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On The Border

Item	Calories	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Protein (g)
Starters						
Guacamole w/o chips	240	3	450	15	9	3
Chips and Salsa	390	4.5	470	51	6	5
Soup & Salads						
Fajita Salad - Chicken - No dressing	430	3.5	1070	27	8	41
Mango Chicken Salad with Lime Vinaigrette	380	3.5	890	35	8	30
Dressings						
Lime Vinaigrette	140	2	470	10	0	0
Salsa	20	0	430	4	1	1
Enchiladas - listed without sides *						
Tomatillo Enchiladas - Spinach & Mushroom with Cilantro Lime Rice	460	3	1290	71	8	22
Tomatillo Enchiladas - Chicken Tinga w/ Cilantro Rice	420	2.5	910	74	8	12
Fajitas only - no condiments *						
Portobello & Vegetables	250	2	1010	21	4	6
Grilled Chicken	370	3	1040	12	1	48
Favorites						
Mexican Grilled Chicken w/ Salsa Fresca	630	3	2510	60	8	59
Mexican Grilled Chicken w/ Tomatillo Sauce	670	3	2300	60	9	70
Tacos without Rice and Beans *						
Cabo Grilled Shrimp Tacos	380	2.5	950	31	7	20
Grilled Fish Tacos Del Mar	370	2.5	610	30	7	22
Sides						
Grilled Shrimp Skewer	50	0	390	1	0	7
Cilantro Lime Rice	180	0	570	37	2	3
Corn Tortillas (3)	170	0	10	33	3	4
Grilled Vegetables	60	0	35	11	3	2
Pico de Gallo	10	0	105	1	0	0
Avocado Slices	80	1	0	4	3	1
House Salad (no dressing)	220	3	190	24	4	5



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Salsa						
Green Chile Sauce	30	0	510	4	1	1
Ranchero Sauce	60	0	400	8	1	1
Sides						
*Additional Rice and choice of beans add the following:						
Side Mexican Rice	220	2	840	37	1	4
Side Black Beans	200	0	670	36	12	11
Side Refried Beans	220	2.5	540	30	7	10

Winter 2020