

NUTRITIONAL & ALLERGEN INFO

X = CONTAINS ALLERGEN

GLUTEN FRIENDLY

These ingredients do not contain gluten. They are not certified gluten free and may be manufactured in a plant with gluten ingredients.

VEGETARIAN

Ingredients that do not contain beef, pork, poultry, fish or shellfish but may contain eggs, dairy or honey.

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.

* Animal-based enzyme may be used in the production of these cheeses.

	QUANTITY	CALORIES (KCAL)	FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)	EGG	FISH	DAIRY	PEANUT	SHELL FISH	SOY	TREE NUT	WHEAT	GLUTEN FRIENDLY	VEGETARIAN
TORTILLAS																					
12 inch Flour Tortilla	1ea	420	14	7	0	0	63	2	0	9			X			•		X			V
12 inch Wheat Tortilla	1ea	390	14	6	0	0	5	58	1	4	10		X			•		X			V
6 inch Corn Tortilla	1ea	60	0.5	0	0	0	135	13	1	0	1					•				GF	V
6 inch Flour Tortilla	1ea	170	5	2.5	0	0	0	25	1	0	3		X			•		X			V
6 inch Wheat Tortilla	1ea	190	7	3	0	0	0	29	1	2	5		X			•		X			V
Tortilla Chips	2oz	190	7	1	0	0	20	29	4	0	4					•				GF	V
Tortilla Strips	1oz	100	3.5	0	0	0	10	15	2	0	2					•				GF	V
Tostada Shell	1oz	90	3.5	0	0	0	15	15	2	0	2					•				GF	V
BEANS & RICE																					
Black Beans	4.5 oz	180	1	0	0	0	240	28	10	1	10					•				GF	V
Cilantro Lime Rice	4 oz	110	2	0.5	0	0	220	21	1	1	3			X		•				GF	V
Pinto Beans	4.5 oz	190	1.5	0	0	0	240	31	10	1	10					•				GF	V
MEATS																					
Cancun Shrimp	5 ea	260	4	1	0	95	580	38	1	5	17		X		X	•		X			
Chile Roast Beef	2 oz	90	6	2	0	20	90	1	0	1	7		X			X				GF	
Coconut Shrimp	4 ea	230	11	8	0	75	470	21	1	4	12		X		X	•	X	X			
Fire-Grilled Chicken	2 oz	80	2	0	0	40	125	0	0	0	14					•				GF	
Fire-Grilled Mahi Mahi	2 oz	90	1	0	0	50	60	1	0	0	12		X			•				GF	
Fire-Grilled Salmon	2 oz	110	3.5	0.5	0	30	45	1	0	0	13		X			•				GF	
Fire-Grilled Steak	2 oz	120	6	2	0	40	45	1	0	0	14		X			X				GF	
Shredded Chicken Breast	2 oz	80	4.5	1.5	0	25	440	1	0	1	8		X			X					
Sweet Pork Barbacoa	2 oz	70	2	0.5	0	15	130	10	0	9	4		X			X		X			
SAUCES & DRESSINGS																					
Cilantro Lime Dressing	15froz	130	2	0	0	0	320	11	0	9	0		X			X				GF	V
Creamy Tomatillo Dressing	15froz	150	15	2.5	0	10	210	3	0	2	1	X	X			X				GF	V
Green Chile Sauce (Med)	2 oz	40	0.5	0	0	0	330	9	1	5	1		X			X				GF	
Pineapple Mango Salsa	2 oz	35	1.5	0	0	0	200	6	1	4	1									GF	V
Red Chile Sauce (Hot)	2 oz	45	2.5	1	0	0	350	5	0	2			X			X		X			
Tomatillo Sauce (Mild)	2 oz	25	1	0	0	0	160	3	1	1	0		X			X				GF	V
TOPPINGS & SPECIALS																					
Cabbage	1oz	5	0	0	0	0	5	2	1	1	0									GF	V
Cheddar Jack Blend*	2 oz	220	18	11	0	55	360	1	0	0	13		X							GF	V
Chicken Tamale	1ea	300	19	9	0	25	1200	22	2	2	11		X			X		X			
Chile Relleno	1ea	870	72	27	0.5	120	890	29	2	15	28	X	X			X		X			
Cilantro	.01oz	0	0	0	0	0	0	0	0	0	0									GF	V
Cotija Cheese*	.25oz	25	2	1	0	5	100	0	0	0	1		X							GF	V
Fideo without Meat	12 oz	530	15	4.5	0	5	2070	82	6	9	15		X			X		X			
Guacamole	1 oz	40	3.5	0	0	0	160	2	2	0	1									GF	V
Lettuce	1oz	5	0	0	0	0	0	1	1	0	0									GF	V
Lime Wedge	1ea	5	0	0	0	0	0	1	0	0	0									GF	V
Pico de Gallo	1oz	10	0	0	0	0	70	1	0	1	0					•				GF	V
Queso	3 froz	130	9	6	0	25	550	6	1	3	6		X			X		X			
Salsa Fresca	1oz	5	0	0	0	0	0	2	0	1	0									GF	V
Shredded Jack Cheese*	2oz	210	17	11	0	50	340	0	0	0	14		X							GF	V
Sour Cream	1oz	60	5	3.5	0	20	15	1	0	1	1		X							GF	V
Sweet Pork Barbacoa Tamale	1ea	350	20	10	0	10	1060	35	2	13	7		X			X		X			
Tortilla Soup without Tortilla	1ea	380	18	7	0	65	2070	30	5	4	24		X			X		X			
DESSERTS & DRINKS																					
Chocolate Flan	1ea	710	35	21	1	210	250	86	1	83	15	X	X							GF	V
Coconut Flan	1ea	840	44	30	1	220	210	99	2	86	16	X	X				X			GF	V
Fresh Lime Pie	1ea	870	29	13	0	145	380	137	1	125	20	X	X			X		X			V
Horchata	3 froz	80	1.5	1	0	5	20	15	0	12	2		X							GF	V
Mint Lemonade	3 froz	45	0	0	0	0	0	12	0	12	0									GF	V
Southwest Limeade	3 froz	50	0	0	0	0	0	13	0	13	0									GF	V
Strawberry Lemonade	3 froz	10	0	0	0	0	0	2	0	2	0									GF	V
Tres Leches	1ea	240	3.5	1.5	0	105	180	47	1	30	6	X	X					X			V

The following information has been put together utilizing our food manufacturers information, the United States Department of Agriculture and Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. Please be aware, our menu items are prepared by scratch and may come in contact with other food products during normal kitchen procedures. This may include shared cooking/preparation surfaces and common fryers. Please be aware that our menu items are prepared from scratch.