

QUESERA!

Build Your Own Quesadilla

Quesadilla \$8.99

Quesadilla Bowl \$8.99

Quesadilla Combo Plate \$11.99

Includes Side Beans, Rice and Chips

1 Start with a Tortilla

Traditional Flour Tortilla	310 cal	VG	1 tortilla
Healthy Grain Tortilla	290 cal	VG	1 tortilla

2 Pick a Filling

Authentic Chicken Enchilada	50 cal		¼ cup
Pork Carnitas	160 cal		¼ cup
Beef Taco Meat	100 cal		¼ cup
Impossible Taco Meat	60 cal	V	¼ cup

3 Add Some Veggies

Fajita Vegetable Blend	25 cal	VG	¼ cup
Grilled Spanish Onions	80 cal	VG	¼ cup
Ranch Style Black Beans	50 cal	VG	¼ cup
Fresh Tomatoes	15 cal	VG	¼ cup
Fresh Jalapeno Peppers	10 cal	VG	¼ cup

4 Combo Sides Rice & Beans

Pick 1 of each

Borracho Beans	80 cal	VG	Scoop
Ranch Black Beans	50 cal		Scoop
Mexican Rice	110 cal	VG	Scoop

5 Some Cheese

Cheddar Jack	220 cal		½ cup
Pepper Jack	220 cal		½ cup

6 Top It Off

Sour Cream	60 cal		Scoop
Shredded Lettuce	0 cal	VG	Scoop
Pepper Jack Cheese	110 cal		Scoop
Cheddar Jack	110 cal	VG	Scoop
Pico de Gallo	15 cal	VG	¼ cup
Salsa Verde	20 cal	VG	¼ cup
Picante Sauce	20 cal	VG	¼ cup
Guacamole +\$1.29	80 cal	VG	¼ cup

7 On the Side

Tortilla Chips	80 cal	\$1.79	1 oz.
Tortilla Chips with Pico de Gallo	170 cal	\$2.79	Basket
Tortilla Chips with Pico de Gallo or Queso	250 cal	\$3.89	basket



Mindful



Vegan



Vegetarian



Plant Based

2000 calories a day is used for general nutrition advice but calorie needs vary. Additional nutrition information available upon request.