

Apps	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Buffalo Chicken Nachos (1 serving)	1680	790	88	43	0	307	5846	129	2	11	93	4619	20	1551	4	
Buffalo Shrimp (1 serving)	499	232	29	7	0	274	3532	24	1	4	34	1694	4	628	5	
Chicken Tortilla Soup (1 serving)	569	258	26	7	0	74	1477	53	11	7	34	1602	33	272	2	
Fried Chicken Tenders, 12 (1 serving)	1521	688	71	12	0	420	2877	54	3	44	512	1674	10	683	1	
Fried Chicken Tenders, 6 (1 serving)	761	349	39	6	0	210	1439	27	1	4	72	287	5	637	3	
Fried Jalapenos (1 serving)	588	305	34	5	0	52	5675	63	2	4	6	2482	19	4496	8	
Fried Pickles (1 serving)	642	308	34	5	0	61	5200	75	4	4	9	244	3	1868	4	
Grilled Chicken Tenders, 12 (1 serving)	1071	310	34	4	0	13	3472	9	179	9	2	23	1526	20	25	1
Grilled Chicken Tenders, 6 (1 serving)	594	282	31	5	0	198	891	5	0	3	70	256	5	89	2	
TL Nachos (1 serving)	1592	727	81	46	0	335	5845	159	11	14	70	5543	28	1960	14	
TL Nachos (1 serving) with Fried Chicken Tenders	1844	777	86	47	0	243	6382	147	11	15	106	5615	29	2266	15	
TL Nachos (1 serving) with Grilled Chicken Tenders	1761	744	81	47	0	295	6068	148	11	15	106	5603	29	1920	15	
TL Nachos (1 serving) with Grilled Steak	1939	928	103	55	0	345	5994	147	11	14	104	5543	28	1974	17	
TL Nachos (1 serving) with Ground Beef	1910	914	102	54	0	349	6574	148	11	14	100	5565	28	1990	17	
TL Nachos (1 serving) with Impossible Meat	1833	854	95	54	0	243	6496	157	14	14	89	5552	28	2131	18	
TL Nachos (1 serving) with Pulled Pork	1729	822	47	23	0	177	5522	147	11	14	107	5849	28	1988	18	
TL Nachos (1 serving) with Pulled Pork	1832	835	52	0	0	363	7085	147	11	14	102	5543	28	1960	15	
TL Nachos (1 serving) with Shrimp	1696	744	83	47	0	400	6547	148	11	14	91	5730	30	2014	16	
Tater Tots (1 serving)	622	271	30	4	0	0	1745	76	7	7	7	0	12	0	1	

Tin Dips	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)	
Guacamole (1 serving) with Flour Tortillas	860	349	39	11	0	0	2314	118	13	6	15	526	20	265	8	
Guacamole (1 serving) with Tortilla Chips	1071	310	34	4	0	0	1168	26	11	3	12	1243	92	272	2	
Queso Blanco (1 serving)	433	308	34	23	0	116	1598	7	0	24	1193	1	680	1	680	1
Queso Blanco (1 serving) with Flour Tortillas	1073	448	54	31	0	116	2958	111	4	7	36	1193	1	920	1	
Queso Blanco (1 serving) with Gluten Free Tortilla Chips	1933	938	104	33	0	116	3048	187	10	3	44	1193	1	680	1	
Queso Blanco (1 serving) with Tortilla Chips	1284	449	50	23	0	116	2877	54	3	44	2183	6	683	1		
Salsa Roja (1 serving)	76	4	0	0	0	0	1043	15	5	10	4	1053	20	116	2	
Salsa Roja (1 serving) with Flour Tortillas	716	184	20	8	0	0	2403	119	9	14	16	1053	20	356	9	
Salsa Roja (1 serving) with Gluten Free Tortilla Chips	1576	634	70	10	0	0	2493	195	15	10	24	1053	20	116	2	
Salsa Roja (1 serving) with Tortilla Chips	927	145	16	1	0	0	1453	180	5	16	24	2053	20	116	2	
Spicy Chile De Arbol (1 serving)	0	0	0	0	0	0	1681	3	9	18	9	5	8	256	3	
Spicy Chile De Arbol (1 serving) with Flour Tortillas	1561	632	70	8	0	0	3041	132	13	22	21	95	8	496	10	
Spicy Chile De Arbol (1 serving) with Gluten Free Tortilla Chips	1651	182	20	10	0	0	3131	208	19	18	29	95	8	256	3	
Spicy Chile De Arbol (1 serving) with Tortilla Chips	1043	143	1	1	0	0	1311	183	9	19	18	1095	20	256	3	
Three Amigos with Salsa Roja (1 serving)	729	480	53	25	0	116	3595	37	14	15	30	2773	41	821	4	
Three Amigos with Salsa Roja (1 serving) with Flour Tortillas	1369	660	73	33	0	116	4955	141	18	19	42	2773	41	1061	11	
Three Amigos with Salsa Roja (1 serving) with Gluten Free Tortilla Chips	2229	1110	123	35	0	116	5045	217	24	15	50	2773	41	821	4	
Three Amigos with Salsa Roja (1 serving) with Tortilla Chips	609	269	28	11	0	116	4255	202	14	16	37	3773	41	821	4	
Three Amigos with Spicy Chile De Arbol (1 serving)	804	478	53	25	0	116	4233	50	18	23	35	1815	29	961	5	
Three Amigos with Spicy Chile De Arbol (1 serving) with Flour Tortillas	1444	658	73	33	0	116	5593	154	22	27	47	1815	29	1201	12	
Three Amigos with Spicy Chile De Arbol (1 serving) with Gluten Free Tortilla Chips	2304	1108	123	35	0	116	5683	230	28	27	55	1815	29	961	5	
Three Amigos with Spicy Chile De Arbol (1 serving) with Tortilla Chips	1655	620	69	26	0	116	6683	215	18	23	55	2815	29	961	5	

Salads	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Caesars Salad (1 serving)	587	442	49	10	0	44	1189	26	11	3	12	1243	92	272	2
Kale Salad (1 serving)	816	589	65	11	0	35	1292	42	14	8	17	19902	255	376	3
Salad Dressings (2 fluid ounces)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Dressing Choice Ancho Lime Vinaigrette	387	373	41	3	0	5	227	4	0	2	0	251	2	2	0
Salad Dressings (2 fluid ounces) with Dressing Choice Blue Cheese	206	196	22	4	0	25	686	2	0	2	0	83	2	0	0
Salad Dressings (2 fluid ounces) with Dressing Choice Chipotle Caesar	288	274	30	6	0	29	501	2	0	0	2	156	2	38	0
Salad Dressings (2 fluid ounces) with Dressing Choice Fat Free Italian	27	0	0	0	0	0	893	5	0	3	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Dressing Choice Honey Mustard	260	216	24	4	0	30	340	14	0	12	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Dressing Choice Ranch	280	198	20	22	0	20	240	2	0	2	0	0	0	40	0
Salad Dressings (2 fluid ounces) with Dressing Choice Red Wine Vinaigrette	290	240	30	4	0	0	640	4	0	0	0	0	0	0	0
Salad Dressings (2 fluid ounces) with Dressing Choice Spicy Ranch	257	249	28	4	0	25	524	4	0	2	0	142	1	26	0
Taco Salad (1 serving)	882	591	66	10	0	35	1368	58	15	9	19	14274	164	419	8
Tin Lizzy's Cobb Salad (1 serving)	761	551	61	16	0	371	1717	24	8	7	30	8233	53	293	5

Salad Add Ons	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Protein Add Ons for Salads (1 portion)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Protein Add Ons for Salads (1 portion) with Fried Chicken Tenders	252	50	6	1	0	92	457	12	0	1	36	72	2	305	2
Protein Add Ons for Salads (1 portion) with Grilled Chicken Tenders	169	17	2	0	0	87	183	1	0	1	35	57	2	31	1
Protein Add Ons for Salads (1 portion) with Grilled Steak	347	201	22	9	0	102	574	0	0	0	34	0	0	14	4
Protein Add Ons for Salads (1 portion) with Ground Beef	265	156	17	7	0	88	509	0	0	0	25	16	0	25	2
Protein Add Ons for Salads (1 portion) with Impossible Meat	241	126	11	8	0	0	111	9	0	3	11	9	0	173	1
Protein Add Ons for Salads (1 portion) with Mahi Mahi	137	11	1	0	0	124	150	0	0	0	31	306	0	26	2
Protein Add Ons for Salads (1 portion) with Pulled Pork	240	108	12	6	0	120	1200	0	0	0	32	0	0	0	0
Protein Add Ons for Salads (1 portion) with Shrimp	104	16	2	0	0	158	662	1	0	0	21	187	2	54	2

Quesadillas	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
CBR Quesadilla (1 serving)	1159	662	76	28	0	245	2605	45	3	7	79	3707	66	373	4
Kate and Mushroom Quesadilla (1 serving)	1071	492	25	0	0	126	2335	48	3	7	40	6639	43	1075	4
TL Quesadilla (1 serving)	558	249	28	12	0	53	2382	55	7	11	26	9575	123	601	5
TL Quesadilla (1 serving) with Fried Chicken Tenders	810	299	33	13	0	145	2839	67	7	12	62	9647	124	907	6
TL Quesadilla (1 serving) with Grilled Chicken Tenders	726	266	30	13	0	140	2965	55	7	12	61	9632	124	833	6
TL Quesadilla (1 serving) with Grilled Steak	905	454	21	21	0	155	2490	57	7	11	62	9575	123	615	6
TL Quesadilla (1 serving) with Ground Beef	876	436	48	20	0	159	3071	55	7	11	56	9597	123	631	8
TL Quesadilla (1 serving) with Impossible Meat	799	367	42	20	0	53	2992	64	10	11	45	9584	123	672	9
TL Quesadilla (1 serving) with Mahi Mahi	695	269	29	13	0	173	2531	55	7	11	57	8891	123	627	7
TL Quesadilla (1 serving) with Pulled Pork	798	357	18	18	0	177	3582	55	7	6	111	8875	123	601	7
TL Quesadilla (1 serving) with Shrimp	662	265	29	13	0	211	3044	56	7	11	47	9762	125	655	7

Skillets	Total Calories (kcal)	Fat Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit A (iu)	Vit C (mg)	Calcium (mg)	Iron (mg)
Cantina Skillet (1 serving)	1288	546	61	27	0	133	4147	139	5	16	40	4267	110	928	7