



APPETIZERS & NACHOS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Frontera Cheese Dip Regular	333	296	23.6	15.6	1,179	0.0	78	4.5	0.2	1.8	16.1
Frontera Cheese Dip Regular No Jalapeño	354	314	25.1	16.6	1,130	0.0	83	4.4		1.8	17.1
Frontera Cheese Dip XL	741	593	47.1	31.1	2,357	0.0	156	9	0.4	3.6	32.2
Ultimate Cheese Dip	1,079	1,079	60.6	33.6	3,206	0.6	330	59.2	4.1	7.2	74.1
Homestyle Guacamole	784	784	60.8	8.6	1,267	0.0	0.0	63.6	32.2	8.5	11.4
Nachos Cheese	850	850	61.6	30.4	2,083	0.0	136	43.3	5.4	6.4	31.6
Nachos Chicken	1,192	970	50.8	20.7	1,342	0.0	252	40	5.3	5.1	85.2
Nachos G. Beef	1,260	1,058	66.6	27.8	2,583	1.1	191	51.3	9.8	7.3	67.2
Fajita Nachos Steak	1,733	1,585	111.1	49.5	2,368	2.2	278	77.4	12.8	15.7	73.5
Fajita Nachos Chicken	1,404	1,404	78.2	35.3	2,380	0.0	291	76.8	12.8	15.7	98.4
Frontera Wings Lemon Pepper (4)	1,806	1,797	122.3	33.9	9,199	1.4	546	35.1	2	13.8	132.8
Frontera Wings Cajun (4)	1,806	1,797	122.3	33.9	5,589	1.4	546	35.1	2	13.8	132.8
Frontera Wings BBQ Chipotle (4)	1,976	1,967	122.6	33.9	4,658	1.4	546	76.2	2.6	43.4	132.8
Frontera Wings Classic Buffalo (4)	1,630	1,809	122.7	33.9	3,712	1.4	546	37.4	2.4	15.4	133.4
Frontera Wings Diablas (4)	1,831	1,822	122.8	33.9	4,102	1.4	546	40.1	3.3	17	133.9
Frontera Wings Infierno (4)	1,841	1,832	122.8	33.9	3,921	1.4	546	41.6	3.1	16.4	134.2
Nachos Supremos G. Beef	1,471	1,323	85.1	42.4	3,892	0.6	173	82.1	16.7	16.8	62.4
Grilled Corn On The Cove One	420	420	33.9	7.4	641	0.2	19	25.1	2.9	4.7	8.4
Grilled Corn On The Cove Two	530	530	35.8	7.7	653	0.2	19	49.1	5.8	8.5	11.7
Chips 1 oz	94	94	5.8	0.9	5	0.0	0.0	10.0	1.4	0.9	0.9
Salsa Chips (4 fl oz)	24	24	0.2	0.0	724	0.0	0.0	5	1.2	2.7	1
Salsa Tocayo (4 fl oz)	36	36	0.4	0.1	788	0.0	0.0	8	2.4	4.8	1.7

(4) No french fries

SOUPS & SALADS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Crazy Taco Chicken	1,057	1,019	60.1	28.4	1,649	0.8	184	46.2	5.3	9	74
Crazy Taco G. Beef	1,101	1,063	68	31.9	2,269	1.4	153	51.9	7.6	10.1	65
Crazy Taco Grill Chicken	1,011	1,011	55.2	26.8	1,188	0.3	224	40.7	2.8	8	84.9
Crazy Taco Fajita Steak	1,193	1,193	88.1	41	1,176	2.5	210	41.5	2.8	8	59.9
Mixteca Salad		733	29	3.6	721	0.0	153	51.1	13.8	19.5	66.9





	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Grill Chicken Bowl		1,030	27.3	10.3	2,000	1.1	136	131	15.5	3.9	62.8
Steak Bowl		1,060	37.3	14.3	3,076	1.5	107	128	19.9	6.5	52.3
Xochitl Soup Cup	352	352	14.4	2.6	1,073	0.2	44	34.9	5.7	1.9	20.7
Xochitl Soup Bowl	509	509	18.1	3.4	2,323	0.4	44	61.8	6.7	2.7	23.3
Charro Beans Cup	352	352	10.5	4.3	215	0.0	16	48	15.1	1.1	19.1
Charro Beans Bowl	578	578	17.3	7	354	0.0	26	78.9	24.8	1.7	31.5

MEX - MEX GRILL

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Jalisco Style Steak	1,151	993	46.9	20.8	794	0.0	216	82.7	11.4	13.1	64
Steak Panela	499	499	25	12	298	0.8	113	17	4	7	52
Tampiqueña Steak (3)	1,789	847	47.6	18.5	973	0.7	234	35	1.8	2.6	63.8
Carne Asada (3)	728	753	39.2	14	440	1.7	224	32.7	4.6	4.2	68.6
Carnitas Michoacan (3)	900	900	72.9	27.3	5,224	0.6	197	10.8	3.6	3.1	47.6
Tropical Chicken Breast	471	471	4	1	356	0.0	130	51	7	19	58
Pollo Ranchero	1,213	1,213	53.8	23.7	2,680	0.5	244	85.4	10.9	10.2	94

(3) No Beans, No Rice, No Gorrillo, No Tortilla

CRAFT BURGERS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Mexi Burger (4)	1,035	1,031	65	18	1,816	0.0	127	67.3	12.1	23.7	52.3
Frontera Burger (4)	954	950	58.3	19.5	2,044	0.0	146	56.1	3.1	22.8	53.7

(4) No French Fries

TACOS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Vampiro Tacos (1)	376	353	19.7	8.3	528	0.5	65.8	24.3	4.7	2.5	21.3
Tacos de Asada (1)	193	228	10.5	3.5	242	0.4	56.1	14.6	3	2.1	18
Tacos al Pastor (1)	211	222	8.1	2.7	397	0.0	56.1	15.9	3.2	2.6	16.9
Tacos de Brisket (1)	223	223	7.1	2.4	453	0.0	48.8	17.4	3.4	2.9	18.4
Ensenada Fish Tacos (1)	128	195	5.5	1.8	650	0.0	27.3	23.9	3.7	4	13.5
Hard Shell Tacos (1)	256	207	11.4	4.5	373	0.3	31	14	2.7	1.4	13.4
Baja Shrimp Tacos(1)	234	234	12.2	5.9	490	0.0	98	16.2	2.9	3.7	15.1

(1) No Rice, No Beans



FAJITAS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken Fajitas (2)	692	692	16.4	6.5	680	0.0	175	58.5	5.3	6.3	76.3
Steak Fajitas (2)	875	875	49.3	20.7	668	2.2	161	59.2	5.3	6.2	51.4
Shrimp Fajitas (2)	585	585	12.8	5.6	2,400	0.1	419	61.5	5.3	6.2	55.8
Chicken and Steak Fajitas (2)	781	781	32.8	13.6	673	1.1	168	58.3	5.3	6.2	63.8
Chicken and Shrimp Fajitas (2)	636	636	14.6	6.1	1,539	0.0	297	59.5	5.3	6.2	66
Steak and Shrimp Fajitas (2)	730	730	31	13.2	1,534	1.2	290	60.3	5.3	6.2	53.6
My Frontera Fajitas 1 (2)	902	902	34.5	14.1	1,613	1.2	377	60.4	5.3	6.2	86.4
Veggie Fajitas (2)	421	421	10.3	4.7	600	0.0	0.0	72	10.1	13.1	17

(2) No Bean, No Rice, No Gorrito

MEXI FAVORITES

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Chimichanga BrisketSteak Fajitas (2)	2,046	2,046	96.1	44.2	4,858	0.6	254	182.8	9.5	13.4	98.9
Chimichanga Chicken	1,889	1,889	82	38.8	4,143	0.7	252	175.7	8.4	12.1	104.8
Chimichanga Grill Chicken	1,890	1,890	82.2	38.8	4,159	0.6	252	175.7	8.4	12.1	104.8
Chimichanga Fajita Steak	2,073	2,073	115	53.1	4,147	2.9	239	176.5	8.4	12.1	79.8
Poblano Peppers (1)	1,349	1,349	87.7	49	1,416	0.0	530.3	62.3	7.2	10.2	72.7
Enchilada Stack	1,618	1,618	88.5	47.4	2,669	0.0	339	94.2	18.1	12.9	110.5
Chicken Enchiladas Red (1)	628	628	30.5	12.1	817	0.4	129.3	42.5	5.4	6.9	44.2
Chicken Enchiladas Green (1)	618	618	29.7	11.8	1,289	0.4	129.3	43	8	7.1	43.5
Chicken Enchiladas Mole (1)	968	968	56.6	11.8	1,606	0.4	129.3	65.2	11.5	5.4	47.6
Chicken Enchiladas Mixed (1)	695	695	35.8	11.9	1,148	0.4	129.3	47.4	7.7	6.6	44.6
Flautas Chicken (2)	797	797	44.4	10.2	116	0.0	108.3	54.8	8.3	6.5	47.1
Flautas Brisket (2)	916	916	54.1	13.9	599	0.0	116.3	59.5	9	7.5	46
Tamales Zapopan		976	47.8	22.1	4,074	0.0	105	97.9	13.1	11.4	33.3

(1) No Rice, No Beans
(2) No Bean, No Rice, No Gorrito





QUESADILLAS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Fajita Quesadilla Chicken	1,103	1,103	49.5	28.1	1,355	1	254	63.6	6.4	17.8	98.8
Fajita Quesadilla Steak	1,304	1,288	82.4	42.4	1,344	3.2	240	64.9	6.4	17.7	73.8
Quesadilla Spinach	784	767	43.5	26.3	1,372	1	79	59.4	10.2	15.2	41.8
Quesadilla Cheese	595	595	37	20.4	1,228	1.1	89	34.2	1	3.3	31
Quesadilla Chicken	738	738	32.2	16.2	1,043	0.8	199	33.2	1	2.5	74.9
Quesadilla Beef	679	679	38	19.2	1,620	1.3	116	38.8	3.3	3.6	46.2
Quesadilla Brisket	797	797	40.7	19.5	1,501	0.8	177	37.9	1.7	3.4	62.3

BURRITOS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Crazy Burrito G. Beef (1)	1,247	1,206	63.3	30.1	3,179	0.6	116	105.6	16.2	8.7	58.7
Crazy Burrito Chicken (1)	1,203	1,162	55.4	26.5	2,559	0.0	147	99.9	13.9	7.6	67.7
Strip Burritos (1)	1,209	1,135	63.7	31.1	1,869	1.7	230.3	71.7	6.8	9	72.3
Burrito Supreme Chicken	735	735	35.6	18.8	1,386	0.5	171	34.7	3.2	8.9	67.1
Burrito Supreme G. Beef	760	760	43.4	24.2	2,203	1.4	125	42.1	7.1	11.7	53.7
Burrito al Carbón Steak (1)	1,257	1,112	67.8	32.1	1,655	1.7	300	38.6	1.2	2.8	85.8
Burrito al Carbón Grill Chicken (1)	994	848	36.1	20.1	1,656	0.0	250	38.6	1.2	2.8	86.6
Seafood Burrito	1,017	1,017	20.9	6.6	2,396	0.8	183	141.9	15.9	2.6	62.7
Cheesto Burrito Chicken	619	619	31.4	18.6	1,469	0.0	176	24.5	1.2	2.8	56.1
Cheesto Burrito G. Beef	750	750	44.6	24.4	2,426	0.9	163	33	4.6	4.5	54.8
Burrito Gigante G. Beef	1,897	1,893	92.9	43.9	5,549	2.6	244	148.6	26.4	24.5	125.6
Burrito Gigante Chicken	1,747	1,747	67.1	32.3	3,532	0.8	342	130.2	19	20.8	154.7

(1) No Rice, No Beans



MEX - MEX SEAFOOD

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Vallarta Mango Fish		1,063	16.7	4.4	2,051	0.8	322	137.6	13	28.1	90.8
Fried Tilapia (Mojarra)	1,158	1,156	27.4	6.8	2,742	0.6	254	113.4	18.7	14	115.6
Shrimp Cocktail	673	763	10.4	4.2	6,165	0.1	419	116.6	8.3	57.8	56.5
Ceviche Tradicional	380	380	10.2	1.9	2,505	0.0	85	35.5	8.9	9.6	38.8
Ceviche Tropical	484	484	14.2	2.3	1,660	0.0	164	53.8	12	23	39.8



COMBOS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Chicken Tamale	285	285	12.3	4	1,313	0.0	35	30.8	4.6	1.9	10.4
Pork Tamale	370	370	21.7	6.1	1,227	0.0	30	34.6	4.3	1.8	11.8
Hard Ground Beef Taco	234	234	12.8	5.1	459	0.4	38	14.8	3	1.6	16.4
Beef Enchilada	238	238	13.2	2.9	789	0.2	22	20.1	2.7	1.7	10.7
Beef Tostada	388	388	20.6	8.5	791	0.5	47	28	6.3	3.1	25
Beef Burrito	567	567	28.1	12.7	1,950	1.1	105	35.1	5.8	6.1	45.9
Chile Poblano Cheese	512	512	39.4	22.3	95	0.0	265	4.2	1.4	2.2	31.3
Chile Relleno	661	661	50.1	21	1,517	2	178	23.3	1.5	6.7	30.4
Side Mexican Rice	411	411	10.5	2.4	1,503	0.6	0.0	69.7	2.5	2.1	6.3
Side Refried Beans	180	180	6.9	1.5	410	0.0	2	21.9	5.4	0.8	8.1

LUNCH TIME

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Calexico	1,499	1,499	71.7	33	3,364	0.7	146	144.8	6.9	10.6	63.3
Numero Tres	1,267	1,267	55	20.3	4,088	1.5	70	149.6	12.6	10.1	41.5
Nogales	894	894	35	11.8	2,499	1.3	62	109.4	8.3	5.4	34.2
Tijuana	982	982	39.9	9.2	3,418	1.2	51	122.1	8.6	6	31.6
Super Speedy	1,153	1,153	47.2	13.6	3,449	1.4	66	137.9	13.8	6.7	43.3
My Quesadilla	1,131	1,131	53	25.8	1,790	0.8	191	82	6.9	6.9	79.9
Numero Uno	1,278	1,278	85.3	29.2	2,998	2.4	209	78.6	19.6	11.9	56.8
Numero Dos	1,275	1,275	48.6	17.1	4,224	1.7	105	145.5	15.9	9.5	63.2

KIDS MENU

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Kid Burrito	669	669	22.8	7.3	2,328	0.8	43	85.6	9	5.9	31.1
Kid Chicken Fingers	1,041	988	58.7	10.1	2,420	0.0	61	93.2	5.3	23.6	24.5
Kid Enchilada	626	639	25	5.5	2,095	0.6	25	81.4	8.1	3.7	21.3
Kid Grill Chicken	452	452	10.6	2.6	1,086	0.4	87	47.7	2.2	2.3	37.4
Kid Hot Dog	768	715	35.7	10.5	1,959	0.0	25	85.8	5	17.8	13.5
Kid Mozzarella Sticks	821	768	33.9	9.4	2,814	0.2	21	98.8	9.2	16	19.6
Kid Mr. Pancho	863	810	54.1	14.3	1,784	0.0	63	81.2	5	18.5	31.8
Kid Quesadilla	721	721	35.9	11.8	1,732	2.9	30	78.2	6.3	3.7	20.9
Kid Taco Plate	622	595	22.6	6.9	1,635	0.7	31	75	8	3.4	22.6



DESSERTS

	Previous	Calories (kcal)	Fat (g)	Saturated Fat (g)	Sodium Na (mg)	Trans Fat (g)	Cholesterol (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)
Churros	852	852	40.4	17	250	0.0	88	117.5	2.9	92	8
Flan de Coco	749	749	35.2	27.6	252	0.1	126	99.4	2	91.8	14.4
Flan Napolitano	801	567	17.8	11.1	227	0.1	131	90.3	4.2	83	15.1
Fried Ice Cream	1,180	1,180	58.7	24.2	776	0.2	150	142.1	7.2	91.8	22.4
Sopapilla	878	878	36.5	15.2	423	0.0	50	133.2	2.6	99.2	9.2



FRONTERA
MEX-MEX GRILL

