

Mad Mex Seasonal Items Nutritional Information

	notes	Calories	Calcs. From Fat	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugars	Protein	Vit. A	Vit. C	Calcium	Iron
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 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%
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	2290mg	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%	60%
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	59g	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%
Leprecorned 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	129g	21g	37g	29g	70%	80%	29%	45%
Pollo En Pipian Quesadilla		780	370	41g	20g	0g	170mg	1740mg	45g	5g	4g	56g	110%	80%	70%	25%
Reuben Ques O'Dilla		1220	680	76g	28g	0g	200mg	3990mg	81g	9g	18g	60g	25%	40%	90%	50%

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Roasted Fall Vegetable Taco		1220	710	82g	18g	0g	55mg	2170mg	110g	22g	8g	33g	200%	170%	35%	60%
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%
Wing-o Nachos		2820	1590	179g	70g	0g	435mg	7730mg	166g	2g	7g	125g	140%	50%	190%	20%
SALADS																
Caesar Salad	Chicken	880	360	40g	9g	0g	130mg	1540mg	74g	12g	9g	60g	420%	45%	35%	35%
Caesar Salad	Portabella	830	430	48g	10g	0g	10mg	1360mg	85g	16g	16g	26g	420%	40%	35%	35%
Caesar Salad	Shrimp	950	410	45g	12g	0g	135mg	1420mg	72g	12g	9g	64g	420%	35%	35%	45%
Kale Salad w/ Fall Veg/Winter Veg Mix		1180	890	103g	17g	0g	15mg	1190mg	59g	18g	6g	25g	700%	740%	70%	35%
Chopper Salad with Fall Veg - Chicken		450	190	22g	3.5g	0g	70mg	840mg	38g	12g	8g	32g	370%	210%	15%	25%
Chopper Salad with Fall Veg - Portabella		510	280	33g	5g	0g	0mg	940mg	50g	16g	16g	16g	370%	210%	15%	25%
Chopper Salad with Fall Veg - Steak		470	210	24g	4.5g	0g	65mg	740mg	38g	12g	8g	31g	370%	200%	15%	30%
Chopper Salad with Fall Veg/Winter Veg Mix		320	150	18g	2.5g	0g	0mg	480mg	38g	12g	8g	9g	370%	200%	15%	20%
SOUPS																
Corn Chowder	cup	250	130	15g	9g	0g	0mg	800mg	29g	3g	8g	5g	15%	25%	4%	15%
Corn Chowder	bowl	360	180	21g	13g	0g	0mg	1220mg	44g	5g	12g	7g	20%	40%	6%	20%
Thai Corn Chowder	cup	280	60	7g	2g	0g	0mg	840mg	53g	6g	7g	6g	15%	20%	4%	10%
Thai Corn Chowder	bowl	460	100	11g	3g	0g	0mg	1210mg	87g	9g	11g	11g	20%	25%	6%	15%