

# HEALTHY DINING GUIDE

All items are under 650 calories. All data is for individual entrées and does not include chips & salsa.

## BURRITOS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein	Points
J/R Bean & Cheese	440	110	12g	5g	10mg	1280mg	107g	5g	5g	18g	9
J/R BRC	440	100	13g	4.5g	10mg	920mg	69g	7g	3g	15g	10
J/R Border Chicken	500	150	17g	8g	65mg	930mg	60g	2g	4g	27g	13
J/R Border Steak	530	190	22g	9g	65mg	910mg	60g	2g	4g	25g	14
J/R Chicken Grande	560	190	22g	8g	65mg	870mg	62g	9g	5g	30g	14
J/R Steak Grande	590	230	26g	10g	65mg	860mg	62g	9g	5g	27g	14
J/R CX Caesar Wrap	510	220	24g	8g	70mg	1120mg	41g	5g	4g	31g	10
J/R Carn. Caesar Wrap	530	260	29g	10g	65mg	1230mg	44g	5g	5g	24g	13
J/R Carne Asada	480	150	16g	7g	45mg	1100mg	60g	6g	6g	22g	14
Vegetarian	570	190	21g	8g	15mg	1430mg	80g	13g	7g	21g	11
J/R Vegetarian	410	120	14g	5g	10mg	1130mg	62g	9g	8g	15g	8

## SALADS

J/R Caesar Chicken	500	320	35g	9g	110mg	980mg	8g	1g	2g	37g	11
J/R Caesar Steak	630	460	51g	12g	110mg	1070mg	12g	3g	5g	31g	13
J/R Balsamic Caesar CX	620	410	45g	9g	120mg	1250mg	12g	3g	5g	40g	13
J/R Balsamic Caesar Stk.	650	470	52g	12g	110mg	1220mg	12g	3g	5g	31g	15
J/R Border Chicken	530	210	23g	3.5g	90mg	650mg	41g	5g	7g	38g	8
J/R Border Steak	550	270	30g	6g	80mg	620mg	41g	5g	7g	29g	10
J/R Border Carnitas	530	260	29g	6g	60mg	820mg	45g	5g	9g	21g	12

## QUESADILLAS

J/R Cheese	620	340	38g	24g	100mg	1120mg	45g	4g	5g	25g	11
J/R Veggie Grande	570	250	27g	16g	70mg	850mg	51g	6g	4g	26g	14

## TACOS

Border Chicken	230	60	6g	2g	45mg	160mg	24g	3g	1g	17g	5
Border Steak	250	90	10g	3.5g	45mg	150mg	24g	3g	1g	15g	5
Chicken Mexico City	190	30	3g	0g	35mg	55mg	24g	3g	1g	16g	3
Steak Mexico City	210	60	7g	2g	35mg	45mg	24g	3g	1g	13g	4
Veggie	220	50	6g	2g	5mg	210mg	35g	6g	1g	8g	5
Whitefish	300	100	12g	2.5g	50mg	470mg	26g	3g	3g	21g	5

## BOWLS

Border Chicken	520	180	21g	8g	100mg	670mg	47g	6g	6g	37g	12
Border Steak	570	250	28g	11g	100mg	650mg	47g	6g	6g	32g	13
Border Veggie	440	200	22g	8g	30mg	610mg	53g	9g	7g	11g	10

## KIDS MEALS

	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbs	Dietary Fiber	Sugars	Protein	Points
Chicken Taco w/ Rice	542	214	24g	5g	43mg	1090mg	65g	4g	4g	18g	12
Chicken Taco w/ Beans	348	86	10g	3g	12mg	865mg	51g	9g	3g	16g	7
Chicken Taco w/ Chips	391	188	21g	5g	52mg	794mg	35g	3g	2g	17g	9
Steak Taco w/ Rice	624	255	28g	6g	30mg	1251mg	75g	5g	4g	18g	14
Steak Taco w/ Beans	560	210	23g	6g	30mg	1143mg	65g	10g	3g	25g	12
Steak Taco w/ Chips	395	203	23g	6g	30mg	821mg	35g	3g	2g	15g	9
Carnitas Taco w/ Chips	439	227	25g	7g	46mg	840mg	35g	3g	2g	19g	10
Cheese Ques. w/ Chips	511	249	28g	10g	39mg	1004mg	51g	4g	2g	17g	12
Steak Ques. w/ Chips	590	298	33g	11g	57mg	1115mg	51g	4g	2g	24g	14

## CHIPS/SALSAS/SIDES

Small Chips + Border	210	90	10g	1g	0mg	230mg	27g	3g	1g	3g	4
Small Chips + Pico	180	70	8g	1g	0mg	65mg	27g	3g	1g	3g	3
Small Chips + Verde	190	70	8g	1g	0mg	330mg	28g	3g	1g	3g	3
1 oz. Border	22	14	2g	0g	0mg	155mg	2g	0g	1g	0g	1
2 oz. Pico de Gallo	11	1	0g	0g	0mg	194mg	2g	0g	1g	0g	0
1 oz. Verde	6	1	0g	0g	0mg	116mg	1g	0g	1g	0g	0
1 oz. Chipotle	8	1	0g	0g	0mg	110mg	2g	0g	1g	0g	0
1 oz. Fuego	27	16	2g	0g	0mg	168mg	3g	1g	1g	0g	1
2 oz. Guacamole	88	60	7g	1g	0mg	180mg	7g	4g	2g	1g	2
3.4 oz. Mexican Rice	173	39	4g	0g	0mg	234mg	30g	1g	1g	3g	4
4 oz. Pinto Beans	98	3	0g	0g	0mg	232mg	18g	7g	1g	6g	1
4 oz. Black Beans	120	5	1g	0g	0mg	234mg	22g	5g	1g	8g	2
2.5 oz. Chicken	106	41	5g	1g	62mg	109mg	0g	0g	0g	15g	3
2.5 oz. Steak	158	97	11g	3g	37mg	221mg	1g	0g	0g	14g	4
3 oz. Carnitas	247	144	16g	6g	68mg	258mg	2g	0g	1g	23g	6
1 oz. Blanca	47	33	4g	1g	4mg	159mg	3g	0g	1g	1g	1
2 oz. Sabrosa	12	2	0g	0g	0mg	176mg	3g	0g	1g	1g	1
1 oz. Sauce Shrimp	57	51	6g	0g	0mg	137mg	2g	0g	1g	0g	2
1.5 oz. Salad Mix	7	1	0g	0g	0mg	4mg	1g	1g	0g	0g	0
1.5 oz. Carn. Onions	71	63	7g	1g	0mg	371mg	3g	1g	0g	0g	2
1 oz. Chipotle Puree	29	13	1g	0g	0mg	145mg	4g	1g	3g	0g	0
1 oz. Veggie Mix	8	0	0g	0g	0mg	1mg	2g	1g	1g	1g	0
6 oz. Tortilla Mix	110	40	4g	0g	21mg	588mg	12g	3g	3g	7g	2