

## *Taco Mac Nutritional Analysis*

These values are based on our exact recipe. If the recipe is altered in any way, it will change the nutritional value.

All values are based on current products used but could change due to availability of products.

The serving may be not be a full order of the menu item.

Starters	Serve	Cal	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)	Chol(mg)
Tortilla Chips	2oz	100	10	3	4	1	1	500	8
Salsa	2oz	15	0.2	0.1	4	1	1	242	0
Chili Con Queso w/o chips	2oz	200	10	7	3	9	1	644	36
Spinach and Artichoke Dip w/o chips	5oz	600	40	10	40	20	6	1000	90
Onion Rings w/o Ranch	6oz	700	30	18	30	19	4	500	40
Santa Cruz Flautas w/o Avocado Ranch	1ea	400	12	6	20	21	2	502	60
Chikos all the Way	7oz	890	38	10	66	51	6	1365	161
Mozzarella Sticks	6ea	800	49	20	4	2	1	800	40
Nachos all the Way	5oz	980	70	13	70	28	7	1800	70
Fiesta Chicken Nachos	5oz	1000	60	20	70	40	10	800	116
Soup and Salad w/o Dressing	Serve	Cal	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)	Chol(mg)
Iceberg Wedge w/ Blue Cheese Crumb	8oz	621	60	6	15	8	2	1687	34
Monterey Chicken Salad	10oz	803	44	16	34	67	4	1579	201
Shrimp and Avocado Salad	10oz	328	13	2	15	38	5	258	123
Fried Chicken Salad	10oz	670	50	22	15	26	3	1400	100
Chopped Cobb Salad	10oz	894	60	29	13	75	4	3000	290
Buffalo Ranch Salad	10oz	663	32	6	37	55	5	1305	134
Taco Salad	10oz	464	24	12	37	27	8	1101	79
Caesar Salad w/ Dressing	10oz	615	38	9	49	19	5	1324	25
Caesar Salad w/ Chicken	10oz	700	40	10	49	28	5	1400	30
Caesar Salad w/ Steak	10oz	1062	70	17	50	56	7	1900	106
Caesar Salad w/ Tilapia	10oz	1002	66	13	52	51	6	1940	24
House Salad	8oz	595	27	15	51	26	6	1076	67
Portobello Mushroom "Tostada"	6oz	400	20	11	8	44	3	273	126
Tortilla Soup	8oz	140	5	1	12	13	3	820	30
Homemade Chili	8oz	400	11	4	20	19	5	985	51

Dressings	Serve	Cal	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)	Chol(mg)
House Ranch	2 tbsp	250	25	6	2	1	1	305	26
Blue Cheese	2 tbsp	200	25	4	1	1	0	119	12
Buffalo Ranch	2 tbsp	260	25	6	2	1	1	309	26
Honey Mustard	2 tbsp	45	1	0.5	8	1	1	200	0
Bistro Sauce	2 tbsp	59	1	0.5	8	1	1	400	0
Balsamic Vinaigrette	2 tbsp	25	6	0.5	1	0	0	200	0
Caesar	2 tbsp	160	18	3	0	1	0	280	10
Olive Oil Vinaigrette	2 tbsp	50	5	0.5	2	0	0	280	0
Avocado Ranch	2 tbsp	230	30	9	3	1	1	290	28
Burgers w/o Side Item	Serve	Cal	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)	Chol(mg)
Hickory	1 order	800	49	18	69	60	3	1345	120
Kenmore	1 order	1100	59	21	68	61	3	1448	187
Buffalo and Blue Cheese	1 order	1320	51	7	88	45	2	2525	189
Original	1 order	870	28	2	69	43	2	751	144
Sandwiches w/o Side Item	Serve	Cal	Fat(g)	Fat-S(g)	Carb(g)	Prot(g)	Fiber(g)	Sod(mg)	Chol(mg)
Buffalo and Blue Cheese Chicken	1 order	800	36	9	29	58	2	1923	168
Hollywood	1 order	890	49	18	70	48	2	1000	100
Habanero Barbecue Chicken Sandwich	1 order	1500	50	37	50	60	5	1200	200
Ciabatta Club	1 order	789	56	14	26	36	2	3163	146
California Portobello Wrap	1 order	456	31	4	34	10	8	513	0
Smoked Turkey and Swiss Panini	1 order	308	9	4	30	32	2	1910	73
Chicken Caesar Club Wrap	1 order	696	45	8	25	44	4	1457	113
Horseradish Chicken Wrap	1 order	1500	15	7	35	30	4	700	86
Southwest Wrap	1 order	600	12	2	45	42	5	1159	96
Original Chicken	1 order	412	8	2	24	56	2	438	144
Hickory Chicken	1 order	700	45	4	2	39	2	1300	90
South Street Philly	1 order	1200	90	20	60	90	8	3000	113
Chicken Philly	1 order	600	20	3	40	20	2	300	50
Shaved Roast Beef'wich	1 order	667	29	14	28	69	1	1325	172
Kimmelweck Sandwich	1 order	725	10	4	55	100	4	1800	70

<b>Wings and Boneless Wings</b>	<b>Serve</b>	<b>Cal</b>	<b>Fat(g)</b>	<b>Fat-S(g)</b>	<b>Carb(g)</b>	<b>Prot(g)</b>	<b>Fiber(g)</b>	<b>Sod(mg)</b>	<b>Chol(mg)</b>
Wings w/o sauce	1wing	160	12	4	5	17	2	50	49
Boneless Wings w/o sauce	2oz	200	3	0.5	18	15	1	490	30
Wing Sauce	2tbsp	17	0	0	4	0	1	70	0
TMI Sauce	2 tbsp	18	0	0	5	0	1	200	4
Death Sauce	2 tbsp	22	0	0	6	0	1	280	5
Lemon Pepper Glaze	2 tbsp	134	0.05	0.05	30	0.04	0.05	3000	0
Habanero BBQ	2 tbsp	150	0.07	0.07	45	0.06	0.1	3000	0
<b>Southwestern w/o Side Items</b>	<b>Serve</b>	<b>Cal</b>	<b>Fat(g)</b>	<b>Fat-S(g)</b>	<b>Carb(g)</b>	<b>Prot(g)</b>	<b>Fiber(g)</b>	<b>Sod(mg)</b>	<b>Chol(mg)</b>
Cheese Quesadilla	1 order	870	54	31	25	15	3	1385	230
Chicken Quesadilla	1 order	900	54	36	39	67	1	1000	250
Steak Quesadilla	1 order	1000	60	40	40	80	3	1400	300
Vegetable Quesadilla	1 order	805	51	30	49	39	8	1271	133
Burrito Mac	1 order	1747	46	24	36	45	6	1304	345
Original Chicken Burrito	1 order	1250	49	19	80	49	12	1800	300
PepperJack Beef Burrito	1 order	1240	45	20	30	125	2	1600	300
Burrito de Carne Asada	1 order	704	18	7	104	33	10	1900	65
Vegetable Burrito	1 order	805	50	30	40	30	6	1271	133
Chicken Taco	1 order	200	10	3	1	15	1	300	40
Beef Taco	1 order	300	17	7	9	21	2	325	60
Bean Taco	1 order	222	10	2	1	10	1	300	45
Steak Fajita w/o Sour Cream	8oz	700	20	10	20	10	2	500	100
Chicken Fajita w/o Sour Cream	8oz	600	10	5	10	10	1	400	78
Shrimp Fajitas w/o Sour Cream									
Los Cabos Fish Tacos	1 order	1200	40	25	20	25	6	400	78
Shrimp & Black Bean Tostada	6oz	568	14	7	54	56	11	481	288
<b>Specialties</b>	<b>Serve</b>	<b>Cal</b>	<b>Fat(g)</b>	<b>Fat-S(g)</b>	<b>Carb(g)</b>	<b>Prot(g)</b>	<b>Fiber(g)</b>	<b>Sod(mg)</b>	<b>Chol(mg)</b>
Fried Chicken Tenders	1 ea	900	28	18	30	45	6	500	200
Buffalo Chicken Tenders	1 ea	900	28	18	32	45	4	600	220
Cajun Chicken and Shrimp Pasta	10oz	964	16	7	32	23	10	1177	129
Fish and Chips	10oz	890	20	10	36	10	18	2000	100
Peachtree Hills Chicken	8oz	800	23	10	5	35	18	900	90

Caramelized Onion Skirt Steak	10oz	1095	37	12	100	88	30	1463	146
Tilapia and Blackened Shrimp	6oz	901	63	36	28	56	4	1000	172
<b>Sweets</b>	<b>Serve</b>	<b>Cal</b>	<b>Fat(g)</b>	<b>Fat-S(g)</b>	<b>Carb(g)</b>	<b>Prot(g)</b>	<b>Fiber(g)</b>	<b>Sod(mg)</b>	<b>Chol(mg)</b>
Monster Cheesecake	1 order	780	54	32	55	10	1	610	185
Vanilla Ice Cream	6oz	140	8	6	15	3	8	40	35
Chocolate Chimi	1 order	700	34	20	10	2	7	20	100
Chocolate Cake	1 order	700	50	20	50	5	2	200	100
<b>Kids Menu w/o Side Item and Oreo</b>	<b>Serve</b>	<b>Cal</b>	<b>Fat(g)</b>	<b>Fat-S(g)</b>	<b>Carb(g)</b>	<b>Prot(g)</b>	<b>Fiber(g)</b>	<b>Sod(mg)</b>	<b>Chol(mg)</b>
Kid Grilled Chicken	4oz	203	3	2	20	6	8	2	15
Kid Burger	4oz	400	19	15	29	12	9	100	100
Kid Puppies	5oz	723	30	15	19	10	6	20	300
Kid Grilled Cheese	2oz	356	23	13	40	5	10	150	200
Kid Nachos	2oz	505	20	12	22	6	5	200	300
Kid Combo	3oz	600	26	15	10	5	2	450	50
Kid Fish	1ea	250	10	5	10	5	2	500	25
Kid Mac and Cheese	5oz	500	24	10	15	6	4	800	45
Kid Tenders	3oz	340	25	13	13	10	5	600	60
Kid Chicken Nuggets	3oz	200	20	8	10	13	2	500	55
Kid Penne w/ Butter Sauce	8oz	400	20	10	50	2	7	800	43
<b>Sides</b>	<b>Serve</b>	<b>Cal</b>	<b>Fat(g)</b>	<b>Fat-S(g)</b>	<b>Carb(g)</b>	<b>Prot(g)</b>	<b>Fiber(g)</b>	<b>Sod(mg)</b>	<b>Chol(mg)</b>
Frijoles	4oz	346	1	0.5	62	22	17	1057	1
Black beans	4oz	200	3	1	8	1	2	97	1
Rice	4oz	149	2	1	28	3	1	240	6
Seasonal vegetables	5oz	45	2	1	4	1	1	54	5
Cole slaw	4oz	200	5	1	20	3	2	300	3
Pasta salad	4oz	331	24	3	25	4	2	681	1
Celery	2oz	0	0	0	0	0	2	0	0
Apples / grapes	4oz	0	0	0	2	0	2	0	0
Fries	6oz	400	6	5	21	2	4	300	15
Chili Cheese Fries	8oz	730	46	22	52	25	1	862	87
Cheese Fries	7oz	683	44	21	49	20	0	607	76

200912 V8