CORE MENU	serving size (g)	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
MARKETPLATES												
Quarter Bird (leg + thigh)	4.7	310	165	19	5.5	0	250	490	0	0	0	56
Quarter Bird (breast + wing)	5.6	310	125	14	3.5	0	200	910	0	0	0	47
Half Bird	10.3	620	290	33	9	0	450	1400	0	0	0	103
Whole Bird	20.6	1240	580	66	18	0	900	2800	0	0	0	206
MARKET SIDES												
Spanish Rice	4	150	20	2.5	0	0	0	560	33	1	1	3
Wild Quinoa												
Brown Cilantro Lime Rice	4	245		7	1	0		410	43	2	0	5
Charro Beans	4	175	35	4	0.5	0	0	370	29	8	1	11
Kale Slaw												
Sweet Potatoes	5.5	310		13	1	0	0	230	45	7	9	4
PREMIUM SIDES												
Brussel Sprouts	3.5	190		13	1	0	0	750	22	5	11	5
Mexican Street Corn												
Roasted Veggies												
Barrio Fruit Bowl												
Seasonal Soup												
Chips & Guac												

PLANT FORWARD	serving size (g)	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Bowls/Salads												
Superfood Ensalada												
Tostada Bowl												
Harvest Bowl	362	695	338	38	7	0	85	955	47	7	10	39
Kale Caesar	319	405	230	26	8	0	95	1130	10	4	3	40
Tacos Dorados Bowl												

DRESSINGS + SALSAS	serving size (g)	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Dressings + Salsas												
Chipotle Vinaigrette												
Caesar Dressing	30	100	90	10	2	0	5	220	1	0	0	1
Balsamic Vinaigrette	30	150	144	16	1	0	0	230	3	0	3	0
Charred Tomato Salsa	2											
Salsa Verde	2											
Pico De Gallo	2	15	5	1	0	0	0	170	2	0	1	0
House Salsa	2	10	0	0	0	0	0	160	2	0	1	0

Other	serving size (g)	calories	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	total carbs (g)	dietary fiber (g)	sugars (g)	protein (g)
Other Items												
Chicken Breast	4.3	220	80	9	2	0	140	620	0	0	0	36
Chicken Leg	1.6	90	35	4	1	0	70	170	0	0	0	35
Chicken Thigh	3.1	220	130	15	4.5	0	180	320	0	0	0	21
Chicken Wing	1.3	90	45	5	1.5	0	60	290	0	0	0	11
Corn Tortilla	2 ea	110	15	1.5	0	0	0	5	22	2	0	2
Tortilla Chips	1.3	190	100	11	1.5	0	0	150	21	2	0	2
Agua Fresca												
Agua Fresca												
Agua Fresca												