

Create Your Own - Use the information below to "create" a menu item based on your dietary needs.

Menu Item	Serving Size	Calories	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vita A % DV	Vita C % DV	Calcium % DV	Iron % DV
Base - Start with any one of the following:															
14" Flour Tortilla	1 ea.	400	110	12	2.5	0	680	62	7	2	10	0%	0%	6%	10%
12" Flour Tortilla	1 ea.	310	100	11	3	0	640	47	1	1	7	0%	0%	2%	2%
6" Flour Tortilla	1 ea.	100	25	2.5	0.5	0	240	15	0.5	0.3	2	0%	0%	6%	4%
12" Wheat Tortilla	1 ea.	260	70	8	1	0	730	27	17	0	19	0%	0%	6%	10%
Yellow Rice	3.5 ozs	140	10	1	0	0	310	29	0	0	2.6	2%	0%	0%	0%
Shredded Lettuce	5 ozs.	20	0	0	0	0	10	3	2	1	2	70%	60%	6%	8%
Additions - then add any five of the following in creating your own salad, burrito or quesadilla. For tacos, cut portion below by half.															
Grilled Chicken	2 ozs.	110	25	3	0.5	50	330	0	0	0	19	0%	0%	2%	4%
Grilled Steak	2 ozs.	130	50	6	2.5	55	320	0	0	0	18	0%	0%	0%	2%
Fire Roasted Veggies	2 ozs.	15	0	0	0	0	0	3	0.5	2	1	10%	40%	0%	2%
Grilled Shrimp	2 ozs.	45	10	1.5	0	65	490	0	0	0	8	0%	0%	4%	0%
Grilled Tofu	2 ozs.	60	30	3	1	0	5	2	0	0	7	0%	0%	2%	4%
Black Beans	4 ozs.	90	15	1.5	0	0	440	16	3	2	5	15%	4%	4%	6%
Ranch Beans	4 ozs.	160	50	6	2.5	10	400	19	5	1	8	0%	4%	4%	10%
Guacamole	2 ozs.	100	80	9	1.5	0	95	4	3	1	1	6%	15%	2%	4%
Pico de Gallo	2 ozs.	15	0	0	0	0	125	3	0.5	2	1	6%	15%	0%	2%
Mild Tomato Salsa	2 ozs.	15	0	0	0	0	220	3	0.5	3	1	10%	25%	6%	2%
Black Bean Salsa	2 ozs.	45	0	0	0	0	25	8	2	1	2	10%	25%	2%	2%
Rattlesnake Salsa	2 ozs.	20	0	0	0	0	95	4	1	2	1	4%	35%	0%	2%
Cheese (Burrito)	.5 oz.	60	40	4.5	3	15	90	1	0	0	4	4%	0%	10%	0%
Cheese (Quesadilla)	2 ozs.	220	160	18	12	50	360	2	0	0	14	10%	0%	40%	0%
Fajita Peppers	2 ozs.	20	0	0	0	0	90	4	1	2	1	15%	70%	0%	2%
HC Chili	4 ozs.	45	0	0	0	0	440	9	2	2	2	10%	15%	6%	4%
Fresh Pepper Mix	2 ozs.	20	0	0	0	0	0	4	1	2	1	25%	110%	0%	2%
Tortilla Soup	4 ozs.	100	30	3.5	0.5	0	630	15	2	7	2	25%	60%	8%	4%
Poblano Dressing	1 oz.	150	140	16	2.5	10	35	2	1	0	1	10%	4%	0%	2%
BBQ Sauce	1 oz.	50	5	0.5	0	0	100	12	0	11	0	4%	6%	0%	2%
Diced Jalapeños	.5 oz.	5	0	0	0	0	0	1	0	1	0	2%	60%	0%	0%
3 Pepper Cream Sauce	2 ozs.	100	80	9	5	30	260	4	0	1	1	6%	2%	2%	0%
Sweet Pepper Slaw	2 ozs.	60	40	4.5	0.5	5	15	4	1	2	1	10%	50%	2%	2%
Lime Cilantro Vin.	2 ozs.	220	220	24	1.5	0	110	2	0	1	0	0%	8%	0%	0%
Queso Dip	2 ozs.	120	80	9	5	30	540	4	0	3	7	6%	4%	20%	2%
Sour Cream	2 ozs.	110	90	9	7	40	85	4	0	4	4	8%	0%	8%	0%
Diced Onions	1 oz.	10	0	0	0	0	0	2	1	2	0	0%	4%	0%	0%
Honey Dijon (fat free)	2 ozs.	80	0	0	0	0	470	17	2	11	2	0%	0%	4%	0%
Bleu Cheese	2 ozs.	300	290	32	7	30	590	2	0	2	2	0%	0%	8%	0%
Creamy Caesar	2 ozs.	360	340	38	6	30	770	2	0	0	2	0%	4%	0%	0%
Lite Raspberry Vin.	2 ozs.	150	100	11	2	0	240	6	0	4	0	0%	0%	0%	0%
Lite Ranch Dressing	2 ozs.	150	120	13	2	10	640	4	0	2	2	0%	0%	4%	0%
Buffalo Wing Sauce	1 oz.	45	40	4.5	0.5	0	530	1	0	0	0	6%	20%	0%	0%
Fruit Salsa	2 ozs.	60	15	1.5	0	0	0	12	0	10	1	8%	2%	2%	2%
Sliced Olives	1 oz.	50	40	4.5	0	0	190	1	0	0	0	0%	0%	0%	0%
Tortilla Chips	10 ea.	140	60	7	1	0	85	19	1	0	2	0%	0%	2%	2%
Bacon	.5 oz.	70	45	5	2	10	240	0	0	0	4	0%	0%	0%	0%
Corn	1 oz.	25	0	0	0	0	60	5	0.5	1	1	0%	4%	0%	2%
Yellow Rice	3.5 ozs	140	10	1	0	0	310	29	0	0	2.6	2%	0%	0%	0%

Lettuce	.5 oz.	0	0	0	0	0	0	0	0	0	0	8%	6%	0%	0%
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Menu Item	Calories	Cal from Fat	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)	Vita A % DV	Vita C % DV	Calcium % DV	Iron % DV	
Starters & Dips															
Buffalo Ch. Dippers	730	440	49	14	105	1650	35	2	3	32	10%	8%	40%	10%	
Shrimp Dippers	440	140	15	7	90	1680	50	4	12	22	8%	8%	40%	8%	
Queso Dip	930	470	52	20	85	1960	87	5	11	28	15%	10%	70%	15%	
Guacamole & Chips	760	410	45	8	0	530	83	10	2	11	15%	25%	10%	20%	
Mucho Nachos	780	390	43	19	70	1240	75	7	8	26	50%	50%	60%	20%	
Mucho Nachos w/ FRV	800	390	44	19	70	1240	78	8	9	26	60%	90%	60%	20%	
Mucho Nachos w/ Chicken	880	410	45	20	125	1290	75	7	8	45	50%	50%	60%	10%	
Mucho Nachos w/ Steak	910	440	49	21	125	1560	75	7	8	44	50%	50%	60%	20%	
Mucho Nachos w/ Tofu	840	420	46	20	70	1250	77	7	8	33	50%	50%	60%	25%	
Mucho Nachos w/ Shrimp	820	400	44	19	135	1720	75	7	8	34	50%	50%	60%	20%	
Burritos															
Full Moon w/ FRV	560	200	22	8	25	1260	74	8	6	20	35%	70%	20%	15%	
Full Moon w/ Chicken	650	210	24	9	75	1300	71	7	4	39	25%	30%	20%	20%	
Full Moon w/ Steak	670	240	27	11	80	1580	71	7	4	38	25%	30%	20%	15%	
Full Moon w/ Tofu	610	220	25	10	25	1260	73	7	4	27	25%	30%	20%	20%	
Full Moon w/ Shrimp	580	200	22	8	85	1740	71	7	4	28	25%	30%	20%	15%	
Harvest Wrap w/ FRV	550	270	30	8	15	1150	59	6	5	14	40%	80%	15%	10%	
Harvest Wrap w/ Chicken	630	280	32	8	60	1190	56	5	4	31	30%	40%	15%	10%	
Harvest Wrap w/ Steak	650	310	35	10	65	1440	56	5	4	30	30%	40%	15%	10%	
Harvest Wrap w/ Tofu	600	290	33	9	15	1150	58	5	4	20	30%	40%	20%	15%	
Harvest Wrap w/ Shrimp	570	270	29	8	80	1330	56	5	4	21	25%	30%	20%	8%	
Black Bean w/ FRV	670	210	23	9	30	1530	98	5	7	21	35%	45%	20%	10%	
Black Bean w/ Chicken	760	230	25	10	85	1570	95	5	6	39	25%	6%	20%	15%	
Black Bean w/ Steak	790	260	29	12	85	1850	96	5	6	39	25%	6%	20%	10%	
Black Bean w/ Tofu	720	240	26	11	30	1530	97	5	6	28	25%	6%	25%	15%	
Black Bean w/ Shrimp	700	220	24	9	95	2010	95	5	6	29	25%	6%	25%	8%	
Adobe Moon w/ FRV	660	240	27	8	15	1160	91	6	5	18	35%	80%	15%	10%	
Adobe Moon w/ Chicken	750	260	29	8	65	1200	88	5	3	37	25%	35%	15%	10%	
Adobe Moon w/ Steak	780	290	32	10	70	1480	88	5	3	36	25%	35%	15%	10%	
Adobe Moon w/ Tofu	710	270	29	9	15	1160	90	5	3	25	25%	35%	20%	15%	
Adobe Moon w/ Shrimp	690	250	27	8	75	1640	88	5	3	26	25%	35%	20%	8%	
2X Black Bean w/ FRV	1040	320	35	15	65	2010	149	13	13	33	50%	80%	40%	20%	
2X Black Bean w/ Chicken	1200	360	40	17	155	2600	143	11	10	66	35%	8%	40%	25%	
2X Black Bean w/ Steak	1240	400	44	19	160	2600	143	11	10	65	35%	8%	40%	20%	
2X Black Bean w/ Tofu	1130	360	41	18	65	2020	146	11	10	47	35%	8%	45%	25%	
2X Black Bean w/ Shrimp	1090	330	36	15	190	2970	143	11	10	48	35%	8%	45%	15%	
2X Ranch Bean w/ FRV	1100	350	39	18	75	1960	152	14	12	36	35%	80%	40%	20%	
2X Ranch Bean w/ Chicken	1270	390	44	19	170	2560	147	12	9	69	20%	8%	40%	25%	
2X Ranch Bean w/ Steak	1310	440	48	22	170	2550	147	12	9	69	20%	8%	40%	20%	
2X Ranch Bean w/ Tofu	1200	400	44	20	75	1970	150	12	9	50	20%	8%	45%	30%	
2X Ranch Bean w/ Shrimp	1160	360	40	17	200	2930	146	12	9	52	20%	8%	45%	20%	
Get it Smothered	120	80	9	5	30	540	4	0	3	7	6%	4%	20%	2%	
Tacos															
Classic Taco w/ FRV	150	45	5	2	5	350	19	2	2	5	15%	35%	10%	6%	
Classic Taco w/ Chicken	180	50	6	2.5	30	370	17	2	1	13	10%	15%	10%	8%	

Classic Taco w/ Steak	200	70	7	3	30	500	17	2	1	13	10%	15%	10%	6%
Classic Taco w/ Tofu	170	60	6	2.5	5	350	18	2	1	8	10%	15%	15%	8%
Classic Taco w/ Shrimp	160	50	5	2	40	590	17	2	1	8	10%	15%	15%	6%
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Fajita Taco w/ FRV	150	50	5	2	5	390	20	2	3	5	15%	60%	10%	6%
Fajita Taco w/ Chicken	200	60	6	2.5	35	420	19	2	2	14	10%	45%	10%	8%
Fajita Taco w/ Steak	210	70	8	3	35	560	19	2	2	14	10%	45%	10%	6%
Fajita Taco w/ Tofu	180	60	7	2.5	5	400	20	2	2	8	10%	45%	15%	8%
Fajita Taco w/ Shrimp	170	50	6	2	40	630	19	2	2	9	10%	45%	15%	6%
Acapulco Shrimp Taco	180	70	8	1	35	500	19	2	2	7	10%	50%	10%	6%
Fajita Platter w/ FRV	990	390	43	18	75	2050	116	14	32	32	70%	200%	50%	30%
Fajita Platter w/ Shrimp	1030	400	44	18	170	2770	111	12	11	43	50%	140%	60%	30%
Fajita Platter w/ Chicken	1120	420	46	19	155	2110	111	12	11	60	50%	140%	60%	35%
Fajita Platter w/ Steak	1160	460	51	22	155	2530	112	12	11	58	50%	140%	50%	30%
Fajita Platter w/ Tofu	1070	430	48	20	75	2050	114	12	11	43	50%	140%	60%	35%
Quesadillas														
Baja Quesadilla w/ FRV	570	270	30	15	50	1130	56	3	5	23	40%	70%	45%	6%
Baja Quesadilla w/ Chicken	650	290	32	16	105	1180	53	2	3	42	35%	25%	45%	8%
Baja Quesadilla w/ Steak	670	310	35	17	100	1430	53	2	3	39	35%	25%	45%	6%
Baja Quesadilla w/ Tofu	610	290	33	16	50	1140	55	2	3	30	35%	25%	45%	10%
Baja Quesadilla w/ Shrimp	590	270	30	15	115	1620	53	2	3	31	35%	25%	50%	8%
Coyote Quesadilla w/ FRV	570	270	30	15	50	1100	56	3	5	22	35%	110%	45%	4%
Coyote Ques. w/ Chicken	660	290	32	16	105	1140	53	2	3	41	30%	70%	45%	6%
Coyote Ques. w/ Steak	680	320	35	17	105	1420	53	2	3	40	30%	70%	45%	4%
Coyote Ques. w/ Tofu	620	300	33	16	50	1100	55	2	3	29	30%	70%	45%	8%
Coyote Ques. w/ Shrimp	600	280	31	15	115	1580	53	2	3	30	30%	70%	45%	4%
Sonoran Quesadilla	660	350	39	17	50	1220	60	5	6	24	50%	140%	45%	8%
2X Quesadilla Plain	960	520	58	31	120	1560	71	9	5	41	35%	15%	90%	10%
2X Quesadilla w/ FRV	990	530	59	31	120	1560	77	10	9	42	50%	90%	90%	15%
2X Quesadilla w/ Chicken	1150	570	63	32	215	2160	72	9	5	75	35%	15%	90%	20%
2X Quesadilla w/ Steak	1190	610	68	35	220	2150	72	9	5	75	35%	15%	90%	15%
2X Quesadilla w/ Tofu	1080	580	64	33	120	1570	75	9	9	56	35%	15%	100%	20%
2X Quesadilla w/ Shrimp	1040	540	60	31	245	2530	71	9	5	58	35%	15%	100%	10%
Texas BBQ Quesadilla	780	330	37	19	125	1320	71	3	19	44	25%	30%	50%	10%
Enchiladas														
Mesa Enchilada w/ FRV	660	240	26	13	55	1730	84	7	6	20	45%	50%	40%	15%
Mesa Enchilada w/ Chicken	750	250	28	13	105	1780	81	6	4	39	35%	15%	40%	20%
Mesa Enchilada w/ Steak	770	280	31	15	105	2030	81	6	4	36	35%	15%	40%	15%
Mesa Enchilada w/ Tofu	710	260	29	14	55	1740	83	6	4	27	35%	15%	40%	15%
Mesa Enchilada w/ Shrimp	690	240	27	13	115	2210	81	6	4	28	35%	15%	45%	15%
Queso Enchilada w/ FRV	680	230	26	12	55	2020	84	7	8	26	45%	50%	60%	20%
Queso Enchilada w/ Chicken	770	250	28	13	105	2060	81	6	7	45	35%	15%	60%	20%
Queso Enchilada w/ Steak	790	270	30	14	105	2310	81	6	7	42	35%	15%	60%	20%
Queso Enchilada w/ Tofu	730	260	29	13	55	2020	83	6	7	33	35%	15%	60%	20%
Queso Enchilada w/ Shrimp	710	240	26	12	115	2500	81	6	7	34	35%	15%	60%	15%
Shrimp Enchilada	830	260	28	13	110	2620	110	4	10	32	45%	80%	60%	15%
Rice Bowls														
Black Bean RB w/ FRV	690	140	15	6	30	1720	117	6	8	22	50%	45%	20%	10%
Black Bean RB w/ Chicken	770	150	17	7	85	1770	114	5	6	41	40%	8%	20%	15%

Black Bean RB w/ Steak	860	190	21	9	85	2180	126	5	6	41	40%	8%	20%	10%
Black Bean RB w/ Tofu	790	170	18	8	30	1860	128	5	6	30	40%	8%	25%	15%
Black Bean RB w/ Shrimp	770	150	16	6	95	2340	126	5	6	31	40%	8%	25%	10%
Chili RB w/ FRV	620	110	13	6	30	1720	107	5	8	19	40%	70%	25%	8%
Chili RB w/ Chicken	710	130	15	7	85	1770	104	4	6	37	30%	25%	25%	10%
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Chili RB w/ Steak	730	160	18	9	85	2040	104	4	6	36	30%	25%	25%	8%
Chili RB w/ Tofu	660	140	15	8	30	1730	105	4	6	25	30%	25%	25%	10%
Chili RB w/ Shrimp	640	120	13	6	95	2200	104	4	6	26	30%	25%	30%	6%
Shrimp Creole Rice Bowl	770	150	17	4.5	175	2960	112	3	13	43	70%	190%	25%	10%
Soups and Salads														
TG Salad Plain	170	100	11	3	15	500	11	3	3	7	80%	70%	15%	10%
TG Salad w/ Chicken	270	120	13	3.5	65	550	11	3	3	26	80%	70%	15%	15%
Lime Cilantro Vin. – 2 ozs.	220	220	24	1.5	0	110	2	0	1	0	0%	8%	0%	0%
Caesar Salad Plain	530	430	47	10	50	1220	11	3	2	15	90%	110%	40%	10%
Caesar Salad w/ Chicken	630	450	50	10	100	1270	11	3	2	34	90%	110%	40%	15%
Caesar Salad w/ Shrimp	570	440	48	10	110	1700	11	3	2	23	90%	110%	45%	10%
Taco Salad w/ FRV	390	210	23	9	35	860	36	9	9	14	110%	140%	30%	20%
Taco Salad w/ Chicken	480	230	25	9	85	900	33	9	8	32	100%	100%	30%	25%
Taco Salad w/ Steak	500	260	29	11	85	1180	33	9	8	32	100%	100%	30%	20%
Taco Salad w/ Tofu	440	230	26	10	35	860	35	9	8	21	100%	100%	30%	25%
Taco Salad w/ Shrimp	420	220	24	9	95	1340	33	9	8	22	100%	100%	35%	20%
Chopped Chicken Salad	470	280	31	6	85	580	23	5	11	29	120%	190%	15%	20%
HC Veggie Chili (bowl)	160	30	3.5	2.5	10	1160	24	6	7	8	30%	45%	25%	10%
HC Veggie Chili (cup)	110	30	3.5	2.5	10	720	15	4	4	6	20%	25%	15%	6%
HC Chili w/ Steak (bowl)	220	50	6	3.5	35	1310	24	6	7	16	30%	45%	25%	10%
HC Chili w/ Steak (cup)	170	50	6	3.5	35	870	15	4	4	14	20%	25%	15%	8%
Black Bean Soup (bowl)	270	70	8	2.5	10	1160	41	9	7	14	45%	10%	15%	15%
Black Bean Soup (cup)	180	50	6	2.5	10	720	25	5	4	9	30%	8%	15%	10%
Butternut Squash (bowl)	270	30	15	10	55	780	32	2	13	3	80%	10%	8%	6%
Butternut Squash (cup)	170	90	10	6	35	480	19	1	8	2	50%	6%	6%	4%
Bell Pepper Bisque (bowl)	320	170	19	10	80	1070	25	5	12	13	50%	90%	15%	25%
Bell Pepper Bisque (cup)	220	110	12	7	60	720	16	3	8	11	35%	60%	8%	15%
Kids Meal														
Kidsadilla	500	200	22	13	50	860	57	0.5	11	19	15%	10%	40%	0%
Kids Nachos	590	210	23	9	25	660	79	3	11	14	8%	10%	25%	6%
Bean & Cheese Burrito	710	200	22	8	25	1440	108	6	13	21	6%	15%	15%	10%
Kids Taco w/ Chicken	380	60	7	2.5	35	680	58	2	12	17	15%	25%	10%	8%
Black Board Specials														
Alamo Burger	810	460	51	18	160	730	35	3	8	51	20%	20%	20%	30%
Shrimp Dippers	440	140	15	7	90	1680	50	4	12	22	8%	8%	40%	8%
Cobb Wrap	900	470	52	14	95	2330	63	6	8	42	50%	150%	20%	15%
Low Carb/High Fiber														
Steak Fajita Burrito	670	330	37	10	100	1430	36	19	3	49	35%	110%	20%	15%
Chicken Fajita Burrito	640	290	32	7	95	1050	36	19	3	50	40%	110%	20%	20%
BLT Quesadilla	750	430	48	16	85	2130	36	19	2	46	45%	30%	50%	15%
Low Fat														
Chicken Taco Salad	240	70	7	4	70	670	18	5	7	26	90%	90%	15%	20%

Veggie Burrito	540	100	12	1	0	1740	81	23	8	28	50%	130%	10%	20%
Low Fat Chicken Taco	160	35	3.5	1	25	330	17	1	1	12	6%	10%	6%	6%