

**Taco Cabana Nutritional Information**

5/4/2017

	Serving Size (oz)	Calories	Fat Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	None	Dairy	Eggs	Wheat	Peanuts	Soy (*soy lecithin)	Fish	Shellfish	Tree Nuts	Gluten	Vegetarian (*common frye)	
<b>TACOS, COMBOS AND PLATES</b>																								
<b>Soft Tacos</b>																								
<b>Steak Fajita Taco</b>	3.3	210	80	8	4	0	30	860	22	1	0	14		•		•							•	
<i>Chicken Breast Fajita Taco</i>	3.3	180	40	5	2	0	30	640	21	1	1	14		•		•							•	
<b>Shredded Beef Taco</b>	3.3	200	70	8	4	0	25	560	20	1	1	11		•		•							•	
<i>Beef Taco (ground beef)</i>	4.1	240	100	11	5	0	30	600	22	1	1	11		•		•		•					•	
<i>Chicken Taco (shredded chicken)</i>	4.2	230	80	9	4	0	50	770	23	1	1	14		•		•							•	
<b>Carne Guisada Taco</b>	3.8	230	80	9	4	0	35	550	23	1	0	13		•		•		*					•	
<i>Black Bean Taco</i>	5.4	210	35	4	2	0	0	640	37	5	2	7		•		•							• v	
<i>Bean &amp; Cheese Taco</i>	4.4	300	130	14	7	0	20	580	31	4	1	10		•		•							•	
<b>Crispy Tacos</b>																								
<i>Beef Taco (ground beef)</i>	3.4	200	100	11	5	0	30	320	15	2	1	10		•				•						
<i>Chicken Taco (shredded chicken)</i>	3.5	190	80	9	3	0	50	480	16	2	1	12		•										
<b>Taco Styles</b>																								
<b>Bandera</b>	1.5	50	35	4	2	0	10	110	2	1	1	1		•										v
<b>Gordo</b>	1.0	80	50	6	3	0	20	460	1	0	1	7		•										
<b>Fiesta</b>	1.8	70	50	5	2	0	5	770	3	2	1	3		•										v
<b>Street Tacos</b>																								
<b>Beef Street Tacos (3)</b>	7.4	410	150	17	5	1	45	3530	48	5	2	22		•		•								•
<b>Enchiladas</b>																								
<b>Cheese Enchilada (ea)</b>	3.7	320	210	23	11	0	60	360	13	0	0	15		•		•								•
<b>Chicken Enchilada (ea)</b>	5.6	280	120	14	4	0	60	750	20	2	3	14		•										
<b>Beef Enchilada (ea)</b>	3.7	220	120	14	4	0	30	310	14	1	1	10		•		•		•						•
<b>Flautas - add choice of 1 dip per 3 pack</b>																								
<b>Chicken Flauta (ea)</b>	1.6	120	35	4	1	0	25	220	13	1	0	6	•											
<b>Chicken Flautas (3)</b>	4.8	350	110	12	3	0	70	660	40	3	1	19	•											
<i>Guacamole Small (3 oz)</i>	2.9	110	80	9	1	0	0	340	7	4	1	1	•											v
<i>Queso Small (3 oz)</i>	3.0	110	70	8	5	0	25	830	5	0	2	5		•										v
<i>Sour Cream Small (3 oz)</i>	2.9	160	130	15	10	0	55	40	3	0	3	3		•										v
<b>Plates - includes rice, lettuce &amp; guacamole garnish, 2 flour tortillas - add choice of tacos, flautas, enchiladas and beans</b>																								
<b>Rice, Lettuce, Guacamole, Flour Tortillas</b>	8.4	430	110	12	4	0	0	1260	70	4	2	9		•		•								• v
<b>Combos - add choice of tacos, 1 side and 20 oz drink</b>																								
<b>Combo Sides</b>																								
<b>Chips and Queso</b>	5.5	490	250	28	8	0	25	860	50	5	2	9		•										v*
<b>Chips and Guacamole</b>	5.5	490	270	30	5	0	0	380	51	10	1	6	•											v*
<b>Rice (8 oz serving)</b>	7.6	310	50	6	1	0	0	1130	58	3	2	5	•											v
<b>Refried Beans w/ Cheese Garnish (8 oz serving)</b>	11	530	260	29	11	0	30	870	49	12	2	18		•										
<b>Borrracho Beans (8 oz serving)</b>	9.2	270	60	6	2	0	10	980	41	13	2	15		•										
<b>Black Beans (8 oz serving)</b>	9.2	240	15	2	0	0	0	840	42	16	2	14		•										v
<b>CABANA FAVORITES</b>																								
<b>Cabana Sampler - cheese enchilada, crispy beef taco, chicken flauta, refried beans with cheese garnish, rice, lettuce, guacamole, 2 flour tortillas</b>	22	1330	590	65	25	1	130	2590	136	14	5	49		•		•		•						•
<b>Carne Guisada Plate - carne guisada, refried beans with cheese garnish, rice, lettuce, guacamole, 2 flour tortillas</b>	21	1020	390	44	17	1	120	2480	107	13	3	50		•		•		*						•
<b>Mexican Plate - cheese enchilada, crispy beef taco, refried beans with cheese garnish, rice, lettuce, guacamole, 2 flour tortillas</b>	21	1210	550	61	24	1	105	2370	122	13	4	43		•		•		•						•
<b>QUESADILLAS - includes guacamole and sour cream</b>																								
<b>Steak Fajita Quesadilla</b>	12	760	410	45	23	0	135	1870	52	5	3	38		•		•								•
<b>Chicken Breast Fajita Quesadilla</b>	12	740	380	42	22	0	135	1710	51	4	3	38		•		•								•
<b>Shredded Beef Quesadilla</b>	12	710	370	41	20	0	120	1610	51	5	3	33		•		•								•
<b>Shredded Chicken Quesadilla</b>	12	700	350	39	19	0	135	1770	52	5	4	35		•		•								•
<b>CABANA BOWLS, BURRITOS AND SALADS</b>																								
<b>Cabana Bowls - includes shell, rice, refried beans, romaine lettuce, meat, shredded cheese, pico de gallo, sour cream</b>																								
<b>Steak Fajita Cabana Bowl</b>	20	1120	590	66	24	1	105	2470	95	12	5	41		•		•								•
<b>Chicken Breast Fajita Cabana Bowl</b>	20	1080	530	59	22	1	105	2140	94	12	6	42		•		•								•
<b>Beef Cabana Bowl (ground beef)</b>	20	1160	630	70	26	2	105	2130	95	13	6	39		•		•		•						•
<b>Chicken Cabana Bowl (ranchero chicken)</b>	20	1150	580	65	23	1	145	2460	97	12	7	43		•		•								•
<b>Cabana Salads - includes shell, romaine lettuce, meat, shredded cheese, guacamole, pico de gallo, sour cream</b>																								
<b>Steak Fajita Cabana Salad</b>	13	720	440	49	18	1	90	1490	44	6	4	31		•		•								•
<b>Chicken Fajita Cabana Salad</b>	13	690	390	43	16	1	90	1160	42	5	4	31		•		•								•
<b>Beef Cabana Salad (ground beef)</b>	13	770	480	53	20	2	90	1150	43	7	5	28		•		•		•						•
<b>Chicken Cabana Salad (ranchero chicken)</b>	13	750	430	48	17	1	135	1470	45	6	5	33		•		•								•
<b>Salsa Ranch (3 oz)</b>	3.0	110	90	10	2	0	10	600	4	1	2	1		•	•									v
<b>Ranch Dressing (3 oz)</b>	3.0	330	310	34	6	1	35	830	3	0	3	2		•	•									v
<b>Cabana Burritos - includes flour tortilla, rice, refried beans, romaine lettuce, meat, shredded cheese, pico de gallo, sour cream</b>																								
<b>Steak Fajita Cabana Burrito</b>	20	990	390	44	19	1	105	2740	107	11	5	43		•		•								•
<b>Chicken Fajita Cabana Burrito</b>	20	950	340	37	17	0	105	2410	105	11	6	44		•		•								•
<b>Beef Cabana Burrito (ground beef)</b>	21	1030	430	48	21	1	105	2400	106	12	6	41		•		•		•						•
<b>Chicken Cabana Burrito (shedded chicken)</b>	21	1010	380	43	18	0	145	2740	108	11	7	45		•		•								•
<b>Build your own Bowl, Burrito and Salad</b>																								
<b>Pick A Tortilla</b>																								
<b>Shell- fried bowl</b>	2.5	390	240	27	7	0	0	330	33	3	1	5				•								• v*
<b>Flour Tortilla</b>	3.2	260	45	5	3	0	0	600	44	2	1	7				•								• v
<b>Fill It - Pick 1</b>																								

























































































































