

CACTUS RESTAURANTS NUTRITIONAL INFORMATION

The nutritional information in this menu is derived from information provided by our suppliers, analyses using industry standard software, and published resources, including those from the U.S.D.A. All nutritional information given is based on standard recipes and serving sizes and Cactus Restaurants cannot guarantee that the information provided is completely accurate as it relates to the prepared menu items at each restaurant. Variations in serving sizes, preparation techniques, and product assembly across our locations may affect the nutritional values for each menu item. You should expect some variations in the nutrient content of the products purchased in our restaurants, and greater variation if an order is customized or altered. **Last Updated November 10th, 2016.**

Burritos and Chimichangas	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)
Burrito Lenera, Carnitas	1350	64	35	0	220	5250	1989.6	108	10
Burrito Lenera, Chicken	1180	56	33	0	160	4030	1569.6	106	10
Burrito Lenera, Chorizo	1200	66	37	0	140	3760	1341.6	103	10
Burrito Lenera, Steak	1140	57	34	0	100	4165	1566	111	10
Burrito Lenera, Vegetable Escabeche	960	48	31	0	60	3480	1250	104	10
Chicken Fried Chicken	1170	72	32	0	226	6572	1480	63	8
Chimichanga, Brisket	1510	98	45	0	154	3330	1406	104	10
Chimichanga, Carnitas	1650	95	42	0	238	5100	1946	108	10
Chimichanga, Chicken	1380	82	39	0	144	3400	1200	104	10
Chimichanga, Chorizo	1500	97	44	0	158	3600	1300	104	10
Chimichanga, Seafood	1330	61	37	0	214	3380	1202	104	10
Chimichanga, Vegetable	1250	79	37	0	977	3650	1209	106	13

Enchiladas	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)
Enchiladas, Butternut	980	57	31	0	82	3255	1131	82	10
Enchiladas, Butternut, without rice or beans	690	51	29	0	72	2012	808	40	4
Enchiladas, Chimayo	770	46	18	0	145	1915	536	44	6
Enchiladas, Chimayo, without rice or beans	1050	52	20	0	155	3158	859	86	11
Enchiladas, Green Chicken	960	39	21	0	180	3040	660	74	18
Enchiladas, Green Chicken without rice or beans	770	46	18	0	145	1915	536	44	6
Enchiladas, Seafood	1160	57	26	0	240	5352	647	103	12
Enchiladas, Seafood, without rice or beans	850	50	22	0	224	4039	324	61	6

Fajitas	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)
Fajitas, Chicken	1600	78	49	0	185	2700	1630	109	11
Fajitas, Prawn	1560	76	49	0	241	2760	1634	109	11
Fajitas, Skirt Steak	1700	86	53	0	155	3550	2030	119	11
Fajitas, Vegetable	1550	83	50	0	105	4460	2514	155	18

Misc. Entrees	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)
Carne Asade with Ancho Salsa	1314	72.16	28	0	226.6	5951	1587.5	70.4	17
Sonoran Spa Chicken	610	36	7	0	127	2571	470	15	10
Chile Relleno	690	32	19	0	89	2301	568	67	6

Tacos	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)
Tacos, Brisket	1020	39	16	0	120	2135	959	115	14
Tacos, Brisket, No rice or beans	800	37	15	0	120	1033	636	74	9
Tacos, Carnitas	1180	39	8	0	165	3341	1450	131	13
Tacos, Carnitas, No rice or beans	800	21	5	0	160	2168	1127	89	8
Tacos, Chicken	710	20	13	0	130	1740	770	66	8
Tacos, Chicken, No rice or beans	1070	56	30	0	135	2060	1594	90	12
Tacos, Fish	1000	31	5	0	10	1970	1380	133	17
Tacos, Fish, No rice or beans	750	28	4	0	5	801	1050	92	12
Tacos, Spicy Potato	760	13	4	0	18	5037	1322	137	17
Tacos Camarones	780	32	2	9	110	1575	545	90	11
Tacos, Spicy Potato, no rice or beans	515	10	3	0	13	1564	999	96	12

Soups and Salads	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)
Green Chile Sopa, Cup	80	4	1	0	5	1194	47	1	1
Green Chile Sopa, Bowl	130	6	1	0	5	2381	75	17	1
Salad, Casa	75	5	1	0	0	120	13	5	1
Small Caesar Salad	290	23	5	0	24	557	82	15	2
Large Caesar Salad	575	46	11	0	48	1115	165	29	4
Chile Lime Prawn Salad	833	59.3	6.5	0	102	754	1163	59	10.5
Chipotle Prawn and Kale	715	36	4	0	102	1929	849	71	12
Smoked Chicken Chop Chop	815	60	18	0	122	2222	308	23	4
Smoked Chicken Chop Chop, HH	480	35	10	0	61	2800	463	23	4
Smoked Chicken Chop Chop, Pablo	390	28	7	0	44	2476	423	23	4
Grilled Skirt Steak Salad	910	66	18	0	107	4640	1516	36	11
Tortilla Soup, Cup	440	21	4	0	63	1769	1058	37	9
Tortilla Soup, Bowl	980	44	7	0	127	3829	2116	95	20

Salads, without Dressing	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)
Salad, Casa	50	4	0.6	0	0	22	2	3	1
Salad, Chipotle Prawn + Kale	475	16	2	0	102	525	849	57	12
Salad, Caesar Large	380	24	8	0	26	731	157	28	4
Salad, Grilled Skirt Steak	750	50	16	0	107	4458	1498	33	10
Salad, Smoked Chicken Chop Chop	580	34	15	0	122	1949	281	19	4
Salad, Smoked Chicken Chop Chop HH	350	21	8	0	61	1154	360	15	3

Appetizers	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)
Ceviche	382	18.8	2.6	0	0	337	860	40	17
Ceviche Toastada	515	36	6	0	23	1468	820	37	11
Chicken Flautas	1020	77	36	0	740	2334	227	42	1.5
Chicken Flautas, Lunch Portion	1164	79	36	0	740	2889	227	70	3
Diablo Shrimp	450	27	1	0	108	536	125	34	4
Spicy Tuna Tacos	350	16	3	0	0	570	655	29	9
Fry Bread	1060	56	19	0	72	1652	255	108	2
Guacamole (no chips)	358	32	54	0	0	902	1368	20	2
Grilled Jalapenos	310	25	14	0	72	581	253	4	1
Nachos, No added protein choice	1470	103	44	0.1	160	4300	1250	83	14
Nachos, Chorizo	1730	120	50	0.1	240	4636	1346	84	14
Nachos, Chicken	1840	126	46	0.1	260	5192	1614	90	14
Nachos, Skirt Steak	1730	120	51	0.1	224	4360	1250	83	14
Roasted Corn Quesadilla, small	650	41	18	0	68	1217	160	51	4
Roasted Corn Quesadilla, large	1240	75	37	0	131	1905	295	96	5
Smoked Chicken Quesadilla	740	48	22	0	114	1375	103	39	2
Tex-Mex Queso (no chips)	310	7	14	0	80	1012	164	3	0

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