

chinollo Nutrition Facts

MUNCHIES	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Papas Fritas	715	400	45	8	0	10	925	65.5	6	1	12
Rabano Fries	310	310	35	5.5	0	5	920	72.5	6.5	2	7.5
Tabouleh Lettuce Wraps	490	70	8	0.5	0	0	650	86	20.5	11.5	24
Roasted Veg Soup (12 oz)	105	40	4.5	0.5	0	0	1385	15	3	4.5	2
Edamame Wontons	550	240	27	1.7	0	14	1008	50.9	6.2	16	17
Qooq Tacos (1 Chicken)	220	200	11.5	4	0	40	415	18.5	2	2	10.5
For steak (1 Taco)	250	110	13	5	0	30	415	18.5	2	2	12
For carnitas (1 Taco)	275	140	15	5	0	55	430	21	2.5	2.5	11.5
Fish Taco (1 Mahi Mahi taco)	150	55	6	2.5	0	30	300	14	1.5	1	6.5
Fish Taco (1 Salmon Taco)	190	100	11	3.5	0	40	275	14	1.5	1	11
Shrimp Taco (1)	140	55	6	2.5	0	45	405	14.5	1.5	1	5.5
Tacos Sin Carne (1)	120	30	4	0.5	0	0	235	18.5	3	1.5	2.5
Keto Wraps	725	525	58.5	19	0	130	495	16	8	5.5	35

SALADS*	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Simple Salad (w/o dressing)	20	0	0	0	0	0	35	4	2	0.5	1.5
Simple Salad	240	210	23.5	2.5	0	0	135	6.5	2	1.5	1.5
Chinese Salad (w/o dressing)	390	195	21.5	2	0	55	1470	23	7.5	3.4	30
Chinese Salad	720	420	47	4.8	0	55	1655	46.5	7.5	27.5	30
Vegetable Harvest Salad (w/o dressing)	190	85	10	1.5	0	0	610	21.5	7	4	6.5
Vegetable Harvest Salad	695	565	64.5	7	0	0	840	27.5	7.5	6	7
Kale Salad (w/o dressing)	330	165	18.5	8.5	0	30	590	32.5	7.5	18	14.5
Kale Salad	740	500	56.5	12.5	0	30	700	50.5	8	35	15
Southwestern Salad (no dressing)	555	195	21.5	9.5	0	145	490	40.5	12.5	7	53
Southwestern Salad (w/ dressing)	920	535	59	19.5	0	186	910	44.5	12.5	8.5	56.5

*Without bread. For bread nutrition facts, see "Other"

WICH SAY YOU?	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Uber Cool	655	245	27	8.5	0	0	95	1315	57	2	44
Totobello	465	15	2	0	0	0	1025	85	5	2	22
Bahn Mi	855	420	46	12	0	115	1935	72.5	3	11	37
Mucho Molo	700	325	36	11	0	66.5	2055	62.5	4	1.5	32.5
Wow Me Burger	855	475	52.5	22.5	0	255	1117	47.5	2.5	15.5	45.5
Showtime Burger	835	490	54	23	0	265	1280	35.5	2	7	48
Green Earth Burger	580	220	25	9.5	0	115	1205	78.5	11.5	20.5	14.5
Turkey Burger	825	430	47.5	18.5	0	285	1195	47	2.5	16	50.5

*Without sides option, as this varies

BURRITOS*	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
California Burrito	1035	445	50	14	0	130	1225	90.5	9	2	54
Vegan Burrito	710	175	20.5	4	0	0	1120	105	15	3	27

*Without sides

BOWLS	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Roast Veg (raw greens)	195	90	10.5	1.5	0	0	670	23	6	5.5	5.5
Roast Veg (white rice)	525	130	15	1.5	0	0	1215	86.5	5.5	5.5	10.5
Roast Veg (grains)	530	140	15.5	2.5	0	0	1115	85.5	9.5	5.5	11.5
Bamba (raw greens)*	570	180	20.5	3.5	0	105	1355	56.5	14	7	46.5
Bamba (white rice)*	895	225	25	4	0	105	1975	120	13.5	7	51
Bamba (grains)*	900	230	26	4.5	0	105	1770	120	17	7	52
Lechon Cub (raw greens)	705	355	39	10.5	0	105	1625	59	9	15.5	37.5
Lechon Cub (white rice)	1035	395	43.5	11	0	105	2250	125	9	15.5	42
Lechon Cub (ancient grains)	1040	405	44.5	12	0	105	2145	125	12.5	15.5	43
Sallado (w raw greens)*	530	220	24	6	0	105	495	40	5.5	3	37.5
Sallado (w white rice)*	855	260	28.5	6	0	105	1115	102.5	5.5	3	42
Sallado (w ancient grains)*	870	270	29.5	7	0	105	1010	103	9	3.5	43
Thai Chicken (raw greens)	710	405	45	23.5	0	105	2005	42.5	4	26.5	37.5
Thai Chicken (White rice)	1035	450	49.5	23.5	0	105	2625	106	3.5	26.5	43
Thai Chicken (ancient grains)	1050	455	51	24.5	0	105	2520	106	7.5	26.5	44
Ei Koreano (raw greens)	440	225	25.5	11	0	110	1040	25.5	4.5	16	29
Ei Koreano (white rice)	765	270	16.5	0.5	0	110	1660	89	4	16.5	33.5
Ei Koreano (ancient grains)	775	275	31.5	12	0	110	1560	89	7.5	16.5	34.5
Pork Belly (raw greens)	460	215	24.5	9	0	95	965	29	4.5	11.2	31.5
Pork Belly (white rice)	790	260	29	9	0	95	1590	92.5	4.5	11.5	36.5
Pork Belly (ancient grains)	800	265	30.5	10	0	95	1485	93	8	11.5	37.5
Ahi Poke (raw greens)	450	145	16	2.4	0	85	2065	17	4.5	4.5	57.5
Ahi Poke (white rice)	775	190	20.5	3	0	85	2685	80.5	4	4.5	62.5
Ahi Poke (ancient grains)	790	195	21.5	3.5	0	85	2580	80.5	8	4.5	63.5
Salmon Bowl (raw greens)	480	260	29	6	0	110	610	16	4	2.5	42.5
Salmon Bowl (white rice)	805	305	33.5	6	0	110	1230	79.5	3.5	2.5	47.5
Salmon Bowl (ancient grains)	810	310	34.5	7	0	110	1125	79.5	7.5	2.5	48.5
Ceviche (raw greens)	320	65	7	1.3	0	125	575	9	1.5	3	52.5
Ceviche (white rice)	645	105	11.5	1.5	0	125	1195	71.5	2	3.5	57.5
Ceviche (ancient grains)	660	115	13	2.5	0	125	1090	71.5	5	3.5	58.5
Kabobs (raw greens)	310	120	13.5	2.5	0	110	170	7.5	2	1	42
Kabobs (white rice)	635	165	18	2.5	0	110	790	71	2	1	47
Kabobs (ancient grains)	640	170	19.5	3.5	0	110	690	71	5.5	1.5	48

*Calculated with Chicken as default protein option

KID'S MENU	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Taco Sunday	315	100	11	2	0	24	570	39.5	4	0.5	11.5
Kid's Bamba	415	95	10.5	2.5	0	45	940	56.5	4.5	3	24.5
Teriyaki Bowl	355	60	6.5	1.5	0	45	1370	51.5	2	12	22

SAUCES	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Ahi Verde (1 tbsp)	45	40	4.5	1	0	0	35	0.5	0	0	0
Basil Cilantro Pesto (1 tbsp)	45	40	4.6	0.5	0	0	80	0.5	0	0	0.5
Cashew Chipotle (1 tbsp)	20	10	1.5	0.5	0	0	65	1.5	0	0.5	0.5
Ceviche Sauce (1 tbsp)	60	55	6	1	0	5	115	1	0	0	0
Chimichurri Sauce (1 tbsp)	75	74	8.5	1	0	0	135	0.5	0	0	0
Chinese Salad Dressing (3.5 oz)	330	225	25.5	3	0	0	840	24.5	0	24	0
Curry Sauce (1 cup)	470	370	41.5	22.5	0	0	1575	27	0.5	20	3.5
Dijon Mustard Aioli (1 tbsp)	80	90	8.5	1.5	0	5	130	0	0	0	0
Gochujang (1 tbsp)	40	5	0.5	0	0	0	350	10	1	5	1
Honey BBQ (1 tbsp)	45	0	0	0	0	0	50	9.5	0.5	7.5	0
Huancaina Sauce (1 Tbsp)	35	30	3	1	0	5	90	5.5	0	0.5	1
Pomegranate Dressing (3.5 fl oz)	410	355	38	4	0	0	130	18	0.5	17	0.5
Rustic Roasted Vegetable Crema (2 Tbs)	80	75	8	3	0	15	65	1.5	0	0.5	0.5
Sweet Red Chili (1 Tbsp)	20	0	0	0	0	0	0	5	0.5	4.5	0
Tabouleh Dressing (1.5oz)	100	85	9.5	1	0	0	220	2	0.5	0.5	1
Umami Sauce (1 Tbsp)	20	0	0	0	0	0	110	4.5	0	5	0
White Balsamic Vinaigrette (1.5 oz)	220	210	23.5	2.5	0	0	100	2.5	0	1	0
White Balsamic Vinaigrette (3.5 oz)	510	490	55	6.5	0	0	235	6	0.5	2	0.5

OTHER	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Raw Greens	15	0	0	0	0	0	25	3	1.5	0	1.5
White Rice (1.5 cups)	340	40	4.5	0.5	0	0	645	67	1	0	6.5
Ancient Grains (1.5 cups)	355	50	6	1	0	0	540	67	5	0	7
Black Beans (7.5 fl oz)	170	48	5.5	0.5	0	0	800	24	5.5	2.5	7.5
Wonton Filling (3 oz)	150	80	9	0.5	0	5	400	3	3	0	11
Roasted Vegetables (1 oz)	10	0	0	0	0	0	5	2.5	0.5	0.5	0.5
Bread (1 slice)	75	10	1	0	0	0	165	14	1	0	2.5
Latino Seasoning (1.25 tsp)	0	0	0	0	0	0	165	0.5	0	0	0

PROTEINS (FOR BOWLS)	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fiber (g)	Total Sugar (g)	Protein (g)
Roasted Chicken Breast (5 oz)	170	35	3.5	1	0	105	390	0	0	0	32
Pulled Pork (4 oz)	330	220	24	9	0	105	405	3	0	0	26.5
Steak (5 oz)	320	220	25	11	0	110	445	0	0	0	25
Salmon (6 oz)	355	205	22	5.2	0	95	425	0	0	0	34
Tofu (4 oz)	95	45	4.5	0	0	0	345	2.5	0.5	0	9.5
Shrimp (8 pc)	55	5	1	0	0	0	95	415	0.5	0	10