



### Willy's Mexicana Grill Nutrition Facts

<b>Taco Nutrition</b>											
The listed Tacos include black beans, cheese, salsa and lettuce. *Taco Shell not included.	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)
	Adobe Chicken Taco	241	106	12	6	0	64	605	13.5	5	2
Sinaloa Chicken Taco	224	82	9	5.5	0	59	532	14	5	2.5	22
Cinatro-Garlic Steak Taco	228	93	10	7	0	46	457	13	5	2	20
Chipotle BBQ Pork Taco	258	114	13	7	0	64	618	15	5.5	3	20
Sinaloa Tofu Taco	221	103	12	5	0	25	425	14	6	2	15
Veggie Taco	151	63	7	5	0	25	425	13	5	2	9
<b>Taco Extras</b>											
Sour Cream	50	50	6	3.5	0	15	25	1	0	1	1
Guacamole	25	20	2	0.25	0	0	85	2	1	0.5	0.5
Roasted Red Peppers	5	0	0	0	0	0	30	1	0	0	0
Corn Salsa	15	5	0	0	0	0	60	3	0	1	0
Black Olives	23	16	2	0	0	0	163	1	1	0	0
Grilled Peppers & Onions	15	5	0	0	0	0	10	2	0	1	0
<b>Taco Ingredients</b>											
6" Flour Tortilla Shell	70	5	0.5	0	0	0	140	14	2	0	3
Crispy Taco Shell	60	20	2	0.5	0	0	30	9	1	0.5	0.5
2 - Steamed 6" Corn Tortillas	90	0	0	0	0	0	60	18	2	0	4
Black Beans	58	3	0	0	0	0	80	10	4	0	4
Pinto Beans	58	3	1	0	0	0	103	10	3	0	3
Adobe Chicken	90	43	5	1	0	39	180	0.5	0	0	11
Sinaloa Chicken	73	19	2	0.5	0	34	107	1	0	0.5	13
Cilantro-Garlic Steak	77	30	3	2	0	21	32	0	0	0	11
Chipotle BBQ Pork	107	51	6	2	0	39	193	2	0.5	1	11
Sinaloa Tofu	70	40	5	0	0	0	0	1	1	0	6
Cheese	80	60	7	5	0	25	135	0	0	0	5
Pico Salsa	10	0	0	0	0	0	210	2	1	1	0
Lettuce	3	0	0	0	0	0	0	1	0	1	0





### Willy's Mexicana Grill Nutrition Facts

<b>Quesadilla Nutrition</b>											
The listed Quesadillas include a 10" flour tortilla and cheese. The Veggie will include black beans and red peppers.	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)
	Adobe Chicken Quesadilla	570	261	30	14	0	137	1060	35	5	0
Sinaloa Chicken Quesadilla	536	213	24	13	0	128	914	36	5	1	45
Cinatro-Garlic Steak Quesadilla	544	235	26	15	0	102	764	34	5	0	42
Chipotle BBQ Pork Quesadilla	604	277	32	16	0	138	1086	38	6	2	42
Sinaloa Tofu Quesadilla	520	255	29	12	0	60	700	37	8	0	32
Veggie Quesadilla	500	180	21	12	0	60	900	54	12	0	27
Cheese Quesadilla	390	175	20	12	0	60	700	34	5	0	20
<b>Quesadilla Extras</b>											
Guacamole	50	40	4	0.5	0	0	170	4	2	1	1
Black Beans	100	5	1	0	0	0	140	18	7	0	7
Pinto Beans	100	5	1	0	0	0	180	18	6	0	6
Roasted Red Peppers	10	0	0	0	0	0	60	2	0	0	0
Corn Salsa	30	8	0	0	0	0	120	6	0	2	0
Black Olives	44	31	4	0	0	0	313	3	1	0	0
Grilled Peppers & Onions	30	10	0	0	0	0	20	4	0	2	0
<b>Quesadilla Ingredients</b>											
Flour Tortilla 10"	170	15	2	0	0	0	340	34	5	0	6
Adobe Chicken	180	86	10	2	0	77	360	1	0	0	33
Sinaloa Chicken	146	38	4	1	0	68	214	2	0	1	25
Cilantro-Garlic Steak	154	60	6	3	0	42	64	0	0	0	22
Chipotle BBQ Pork	214	102	12	4	0	78	386	4	1	2	22
Sinaloa Tofu	130	80	9	0	0	0	0	3	3	0	12
Cheese	220	160	18	12	0	60	360	0	0	0	14
Pico Salsa	10	0	0	0	0	0	240	3	1	2	1
Sour Cream	100	100	12	7	0	30	50	2	0	2	2



## Willy's Mexicana Grill Nutrition Facts

<b>Grande Quesadilla Nutrition</b>											
The listed Quesadillas include a 12" flour tortilla and cheese. The Veggie will include Black Beans and Red Peppers.	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)
Grande Adobe Quesadilla	930	445	50	27.5	0	210	1680	55	7	1	63
Grande Sinaloa Chicken Quesadilla	890	390	44	25.5	0	200	1510	56	7	2	67
Grande Steak Quesadilla	900	415	47	28.5	0	170	1335	54	7	1	64
Grande BBQ Pork Quesadilla	970	465	52	28.5	0	210	1710	58	8	3	64
Grande Sinaloa Tofu Quesadilla	870	435	49	24.5	0	120	1260	57	10	1	52
Grande Veggie Quesadilla	830	350	40	24.5	0	120	1460	74	14	1	45
Grande Cheese Quesadilla	720	345	39	24.5	0	120	1260	54	7	1	38
<b>Quesadilla Extras</b>											
Guacamole	50	40	4	0.5	0	0	170	4	2	1	1
Black Beans	100	5	1	0	0	0	140	18	7	0	7
Pinto Beans	100	5	1	0	0	0	180	18	6	0	6
Roasted Red Peppers	10	0	0	0	0	0	60	2	0	0	0
Corn Salsa	30	8	0	0	0	0	120	6	0	2	0
Black Olives	44	31	4	0	0	0	313	3	1	0	0
Grilled Peppers & Onions	30	10	0	0	0	0	20	4	0	2	0
<b>Quesadilla Ingredients</b>											
Flour Tortilla 12"	280	25	3	0.5	0	0	540	54	7	1	10
Adobe Chicken	210	100	11	3	0	90	420	1	0	0	25
Sinaloa Chicken	170	45	5	1	0	80	250	2	0	1	29
Cilantro-Garlic Steak	180	70	8	4	0	50	75	0	0	0	26
Chipotle BBQ Pork	250	120	13	4	0	90	450	4	1	2	26
Sinaloa Tofu	150	90	10	0	0	0	0	3	3	0	14
Cheese	440	320	36	24	0	120	720	0	0	0	28
Pico Salsa	10	0	0	0	0	0	240	3	1	2	1
Sour Cream	100	100	12	7	0	30	50	2	0	2	2
Guacamole	50	40	4	0.5	0	0	170	4	2	1	1



### Willy's Mexicana Grill Nutrition Facts

<b>Salad Nutrition</b>											
The listed Salads include black beans, lettuce, cheese, salsa, cucumbers, red peppers and black olives.	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)
Adobe Chicken Salad	618	264	31	12	0	135	1690	40	11	10	45
Sinaloa Chicken Salad	578	209	25	10	0	125	1520	41	11	11	49
Cinatro-Garlic Steak Salad	588	234	28	13	0	95	1345	39	11	10	46
Chipotle BBQ Pork Salad	658	284	33	13	0	135	1720	43	12	12	46
Sinaloa Tofu Salad	558	254	30	9	0	45	1270	42	14	10	34
Regular Salad (No Meat)	408	164	20	9	0	45	1270	39	11	10	20
<b>Salad Extras</b>											
Sour Cream	100	100	12	7	0	30	50	2	0	2	2
Guacamole	50	40	4	0.5	0	0	170	4	2	1	1
Corn Salsa	30	8	0	0	0	0	120	6	0	2	0
Grilled Peppers & Onions	30	10	0	0	0	0	20	4	0	2	0
<b>Salad Ingredients</b>											
Black Beans	114	6	1	0	0	0	160	21	8	0	8
Pinto Beans	114	6	1	0	0	0	205	21	7	0	7
Adobe Chicken	210	100	11	3	0	90	420	1	0	0	25
Sinaloa Chicken	170	45	5	1	0	80	250	2	0	1	29
Cilantro-Garlic Steak	180	70	8	4	0	50	75	0	0	0	26
Chipotle BBQ Pork	250	120	13	4	0	90	450	4	1	2	26
Sinaloa Tofu	150	90	10	0	0	0	0	3	3	0	14
Lettuce	35	0	0	0	0	0	0	7	0	7	0
Cheese	170	120	14	9	0	45	270	0	0	0	11
Pico Salsa	20	0	0	0	0	0	420	4	1	3	1
Cucumbers	8	0	0	0	0	0	0	2	0	0	0
Black Olives	53	38	5	0	0	0	375	3	2	0	0
Roasted Red Peppers	8	0	0	0	0	0	45	2	0	0	0
South West Vinaigrette (2 oz)	300	300	36	6	0	0	460	0	0	0	0
Chipotle Ranch (2 oz)	180	160	18	3	0	10	460	2	0	2	0
Avocado Ranch (2 oz)	240	220	24	4	0	10	500	2	0	2	0





**Willy's Mexicana Grill Nutrition Facts**

	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)
<b>Salsas Nutrition</b>											
Pico Salsa- side	10	0	0	0	0	0	240	3	1	2	1
Pico Salsa - cup	30	0	0	0	0	0	720	9	3	6	3
Pico Salsa - bowl	60	0	0	0	0	0	1440	18	6	12	6
Tomatillo Salsa - side	10	0	0	0	0	0	390	2	1	1	0
Tomatillo Salsa - cup	30	9	0	0	0	0	1170	6	3	3	0
Tomatillo Salsa - bowl	60	18	0	0	0	0	2340	12	6	6	0
Chipotle Salsa - side	15	0	0	0	0	0	310	3	1	2	1
Chipotle Salsa - cup	45	9	0	0	0	0	930	9	3	6	3
Chipotle Salsa - bowl	90	18	0	0	0	0	1860	18	6	12	6
Habanera Salsa - side	15	0	0	0	0	0	330	3	1	2	1
Habanera Salsa - cup	45	9	0	0	0	0	990	9	3	6	3
Habanera Salsa - bowl	90	18	0	0	0	0	1980	18	6	12	6
Corn Salsa - side	40	10	1	0	0	0	160	7	1	2	1
Corn Salsa - cup	120	30	3	0	0	0	480	21	3	6	3
Corn Salsa - bowl	240	60	6	0	0	0	960	42	6	12	6
Chili D'Arbol Sauce - side	50	25	3	0	0	0	320	4	1	1	2
Chili D'Arbol Sauce - cup	150	75	9	0	0	0	960	12	3	3	6
Chili D'Arbol Sauce - bowl	300	150	18	0	0	0	1920	24	6	6	12
<b>Sides Nutrition</b>											
Guacamole - side	50	40	4	0.5	0	0	170	4	2	1	1
Guacamole - cup	150	120	12	1.5	0	0	510	12	6	3	3
Guacamole - bowl	300	240	24	3	0	0	1020	24	12	6	6
Cheese Dip - side	150	110	12	8	0	40	540	2	0	1	8
Cheese Dip - cup	450	330	36	24	0	120	1620	6	0	3	24
Cheese Dip - bowl	900	660	72	48	0	240	3240	12	0	6	48
Black Beans - cup	171	9	2	0	0	0	240	31	12	0	12
Black Beans - bowl	342	18	4	0	0	0	480	62	24	0	24
Pinto Beans - cup	171	9	2	0	0	0	308	31	10	0	10
Pinto Beans - bowl	342	18	4	0	0	0	616	62	20	0	250
Rice - cup	200	10	1	0	0	0	190	40	2	0	4
Rice - bowl	400	20	2	0	0	0	380	80	4	0	8
Chips (4 oz)	590	250	27	4	0	0	60	74	12	0	8
<b>Cookies Nutrition</b>											
Chocolate Chip	190	90	10	6	0	25	190	24	1	16	2
White Chocolate Macadamia Nut	200	110	12	6	0	20	190	23	0	15	2





### Willy's Mexicana Grill Nutrition Facts

<b>Kid Taco Nutrition</b>											
The listed Tacos include black beans, cheese, salsa and lettuce. *Taco Shell not included.	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)
	Adobe Chicken Kid Taco	236	106	12	6	0	64	485	12.5	4	2
Sinaloa Chicken Kid Taco	219	82	9	5.5	0	59	412	13	4	2.5	22
Cinatro-Garlic Steak Kid Taco	223	93	10	7	0	46	337	12	4	2	20
Chipotle BBQ Pork Kid Taco	253	114	13	7	0	64	498	14	4.5	3	20
Sinaloa Tofu Kid Taco	216	103	12	5	0	25	305	13	5	2	15
Veggie Kid Taco	146	63	7	5	0	25	305	12	4	2	9
<b>Kid Taco Extras</b>											
Sour Cream	50	50	6	3.5	0	15	25	1	0	1	1
Guacamole	25	20	2	0.25	0	0	85	2	1	0.5	0.5
Roasted Red Peppers	5	0	0	0	0	0	30	1	0	0	0
Corn Salsa	15	5	0	0	0	0	60	3	0	1	0
Black Olives	23	16	2	0	0	0	163	1	1	0	0
Grilled Peppers & Onions	15	5	0	0	0	0	10	2	0	1	0
<b>Taco Ingredients</b>											
6" Flour Tortilla Shell	70	5	0.5	0	0	0	140	14	2	0	3
Crispy Taco Shell	60	20	2	0.5	0	0	30	9	1	0.5	0.5
2 - Steamed 6" Corn Tortillas	90	0	0	0	0	0	60	18	2	0	4
Black Beans	58	3	0	0	0	0	80	10	4	0	4
Pinto Beans	58	3	1	0	0	0	103	10	3	0	3
Adobe Chicken	90	43	5	1	0	39	180	0.5	0	0	11
Sinaloa Chicken	73	19	2	0.5	0	34	107	1	0	0.5	13
Cilantro-Garlic Steak	77	30	3	2	0	21	32	0	0	0	11
Chipotle BBQ Pork	107	51	6	2	0	39	193	2	0.5	1	11
Sinaloa Tofu	70	40	5	0	0	0	0	1	1	0	6
Cheese	80	60	7	5	0	25	135	0	0	0	5
Pico Salsa	5	0	0	0	0	0	90	1	0	1	0
Lettuce	3	0	0	0	0	0	0	1	0	1	0