



### 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