

## NUTRITIONAL & ALLERGEN INFO

✓ = contains allergen

	Quantity	Calories (kcal)	Protein (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Dairy*	Gluten	MSG	Soy*	Corn
<b>TORTILLAS</b>																
6" Flour Tortilla	1 ea	150	3	22	<1	0	5	1	0	0	0	*	✓		*	
12" Flour Tortilla	1 ea	420	8	62	2	1	14	3	0	0	0	*	✓		*	
6" Wheat Flour Tortilla	1 ea	170	4	24	0	2	6	1.5	0	0	0	*	✓		*	
12" Wheat Flour Tortilla	1 ea	430	10	62	1	4	15	3.5	0	0	0	*	✓		*	
6" Corn Tortilla	1 ea	70	1	13	1	0	1	0	0	0	140		✓		*	✓
Chips	2 oz	232	3	23	1	0	14	3	0	0	14				*	✓
Tostada Shell	1 ea	100	1	9	<1	0	6	1	0	0	10				*	✓
Tortilla Strips	1 oz	150	2	14	<1	0	9	2	0	0	10				*	✓
<b>BEANS &amp; RICE</b>																
Black Beans	4.5 oz	140	8	21	7	0	2	0.5	0	0	230		✓		✓	
Pinto Beans	4.5 oz	150	8	23	8	1	2.5	0.5	0	0	230		✓		✓	
Cilantro Lime Rice	4 oz	130	3	24	<1	1	2.5	0.5	0.5	0	380	✓	✓		✓	
<b>MEATS</b>																
Fire-Grilled Steak	2 oz	120	14	0	0	0	6	2	0.5	40	45				*	
Fire-Grilled Chicken	2 oz	100	17	1	0	0	2	0.5	0	45	40				*	
Sweet Pork Barbacoa	2 oz	120	5	8	0	8	7	2	1	20	160	✓	✓		✓	✓
Chile Roast Beef	2 oz	100	10	1	0	1	5	2	0.5	25	80	✓	✓		✓	
Shredded Chicken Breast	2 oz	90	8	<1	0	0	6	1.5	0.5	25	300	✓	✓		✓	
Mahi Mahi	2 oz	70	13	<1	0	0	0.5	0	0	50	60				*	
Fire-Grilled Salmon	2 oz	90	14	<1	0	0	2.5	0.5	0	35	50				*	
Coconut Shrimp	4 ea	230	11	31	1	4	6	3	0	30	140	✓	✓		*	✓
Cancun Shrimp	5 ea	260	13	37	1	5	6	2	0	30	170	✓	✓		*	✓
<b>SAUCES &amp; DRESSINGS</b>																
Green Chile Sauce (Med)	2 oz	40	1	9	0	5	0	0	0	0	450	✓	✓		✓	✓
Red Chile Sauce (Hot)	2 oz	40	1	5	0	1	2	0	0	0	330	✓	✓		✓	
Tomatillo Sauce (Mild)	2 oz	30	1	4	<1	1	1	0	0	0	250	✓	✓		✓	✓
Mango Salsa	2 oz	80	0	11	0	9	3	0.5	0.5	0	190	✓	✓		✓	✓
Cilantro Lime Dressing	1.5 oz	170	<1	11	<1	7	14	2	0	0	125		✓		✓	✓
Creamy Tomatillo Dressing	1.5 oz	130	2	13	1	4	7	1.5	0	5	480	✓	✓	✓	✓	✓
<b>TOPPINGS &amp; SPECIALS</b>																
Salsa Fresca	1 oz	20	<1	4	<1	2	0	0	0	0	5					
Queso	3 oz	100	5	6	<1	3	7	5	0	17.5	510	✓	✓		✓	✓
Guacamole	1 oz	50	<1	2	2	0	4	0.5	0	0	180					
Lettuce	1 oz	5	0	<1	<1	0	0	0	0	0	0					
Cabbage	1 oz	10	0	2	<1	1	0	0	0	0	5					
Cilantro	.01 oz	0	0	0	0	0	0	0	0	0	0					
Pico de Gallo	1 oz	5	0	<1	0	0	0	0	0	0	40				*	
Lime Wedge	1 ea	0	0	0	0	0	0	0	0	0	0					
Sour Cream	1 oz	60	1	1	0	1	5	3.5	0	20	10	✓				
Cotija Cheese	.25 oz	30	2	0	0	0	2	1	0	5	110	✓				

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<b>TOPPINGS &amp; SPECIALS</b>																
Jack Cheese	2 oz	210	12	0	0	0	18	10	0	60	390	✓				
Cheddar Jack Blend	2 oz	100	6	1	0	0	8	6	0	25	170	✓				
Fideo (no meat included)	12 oz	770	22	56	6	14	48	18	4.5	50	4330	✓	✓		✓	✓
Chile Relleno	1 ea	360	14	12	1	7	29	12	0	105	370	✓	✓		✓	✓
Tamales, Chicken	1 ea	400	14	24	3	0	27	6	0	40	890	✓	✓		✓	✓
Tamales, Pork	1 ea	430	18	26	3	2	27	7	0	35	920	✓	✓		✓	✓
Tortilla Soup (no tortilla)	1 ea	340	19	21	2	4	19	9	0	<5	1330	✓	✓		✓	✓
<b>DESSERTS &amp; DRINKS</b>																
Chocolate Flan	1/2	360	7	44	0	42	18	11	1	120	130	✓				
Coconut Flan	1/2	410	8	48	1	47	21	14	0	125	110	✓				
Tres Leches	1/2	430	10	56	0	47	18	11	0	195	195	✓	✓			
Fresh Lime Pie	1/2	435	10	69	0	65	14	7	1	80	195	✓	✓		*	
Southwest Limeade	3 floz	50	0	12	0	12	0	0	0	0	<5					
Mint Limeade	3 floz	80	0	21	0	19	0	0	0	0	10					
Strawberry Lemonade	3 floz	60	1	17	3	8	0	0	0	0	35					
Horchata	3 floz	90	2	16	0	15	1.5	1	0	5	3	✓				

**Peanuts and Tree Nuts:** All menu items and ingredients in our stores are peanut and tree nut free. However, the following items are made with certain ingredients produced in the same facility where peanuts or tree nuts are manufactured, and are potentially exposed: Key Lime Pie, Tomatillo Sauce (Mild), Green Sauce (Medium), Shrimp, and Queso.

Individual foods may come in contact with one another during preparation, which is not reflected in this nutritional brochure. Although efforts are made to avoid cross-contact of allergens, Cafe Rio does not guarantee that cross-contact with allergens will not occur. Before placing your order, please inform Cafe Rio employees if you or anyone in your party has a food allergy.

\* Indicates foods where the only soy-derived ingredient is highly-refined soybean oil which is excluded as a major food allergen.