

Mad Mex		Portion	Calories	Cals. From F	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vit. A	Vit. C	Calcium	Iron
BRUNCH ENTREES																	
Avocado Toast			740	410	48g	9g	0g	340mg	1270mg	58g	13g	8g	24g	40%	60%	20%	30%
Breakfast Cornbread			850	300	36g	21g	0g	185mg	430mg	127g	3g	89g	12g	30%	10%	20%	15%
Breakfast Cemitá			1750	1270	146g	37g	0g	390mg	1670mg	56g	16g	9g	70g	120%	100%	80%	50%
Carnitas and Fried Egg																	
Tacos			1080	470	53g	19g	0g	535mg	3840mg	71g	8g	12g	78g	100%	90%	35%	45%
Chilaquiles			1700	780	88g	24g	0g	490mg	2450mg	182g	8g	10g	41g	45%	50%	35%	20%
Granola w/ Yogurt			670	80	9g	3g	0g	10mg	300mg	130g	7g	70g	24g	35%	4%	15%	25%
Granola w/ Yogurt			670	80	9g	3g	0g	10mg	300mg	130g	7g	70g	24g	35%	4%	15%	25%
Harvest Hash			1120	830	95g	24g	0g	495mg	3210mg	47g	12g	6g	27g	240%	80%	25%	30%
Harvest Hash (Soy Sausage)			980	670	78g	17g	0g	455mg	3110mg	50g	14g	6g	29g	250%	80%	25%	40%
Huevos Rancheros			690	320	35g	16g	0g	500mg	1520mg	67g	25g	10g	44g	120%	60%	70%	40%
Eggchilada			1340	600	70g	41g	0g	630mg	2860mg	126g	27g	25g	66g	270%	80%	120%	60%
King Migas Wrap			1870	860	98g	34g	0g	510mg	2910mg	195g	15g	6g	60g	690%	180%	100%	90%
Mad Chicken Waffle			1500	750	85g	30g	0g	280mg	2850mg	144g	3g	84g	47g	45%	15%	60%	30%
Mad Waffle		Bacon	1340	750	86g	33g	0g	220mg	1060mg	130g	2g	71g	20g	25%	10%	50%	20%
Mad Waffle		Chorizo	1240	640	73g	29g	0g	220mg	730mg	130g	3g	71g	23g	25%	15%	50%	25%
Mad Mex Huevo Burrito		Chicken	1130	510	59g	27g	0g	585mg	2900mg	81g	5g	7g	67g	60%	60%	70%	40%
Mad Mex Huevo Burrito		Portobella	1090	560	64g	27g	0g	500mg	2760mg	88g	7g	12g	43g	50%	50%	70%	40%
Mad Mex Huevo Burrito		Shrimp	1050	490	57g	26g	0g	635mg	3090mg	80g	4g	7g	55g	50%	50%	70%	40%
Mad Mex Huevo Burrito		Steak	1110	520	60g	28g	0g	560mg	2710mg	80g	4g	7g	61g	50%	50%	70%	45%
Mad Mex Huevo Burrito		Tofu	1140	540	62g	27g	0g	500mg	2680mg	89g	6g	12g	56g	50%	50%	70%	60%
Masa Pancakes		Bacon	1050	460	51g	23g	0g	145mg	1220mg	135g	2g	105g	19g	15%	6%	35%	10%
Masa Pancakes		Chorizo	860	300	33g	12g	1.5g	110mg	840mg	135g	2g	105g	13g	40%	4%	30%	10%
Masa Pancakes		Soy Sausage	870	240	27g	12g	0g	95mg	1170mg	140g	4g	105g	30g	15%	4%	30%	25%
Steak and Egg Quesadilla			890	460	51g	27g	0g	570mg	1750mg	46g	4g	5g	55g	50%	35%	60%	35%
Spring Veggie Saute			740	390	44g	11g	0g	370mg	2000mg	53g	13g	16g	35g	110%	110%	25%	40%
BRUNCH SIDES																	
Chorizo (2)			140	110	12g	0g	1.5g	20mg	220mg	2g	0g	0g	4g	25%	0%	0%	0%
Mad Mex Homefries			170	80	9g	1.5g	0g	0mg	650mg	21g	2g	3g	2g	8%	30%	2%	8%
One Egg			80	45	5g	1.5g	0g	215mg	70mg	1g	0g	0g	6g	8%	0%	2%	4%
Pepper Bacon (2)			380	320	36g	13g	0g	65mg	710mg	<1g	0g	0g	13g	0%	2%	2%	0%
Soy Sausage (2)			250	80	9g	0g	0g	5mg	800mg	20g	7g	1g	22g	0%	10%	20%	20%
Revised January, 2020																	