

<b>Lulu's Menu's Nutritional info</b>	Kcal	Kcal from Fat	phosfore	Fat	Saturated Fat	Carbs		Sodium	Cholesterol	Calcium	Potassium	Iron	Vit. A	Vit. C	Acid. Folico
Chips	582	263	9g	29g	0	71g	6g	806mg	0	0	0	5g	0	0	0
Salsa Fresca	27	3	1g	.3g	0	5g	1g	0	0	0	243 mg	0g	67mcg	20mg	16mcg
Guacamole	96	66	7g	7g	1g	5g	0	2mg	0	0	45mg	0	0	.15mg	.52mcg
Cheese Nachos	1131	567	44g	63g	7g	97g	8g	1196mg	120g	437mg	243mg	7g	67mcg	20mg	16mcg
Chicken Nachos	1259	581	73g	65g	7g	97g	8g	1277mg	192g	450mg	243mg	8g	73mcg	20mg	16mcg
Beef Nachos	1306	622	74g	69g	7g	97g	8g	1270mg	176g	450mg	243mg	9g	351mcg	20mg	16mcg
Pork Nachos	1402	748	67g	63g	8g	97g	8g	1295mg	207g	446mg	243mg	10g	67mcg	20mg	16mcg
Small Cheese Nachos	566	283	22g	31g	4g	48g	4g	598mg	60g	219mg	122mg	3g	34mcg	10mg	8mcg
Small Chicken Nachos	630	290	36g	32g	4g	48g	4g	638mg	96g	225mg	122mg	3g	37mcg	10mg	8mcg
Small Beef Nachos	653	311	37g	35g	4g	48g	4g	635mg	88g	225mg	122mg	4g	206mcg	10mg	8mcg
Small Pork Nachos	701	374	33g	42g	4g	48g	4g	648mg	103g	224mg	122mg	5g	34mcg	10mg	8mcg
Cheese Quesadilla	557	187	31g	21g	0	62g	3g	763mg	78g	437mg	0	3g	0	0	0
Chicken Quesadilla	652	198	52g	22g	0	62g	3g	823mg	130g	446mg	0	3g	5mcg	0	0
Beef Quesadilla	687	229	53g	25g	0	62g	3g	818mg	119g	446mg	0	4g	255mcg	0	0
Pork Quesadilla	758	322	47g	36g	0	62g	3g	836mg	142g	444mg	0	5g	0	0	0
Carnitas c/tortilla apt.	492	188	23g	21g	0g	53g	4g	283mg	64g	7mg	287mg	.4g	77mcg	22mg	30mcg
Mexican French Fries	1543	802	37g	89g	7g	149g	5g	1020mg	108g	367mg	243mg	6g	67mcg	20mg	16mcg
Mexican French Fries w/Chick.	1638	812	58g	90g	7g	149g	5g	1080mg	161g	376mg	243mg	7g	72mcg	20mg	16mcg
Mexican French Fries w/Beef	1672	843	59g	94g	7g	149g	5g	1075mg	149g	376mg	243mg	8g	322mcg	20mg	16mcg
Mexican French Fries w/Pork	1611	937	20g	104g	7g	149g	5g	1094mg	172g	374mg	243mg	8g	67mcg	20mg	16mcg
Regular Chicken Burrito	760	137	56g	15g	0	100g	6g	780mg	96g	153mg	162mg	6g	51mcg	13mg	11mcg
Regular Beef Burrito	807	179	57g	20g	0	100g	6g	774mg	81g	153mg	162mg	7g	389mcg	13mg	11mcg
Regular Pork Burrito	903	304	50g	34g	0	100g	6g	800mg	112g	150mg	162mg	8g	45mcg	13mg	11mcg
Super Chicken Burrito	868	240	56g	27g	7g	101g	8g	792mg	139g	153mg	162mg	8g	51mcg	13mg	11mcg
Super Beef Burrito	914	282	58g	31g	7g	101g	8g	786mg	124g	153mg	162mg	10g	389mcg	13mg	11mcg
Super Pork Burrito	1010	407	50g	45g	7g	101g	8g	810mg	155g	150mg	162mg	10g	45mcg	13mg	11mcg
Chicken Fajitas Burrito	723	96	50g	11g	0	107g	7g	780mg	71g	12mg	366mg	7g	104mcg	82mg	30mcg
Beef Fajitas Burrito	770	138	51g	15g	0	107g	7g	774mg	56g	12mg	366mg	8g	442mcg	82mg	30mcg
Shrimps Fajitas Burrito	721	94	50g	10g	0	107g	7g	3563mg	183g	178mg	366mg	13g	118mcg	82mg	30mcg
Low Carbs Chicken Burrito	596	165	46g	18g	0	62g	5g	1088mg	96g	153mg	341mg	5g	90mcg	19mg	67mcg
Low Carbs Beef Burrito	643	207	47g	23g	0	62g	5g	1082mg	81g	153mg	341mg	6g	428mcg	19mg	67mcg
Low Carbs Pork Burrito	738	332	40g	37g	0	62g	5g	1107mg	112g	150mg	341mg	7g	84mcg	19mg	67mcg
Veggie Burrito	909	280	31g	31g	7g	127g	7g	1025mg	68g	141mg	341mg	7g	84mcg	19mg	67mcg
Chicken Mole Verde or Red Plate	576	53	42g	6g	0	89g	4g	76mg	62g	11mg	0	4g	5mcg	0	0
Chile Relleno Burrito	894	239	48g	27g	0	115g	6g	763mg	278g	392mg	367mg	13g	158mcg	406mg	11mcg
Chicken Enchiladas Verdes (2)	386	191	19g	21g	7g	30g	3g	32mg	82g	218mg	250mg	2g	264mcg	17mg	36mcg
Chicken Enchiladas Rojas (2)	393	190	19g	21g	7g	32g	3g	32mg	82g	218mg	211mg	2g	217mcg	22mg	36mcg
Sope Chicken	549	197	43g	22g	4g	45g	6g	88mg	111g	227mg	269mg	3g	236mcg	17mg	44mcg
Sope Beef	596	239	44g	27g	4g	45g	6g	82mg	96g	227mg	269mg	4g	574mcg	17mg	44mcg
Sope Carnias	692	365	37g	41g	4g	45g	6g	107mg	127g	224mg	269mg	5g	230mcg	17mg	44mcg

Chicken Tamales	506	97	30g	11g	4g	73g	9g	70mg	74g	9mg	45mg	1g	59mcg	15mg	25mcg
Pork Tamales	612	222	25g	25g	4g	73g	9g	83mg	85g	7mg	45mg	3g	54mcg	15mg	25mcg
Crispy Taco Chicken	261	97	19g	11g	1g	22g	1g	31mg	52g	220mg	85mg	1g	185mcg	5mg	17mcg
Crispy Taco Beef	278	112	20g	12g	1g	22g	1g	29mg	46g	220mg	85mg	2g	311mcg	5mg	17mcg
Crispy Taco Carnitas	314	159	17g	18g	1g	22g	1g	38mg	58g	218mg	85mg	2g	183mcg	5mg	17mcg
Soft Taco Chicken	161	13	13g	1g	0	24g	1g	30mg	26g	5mg	47mg	1g	3mcg	5mg	3mcg
Soft Taco Beef	178	28	13g	3g	0	24g	1g	28mg	21g	5mg	47mg	1g	129mcg	5mg	3mcg
Soft Taco Carnitas	214	75	11g	8g	0	24g	1g	37mg	32g	3mg	47mg	1g	1mcg	5mg	3mcg
Tostada Chicken	532	219	41g	24g	4g	37g	4g	97mg	104g	226mg	395mg	5g	268mcg	25mg	64mcg
Tostada Beef	573	256	42g	28g	4g	37g	4g	89mg	91g	226mg	395mg	6g	562mcg	25mg	64mcg
Tostada Pork	657	366	36g	41g	4g	37g	4g	114mg	118g	223mg	395mg	7g	262mcg	25mg	64mcg
Taco Salad Chicken	925	226	60g	25g	0	114g	12g	1239mg	92g	227mg	682mg	11g	336mcg	39mg	134mcg
Taco Salad Beef	971	268	62g	30g	0	114g	12g	1233mg	77g	227mg	682mg	12g	673mcg	39mg	134mcg
Taco Salad Carnitas	1067	394	54g	44g	0	114g	12g	1258mg	108g	224mg	682mg	13g	329mcg	39mg	134mcg
Pozole	707	238	25g	26g	0	92g	15g	5mg	90g	5mg	0	4g	0	0	0
Chicken Tortilla Soup	302	106	42g	12g	0	7g	1g	1717mg	92g	227mg	235mg	2g	233mcg	19mg	16mcg
Chicken Vegetable Soup	240	39	23g	4g	0	27g	6g	1659mg	36g	6mg	585mg	12g	2009mcg	26mg	46mcg
Carnitas Plate	978	410	45g	46g	0	97g	5g	327mg	151g	8mg	207mg	5g	54mcg	15mg	25mcg
Chile Verde Plate	812	225	43g	25g	0	104g	4g	105mg	87g	9mg	539mg	8g	158mcg	14mg	0
Carne Asada Plate	656	166	60g	18g	0	62g	4g	431mg	84g	19mg	330mg	7g	589mcg	22mg	34mcg
Chile Relleno Plate	775	205	38g	23g	4g	105g	4g	75mg	273g	244mg	367mg	11g	114mcg	393mg	0
Chicken Fajitas Plate	744	112	49g	12g	0	109g	7g	400mg	71g	12mg	462mg	5g	131mcg	107mg	49mcg
Beef Fajitas Plate	790	154	51g	17g	0	109g	7g	394mg	56g	12mg	462mg	7g	469mcg	107mg	49mcg
Shrimps Fajitas Plate	741	109	49g	12g	0	109g	7g	3183mg	183g	178mg	462mg	11g	146mcg	107mg	49mcg
Chicken Enchiladas Rojas Plate	745	222	37g	25g	7g	94g	6g	47mg	90g	220mg	287mg	6g	236mcg	30mg	50mcg
Beef Enchiladas Rojas Plate	763	238	37g	26g	7g	94g	6g	45mg	84g	220mg	287mg	6g	362mcg	30mg	50mcg
Pork Enchiladas Rojas Plate	798	284	35g	32g	7g	94g	6g	54mg	96g	218mg	287mg	7g	234mcg	30mg	50mcg
Chicken Enchiladas Verdes Plate	735	223	37g	25g	7g	91g	6g	47mg	69g	220mg	287mg	6g	300mcg	23mg	50mcg
Beef Enchiladas Verdes Plate	753	239	37g	27g	7g	91g	6g	45mg	63g	220mg	287mg	6g	425mcg	23mg	50mcg
Pork Enchiladas Verdes Plate	788	285	35g	32g	7g	91g	6g	54mg	75g	218mg	287mg	7g	297mcg	23mg	50mcg
Cheese Red Enchiladas Plate	778	259	34g	29g	7g	96g	6g	17mg	89g	356mg	287mg	5g	234mcg	30mg	50mcg
Cheese Verde Enchiladas Plate	768	260	34g	29g	7g	93g	6g	17mg	68g	356mg	287mg	5g	297mcg	23mg	50mcg