



Rosas Cafe Nutrition



Plates

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
#01 Beef Burrito Plate Dine In	1720	540	60	20	0	205	3920	223	16	9	72
#01 Beef Burrito Plate Dine In w/o Tortillas	1410	480	53	17	0	205	3210	169	14	7	63
#01 Beef Burrito Plate Drive	1710	520	58	20	0	205	4110	224	18	9	74
#01 Beef Burrito Plate Drive w/o Tortillas	1390	460	51	17	0	205	3400	170	15	7	65
#02 Beef Crispy Taco Plate Dine In	1280	450	50	17	0	130	2430	159	15	6	48
#02 Beef Crispy Taco Plate Dine In w/o Tortillas	960	390	43	14	0	130	1720	105	13	4	39
#02 Beef Crispy Taco Plate Drive	1270	430	48	17	0	130	2620	161	17	6	50
#02 Beef Crispy Taco Plate Drive w/o Tortillas	950	360	40	14	0	130	1910	106	14	4	41
#02 Beef Soft Taco Plate Dine In	1620	510	56	22	0	150	3590	217	16	9	62
#02 Beef Soft Taco Plate Dine In w/o Tortillas	1300	440	49	18	0	150	2880	163	14	7	53
#02 Beef Soft Taco Plate Drive	1610	480	54	22	0	150	3780	219	18	10	64
#02 Beef Soft Taco Plate Drive w/o Tortillas	1300	420	46	18	0	150	3070	164	15	8	55
#02 Chicken Crispy Taco Plate Dine In	1150	320	36	14	0	145	1920	152	15	7	57
#02 Chicken Crispy Taco Plate Dine In w/o Tortillas	840	260	29	10	0	145	1210	97	12	5	48
#02 Chicken Crispy Taco Plate Drive	1150	300	33	14	0	145	2110	153	17	8	59
# 02 Chicken Crispy Taco Plate Drive w/o Tortillas	830	230	26	10	0	145	1400	98	14	5	51
#02 Chicken Soft Taco Plate Dine In	1480	360	40	18	0	165	2990	208	16	11	73
#02 Chicken Soft Taco Plate Dine In w/o Tortillas	1160	290	32	14	0	165	2280	153	13	8	64
#02 Chicken Soft Taco Plate Drive	1470	330	37	18	0	165	3180	210	18	11	75
#02 Chicken Soft Taco Plate Drive w/o Tortillas	1150	270	30	14	0	165	2470	155	15	9	66
#03 Mexican Dinner Dine In	1280	490	54	23	0.5	100	2760	156	15	9	43
#03 Mexican Dinner Dine In w/o Tortillas	960	420	47	19	0.5	100	2050	101	13	7	34



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#03 Mexican Dinner Dine In/Soft Taco	1390	510	56	24	0.5	105	3140	175	16	10	47
#03 Mexican Dinner Dine In/Soft Taco w/o Tortillas	1070	440	49	21	0.5	105	2430	120	13	8	38
#03 Mexican Dinner Drive	1270	460	52	23	0.5	100	2940	157	17	9	45
#03 Mexican Dinner Drive w/o Tortillas	950	400	44	19	0.5	100	2230	102	15	7	36
#03 Mexican Dinner Drive/Soft Taco	1390	480	54	24	0.5	105	3330	176	17	10	49
#03 Mexican Dinner Drive/Soft Taco w/o Tortillas	1070	420	46	21	0.5	105	2620	122	15	8	41
#03 Mexican Dinner Dine In/Chicken Crispy Taco	1240	440	49	22	0.5	105	2590	153	15	9	46
#03 Mexican Dinner Dine In/Chicken Crispy Taco w/o Tortillas	920	380	42	18	0.5	105	1880	98	13	7	37
#03 Mexican Dinner Drive/Chicken Crispy Taco	1230	420	47	21	0.5	105	2770	155	17	10	48
#03 Mexican Dinner Drive/Chicken Crispy Taco w/o Tortillas	910	360	40	18	0.5	105	2060	100	15	7	39
#03 Mexican Dinner Dine In/Chicken Soft Taco	1340	460	51	23	0.5	110	2940	172	16	10	51
#03 Mexican Dinner Dine In/Chicken Soft Taco w/o Tortillas	1030	390	43	19	0.5	110	2230	117	13	8	42
#03 Mexican Dinner Drive/Chicken Soft Taco	1340	430	48	23	0.5	110	3130	173	17	11	53
#03 Mexican Dinner Drive/Chicken Soft Taco w/o Tortillas	1020	370	41	19	0.5	110	2420	119	15	9	44
#04 Cheese Enchilada Plate Dine In	1460	620	68	32	1	110	3340	165	17	13	47
#04 Cheese Enchilada Plate Dine In w/o Tortillas	1140	550	61	28	1	110	2630	111	15	10	38
#04 Cheese Enchilada Plate Drive	1450	590	66	31	1	110	3530	166	19	13	49
#04 Cheese Enchilada Plate Drive w/o Tortillas	1130	530	59	28	1	110	2820	112	16	10	40
#05 Cheese Enchilada Plate Dine In w/CCC	1920	740	82	38	1	170	4670	228	21	15	67
#05 Cheese Enchilada Plate Dine In w/CCC w/o Tortillas	1280	610	68	31	1	170	3250	118	16	11	49
#05 Cheese Enchilada Plate Drive w/CCC	1910	720	80	38	1	170	4850	229	22	15	69
#05 Cheese Enchilada Plate Drive w/CCC w/o Tortillas	1270	590	65	31	1	170	3430	119	18	11	51



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Plates

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
#06 Deluxe Mexican Plate Dine In	1730	720	80	32	1	130	3640	198	25	12	56
#06 Deluxe Mexican Plate Dine In w/o Tortillas	1410	650	73	29	1	130	2930	143	23	10	47
#06 Deluxe Mexican Plate Drive	1720	700	77	32	1	130	3820	200	27	13	58
#06 Deluxe Mexican Plate Drive w/o Tortillas	1400	630	70	29	1	130	3110	145	24	11	49
#06 Deluxe Mexican Plate Dine In w/Soft Beef Taco	1840	740	82	34	1	135	4020	217	25	14	60
#06 Deluxe Mexican Plate Dine In w/Soft Beef Taco w/o Tortillas	1520	670	75	30	1	135	3310	163	23	11	51
#06 Deluxe Mexican Plate Drive w/Soft Beef Taco	1830	720	80	34	1	135	4210	219	27	14	62
#06 Deluxe Mexican Plate Drive w/Soft Beef Taco w/o Tortillas	1520	650	72	30	1	135	3500	164	25	12	54
#06 Deluxe Mexican Plate Dine In w/Crispy Chicken Taco	1690	680	75	31	1	135	3460	195	25	13	59
#06 Deluxe Mexican Plate Dine In w/Crispy Chicken Taco w/o Tortillas	1370	610	68	28	1	135	2750	141	22	11	50
#06 Deluxe Mexican Plate Drive w/Crispy Chicken Taco	1680	650	73	31	1	135	3650	197	27	13	61
#06 Deluxe Mexican Plate Drive w/Crispy Chicken Taco w/o Tortillas	1360	590	65	27	1	135	2940	142	24	11	52
#06 Deluxe Mexican Plate Dine In w/Soft Chicken Taco	1790	690	77	32	1	140	3820	214	25	14	64
#06 Deluxe Mexican Plate Dine In w/Soft Chicken Taco w/o Tortillas	1480	620	69	29	1	140	3110	160	23	12	55
#06 Deluxe Mexican Plate Drive w/Soft Chicken Taco	1790	670	74	32	1	140	4010	216	27	14	66
#06 Deluxe Mexican Plate Drive w/Soft Chicken Taco w/o Tortillas	1470	600	67	29	1	140	3300	161	25	12	57
#07 Chicken Fajita Plate Dine In	1620	580	65	22	0	215	3480	186	17	11	74
#07 Chicken Fajita Plate Dine In w/o Tortillas	1140	480	54	17	0	215	2410	104	14	7	60
#07 Chicken Fajita Plate Drive	1610	560	62	22	0	215	3660	188	19	11	76
#07 Chicken Fajita Plate Drive w/o Tortillas	1140	460	51	16	0	215	2600	105	15	8	63
#08 Beef Taco Carbon Plate Dine In	1400	430	48	18	1	100	3400	181	16	8	63
#08 Beef Taco Carbon Plate Dine In w/o Tortillas	1080	360	40	15	1	100	2690	126	14	6	54



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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
#08 Beef Taco Carbon Plate Drive	1380	400	45	18	1	100	3590	182	18	8	65
#08 Beef Taco Carbon Plate Drive w/o Tortillas	1070	340	38	15	1	100	2880	127	15	6	56
#08 Chicken Taco Carbon Plate Dine In	1330	370	41	14	0	145	3230	182	16	8	60
#08 Chicken Taco Carbon Plate Dine In w/o Tortillas	1010	300	34	10	0	145	2520	127	14	6	52
#08 Chicken Taco Carbon Plate Drive	1320	340	38	13	0	145	3410	182	18	8	62
#08 Chicken Taco Carbon Plate Drive w/o Tortillas	1000	280	31	10	0	145	2700	128	15	6	54
#08 Combo Taco Carbon Plate Dine In	1360	400	44	16	0.5	120	3310	181	16	8	62
#08 Combo Taco Carbon Plate Dine In w/o Tortillas	1040	330	37	13	0.5	120	2600	126	14	6	53
#08 Combo Taco Carbon Plate Drive	1350	370	42	16	0.5	120	3500	182	18	8	64
#08 Combo Taco Carbon Plate Drive w/o Tortillas	1030	310	34	12	0.5	120	2790	127	15	6	55
#09 Beef Fajita Plate Dine In	1700	660	73	28	1.5	160	3690	185	17	11	76
#09 Beef Fajita Plate Dine In w/o Tortillas	1220	560	62	23	1.5	160	2630	103	14	8	63
#09 Beef Fajita Plate Drive	1700	630	70	28	1.5	160	3880	186	19	11	79
#09 Beef Fajita Plate Drive w/o Tortillas	1220	540	59	22	1.5	160	2820	104	15	8	65
#10 Smothered Burrito Plate Dine In	1190	370	41	16	0	135	2950	160	14	7	45
#10 Smothered Burrito Plate Dine In w/o Tortillas	870	300	34	13	0	135	2240	106	11	5	36
#10 Smothered Burrito Plate Drive	1180	350	38	16	0	135	3130	161	15	7	47
#10 Smothered Burrito Plate Drive w/o Tortillas	860	280	31	13	0	135	2420	106	13	5	38
#11 Chile Verde Dine In	1040	330	36	11	0	30	2350	150	13	6	29
#11 Chile Verde Dine In w/o Tortillas	730	260	29	8	0	30	1640	95	10	3	20
#11 Chile Verde Drive	1030	300	34	11	0	30	2540	151	14	5	31
#11 Chile Verde Drive w/o Tortillas	710	240	27	8	0	30	1830	96	12	3	22



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	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
#11 Chile Verde Dine In w/o Bowl	830	220	24	9	0	30	2120	127	12	5	25
#11 Chile Verde Dine In w/o Bowl w/o Tortillas	510	150	17	6	0	30	1410	72	10	3	17
#11 Chile Verde Drive w/o Bowl	820	190	22	9	0	30	2310	128	14	5	27
#11 Chile Verde Drive w/o Bowl w/o Tortillas	500	130	14	6	0	30	1600	73	11	3	19
#50 Pork Tamale Plate Dine In	1450	570	63	25	0	135	3390	175	21	8	47
#50 Pork Tamale Plate Dine In w/o Tortillas	1130	500	56	22	0	135	2680	120	18	6	39
#50 Pork Tamale Plate Drive	1440	540	60	25	0	135	3570	176	22	8	49
#50 Pork Tamale Plate Drive w/o Tortillas	1120	480	53	22	0	135	2860	121	20	6	41
#50 Chicken Tamale Plate Dine In	1570	680	76	29	5	55	3520	178	21	15	45
#50 Chicken Tamale Plate Dine In w/o Tortillas	1250	620	68	25	5	55	2810	123	19	13	36
#50 Chicken Tamale Plate Drive	1560	660	73	29	5	55	3710	178	23	15	47
#50 Chicken Tamale Plate Drive w/o Tortillas	1240	590	66	25	5	55	3000	124	20	13	38
#55 Chicken Enchilada Plate Dine In	1260	420	47	22	0	160	1940	156	16	10	45
#55 Chicken Enchilada Plate Dine In w/o Tortillas	940	360	40	19	0	160	1230	102	13	8	37
#55 Chicken Enchilada Plate Drive	1240	400	44	22	0	160	2130	157	17	10	47
#55 Chicken Enchilada Plate Drive w/o Tortillas	930	330	37	18	0	160	1420	102	15	7	39
#56 Beef Enchilada Plate Dine In	1290	450	50	18	0	90	3190	169	18	13	40
#56 Beef Enchilada Plate Dine In w/o Tortillas	970	390	43	15	0	90	2480	115	15	10	32
#56 Beef Enchilada Plate Drive	1280	430	48	18	0	90	3370	170	19	12	42
#56 Beef Enchilada Plate Drive w/o Tortillas	960	360	40	14	0	90	2660	116	17	10	34
#57 Three Enchilada Plate (Tres Amigos) Dine In	1610	640	71	31	0.5	175	3240	182	19	14	56
#57 Three Enchilada Plate (Tres Amigos) Dine In w/o Tortillas	1290	580	64	28	0.5	175	2530	127	17	12	47



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#57 Three Enchilada Plate (Tres Amigos) Drive #57 Three	1590	620	69	31	0.5	175	3420	183	21	14	58
Enchilada Plate (Tres Amigos) Drive w/o Tortillas 2 Flour	1280	550	61	27	0.5	175	2710	128	18	12	49
Tortillas 3 Flour Tortillas	320	70	7	3.5	0	0	710	55	2	2	9
	480	100	11	5	0	0	1060	82	4	3	13



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Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon & Egg Taco	380	190	21	8	0	395	840	28	1	2	21
Sausage & Egg Taco	380	190	22	8	0	335	850	27	1	1	19
Chorizo & Egg Taco	340	160	17	7	0	415	810	29	2	1	18
Potato & Egg Taco	370	160	18	6	0	455	720	33	2	2	19
Potato & Egg Taco w/Regular Potatoes	380	170	18	6	0	455	650	34	2	2	19
Potato Taco	290	70	8	2.5	0	0	620	47	4	3	7
Potato Taco w/Regular Potatoes	330	90	11	3	0	0	390	52	5	3	7
Ultimate Breakfast Taco	340	140	16	6	0	225	840	31	2	2	17
Migas Taco	360	150	17	6	0	300	680	39	3	3	14
Ham & Eggs Taco	330	140	15	6	0	365	730	28	1	1	19
Chile Verde & Egg Taco	330	140	15	6	0	335	790	30	2	1	17
Chile Verde Taco	230	70	7	3	0	15	700	32	2	1	9
Chorizo & Bean Taco	270	70	7	3	0	15	670	40	2	2	10
Chorizo & Bean Taco w/Cheese	320	110	12	6	0	30	760	41	2	2	13
Egg Taco	330	150	16	6	0	455	640	27	1	1	18
Migas Plate Dine In	1040	380	42	15	0	530	2130	127	17	9	37
Migas Plate Dine In w/o Tortillas	720	320	35	11	0	530	1420	73	14	7	28
Migas Plate Dine In w/Regular Potatoes	1090	410	45	15	0	530	1860	133	18	9	38
Migas Plate Dine In w/Regular Potatoes w/o Tortillas	770	340	38	12	0	530	1150	78	15	7	29
Migas Plate Dine In w/Chorizo & Beans	1080	410	46	16	0	555	2260	127	12	9	40
Migas Plate Drive	960	350	38	14	0	530	2120	118	16	9	36
Migas Plate Drive w/o Tortillas	640	280	31	11	0	530	1410	64	13	7	27



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Migas Plate Drive w/Regular Potatoes	1010	370	41	14	0	530	1850	124	17	9	37
Migas Plate Drive w/Chorizo & Beans	1010	380	42	15	0	555	2250	118	11	9	40
Migas Plate Drive w/Regular Potatoes w/o Tortillas	700	310	34	11	0	530	1140	69	14	7	28
Ultimate Plate Dine In	1110	430	48	16	0	405	2120	126	16	8	44
Ultimate Plate Dine In w/Spicy Potatoes	1060	400	45	16	0	405	2390	121	15	8	43
Ultimate Plate Dine In w/Chorizo & Beans	1150	460	51	17	0	430	2250	126	11	8	48
Ultimate Plate Dine In w/o Tortillas	790	360	40	13	0	405	1410	72	14	6	35
Ultimate Plate Drive	1040	390	44	15	0	405	2120	117	15	8	43
Ultimate Plate Drive w/Spicy Potatoes	980	370	41	15	0	405	2390	112	14	8	42
Ultimate Plate Drive w/Chorizo & Beans	1080	420	47	17	0	430	2250	117	10	8	47
Ultimate Plate Drive w/o Tortillas	720	330	36	12	0	405	1410	63	13	6	34
Sausage & Egg Plate Dine In	1160	500	56	19	0	585	2100	115	14	5	48
Sausage & Egg Plate Dine In w/Spicy Potatoes	1100	480	53	18	0	585	2370	110	13	5	47
Sausage & Egg Plate Dine In w/Chorizo & Beans	1200	540	60	20	0	610	2230	115	9	6	51
Sausage & Egg Plate Dine In w/o Tortillas	840	440	49	15	0	585	1390	61	12	3	39
Sausage & Egg Plate Drive	1080	470	52	18	0	585	2100	106	13	5	47
Sausage & Egg Plate Drive w/Spicy Potatoes	1030	440	49	17	0	585	2370	101	12	5	46
Sausage & Egg Plate Drive w/Chorizo & Beans	1130	500	56	19	0	610	2230	106	8	6	50
Sausage & Egg Plate Drive w/o Tortillas	760	400	45	14	0	585	1390	52	11	3	38
Bacon & Egg Plate Dine In	1160	490	55	18	0	690	2080	117	14	7	51
Bacon & Egg Plate Dine In w/Spicy Potatoes	1110	470	52	18	0	690	2350	111	13	7	50
Bacon & Egg Plate Dine In w/Chorizo & Beans	1210	520	58	20	0	715	2210	116	9	7	54



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Bacon & Egg Plate Dine In w/o Tortillas	840	430	47	15	0	690	1370	62	12	5	42
Bacon & Egg Plate Drive	1090	460	51	18	0	690	2080	108	13	7	50
Bacon & Egg Plate Drive w/Spicy Potatoes	1030	430	48	17	0	690	2350	102	12	7	49
Bacon & Egg Plate Drive w/Chorizo & Beans	1130	490	54	19	0	715	2210	107	8	7	53
Bacon & Egg Plate Drive w/o Tortillas	770	390	44	14	0	690	1370	53	11	5	41
Ham & Egg Plate Dine In	1070	410	45	15	0	635	1880	117	14	5	48
Ham & Egg Plate Dine In w/Spicy Potatoes	1020	380	42	14	0	635	2150	112	13	5	47
Ham & Egg Plate Dine In w/Chorizo & Beans	1110	440	49	16	0	660	2010	117	9	6	52
Ham & Egg Plate Dine In w/o Tortillas	750	340	38	11	0	635	1170	62	12	3	39
Ham & Egg Plate Drive	990	370	41	14	0	635	1880	108	13	5	47
Ham & Egg Plate Drive w/Spicy Potatoes	940	350	38	14	0	635	2150	103	12	5	46
Ham & Egg Plate Drive w/Chorizo & Beans	1040	400	45	16	0	660	2010	108	8	6	51
Ham & Egg Plate Drive w/o Tortillas	670	310	34	11	0	635	1170	53	11	3	38
Chorizo & Egg Plate Dine In	1100	440	49	17	0	720	2030	119	16	5	45
Chorizo & Egg Plate Dine In w/Spicy Potatoes	1040	410	46	16	0	720	2300	113	15	5	44
Chorizo & Egg Plate Dine In w/Chorizo & Beans	1140	470	52	18	0	745	2160	118	11	6	49
Chorizo & Egg Plate Dine In w/o Tortillas	780	380	42	13	0	720	1320	64	14	3	36
Chorizo & Egg Plate Drive	1020	410	45	16	0	720	2020	110	15	5	44
Chorizo & Egg Plate Drive w/Spicy Potatoes	970	380	42	16	0	720	2290	105	14	5	43
Chorizo & Egg Plate Drive w/Chorizo & Beans	1070	440	49	17	0	745	2150	109	10	6	48
Chorizo & Eggs Plate Drive w/o Tortillas	700	340	38	12	0	720	1310	55	13	3	36
Potato & Egg Plate Dine In	1070	430	47	15	0	790	1740	115	14	5	46



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Potato & Egg Plate Dine In w/Spicy Potatoes	1020	400	44	15	0	790	2010	110	13	5	45
Potato & Egg Plate Dine In w/Chorizo & Beans	1120	460	51	17	0	820	1870	115	9	6	49
Potato & Egg Plate Dine In w/o Tortillas	750	360	40	12	0	790	1030	61	12	3	37
Potato & Egg Plate Drive	1000	390	43	15	0	790	1740	106	13	5	45
Potato & Egg Plate Drive w/Spicy Potatoes	940	360	40	14	0	790	2010	101	12	5	44
Potato & Egg Plate Drive w/Chorizo & Beans	1040	420	47	16	0	820	1870	106	8	6	49
Potato & Egg Plate Drive w/o Tortillas	680	320	36	11	0	790	1030	52	11	3	36
Huevos Rancheros Plate Dine In	1230	490	55	17	0	790	1950	136	17	6	48
Huevos Rancheros Plate Dine In w/Spicy Potatoes	1180	470	52	17	0	790	2220	131	16	5	47
Huevos Rancheros Plate Dine In w/Chorizo Beans	1280	530	58	19	0	820	2080	136	12	6	52
Huevos Rancheros Plate Dine In w/o Tortillas	910	430	48	14	0	790	1240	82	14	4	39
Huevos Rancheros Plate Drive	1160	460	51	17	0	790	1950	127	16	6	47
Huevos Rancheros Plate Drive w/Spicy Potatoes	1110	430	48	16	0	790	2220	122	15	5	46
Huevos Rancheros Plate Drive w/Chorizo & Beans	1200	490	55	18	0	820	2080	127	11	6	51
Huevos Rancheros Plate Drive w/o Tortillas	840	390	44	13	0	790	1240	73	13	4	38
Migas Bowl	650	280	31	10	0	445	1050	67	14	7	25
Migas Bowl w/Spicy Potatoes	600	250	28	9	0	445	1320	62	13	6	24
Migas Bowl w/Chorizo & Beans	690	310	35	11	0	470	1180	67	9	7	29
Ultimate Bowl	520	260	29	11	0	405	1380	35	9	4	31
Ultimate Bowl w/Chorizo & Beans	570	290	32	12	0	430	1510	35	3	4	35
Chorizo Bowl	650	300	34	11	0	600	1180	54	12	3	32
Chorizo Bowl w/Spicy Potatoes	600	280	31	11	0	600	1450	49	11	3	31



Rosas Cafe Nutrition



Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chorizo Bowl w/Chorizo & Beans	700	340	37	12	0	630	1310	54	7	3	35
Potato & Egg Bowl	630	290	32	10	0	660	940	52	11	3	32
Potato & Egg Bowl w/Spicy Potatoes	580	270	29	10	0	660	1210	46	10	3	31
Potato & Egg Bowl w/Chorizo & Beans	750	380	42	14	0	605	1360	52	6	5	40
Bacon & Egg Bowl	700	350	39	12	0	575	1230	53	11	5	36
Bacon & Egg Bowl w/Spicy Potatoes	650	320	36	12	0	575	1500	47	10	4	35
Bacon & Egg Bowl w/Chorizo & Beans	750	380	42	14	0	605	1360	52	6	5	40
Sausage & Egg Bowl	700	360	40	13	0	490	1240	52	11	3	34
Sausage & Egg Bowl w/Spicy Potatoes	650	330	37	12	0	490	1510	46	10	3	33
Sausage & Egg Bowl w/Chorizo & Beans	750	390	43	14	0	515	1370	51	6	3	38
Ham & Egg Bowl	630	280	31	10	0	530	1060	53	11	3	34
Ham & Egg Bowl w/Spicy Potatoes	570	250	28	9	0	530	1330	48	10	3	33
Ham & Egg Bowl w/Chorizo & Beans	670	310	34	11	0	555	1190	53	6	3	38
Huevos Rancheros Bowl	790	360	40	12	0	660	1160	73	13	4	35
Huevos Rancheros Bowl w/Spicy Potatoes	740	330	37	12	0	660	1430	67	12	3	34
Huevos Rancheros Bowl w/Chorizo & Beans	840	390	44	13	0	690	1290	72	8	4	38
Breakfast Taco Platter Bacon & Egg	4760	2250	250	92	0	4750	13300	372	21	37	258
Breakfast Taco Platter Chile Verde	2930	810	90	39	0	180	11650	415	29	28	110
Beans Breakfast Add On	35	5	0.5	0	0		95	5	1	0	2
Chorizo & Beans Breakfast Add On	45	15	1.5	0.5	0	0	125	5	0	0	2
Shredded Cheese Breakfast Add On	30	20	2.5	1.5	0	5	45	0	0	0	2
Spicy Potatoes Breakfast Add On	20	5	0.5	0	0	5	40	3	0	0	0
						0					



Rosas Cafe Nutrition



Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Regular Potatoes Breakfast Add On	25	10	1	0	0	0	0	3	1	0	0
Bacon Breakfast Add On	80	50	6	4.5	0	15	250	0	0	0	6
Sausage Breakfast Add On	50	35	4	1.5	0	15	55	0	0	0	3
Chorizo Breakfast Add On	30	20	2	1.5	0	20	160	1	1	0	2
Ham Breakfast Add On	30	10	1.5	0	0	15	140	0	0	0	5

[illegible]



Rosas Cafe Nutrition



Drinks

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Barq's Root Beer 12 fl oz	180	0	0	0	0	0	75	49	0	49	0
Barq's Root Beer 20 fl oz	300	0	0	0	0	0	120	81	0	81	0
Barq's Root Beer 32 fl oz	480	0	0	0	0	0	200	130	0	130	0
Cherry Coca Cola 12 fl oz	170	0	0	0	0	0	40	46	0	46	0
Cherry Coca Cola 20 fl oz	280	0	0	0	0	0	70	76	0	76	0
Cherry Coca Cola 32 fl oz	450	0	0	0	0	0	110	122	0	122	0
Coca Cola 12 fl oz Coca	160	0	0	0	0	0	35	44	0	44	0
Cola 20 fl oz Coca Cola	270	0	0	0	0	0	60	73	0	73	0
32 fl oz Coca Cola Zero	430	0	0	0	0	0	95	116	0	116	0
12 fl oz Coca Cola Zero	0	0	0	0	0	0	40	0	0	0	0
20 fl oz Coca Cola Zero	0	0	0	0	0	0	70	0	0	0	0
32 fl oz Diet Coke 12 fl oz	5	0	0	0	0	0	110	0	0	0	0
Diet Coke 20 fl oz Diet	0	0	0	0	0	0	50	0	0	0	0
Coke 32 fl oz Diet Dr	0	0	0	0	0	0	85	0	0	0	0
Pepper 12 fl oz Diet Dr	5	0	0	0	0	0	135	0	0	0	0
Pepper 20 fl oz Diet Dr	0	0	0	0	0	0	70	0	0	0	0
Pepper 32 fl oz Dr	0	0	0	0	0	0	115	0	0	0	0
Pepper 12 fl oz Dr	0	0	0	0	0	0	190	0	0	0	0
Pepper 20 fl oz Dr	140	0	0	0	0	0	45	39	0	38	0
Pepper 32 fl oz Fanta	230	0	0	0	0	0	75	65	0	63	0
Orange 12 fl oz	370	0	0	0	0	0	120	104	0	101	0
	170	0	0	0	0	0	45	47	0	46	0



Rosas Cafe Nutrition



Drinks

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Fanta Orange 20 fl oz Fanta Orange	290	0	0	0	0	0	70	78	0	77	0
32 fl oz Fanta Red 12 fl oz Fanta	460	0	0	0	0	0	115	125	0	123	0
Red 20 fl oz Fanta Red 32 fl oz Fuze	170	0	0	0	0	0	50	46	0	46	0
Peach Tea 12 fl oz Fuze Peach Tea	290	0	0	0	0	0	85	76	0	76	0
20 fl oz Fuze Peach Tea 32 fl oz Hi-C	460	0	0	0	0	0	140	122	0	122	0
Poppin Pink Lemonade 12 fl oz Hi-C	100	0	0	0	0	0	45	25	0	25	0
Poppin Pink Lemonade 20 fl oz Hi-C	160	0	0	0	0	0	80	42	0	41	0
Poppin Pink Lemonade 32 fl oz	260	0	0	0	0	0	125	67	0	66	0
Minute Maid Lemonade 12 fl oz	160	0	0	0	0	0	105	43	0	41	0
Minute Maid Lemonade 20 fl oz	260	0	0	0	0	0	180	72	0	68	0
Minute Maid Lemonade 32 fl oz	410	0	0	0	0	0	280	114	0	109	0
POWERade Mountain Blast 12 fl oz	160	0	0	0	0	0	105	43	0	41	0
POWERade Mountain Blast 20 fl oz	260	0	0	0	0	0	180	72	0	68	0
POWERade Mountain Blast 32 fl oz	420	0	0	0	0	0	280	115	0	109	0
Sprite 12 fl oz Sprite 20 fl oz Sprite	90	0	0	0	0	0	120	24	0	24	0
32 fl oz Sweet Tea 12 fl oz Sweet	150	0	0	0	0	0	200	40	0	40	0
Tea 20 fl oz	240	0	0	0	0	0	320	64	0	64	0
	160	0	0	0	0	0	70	42	0	42	0
	260	0	0	0	0	0	120	70	0	70	0
	420	0	0	0	0	0	190	112	0	112	0
	140	0	0	0	0	0	10	37	0	36	0
	240	0	0	0	0	0	15	62	0	60	0



Rosas Cafe Nutrition



Drinks

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
SweetTea32 fl oz	380	0	0	0	0	0	25	99	0	97	0
Unsweet Tea 12 fl oz	5	0	0	0	0	0	10	1	0	0	0
Unsweet Tea 20 fl oz	5	0	0	0	0	0	15	2	0	0	0
Unsweet Tea 32 fl oz	10	0	0	0	0	0	25	3	0	0	0
Gallon Sweet Tea	1600	0	0	0	0	0	105	414	0	404	0
Gallon Unsweet Tea	40	0	0	0	0	0	115	11	0	0	0
Coffee 12 fl oz	5	0	0	0	0	0	5	0	0	0	0
Coffee 20 fl oz	5	0	0	0	0	0	10	0	0	0	1
Coffee 32 fl oz	10	0	0	0	0	0	20	0	0	0	1
Margarita 12 fl oz	270	0	0	0	0	0	75	34	0	21	0
Strawberry Margarita 12 fl oz	210	0	0	0	0	0	25	23	0	21	0
Water 12 fl oz	0	0	0	0	0	0	10	0	0	0	0
Water 20 fl oz	0	0	0	0	0	0	20	0	0	0	0
Water 32 fl oz	0	0	0	0	0	0	30	0	0	0	0
Bud Light 12 fl oz	110	0	0	0	0	0	0	7	0	0	1
Bud Light Lime 12 fl oz	120	0	0	0	0	0	0	8	0	0	1
Budweiser 12 fl oz	150	0	0	0	0	0	0	11	0	0	1
Budweiser Select 12 fl oz	100	0	0	0	0	0	0	3	0	0	1
Michelob Ultra 12 fl oz	100	0	0	0	0	0	0	3	0	0	1
Coors Light 12 fl oz	100	0	0	0	0	0	0	5	0	0	1
Corona Extra 12 fl oz	150	0	0	0	0	0	0	14	0	0	1
Corona Light 12 fl oz	100	0	0	0	0	0	0	5	0	0	1



Rosas Cafe Nutrition



Drinks

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
DosEquis XX (Green) 12 fl oz	130	0	0	0	0	0	0	11	0	0	1
Tecate 12 fl oz	140	0	0	0	0	0	30	14	0	3	1
Modelo Negro 12 fl oz	170	0	0	0	0	0	0	16	0	0	2
Shiner Bock 12 fl oz	140	0	0	0	0	0	15	12	0	0	1





Rosas Cafe Nutrition



Family Style

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
#27 1lb Beef Fajitas	970	490	54	22	3	265	2910	17	5	8	103
#27 1lb Chicken Fajitas	770	310	34	8	0	400	2390	20	5	7	96
#27 1/2lb Beef Fajitas	490	250	28	11	1.5	135	1460	10	3	4	51
#27 1/2lb Chicken Fajitas	390	160	18	4	0	200	1200	11	3	4	48
#28 1/4 Pint Picadillo	230	120	14	3.5	0	85	530	9	1	0	17
#28 1/2 Pint Picadillo	450	240	27	7	0	170	1070	18	1	1	35
#28 Pint Picadillo	910	490	54	14	0	340	2140	35	2	2	69
#28 22oz Picadillo	1250	670	74	19	0.5	470	2940	49	3	2	95
#30 1/2 Pint Rice	330	80	9	4	0	20	880	58	2	2	6
#30 Pint Rice	620	140	16	8	0	35	1640	108	4	3	11
#32 1/2 Pint Beans	270	50	5	2	0	0	770	42	11	2	12
#32 Pint Beans	530	100	11	3.5	0	0	1540	84	22	3	24
#34 1/2 Pint Guacamole	280	220	25	3.5	0	0	580	17	12	2	4
#34 Pint Guacamole	600	480	53	8	0	0	1240	36	25	5	8
#34 22oz Guacamole	820	660	73	11	0	0	1710	49	35	7	11
#35 1/2 Pint Hot Sauce	60	5	0.5	0	0	0	1180	11	1	1	3
#35 Pint Hot Sauce	120	10	1	0.5	0	0	2520	23	2	2	5
#35 22oz Hot Sauce	170	15	1.5	0.5	0	0	3460	32	2	2	7
1/2 Pint Pico De Gallo	50	5	0	0	0	0	820	12	3	7	2
Pint Pico De Gallo	110	10	1	0	0	0	1750	25	7	14	4
22oz Pico De Gallo	150	10	1.5	0	0	0	2400	34	10	20	6
Chile Verde 8oz	190	90	10	4	0	40	930	11	2	1	11



Rosas Cafe Nutrition



Family Style

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chile Verde Pint	370	180	20	8	0	80	1860	23	3	1	22
Chile Verde 22oz	3770	930	104	46	0	165	10610	580	47	22	123
#41 Dozen Tortillas	1910	390	43	21	0	0	4260	328	15	13	52
#41 Dozen Corn Tortillas	770	60	7	1	0	0	570	163	22	3	14
Enchiladas To Go (12) - Beef	4470	1920	214	75	1.5	505	12390	481	65	55	158
Enchiladas To Go (12) - Chicken	4260	1750	194	99	0	925	4805	402	53	37	188
Enchiladas To Go (12) - Cheese	5510	2900	323	156	6	13320	655	457	62	55	197
Party Trio	6690	3730	415	118	2	10540	165	637	100	27	121
Chile Verde To Go	3770	930	104	46	0	10610		580	47	22	123
Taco Party Tray - Crispy Beef	2660	1370	153	51	2		3885	185	20	12	138
Taco Party Tray - Crispy Chicken	2080	770	86	34	1.5		1415	149	19	18	181
Taco Party Tray - Soft Beef	3740	1460	162	65	2		8625	393	22	25	179
Taco Party Tray - Soft Chicken	3160	860	96	49	1.5		5625	357	21	30	223
Burritos To Go - Bean	5850	2310	257	110	2.5	525	13020	699	79	31	186
Burritos To Go - Beef	6210	2720	302	102	2	1125	13830	615	43	28	258
Burritos To Go - Combo	5790	2280	253	91	1.5	740	13160	670	65	30	207
Nacho Tray	6380	3290	366	134	2	1130	12190	553	84	37	203
Two Dozen Tamale Platter	4970	2860	318	137	1.5	735	12900	390	70	34	139
Two Dozen Tamale Platter - Chicken	4570	2290	255	92	39	660	12780	390	68	23	180



Rosas Cafe Nutrition



Family Value Meals (per serving)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Party Trio (Serves 6) Party Trio (Serves 7) Party Trio (Serves 12)	1120	620	69	20	0	110	1760	106	17	5	20
Chile Verde To Go (Serves 2) Chile Verde To Go (Serves 3)	960	530	59	17	0	95	1510	91	14	4	17
Chile Verde To Go (Serves 4) Spicy Tamales Pork (Serves 6)	560	310	35	10	0	55	880	53	8	2	10
Spicy Tamales Pork (Serves 12) Spicy Tamales Chicken (Serves 6)	1880	470	52	23	0	85	5310	290	23	11	62
Spicy Tamales Chicken (Serves 12) Two Dozen Tamale Platter Pork (Serves 12)	1260	310	35	15	0	55	3540	193	16	7	41
Two Dozen Tamale Platter Chicken (Serves 12) Enchiladas To Go Chicken (Serves 12)	940	230	26	11	0	40	2650	145	12	6	31
Enchiladas To Go Beef (Serves 12) Enchiladas To Go Cheese (Serves 12)	350	190	22	8	0	30	680	30	6	2	9
Taco Party Tray Beef Crispy (Serves 6) Taco Party Tray Beef Crispy (Serves 7)	170	100	11	4	0	15	340	15	3	1	4
Taco Party Tray Chicken Crispy (Serves 6) Taco Party Tray Chicken Crispy (Serves 7)	320	150	16	4.5	3	25	680	30	5	1	12
Taco Party Tray Beef Soft (Serves 6)	160	70	8	2	1.5	15	340	15	3	1	6
	410	240	26	11	0	60	1080	33	6	3	12
	380	190	21	8	3	55	1070	32	6	2	15
	360	150	16	8	0	75	400	33	4	3	16
	370	160	18	6	0	40	1030	40	5	5	13
	460	240	27	13	0	50	1110	38	5	5	16
	440	230	25	8	0	100	630	31	3	2	23
	380	200	22	7	0	85	540	26	3	2	20
	190	100	11	3.5	0	40	270	13	1	1	10
	350	130	14	6	0	110	240	25	3	3	30
	300	110	12	5	0	90	200	21	3	3	26
	150	60	6	2.5	0	45	100	11	1	1	13
	620	240	27	11	0	100	1340	65	4	4	30



Rosas Cafe Nutrition



Drinks	Value	Meals	(per serving)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
				530	210	23	9	0	85	1150	56	3	4	26
Taco Party Tray Beef Soft (Serves 7)		Taco Party Tray Beef Soft (Serves 12)		310	120	14	5	0	50	670	33	2	2	15
Taco Party Tray Chicken Soft (Serves 7)		Taco Party Tray Chicken Soft (Serves 12)		530	140	16	8	0	110	940	59	4	5	37
Burritos To Go Bean (Serves 6)		Burritos To Go Beef (Serves 6)		450	120	14	7	0	90	800	51	3	4	32
Burritos To Go Beef (Serves 12)		Burritos To Go Combination (Serves 6)		260	70	8	4	0	55	470	30	2	3	19
Burritos To Go Combination (Serves 12)		Nacho Tray (Serves 6)		980	390	43	18	0	90	2170	116	13	5	31
Fajita Fiesta Beef (Serves 2)		Fajita Fiesta Chicken (Serves 2)		490	190	21	9	0	45	1080	58	7	3	16
Fajita Fiesta Chicken (Serves 3)		Fajita Fiesta Combination (Serves 2)		1040	450	50	17	0	185	2300	102	7	5	43
Fajita Fiesta Combination (Serves 3)		Double Meat Fajita Fiesta Beef (Serves 5)		520	230	25	8	0	95	1150	51	4	2	22
Double Meat Fajita Fiesta Chicken (Serves 5)				960	380	42	15	0	125	2190	112	11	5	35
				480	190	21	8	0	60	1100	56	5	2	17
				1060	550	61	22	0	190	2030	92	14	6	34
				800	410	46	17	0	140	1520	69	10	5	25
				2340	790	88	39	1.5	205	5540	284	27	17	104
				1560	530	58	26	1	140	3690	189	18	11	69
				2250	700	78	32	0	275	5280	285	27	16	101
				1500	470	52	21	0	185	3520	190	18	11	67
				2300	740	83	35	1	240	5410	284	27	17	102
				1530	500	55	23	0.5	160	3600	190	18	11	68
				1130	410	46	20	1	135	2790	116	12	8	62
				940	340	38	17	1	115	2320	97	10	7	52
				1050	340	38	14	0	190	2580	117	12	8	59



Rosas Cafe Nutrition



Brinky Value Meals (per serving)

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Double Meat Fajita Fiesta Chicken(Serves6)	870	280	32	12	0	160	2150	98	10	7	49
Double Meat Fajita Fiesta Combination (Serves 5)	1090	380	42	17	0.5	165	2680	117	12	8	60
Double Meat Fajita Fiesta Combination (Serves 6)	900	310	35	14	0.5	135	2240	97	10	7	50
Breakfast Taco Platter Bacon & Egg (Serves 6)	790	380	42	15	0	790	2220	62	4	6	43
Breakfast Taco Platter Bacon & Egg (Serves 12)	400	190	21	8	0	395	1110	31	2	3	21
Breakfast Taco Platter Chile Verde (Serves 6)	490	130	15	7	0	30	1940	69	5	5	18
Breakfast Taco Platter Chile Verde (Serves 12)	240	70	7	3.5	0	15	970	35	2	2	9



Rosas Cafe Nutrition



Dinner Menu

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
#18 Crispy Beef Taco	180	90	10	3.5	0	40	260	13	1	1	9
#18 Soft Beef Taco	300	110	12	5	0	45	650	32	2	2	14
#18 Crispy Chicken Taco	140	50	6	2	0	45	90	10	1	1	13
#18 Soft Chicken Taco	250	60	7	3.5	0	50	450	29	2	2	18
#21 Beef Enchiladas Dine In	780	340	38	12	0	80	1970	81	14	9	28
#21 Beef Enchiladas Drive	770	320	36	12	0	80	2160	82	15	9	30
#21 Chicken Enchiladas Dine In	740	310	35	16	0	150	730	67	12	6	33
#21 Chicken Enchiladas Drive	740	290	32	16	0	150	920	69	13	6	35
#21 Cheese Enchiladas Dine In	950	510	56	26	1	100	2130	77	13	9	35
#21 Cheese Enchiladas Drive	940	480	54	26	1	100	2310	78	15	9	37
#38 Chili Con Queso 4oz	230	170	19	13	0	120	930	4	1	3	10
#38 Large Chili Con Queso 8oz	460	350	39	25	0	240	1860	8	1	7	19
#38 Pint Chili Con Queso 16oz	910	690	77	50	0	475	3720	15	2	13	39
#38 Chili Con Queso 22oz	1250	960	106	69	0.5	655	5120	21	3	18	53
#39 Queso Nachos	620	340	38	13	0	90	900	57	7	2	12
#40 Combo Nachos Dine In	1010	510	57	21	0	175	1750	89	14	5	33
#40 Combo Nachos Drive	1080	530	58	21	0	175	1940	99	17	6	36
#40 Shredded Chicken Combo Nachos Dine In	930	430	47	18	0	185	1410	84	14	6	40
#40 Shredded Chicken Combo Nachos Drive	1000	440	49	19	0	185	1600	94	17	6	43
#51 Beef Fajita Nachos Dine In	1060	530	59	23	1	180	2040	83	14	6	45
#51 Beef Fajita Nachos Drive	1120	540	60	24	1	180	2230	94	16	6	48
#51 Chicken Fajita Nachos Dine In	1010	490	54	20	0	210	1910	84	14	5	44



Rosas Cafe Nutrition



Diary

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
#51 Chicken Fajita Nachos Drive #51	1070	500	55	20	0	210	2100	94	16	6	47
Combo Fajita Nachos Dine In #51 Combo	1030	510	57	22	0.5	195	1980	83	14	6	44
Fajita Nachos Drive #42 1 Pork Tamale #42	1100	520	58	22	0.5	195	2170	94	16	6	48
1 Chicken Tamale #43 3 Pork Tamales #43	170	100	11	4	0	15	340	15	3	1	4
3 Chicken Tamales #44 12 Pork Tamales	160	70	8	2	1.5	15	340	15	3	1	6
#44 12 Chicken Tamales #45 Small Chips &	520	290	32	12	0	45	1030	45	8	3	13
Salsa #45 Large Chips & Salsa #46 Small	470	220	25	7	5	40	1010	45	8	2	18
Chips & Queso #46 Large Chips & Queso	2100	1170	130	49	0.5	190	4110	181	33	11	53
#47 Small Chips & Guacamole #47 Large	1900	880	98	27	19	150	4050	180	33	6	73
Chips & Guacamole # 48 Queso Supreme	1210	560	63	10	0	0	620	148	16	0	14
Chile Verde Bowl w/Shell Chle Verde Bowl	1540	710	79	13	0	120	1260	189	21	1	19
w/ Shell & w/o Tortillas Chile Verde Bowl	1440	740	82	23	0	240	1550	152	17	4	24
w/o Shell Chile Verde Bowl w/o Shell &	2000	1050	117	38	0.5		3120	197	22	7	38
w/o Tortillas #26 Fajita Fiesta Beef #26	1360	680	76	12	0		930	157	23	2	16
Fajita Fiesta Chicken	1820	930	103	16	0	0	1840	206	33	3	23
	2080	1080	120	31	0.5	0	1690	210	22	5	40
	890	310	34	12	0	185	2370	115	6	4	27
	570	250	27	8	0	55	1660	60	4	2	19
	670	200	22	10	0	55	2140	93	5	4	24
	350	130	15	6	0	55	1430	38	3	2	15
	4690	1580	175	77	3.5	415	11070	568	55	33	208
	4490	1400	155	63	0.5	550	10550	570	55	33	201



Rosas Cafe Nutrition



Drinks

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
#29ComboFajitaFiesta	4590	1490	165	70	2	480	10810	569	55	33	205
Double Meat Fajita Fiesta Beef	5630	2060	229	99	6	680	13930	580	59	41	309
Double Meat Fajita Fiesta Chicken	5230	1700	189	71	1	945	12890	585	59	39	296
Double Meat Fajita Fiesta Combo	5430	1880	209	85	3.5	815	13410	583	59	40	302





Rosas Cafe Nutrition



Drinks

Kids Meals

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Kids Meal Enchilada Dine In	780	330	36	16	0.5	60	1790	88	12	6	24
Kids Meal Enchilada Drive	770	310	34	16	0	60	1970	90	13	6	27
Kids Meal Enchilada w/Barq's Root Beer 12 fl oz Dine In	960	330	36	16	0.5	60	1860	137	12	55	24
Kids Meal Enchilada w/Barq's Root Beer 12 fl oz Drive	950	310	34	16	0	60	2050	138	13	55	27
Kids Meal Enchilada w/Water 12 fl oz Dine In	780	330	36	16	0.5	60	1800	88	12	6	24
Kids Meal Enchilada w/Water 12 fl oz Drive	770	310	34	16	0	60	1980	90	13	6	27
Kids Meal Nachos	620	340	38	13	0	90	720	56	6	2	12
Kids Meal Nachos w/Barq's Root Beer 12 fl oz	800	340	38	13	0	90	800	105	6	51	12
Kids Meal Nachos w/Water 12 fl oz	620	340	38	13	0	90	730	56	6	2	12
Kids Meal Bean & Cheese Burrito	450	130	14	7	0	25	1100	68	6	2	14
Kids Meal Bean & Cheese Burrito w/Barq's Root Beer 12 fl oz	630	130	14	7	0	25	1170	117	6	51	14
Kids Meal Bean & Cheese Burrito w/Water 12 fl oz	450	130	14	7	0	25	1110	68	6	2	14
Kids Meal Taco - Beef Crispy	310	120	13	4	0	40	650	34	7	1	15
Kids Meal Taco - Beef Soft	430	140	15	6	0	45	1030	53	7	3	20
Kids Meal Taco - Chicken Crispy	270	70	8	3	0	45	470	31	7	2	19
Kids Meal Taco - Chicken Soft	380	90	10	4.5	0	50	830	50	7	3	24
Kids Meal Taco - Beef Crispy w/Barq's Root Beer 12 fl oz	490	120	13	4	0	40	720	83	7	50	15
Kids Meal Taco - Beef Soft w/Barq's Root Beer 12 fl oz	610	140	15	6	0	45	1100	102	7	51	20
Kids Meal Taco - Chicken Crispy w/Barq's Root Beer 12 fl oz	450	70	8	3	0	45	550	80	7	51	19
Kids Meal Taco - Chicken Soft w/Barq's Root Beer 12 fl oz	560	90	10	4.5	0	50	900	99	7	52	24
Kids Meal Taco - Beef Crispy w/Water 12 fl oz	310	120	13	4	0	40	660	34	7	1	15
Kids Meal Taco - Beef Soft w/Water 12 fl oz	430	140	15	6	0	45	1040	53	7	3	20



Rosas Cafe Nutrition



Kids Meals

Kids Meal Taco - Chicken Crispy w/Water 12 fl oz

Kids Meal Taco - Chicken Soft w/Water 12 fl oz

Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
270	70	8	3	0	45	490	31	7	2	19
380	90	10	4.5	0	50	840	50	7	3	24





Rosas Cafe Nutrition



Build Your Own Items

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Beans 2 oz	70	10	1.5	0	0	0	190	11	3	0	3
Shredded Lettuce 1/2 oz	0	0	0	0	0	0	0	0	0	0	0
Romaine Lettuce 1/2 oz	0	0	0	0	0	0	0	0	0	0	0
Cheese 1/2 oz	60	40	4.5	2.5	0	15	95	0	0	0	3
Guacamole 1 1/2 oz	60	45	5	0.5	0	0	115	3	2	0	1
Rice 2 oz	100	20	2.5	1	0	5	250	17	1	1	2
Cheese Enchilada	360	220	25	12	0	50	840	22	3	4	13
Chicken Enchilada	260	130	14	7	0	75	115	17	2	3	13
Beef Enchilada	280	140	16	5	0	40	770	24	3	4	10
Chicken Fajita Meat 2 oz	110	45	5	1	0	65	370	1	0	0	16
Red Enchilada Sauce 2 oz	60	35	4	2	0	0	490	6	1	4	1
Beef Fajita Meat 2 oz	150	80	9	0	0	40	90	0	0	0	17
Flour Tortilla	160	35	3.5	1.5	0	0	350	27	1	1	4
Corn Tortilla	100	40	4	0.5	0	0	30	15	2	0	1
Chili Con Queso 2 oz	110	90	10	6	0	60	470	2	0	2	5
Tomatoes 1/4 oz	0	0	0	0	0	0	0	0	0	0	0
Sour Cream 1 1/4 oz	70	50	6	4	0	25	20	1	0	1	1
Sliced Jalapenos 2 oz	10	0	0	0	0	0	470	1	2	0	0
Sauteed Veggies 1 1/2 oz	25	15	1.5	0	0	0	30	3	1	1	0
Picadillo 2 oz	110	60	7	1.5	0	45	270	4	0	0	9
Shredded Chicken 2 oz	60	5	0	0	0	50	40	1	0	1	13
Sour Cream Sauce 2 oz	150	130	14	6	0	0	250	4	1	3	2



Rosas Cafe Nutrition



Drink Items

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Green Sauce 2 oz	30	15	2	1	0	0	320	3	1	3	0
Roasted Jalapeno (Chile Toriado)	25	5	0	0	0	0	45	4	0	0	1
Chili con Carne 2 oz	70	30	3.5	1.5	0	30	310	4	1	0	6
Salad Bowl	340	170	19	3	0	0	260	37	4	0	5
Beef Burrito	330	120	14	4.5	0	65	760	34	2	1	17



Rosas Cafe Nutrition



Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon & Egg Taco	380	190	21	8	0	395	840	28	1	2	21
Sausage & Egg Taco	380	190	22	8	0	335	850	27	1	1	19
Chorizo & Egg Taco	340	160	17	7	0	415	810	29	2	1	18
Potato & Egg Taco	370	160	18	6	0	455	720	33	2	2	19
Potato & Egg Taco w/Regular Potatoes	380	170	18	6	0	455	650	34	2	2	19
Potato Taco	290	70	8	2.5	0	0	620	47	4	3	7
Potato Taco w/Regular Potatoes	330	90	11	3	0	0	390	52	5	3	7
Ultimate Breakfast Taco	340	140	16	6	0	225	840	31	2	2	17
Migas Taco	360	150	17	6	0	300	680	39	3	3	14
Ham & Eggs Taco	330	140	15	6	0	365	730	28	1	1	19
Chile Verde & Egg Taco	330	140	15	6	0	335	790	30	2	1	17
Chile Verde Taco	230	70	7	3	0	15	700	32	2	1	9
Chorizo & Bean Taco	270	70	7	3	0	15	670	40	2	2	10
Chorizo & Bean Taco w/Cheese	320	110	12	6	0	30	760	41	2	2	13
Egg Taco	330	150	16	6	0	455	640	27	1	1	18
Migas Plate Dine In	1040	380	42	15	0	530	2130	127	17	9	37
Migas Plate Dine In w/o Tortillas	720	320	35	11	0	530	1420	73	14	7	28
Migas Plate Dine In w/Regular Potatoes	1090	410	45	15	0	530	1860	133	18	9	38
Migas Plate Dine In w/Regular Potatoes w/o Tortillas	770	340	38	12	0	530	1150	78	15	7	29
Migas Plate Dine In w/Chorizo & Beans	1080	410	46	16	0	555	2260	127	12	9	40
Migas Plate Drive	960	350	38	14	0	530	2120	118	16	9	36
Migas Plate Drive w/o Tortillas	640	280	31	11	0	530	1410	64	13	7	27



Rosas Cafe Nutrition



Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Migas Plate Drive w/Regular Potatoes	1010	370	41	14	0	530	1850	124	17	9	37
Migas Plate Drive w/Chorizo & Beans	1010	380	42	15	0	555	2250	118	11	9	40
Migas Plate Drive w/Regular Potatoes w/o Tortillas	700	310	34	11	0	530	1140	69	14	7	28
Ultimate Plate Dine In	1110	430	48	16	0	405	2120	126	16	8	44
Ultimate Plate Dine In w/Spicy Potatoes	1060	400	45	16	0	405	2390	121	15	8	43
Ultimate Plate Dine In w/Chorizo & Beans	1150	460	51	17	0	430	2250	126	11	8	48
Ultimate Plate Dine In w/o Tortillas	790	360	40	13	0	405	1410	72	14	6	35
Ultimate Plate Drive	1040	390	44	15	0	405	2120	117	15	8	43
Ultimate Plate Drive w/Spicy Potatoes	980	370	41	15	0	405	2390	112	14	8	42
Ultimate Plate Drive w/Chorizo & Beans	1080	420	47	17	0	430	2250	117	10	8	47
Ultimate Plate Drive w/o Tortillas	720	330	36	12	0	405	1410	63	13	6	34
Sausage & Egg Plate Dine In	1160	500	56	19	0	585	2100	115	14	5	48
Sausage & Egg Plate Dine In w/Spicy Potatoes	1100	480	53	18	0	585	2370	110	13	5	47
Sausage & Egg Plate Dine In w/Chorizo & Beans	1200	540	60	20	0	610	2230	115	9	6	51
Sausage & Egg Plate Dine In w/o Tortillas	840	440	49	15	0	585	1390	61	12	3	39
Sausage & Egg Plate Drive	1080	470	52	18	0	585	2100	106	13	5	47
Sausage & Egg Plate Drive w/Spicy Potatoes	1030	440	49	17	0	585	2370	101	12	5	46
Sausage & Egg Plate Drive w/Chorizo & Beans	1130	500	56	19	0	610	2230	106	8	6	50
Sausage & Egg Plate Drive w/o Tortillas	760	400	45	14	0	585	1390	52	11	3	38
Bacon & Egg Plate Dine In	1160	490	55	18	0	690	2080	117	14	7	51
Bacon & Egg Plate Dine In w/Spicy Potatoes	1110	470	52	18	0	690	2350	111	13	7	50
Bacon & Egg Plate Dine In w/Chorizo & Beans	1210	520	58	20	0	715	2210	116	9	7	54



Rosas Cafe Nutrition



Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Bacon & Egg Plate Dine In w/o Tortillas	840	430	47	15	0	690	1370	62	12	5	42
Bacon & Egg Plate Drive	1090	460	51	18	0	690	2080	108	13	7	50
Bacon & Egg Plate Drive w/Spicy Potatoes	1030	430	48	17	0	690	2350	102	12	7	49
Bacon & Egg Plate Drive w/Chorizo & Beans	1130	490	54	19	0	715	2210	107	8	7	53
Bacon & Egg Plate Drive w/o Tortillas	770	390	44	14	0	690	1370	53	11	5	41
Ham & Egg Plate Dine In	1070	410	45	15	0	635	1880	117	14	5	48
Ham & Egg Plate Dine In w/Spicy Potatoes	1020	380	42	14	0	635	2150	112	13	5	47
Ham & Egg Plate Dine In w/Chorizo & Beans	1110	440	49	16	0	660	2010	117	9	6	52
Ham & Egg Plate Dine In w/o Tortillas	750	340	38	11	0	635	1170	62	12	3	39
Ham & Egg Plate Drive	990	370	41	14	0	635	1880	108	13	5	47
Ham & Egg Plate Drive w/Spicy Potatoes	940	350	38	14	0	635	2150	103	12	5	46
Ham & Egg Plate Drive w/Chorizo & Beans	1040	400	45	16	0	660	2010	108	8	6	51
Ham & Egg Plate Drive w/o Tortillas	670	310	34	11	0	635	1170	53	11	3	38
Chorizo & Egg Plate Dine In	1100	440	49	17	0	720	2030	119	16	5	45
Chorizo & Egg Plate Dine In w/Spicy Potatoes	1040	410	46	16	0	720	2300	113	15	5	44
Chorizo & Egg Plate Dine In w/Chorizo & Beans	1140	470	52	18	0	745	2160	118	11	6	49
Chorizo & Egg Plate Dine In w/o Tortillas	780	380	42	13	0	720	1320	64	14	3	36
Chorizo & Egg Plate Drive	1020	410	45	16	0	720	2020	110	15	5	44
Chorizo & Egg Plate Drive w/Spicy Potatoes	970	380	42	16	0	720	2290	105	14	5	43
Chorizo & Egg Plate Drive w/Chorizo & Beans	1070	440	49	17	0	745	2150	109	10	6	48
Chorizo & Eggs Plate Drive w/o Tortillas	700	340	38	12	0	720	1310	55	13	3	36
Potato & Egg Plate Dine In	1070	430	47	15	0	790	1740	115	14	5	46



Rosas Cafe Nutrition



Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Potato & Egg Plate Dine In w/Spicy Potatoes	1020	400	44	15	0	790	2010	110	13	5	45
Potato & Egg Plate Dine In w/Chorizo & Beans	1120	460	51	17	0	820	1870	115	9	6	49
Potato & Egg Plate Dine In w/o Tortillas	750	360	40	12	0	790	1030	61	12	3	37
Potato & Egg Plate Drive	1000	390	43	15	0	790	1740	106	13	5	45
Potato & Egg Plate Drive w/Spicy Potatoes	940	360	40	14	0	790	2010	101	12	5	44
Potato & Egg Plate Drive w/Chorizo & Beans	1040	420	47	16	0	820	1870	106	8	6	49
Potato & Egg Plate Drive w/o Tortillas	680	320	36	11	0	790	1030	52	11	3	36
Huevos Rancheros Plate Dine In	1230	490	55	17	0	790	1950	136	17	6	48
Huevos Rancheros Plate Dine In w/Spicy Potatoes	1180	470	52	17	0	790	2220	131	16	5	47
Huevos Rancheros Plate Dine In w/Chorizo Beans	1280	530	58	19	0	820	2080	136	12	6	52
Huevos Rancheros Plate Dine In w/o Tortillas	910	430	48	14	0	790	1240	82	14	4	39
Huevos Rancheros Plate Drive	1160	460	51	17	0	790	1950	127	16	6	47
Huevos Rancheros Plate Drive w/Spicy Potatoes	1110	430	48	16	0	790	2220	122	15	5	46
Huevos Rancheros Plate Drive w/Chorizo & Beans	1200	490	55	18	0	820	2080	127	11	6	51
Huevos Rancheros Plate Drive w/o Tortillas	840	390	44	13	0	790	1240	73	13	4	38
Migas Bowl	650	280	31	10	0	445	1050	67	14	7	25
Migas Bowl w/Spicy Potatoes	600	250	28	9	0	445	1320	62	13	6	24
Migas Bowl w/Chorizo & Beans	690	310	35	11	0	470	1180	67	9	7	29
Ultimate Bowl	520	260	29	11	0	405	1380	35	9	4	31
Ultimate Bowl w/Chorizo & Beans	570	290	32	12	0	430	1510	35	3	4	35
Chorizo Bowl	650	300	34	11	0	600	1180	54	12	3	32
Chorizo Bowl w/Spicy Potatoes	600	280	31	11	0	600	1450	49	11	3	31



Rosas Cafe Nutrition



Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Chorizo Bowl w/Chorizo & Beans	700	340	37	12	0	630	1310	54	7	3	35
Potato & Egg Bowl	630	290	32	10	0	660	940	52	11	3	32
Potato & Egg Bowl w/Spicy Potatoes	580	270	29	10	0	660	1210	46	10	3	31
Potato & Egg Bowl w/Chorizo & Beans	750	380	42	14	0	605	1360	52	6	5	40
Bacon & Egg Bowl	700	350	39	12	0	575	1230	53	11	5	36
Bacon & Egg Bowl w/Spicy Potatoes	650	320	36	12	0	575	1500	47	10	4	35
Bacon & Egg Bowl w/Chorizo & Beans	750	380	42	14	0	605	1360	52	6	5	40
Sausage & Egg Bowl	700	360	40	13	0	490	1240	52	11	3	34
Sausage & Egg Bowl w/Spicy Potatoes	650	330	37	12	0	490	1510	46	10	3	33
Sausage & Egg Bowl w/Chorizo & Beans	750	390	43	14	0	515	1370	51	6	3	38
Ham & Egg Bowl	630	280	31	10	0	530	1060	53	11	3	34
Ham & Egg Bowl w/Spicy Potatoes	570	250	28	9	0	530	1330	48	10	3	33
Ham & Egg Bowl w/Chorizo & Beans	670	310	34	11	0	555	1190	53	6	3	38
Huevos Rancheros Bowl	790	360	40	12	0	660	1160	73	13	4	35
Huevos Rancheros Bowl w/Spicy Potatoes	740	330	37	12	0	660	1430	67	12	3	34
Huevos Rancheros Bowl w/Chorizo & Beans	840	390	44	13	0	690	1290	72	8	4	38
Beans Breakfast Add On	35	5	0.5	0	0	0	95	5	1	0	2
Chorizo & Beans Breakfast Add On	45	15	1.5	0.5	0	5	125	5	0	0	2
Shredded Cheese Breakfast Add On	30	20	2.5	1.5	0	5	45	0	0	0	2
Spicy Potatoes Breakfast Add On	20	5	0.5	0	0	0	40	3	0	0	0
Regular Potatoes Breakfast Add On	25	10	1	0	0	0	0	3	1	0	0
Bacon Breakfast Add On	80	50	6	4.5	0	15	250	0	0	0	6



Rosas Cafe Nutrition



Breakfast

	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
Sausage Breakfast Add On	50	35	4	1.5	0	15	55	0	0	0	3
Chorizo Breakfast Add On	30	20	2	1.5	0	20	160	1	1	0	2
Ham Breakfast Add On	30	10	1.5	0	0	15	140	0	0	0	5