

Blue Water Taco Grill Nutritional Guide



	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol	Sodium	Potassium	Total Carbohydrate	Fiber (g)	Sugar (g)	Protein (g)
Tortillas/Chips/Bread										
10" flour	210	5	2	0	490	70	36	2	1	6
4" Corn	40	1	0	0	65		7	1	0	1
6" Corn	60	1	0	0	100		11	1	0	1
6" Flour	90	3	2	0	380	40	12	1	0	4
Chips	525	4	3	0	925		70	7	1	6
Torta Bread	220	1	0	0	260		42	2	1	7

Fillings - 3oz Portions

Rice	180	4	0.5	0	450	85	31	0	0	3
Beans	60	1	0	0	360	259	11	3	0	4
"Field Roast" Chorizo	240	11	1	0	500		12	4	3	24
Al Pastor Pork	200	14	6	60	380	340	3	0	1	21
Carne Asada Steak	210	13	3	50	375	360	1	0	1	19
Carnitas Pork	220	14	8	70	350	425	1	1	1	23
Fajita Veggies	25	0	0	0	25	181	5	1	3	1
Fish	140	1	0	50	390		17	1	1	16
Mexican Ground Beef	180	14	4	60	355	310	2	1	1	18
Shrimp -4 pieces	155	9	2	44	650	52	19	1	0	6
Tinga Chicken	145	6	2	60	180	240	3	1	1	12

Toppings

Cabbage - 1oz	10	0	0	0	10	69	2	0	1	0
Chipotle Salsa - 1oz	10	0	0	0	250	54	2	0	0	0
Cilantro - 1oz	7	0	0	0	13	0	1	0	0	0
Cotija Cheese - 1oz	100	9	5	30	400	35	1	0	0	6
Fish Sauce - 1oz	80	9	2	10	125	33	0	0	0	0
Guacamole - 1oz	40	3.5	0.5	0	70	120	2	2	0	0
Hot Salsa - 1oz	5	0	0	0	40	39	1	0	0	0
Medium Salsa - 1oz	10	0	0	0	140	66	2	0	0	0
Mild Salsa - 1oz	5	0	0	0	180	3	0	0	0	0
Nacho Cheese - 3oz	130	11	4	15	400	24	6	0	0	1
Onion -1oz	5	0	0	0	1	20	1	0	0	0
Pickled Jalapenos - 1oz	5	0	0	0	305	25	1	0	0	0
Pico de Gallo - 2oz	15	0	0	0	100	12	3	0	2	0
Roja Sauce - 3oz	15	0	0	0	200	154	3	0	0	0
Shredded Cheese - 1oz	110	9	4	25	170	24	0	0	0	7
Shredded Iceberg Lettuce - 1oz	0	0	0	0	0	40	0	0	0	0
Sour Cream - 1oz	30	2.5	1.5	10	0	18	0	0	0	0

Salads

Tortilla Bowl	210	5	2	0	490	70	36	2	1	6
Romaine Lettuce - 3oz	16	0	0	0	0	210	3	2	1	1
Caesar Dressing - 2oz	240	25	4	15	670	23	2	0	0	2
Chicken Breast - 3oz	170	7	2	70	80	208	0	0	0	25
Chipotle Vinaigrette - 2oz	120	12	1.5	0	300	51	5	0	4	0

Shrimp Cocktail	340	5	0	190	865	162	26	2	14	25
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Calorie Range

Burrito	610-825
Burrito Bowl	425-620
Enchiladas	615-830
Large Taco Plate	665-880
Street Taco Plate	520-735
Nachos	770-985
Quesadilla	650-865
Torta	615-830

Due to the handcrafted nature of our menu and variation in serving sizes these nutrition facts are to be used as an estimate only. In addition, product formulations may change seasonally due to product availability. This guide has not been reviewed by a licensed dietician.