



# MUCHO GUSTO

mexican kitchen

## 1 CHOOSE ENTREE

Served w/ Warm Chips & Fresh Salsa

- BURRITO** \$7.95  
Giant 13" flour tortilla (white or wheat) filled with choice of ingredients
- BURRITO BOWL** \$7.95  
Just like a burrito, but served in a bowl with no tortilla
- TOSTADA** \$6.95  
Crisp organic blue corn tortilla topped with choice of ingredients (smaller portions than our Grande Salad)
- GRANDE SALAD** \$8.95  
Romaine topped with choice of ingredients, served in a crisp flour tortilla bowl (white or wheat)
- TACO PLATE** \$6.95  
One soft corn or fried wheat-corn blend tortilla with choice of ingredients, served with rice and beans  
*Add a TACO for \$3*
- MUCHO DIP** \$11.95  
Large bowl filled with choice of ingredients, served with a basket of bottomless chips

## 2 PICK PROTEIN

- Chicken**  
Chicken in fire-roasted tomato and chipotle sauce
- Carnitas**  
Pork seared and braised in orange juice and garlic
- Beef**  
Oven-braised, shredded beef seasoned with Mexi spices
- Alaskan Cod**  
Hand-cut, beer-battered and deep fried cod
- Tofu**  
Tofu in fire-roasted tomato and chipotle sauce

## 3 ADD FILLINGS

- Starch**
  - Rice
  - Black Beans
  - Pinto Beans
- Cheese**
  - Cheddar-Jack
  - Cotija
- Produce**
  - Cabbage
  - Romaine
  - Cilantro
  - Jalapeños
- Salsa**
  - Tomatillo-Chile
  - Chipotle-Corn
- Sauce**
  - Plain Sour Cream
  - Lime-Cilantro Sour Cream
  - Sweet Chipotle Vinaigrette
  - Peppita-Citrus Vinaigrette

## ADDS

- Side of Guacamole 2 oz. \$1
- or Mango Salsa 4 oz. \$2
- 6 oz. \$3

## CHIPS

- Side of Chips 50¢
- Small Bag of Chips \$2
- Large Bag of Chips \$3
- Chips & Guac or Mango (6 oz.) \$5
- Chips & Salsa or Sauce (6 oz.) \$3.50

## A LA CARTE

- Single Taco \$3.45
- Side Rice or Beans (8 oz.) \$2.50
- Protein Portion (1/4 lb.) \$3
- Salsas & Sauces 2 oz. 50¢
- 4 oz. \$1
- 6 oz. \$1.50

## KIDS' MEALS \$6

For Kids 10 and Under Only

- Kids' Quesadilla**  
Served with rice, beans and sour cream
- Kids' Burrito**  
Filled with rice, beans, cheddar-jack and sour cream

Kids' meals include chips, orange slice, self serve beverage or smoothie (strawberry or mango)

## DRINKS

- BOTTOMLESS**
  - Pepsi Products \$2 **KIDS' \$1**
  - Fresh Brewed Tea

- SMOOTHIES**
  - Strawberry \$3 **KIDS' \$2**
  - Mango

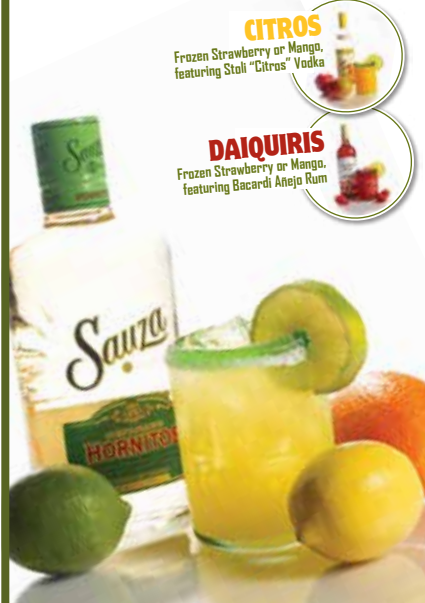
## BEER \$3

- BOTTLED**
  - Corona
  - Corona Light
  - Pacifico
  - Tecate
  - Modelo Lager
  - Negra Modelo

- DRAFT**
  - Dos Equis Amber Lager

## COCKTAILS \$5

- CITROS**  
Frozen Strawberry or Mango, featuring Stolli "Citros" Vodka
- DAIQUIRS**  
Frozen Strawberry or Mango, featuring Bacardi Anejo Rum



## MARGARITAS

Sweet n' Sour • Strawberry • Mango

## NUTRITION GUIDE

Entrees and Tortillas	Amount	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit. A (%DV)	Vit. C (%DV)	Calcium (%DV)	Iron (%DV)
<b>Burrito</b>															
13" enriched wheat flour ("white")	1 tortilla	310	9	3.5	0	0	550	52	2	2	8	0	0	15	80
13" whole wheat flour	1 tortilla	310	9	3.5	0	0	550	51	5	2	9	0	0	15	45
<b>Burrito Bowl</b>															
No tortilla	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
<b>Tostada</b>															
6" blue corn (fried)	1 tortilla	46.5	5	0	0	0	10	5	0	1	0	5	1.5	2.5	
<b>Grande Salad</b>															
10" enriched wheat flour ("white" - fried)	1 tortilla	300	15	4	0	0	510	35	1	0	6	0	0	15	10
10" whole wheat flour (fried)	1 tortilla	270	15	5.5	0	0	360	29	4	1	5	0	0	10	15
Corn chips on the side (fried)	12 chips	141	7	1	0	0	100	17.5	1.5	0	1.5	0	0	2	2
<b>Taco Plates</b>															
6" wheat-corn blend (fried)	1 tortilla	125	7.5	2	0	0	190	12	1	0	2	0	0	8	6
6" soft white corn	2 tortilla	100	1	0	0	0	30	21	2	0	2	0	0	2	6
<b>Mucho Dip</b>															
Corn chips on the side (fried)	48 chips	564	28	4	0	0	400	70	6.5	0	7	0	5	7.5	8.5
<b>Kids' Meals</b>															
10" enriched wheat flour ("white")	1 tortilla	210	5	2	0	0	510	35	1	0	6	0	0	15	10
10" whole wheat flour	1 tortilla	180	5	3.5	0	0	360	29	4	1	5	0	0	10	15

Data for this Nutrition Guide was compiled by a Registered Dietitian from the following sources: USDA Nutrition Database and manufacturer product specifications. Data subject to change.

## Ingredients

Proteins	Amount	Calories	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol. (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vit. A (%DV)	Vit. C (%DV)	Calcium (%DV)	Iron (%DV)
<b>Chicken</b>	4 oz.	152	6	2	0	64	349	2	1	1	21	5	7	2	6
<b>Pork Carnitas</b>	4 oz.	227	15	5	0	73	532	2	0	1	21	0	8	2	6
<b>Beef</b>	4 oz.	190	9	4	0	85	513	2	1	0	26	5	3	3	17
<b>Alaskan Cod (fried)</b>	4 oz.	282	11	3	0	27	334	12	0	1	11	0	2	2	6
<b>Tofu (fried)</b>	4 oz.	210	15	2	0	0	299	10	3	3	13	5	7	28	22
<b>Starch</b>															
Rice	3 oz.	87	3	0	0	0	373	24	0	1	2	2	11	2	11
Black Beans	4 oz.	136	1	0	0	0	445	24	6	1	8	0	0	5	11
Pinto Beans	4 oz.	137	1	0	0	0	447	24	6	1	8	0	5	4	11
<b>Cheese</b>															
Cheddar-Jack	0.8 oz.	91	7	5	0	24	141	0	0	0	6	4	0	16	0
Cotija	0.1 oz.	8	1	1	0	2	43	0	0	0	1	4	0	15	0
<b>Produce</b>															
Cabbage	1 oz.	6	0	0	0	0	16	1	0	1	0	20	25	3	0
Romaine	3 oz.	12	0	0	0	0	7	2	2	0	2	15	35	3	5
Cilantro	0.1 oz.	0	0	0	0	0	0	0	0	0	0	1	0	0	0
Jalapeños	0.2 oz.	2	0	0	0	0	0	0	0	0	0	1	3	0	0
<b>Salsa</b>															
Pico de Gallo (mild)	2 oz.	14	0	0	0	0	144	3	1	2	1	8	12	1	0
Tomatillo-Chile (medium)	1 oz.	2	0	0	0	0	50	0	0	0	0	1	2	0	0
Chipotle-Corn (medium)	1 oz.	17	0	0	0	0	349	4	0	2	0	3	13	2	0
<b>Sauce</b>															
Plain Sour Cream	1 oz.	44	4	3	0	15	104	1	0	1	1	3	0	2	0
Lime-Cilantro Sour Cream	1 oz.	41	4	2	0	13	124	2	0	1	1	3	3	2	0
Sweet Chipotle Vinaigrette (non-dairy)	1 oz.	57	5	1	0	0	149	2	0	2	0	3	5	1	0
Peppita-Citrus Vinaigrette (non-dairy)	1 oz.	112	11	1	0	0	126	3	0	1	1	1	8	1	6
<b>Adds</b>															
Guacamole	2 oz.	84	7	1	0	0	182	5	3	0	1	3	10	1	0
Mango Salsa	2 oz.	33	1	0	0	0	39	7	1	6	0	8	22	1	0

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