

**At Taco Del Mar, you don't have to sacrifice flavor to eat smart. We have more than 50 menu items that weigh in at 500 calories or less!
Or, use your Inner Baja to create your own Fast, Fun & Fit Combo using our lean proteins, fiber-rich beans, whole grain corn tortillas,
fat-free flavorful salsas, and nutrient-packed veggies, pico de gallo and guacamole.**

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Vit A %DV	Vit C %DV	Calcium %DV	Iron %DV
Mondito Burritos																
Carne Asada Steak Mondito Burrito	272 g	440	120	13	5	0	25	1190	65	5	3	19	8	8	25	40
Chicken Mondito Burrito	272 g	460	120	14	5	0	40	1010	65	5	3	21	10	10	25	40
Ground Beef Mondito Burrito	272 g	480	150	17	7	0	30	1140	65	5	3	20	15	10	25	45
Pork Mondito Burrito	272 g	450	120	13	5	0	35	1140	65	5	3	20	10	10	25	40
Shred Beef Mondito Burrito	272 g	460	120	14	5	0	35	1080	65	5	3	21	10	10	25	40
Vegan Mondito Burrito	264 g	380	80	9	2.5	0	0	850	66	6	3	11	8	15	15	40
Veggie Mondito Burrito	286 g	410	100	11	4	0	10	880	66	5	4	14	10	10	25	40
<i>Nutrition information for Burritos includes flour tortilla, rice, refried beans, meat/cheese, pico de gallo; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, pico de gallo. Optional guacamole, sour cream, jalapenos and sauce not included. Vegan Burrito includes flour tortilla, guacamole, rice, refried beans, lettuce, pico de gallo; optional jalapenos and sauce not included.</i>																
Cabo Salads																
Carne Asada Steak Cabo Salad	384 g	380	160	18	6	0	55	1540	36	5	7	22	25	15	20	15
Chicken Cabo Salad	384 g	420	180	19	6	0	80	1180	36	5	8	26	30	20	20	15
Fish Cabo Salad	378 g	450	200	22	6	0	60	1260	47	6	7	20	25	15	20	10
Ground Beef Cabo Salad	384 g	470	230	26	10	0	65	1460	37	6	8	24	35	20	20	15
Pork Cabo Salad	384 g	400	160	18	6	0	70	1450	36	5	7	25	30	20	20	15
Shredded Beef Cabo Salad	384 g	420	170	19	7	0	70	1320	36	5	8	26	30	20	20	15
<i>Nutrition information for Cabo Salads includes lettuce, meat/fish/cheese, black bean & corn salsa, dressing, tortilla strips. Optional jalapenos not included.</i>																
Tacos																
Carne Asada Steak Taco	144 g	190	80	8	3.5	0	25	660	20	2	2	11	10	8	15	20
Chicken Taco	144 g	210	80	9	4	0	40	480	20	2	2	14	10	10	15	20
Fish Taco	159 g	270	150	17	4	0	35	390	22	3	2	9	8	25	10	6
Ground Beef Taco	144 g	230	110	12	6	0	30	620	20	2	2	12	15	10	15	20
Pork Taco	144 g	200	80	9	4	0	35	610	19	2	2	13	10	8	15	20
Shredded Beef Taco	144 g	210	80	9	4	0	35	550	20	2	2	14	15	8	15	20
Veggie Taco -Refried Beans	136 g	180	60	7	3	0	10	460	25	4	2	8	10	8	15	20
Veggie Taco - Rice	147 g	220	70	7	3	0	10	440	32	2	2	7	10	8	15	20
Veggie Taco -Rice & Refried Beans	181 g	250	70	8	3	0	10	550	38	4	2	9	10	10	20	20
<i>Nutrition information for Tacos includes flour tortilla, meat/cheese, lettuce, pico de gallo; Veggie Taco includes flour tortilla, rice, refried beans, cheese, lettuce, pico de gallo; Fish Taco includes corn tortilla, fish, cheese, cabbage, white sauce, pico de gallo. Optional jalapenos and sauce not included.</i>																

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Baja Bowls																
Baja Bowl Mondo Carne Asada	405 g	490	130	15	6	0	55	1530	62	6	2	26	20	15	25	25
Baja Bowl Mondo Pork	405 g	500	140	15	6	0	70	1440	61	6	2	29	20	20	25	20
Baja Bowl Mondo Vegan	390 g	360	70	8	1	0	0	870	64	8	4	11	15	25	10	20
Baja Bowl Mondo Veggie	377 g	410	100	11	4.5	0	25	910	62	6	3	16	20	20	25	15
Baja Bowl Mondito Carne Asada	203 g	240	70	7	3	0	25	770	31	3	1	13	8	8	15	10
Baja Bowl Mondito Chicken	203 g	260	80	8	3	0	40	590	31	3	1	15	10	10	15	10
Baja Bowl Mondito Fish	234 g	310	150	17	4	0	35	710	27	6	2	13	8	30	15	10
Baja Bowl Mondito Ground Beef	203 g	280	100	12	5	0	30	720	31	3	1	14	15	10	15	15
Baja Bowl Mondito Pork	203 g	250	70	8	3	0	35	720	31	3	1	15	10	10	15	10
Baja Bowl Mondito Shredded Beef	203 g	260	70	8	3	0	35	660	31	3	1	15	10	10	15	10
Baja Bowl Mondito Vegan	194 g	180	35	4	0	0	0	430	32	4	2	5	8	15	4	8
Baja Bowl Mondito Veggie	217 g	210	50	6	2	0	10	460	32	3	2	8	10	10	15	8
<i>Nutrition information for Baja Bowls includes rice, refried beans, meat/cheese, pico de gallo; Fish Baja Bowls include refried beans, fish, cheese, cabbage, white sauce, pico de gallo; Veggie Baja Bowls include rice, refried beans, cheese, lettuce, pico de gallo. Optional guacamole, sour cream, jalapenos and sauce not included. Vegan Baja Bowls include guacamole, rice, refried beans, lettuce, pico de gallo; optional jalapenos, sauce not incl.</i>																
Kid's Menu																
Bean & Cheese Burrito Kid's	241 g	330	120	13	6	0	25	710	42	4	2	13	4	2	30	35
Chips 2 oz sv Kid's	57 g	280	130	14	4	0	0	300	34	2	0	4	0	0	4	4
Chips & Cheese Kid's	79 g	370	190	21	8	0	25	450	35	2	0	10	4	0	20	4
Quesadilla Kid's	92 g	290	110	13	6	0	25	570	35	2	2	11	4	0	30	30
Rice & Beans (no chips) Kid's	170 g	130	15	1.5	0	0	0	250	25	2	0	3	2	2	4	6
Taco Carne Asada Steak Kid's	75 g	190	90	10	3.5	0	25	410	15	2	1	10	2	0	10	6
Taco Chicken Kid's	75 g	220	100	11	4	0	35	250	15	2	1	15	6	0	10	6
Taco Ground Beef Kid's	75 g	230	110	13	5	0	30	380	16	2	1	14	6	0	10	10
Taco Pork Kid's	75 g	220	90	10	4	0	35	340	15	2	1	11	4	2	10	6
Taco Shredded Beef Kid's	75 g	190	80	9	3.5	0	30	340	15	2	1	12	6	0	10	6
Breakfast																
Breakfast Burrito - without sausage	258 g	430	180	19	7	0	310	1050	45	4	3	19	15	8	25	40
Breakfast Potatoes Side Order	57 g	120	60	7	1.5	0	0	330	13	3	0	1	2	4	0	2
Breakfast Quesadita - without Sausage	180 g	350	140	16	6	0	310	840	36	2	2	18	15	6	25	35
Breakfast Quesadita - with Sausage	208 g	440	200	23	9	0	320	1120	37	3	2	22	30	8	25	40
Breakfast Taco - without Sausage	117 g	180	80	9	3.5	0	220	350	13	1	1	11	10	6	10	8
Breakfast Taco - with Sausage	145 g	260	140	16	6	0	230	630	14	2	1	15	30	8	15	10

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Mix & Match our delicious sides to Create your own Fast, Fun & Fit Combo!																
6" Corn Tortilla - 2 each	56 g	110	15	1.5	0	0	0	20	23	2	0	3	0	0	2	6
6" Flour Tortilla - 2 each	67 g	190	50	6	2	0	0	400	33	3	1	5	0	0	10	30
7" Taco Shell - 1 each	22 g	100	40	4.5	1	0	0	0	14	2	1	2	0	0	2	4
Chicken Side Order - 1 scoop	85 g	120	50	6	1.5	0	55	270	1	0	0	15	4	2	2	6
Fish Side Order - 2 pc	79 g	160	80	8	0.5	0	35	340	12	1	0	9	0	0	0	4
Ground Beef Side Order - 1 scoop	85 g	170	110	12	6	0	40	540	2	1	1	13	10	6	2	8
Meat Carne Asada Side Order - 1 scoop	85 g	90	35	4	1.5	0	30	620	2	0	0	11	0	0	2	8
Pork Side Order - 1 scoop	85 g	100	40	4.5	1.5	0	45	530	1	0	0	14	2	2	0	6
Shredded Beef Side Order - 1 scoop	85 g	120	50	6	2	0	45	400	2	0	1	15	8	0	0	8
Seasoned Rice - 1 scoop	142 g	210	25	3	0	0	0	300	40	1	0	4	2	2	4	10
Beans, Black - 1.5 spoonful	149 g	140	10	1	0	0	0	410	25	5	2	7	0	0	6	10
Beans, Refried - 1.5 spoonful	149 g	140	10	1	0	0	0	490	25	6	0	8	0	4	6	10
Beans, Whole Pinto - 1.5 spoonful	149 g	130	0	0	0	0	0	310	23	7	0	8	0	2	6	10
Black Bean & Corn Salsa Side Order	57 g	60	5	0.5	0	0	0	230	12	3	1	3	2	4	0	4
Jalapeno peppers - 1 tablespoon	10 g	0	0	0	0	0	0	170	0	0	0	0	2	2	2	0
Lettuce - 1 tong full	57 g	10	0	0	0	0	0	5	2	1	1	1	6	2	2	2
Cabbage - 1 tong full	57 g	15	0	0	0	0	0	10	3	1	1	1	2	30	2	2
Cheese - 1 scoop	23 g	90	70	7	4	0	25	150	1	0	0	6	4	0	15	0
Guacamole Side Order - 1 scoop	35 g	45	35	4	0.5	0	0	105	3	2	0	1	2	6	0	0
Sour Cream Side Order - 1 scoop	35 g	70	60	7	4	0	25	55	2	0	1	1	4	0	4	0
Pico de Gallo Side Order - 2 scoops	113 g	20	0	0	0	0	0	280	5	1	3	1	20	25	2	2
Queso Side Order - 1 ladle	57 g	80	50	6	2.5	0	5	450	2	0	0	3	0	0	4	0
Salsa, Habanero - 2 tablespoons	28 g	5	0	0	0	0	0	65	1	0	1	0	2	4	0	0
Salsa, Roasted Chipotle - 2 tablespoons	28 g	5	0	0	0	0	0	95	1	0	1	0	2	4	0	0
Salsa, Tomatillo - 2 tablespoons	28 g	5	0	0	0	0	0	125	1	0	0	0	2	2	0	0