

	QUANTITY	CALORIES (KCAL)	FAT CAL	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	TOTAL FIBER (g)	SUGAR (g)	PROTEIN (g)	CC	EGG	SESAME	MILK	PEANUTS	FISH / SHELLFISH	SOY	TREENUTS	WHEAT	GLUTEN FRIENDLY	VEG
Tortillas																							
12 inch Flour Tortilla	1ea	420	120	14	7	0	0	0	63	2	0	9				X		•		X			V
12 inch Wheat Tortilla	1ea	390	120	14	6	0	0	5	58	1	4	10			X	X		•		X			V
6 inch Corn Tortilla	1ea	60	5	0.5	0	0	0	135	13	1	0	1						•		X			V
6 inch Flour Tortilla	1ea	170	50	5	2.5	0	0	0	25	1	0	3				X		•		X			V
6 inch Wheat Tortilla	1ea	190	60	7	3	0	0	0	29	1	2	5			X	X		•		X			V
Tortilla Chips	2oz	190	60	7	1	0	0	20	29	4	0	4	•					•				GF	V
Tortilla Strips	1oz	100	30	3.5	0	0	0	10	15	2	0	2	•					•				GF	V
Tostada Shell	1ea	90	30	3.5	0	0	0	15	15	2	0	2	•					•				GF	V
Beans & Rice																							
Black Beans	4.5oz	180	10	1	0	0	0	240	28	10	1	10						X				GF	V
Cilantro Lime Rice	4oz	110	15	2	0.5	0	0	220	21	1	1	3				X		X				GF	V
Pinto Beans	4.5oz	190	10	1.5	0	0	0	240	31	10	1	10						X				GF	V
Meats																							
Carne Asada	2oz	120	50	6	2	0	40	80	1	0	2	12				X		X				GF	
Chile Roast Beef	2oz	90	50	6	2	0	20	90	1	0	1	7				X		X				GF	
Baja Citrus Shrimp	4oz	260	35	4	1	0	95	145	38	1	0	17	•			X		X	•		X		
Coconut Shrimp	4oz	230	11	7	3	0	46	135	32	2	6	10	•	X		X		X	•	X	X		
Fire-Grilled Chicken	2oz	80	15	2	0	0	40	125	0	0	0	14						•				GF	
Fire-Grilled Steak	2oz	120	50	6	2	0	40	45	1	0	0	14				X		X				GF	
Pollo Asado	2oz	110	40	4.5	1	0	65	180	2	0	2	12						•				GF	
Shredded Chicken Breast	2oz	80	40	4.5	1.5	0	25	440	1	0	1	8				X		X				GF	
Sweet Pork Barbacoa	2oz	70	15	2	0.5	0	15	130	10	0	9	4				X		X		X			
Sauces & Dressings																							
Cilantro Lime Dressing	1.5fioz	130	15	2	0	0	0	320	11	0	9	0				X		X				GF	V
Creamy Tomatillo Dressing	1.5fioz	150	130	15	2.5	0	10	210	3	0	2	1		X		X		X				GF	V
Green Chile Sauce (Med)	2fioz	40	5	0.5	0	0	0	330	9	1	5	1				X		X				GF	
Mango Salsa	2fioz	35	2	0.0	0	0	0	200	6	1	4	1				X		X				GF	V
Red Chile Sauce (Hot)	2fioz	45	20	2.5	1	0	0	350	5	0	2	1				X		X		X			
Habanero (Hottest)	2fioz	30	10	2	0	0	0	190	5	1	2	1				X		X				GF	
Tomatillo Sauce (Mild)	2fioz	25	10	1	0	0	0	160	3	1	1	0				X		X				GF	V
Toppings & Specials																							
Cabbage	1oz	5	0	0	0	0	0	5	2	1	1	0										GF	V
Cheddar Jack Blend*	2oz	220	160	18	11	0	55	360	1	0	0	13				X						GF	V
Cilantro	.01oz	0	0	0	0	0	0	0	0	0	0	0										GF	V
Cotija Cheese*	.25oz	25	20	2	1	0	5	100	0	0	0	1				X						GF	V
Guacamole	1 oz	40	30	3.5	0	0	0	160	2	2	0	1										GF	V
Lettuce	1oz	5	0	0	0	0	0	0	1	1	0	0										GF	V
Lime Wedge	1ea	5	0	0	0	0	0	0	1	0	0	0										GF	V
Pico de Gallo	1oz	10	0	0	0	0	0	70	1	0	1	0						•				GF	V
Queso	3fioz	130	80	9	6	0	25	550	6	1	4	5				X		X		X			
Salsa Fresca	1oz	5	0	0	0	0	0	0	2	0	1	0										GF	V
Shredded Jack Cheese*	2oz	210	150	17	11	0	50	340	0	0	0	14				X						GF	V
Sour Cream	1oz	60	45	5	3.5	0	20	15	1	0	1	1				X						GF	V
Tortilla Soup with Tortilla Strips	1ea	380	160	18	7	0	65	2070	30	5	4	24	•			X		X		X			
Desserts & Drinks																							
Fresh Lime Pie	1ea	870	260	29	13	0	145	380	137	1	125	20		X		X		X		X			V
Horchata	3fioz	80	10	1.5	1	0	5	20	15	0	12	2				X						GF	V
Mint Limeade	3fioz	45	0	0	0	0	0	0	12	0	12	0										GF	V
Tres Leches	1ea	240	30	3.5	1.5	0	105	180	47	1	30	6		X		X		X		X			V

Individual foods may come in contact with one another during preparation, which is not reflected in this nutritional brochure. Although efforts are made to avoid cross-contact of allergens, Cafe Rio does not guarantee that cross-contact with allergens will not occur. Before placing your order, please inform Cafe Rio employees if you or anyone in your party has a food allergy.

Allergy Warning: We cook our tortilla chips, tortilla strips and coconut shrimp in a common fryer oil. This means we cannot guarantee that your menu item is free of common allergens when these ingredients are present.

* Animal-based enzyme may be used in the production of these cheeses.

• Indicates foods where the only soy-derived ingredient is highly-refined soybean oil which is excluded as a major food allergen.

X - CONTAINS ALLERGEN

GLUTEN FRIENDLY

These ingredients do not contain gluten. They are not certified gluten free and may be manufactured in a plant with gluten ingredients.

VEGETARIAN

Ingredients that do not contain beef, pork, poultry, fish or shellfish but may contain eggs, dairy or honey.

The following information has been put together utilizing our food manufacturers information, the United States Department of Agriculture and Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. Please be aware, our menu items are prepared by scratch and may come in contact with other food products during normal kitchen procedures. This may include shared cooking/preparation surfaces and common fryers. Please be aware that our menu items are prepared from scratch.