

Mad Mex Seasonal Items		Portion	Cals.										Vit. A	Vit. C	Calcium	Iron	
			Calories	From Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars					Protein
APPETIZERS																	
Calamari		600	350	40g	10g	0g	455mg	1000mg	29g	1g	6g	33g		20%	30%	15%	20%
Grilled Corn Salsa	5oz	90	20	2.5g	0g	0g	0mg	710mg	16g	3g	6g	3g		15%	45%	2%	4%
Crab Dip w/ Chips		1460	650	72g	22g	0g	175mg	2300mg	161g	< 1g	4g	37g		30%	50%	20%	20%
Grilled Corn of the Cob		700	560	63g	18g	0g	125mg	1040mg	18g	2g	6g	4g		4%	10%	45%	4%
Shoshito Peppers with Spicy Ranch		900	570	64g	11g	0g	45mg	1260mg	68g	41g	44g	23g		180%	710%	10%	40%
ENTREES																	
Avocado and Corn Fritter Tacos		1100	540	64g	11g	0g	80mg	1260mg	127g	29g	7g	26g		30%	70%	20%	45%
Avocado Quesadilla		920	470	54g	25g	0g	120mg	1890mg	77g	22g	7g	44g		60%	50%	110%	30%
Barbecue Burrito		1770	680	80g	30g	0g	370mg	6770mg	184g	23g	67g	93g		270%	130%	50%	80%
Buffalo Chicken Empanadas		1290	860	98g	24g	0g	130mg	1960mg	69g	4g	10g	37g		20%	4%	10%	20%
Sriracha Fried Chicken Tacos		920	290	32g	14g	0g	150mg	3420mg	108g	17g	15g	57g		45%	30%	45%	40%
Cheeseburger Empanadas		910	460	53g	16g	0g	90mg	1300mg	71g	4g	11g	40g		80%	15%	20%	35%
Chicken Gyro Tacos		1180	450	52g	27g	0g	270mg	3310mg	108g	20g	15g	84g		110%	90%	80%	50%
Chico Pobre Fish Wrap		1620	920	104g	19g	0g	155mg	3210mg	125g	10g	5g	51g		40%	45%	30%	40%
Chile Crab Quesadilla		620	290	31g	18g	0g	155mg	1430mg	43g	4g	5g	39g		80%	260%	80%	30%
Cinco Eggchilada		1340	600	70g	41g	0g	630mg	2860mg	126g	27g	25g	66g		270%	80%	120%	60%
Cinco Breakfast Burrito	Chicken	1110	510	58g	26g	0g	585mg	2870mg	78g	4g	7g	67g		60%	60%	70%	40%
Cinco Breakfast Burrito	Portabella	1070	550	63g	27g	0g	500mg	2720mg	85g	7g	12g	42g		50%	50%	60%	40%
Cinco Breakfast Burrito	Shrimp	1030	490	56g	26g	0g	635mg	3050mg	78g	4g	7g	55g		50%	50%	70%	40%
Cinco Breakfast Burrito	Steak	1090	520	59g	28g	0g	560mg	2670mg	77g	4g	7g	60g		50%	50%	70%	45%
Cinco Breakfast Burrito	Tofu	1120	540	62g	27g	0g	500mg	2640mg	86g	5g	12g	56g		50%	50%	70%	60%
Cinco Breakfast Cornbread		850	300	36g	21g	0g	185mg	430mg	127g	3g	89g	12g		30%	10%	20%	15%
Crabby Gus Quesadilla		820	450	49g	25g	0g	185mg	2170mg	46g	6g	6g	47g		60%	45%	100%	35%
Corned Beef Tacos		1600	880	99g	32g	0g	220mg	5140mg	119g	14g	19g	67g		25%	45%	90%	50%
Crispy Pork Belly Tacos		1470	920	103g	37g	0g	120mg	2910mg	111g	17g	24g	33g		70%	100%	40%	40%
Crispy Shrimp Tacos		840	250	29g	7g	0g	290mg	2570mg	106g	17g	7g	52g		40%	90%	40%	35%
Fall/Winter Vegetable Tacos		720	270	31g	9g	0g	15mg	1670mg	104g	19g	7g	22g		210%	160%	30%	40%
Feastivus Burrito		1450	570	67g	28g	0g	265mg	5820mg	134g	22g	18g	89g		500%	130%	35%	70%
The Gobblerito		1490	540	61g	32g	0g	180mg	4140mg	195g	14g	49g	50g		30%	35%	25%	60%
Boneless General Zaragoza Wings		970	310	36g	6g	0g	120mg	2930mg	100g	10g	59g	67g		15%	60%	20%	50%
General Zaragoza Wings	small	800	430	49g	13g	0g	175mg	1210mg	38g	5g	29g	52g		10%	30%	10%	30%
General Zaragoza Wings	large	1590	870	98g	25g	0g	350mg	2410mg	75g	9g	59g	104g		25%	60%	20%	50%
Grilled Chicken and Corn Burrito		900	260	30g	15g	0g	130mg	2200mg	102g	7g	15g	57g		120%	180%	45%	40%
Grilled Chicken and Corn Enchilada		950	280	33g	17g	0g	160mg	2480mg	112g	28g	22g	71g		160%	220%	70%	50%
Grilled Chicken & Roasted Vegetable Burrito		1040	340	39g	12g	0g	165mg	2700mg	103g	8g	11g	72g		230%	180%	30%	50%
Grilled Chicken & Roasted Vegetable Quesadilla		990	460	52g	21g	0g	225mg	2280mg	52g	7g	6g	79g		180%	150%	60%	30%
Grilled Chicken and Asparagus Burrito		1200	380	43g	17g	0g	195mg	2750mg	122g	18g	25g	84g		310%	110%	50%	70%
Grilled Chicken and Asparagus Quesadilla		1050	430	49g	20g	0g	225mg	2140mg	71g	16g	19g	84g		250%	80%	60%	50%
Grilled Chicken and Asparagus Wrap		1520	840	98g	25g	0g	190mg	2450mg	105g	13g	5g	65g		50%	70%	70%	50%
Grilled Hatch Chili Burrito		850	250	29g	15g	0g	130mg	1910mg	93g	6g	13g	55g		120%	280%	45%	40%
Grilled Chicken & Hatch Chili Enchilada		900	270	31g	17g	0g	160mg	2190mg	103g	27g	19g	69g		160%	310%	70%	50%
Grilled Steak and Asparagus Mushroom Burrito		1220	660	76g	32g	0g	175mg	3260mg	96g	15g	12g	45g		50%	40%	30%	50%
Grilled Street Corn Steak Tacos		1470	860	100g	20g	0g	250mg	1920mg	95g	17g	6g	65g		70%	130%	35%	80%
Jerked Drumstyx		1120	690	77g	19g	0g	310mg	7380mg	35g	1g	2g	81g		60%	35%	110%	50%
Korean BBQ Boneless Wings	small	560	120	13g	2g	0g	150mg	1360mg	49g	6g	22g	50g		15%	80%	20%	30%
Korean BBQ Burrito	Chicken	1270	420	49g	9g	0g	150mg	3100mg	127g	16g	32g	87g		90%	190%	40%	60%
Korean BBQ Burrito	Portabella	1190	500	58g	10g	0g	0mg	2850mg	140g	20g	40g	44g		80%	180%	40%	60%
Korean BBQ Burrito	Shrimp	1130	390	45g	8g	0g	240mg	3430mg	126g	16g	31g	66g		90%	180%	50%	50%
Korean BBQ Burrito	Steak	1290	470	55g	10g	0g	0mg	2710mg	141g	18g	40g	68g		90%	190%	50%	90%
Korean BBQ Quesadilla	Chicken	870	310	34g	15g	0g	210mg	2720mg	61g	7g	19g	77g		90%	150%	70%	40%
Korean BBQ Quesadilla	Portabella	800	380	43g	16g	0g	60mg	2460mg	75g	11g	27g	35g		90%	140%	70%	40%
Korean BBQ Quesadilla	Shrimp	740	270	30g	14g	0g	300mg	3040mg	61g	6g	19g	56g		90%	140%	90%	30%
Korean BBQ Quesadilla	Steak	880	340	38g	17g	0g	190mg	2440mg	60g	6g	19g	71g		90%	140%	80%	50%
Korean BBQ Quesadilla	Tofu	890	360	40g	15g	0g	60mg	2320mg	76g	8g	27g	58g		90%	140%	90%	70%
Korean BBQ Wings	small	600	340	38g	11g	0g	175mg	650mg	17g	3g	11g	44g		10%	40%	8%	20%
Korean BBQ Wings	large	1200	690	77g	22g	0g	350mg	1290mg	34g	5g	22g	88g		20%	80%	15%	40%
Lepreconed Beef Burrito		1230	620	69g	37g	0g	235mg	4650mg	109g	11g	19g	42g		230%	100%	30%	40%
Massaman Curry Corn Burrito, Chicken	Chicken	1340	440	51g	12g	0g	120mg	2580mg	156g	19g	17g	75g		230%	80%	30%	80%
Massaman Curry Corn Burrito, Portabella	Portabella	1230	460	54g	12g	0g	0mg	2250mg	163g	21g	22g	39g		220%	80%	30%	80%
Massaman Curry Corn Burrito, Steak	Shrimp	1410	490	56g	15g	0g	125mg	2460mg	155g	18g	17g	79g		220%	70%	35%	100%
Mole Verde Burrito		1010	390	44g	18g	0g	140mg	2350mg	94g	7g	5g	59g		70%	80%	60%	50%
Plataversary Empanadas		990	480	55g	19g	0g	65mg	1290mg	105g	18g	14g	38g		35%	160%	50%	40%
Plataversary Burrito		1520	680	77g	33g	0g	340mg	3740mg	98g	12g	14g	110g		80%	70%	80%	50%
Plataversary Quesadilla		860	510	58g	21g	0g	210mg	1630mg	42g	6g	2g	44g		30%	25%	80%	25%
Plataversary Taco Wraps		1410	840	96g	27g	0g	70mg	1730mg	125g	21g	31g	29g		70%	80%	25%	45%
Pollo En Pipian Quesadilla		780	370	41g	20g	0g	170mg	1740mg	45g	5g	4g	56g		110%	80%	70%	25%
Pork and Grilled Pineapple Tacos		1140	420	48g	20g	0g	225mg	2560mg	115g	18g	23g	74g		50%	170%	30%	50%
Reuben Ques O'Dilla		1220	680	76g	28g	0g	200mg	3990mg	81g	9g	18g	60g		25%	40%	90%	50%
Roasted Fall Vegetable Taco		1220	710	82g	18g	0g	55mg	2170mg	110g	22g	8g	33g		200%	170%	35%	60%
Roasted Vegetable Tacos 2019		1480	870	102g	27g	0g	0mg	2950mg	134g	31g	11g	35g		45%	480%	35%	60%
Samosa Empanadas		1050	560	64g	26g	0g	85mg	1420mg	109g	6g	26g	15g		20%	20%	4%	20%
Shishitorito		1030	360	42g	14g	0g	110mg	2090mg	110g	16g	20g	54g		220%	270%	30%	50%
Shishitodilla		690	300	33g	15g	0g	140mg	1450mg	46g	6g	6g	50g		70%	110%	45%	25%
Southwestern Bacon Cheeseburger Tacos		1720	1020	116g	34g	1.5g	195mg	3030mg	108g	15g	6g	68g		45%	60%	40%	50%
Southwestern Roasted Carrot Quesadilla		1080	680	77g	28g	0g	120mg	2560mg	65g	10g	13g	38g		430%	200%		