1	Serving	450	99	11	2	0	55	2040	60	3	5	28



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Crispy Brussels Sprouts	1	Serving	410	99	11	3	0	0	1360	70	8	9	9
Chicken Chorizo	1	Serving	370	99	11	1.5	0	30	1720	57	4	3	12
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
<b>sides</b>													
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
Kimchi	1	Serving	45	0	0	0	0	0	1880	8	0	2	2
Grilled Corn	1	Serving	240	140	15	4.5	0	20	260	23	3	8	6
<b>desserts</b>													
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
<b>TX - Botolino Gelato</b>													
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
<b>FL - Duomo Gelato</b>													
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



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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
<b>CO - Fior Gelato</b>													
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
<b>GA, TN - Honeysuckle Gelato</b>													
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
<b>NY, CT, VA, MA - Longford's</b>													
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
<b>NC - Sugar and Snow Gelato</b>													
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
<b>WI - Villa Dolce Gelato</b>													
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



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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
<b>misc</b>													
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