



## NUTRITIONAL BENEFITS GUIDE

-  HIGH IN CALCIUM
-  LOW CHOLESTEROL
-  HIGH IN VITAMIN A & C
-  HIGH IN PROTEIN
-  HIGH IN FIBER
-  LOW FAT
-  HIGH IN IRON
-  UNDER 500 CALORIES



## FULL MENU CALORIC COUNTS

INNOVATIVE  
ON TREND  
HEALTHY  
MENU ITEMS

**NSA  
BETHESDA**  
Building 62

# BUILD YOUR OWN

*\*Based on popular choices - caloric nutrition will vary.*

## CALORIES

### BOWL

|           |     |
|-----------|-----|
| BEEF 🌱    | 492 |
| CHICKEN 🌱 | 496 |
| CHORIZO 🌱 | 593 |
| PORK 🌱    | 563 |

### BURRITO

|               |     |
|---------------|-----|
| BEEF 🌱        | 582 |
| CHICKEN 🌱     | 521 |
| CHORIZO 🌱     | 685 |
| NO PROTEIN 🌱❤ | 422 |
| PORK          | 654 |

### QUESADILLA

|           |     |
|-----------|-----|
| BEEF 🍷    | 559 |
| CHEESE 🍷  | 587 |
| CHICKEN 🍷 | 541 |
| CHORIZO 🍷 | 661 |
| PORK 🍷    | 631 |

### SALAD

|               |     |
|---------------|-----|
| BEEF 500 🌱❤   | 416 |
| CHICKEN 500 🌱 | 395 |
| CHORIZO 🌱❤    | 558 |
| PORK 🌱        | 423 |

### TACO

|                 |     |
|-----------------|-----|
| BEEF 500 🌱📉❤    | 298 |
| CHICKEN 500 🌱📉❤ | 293 |
| CHORIZO 500 🌱❤  | 294 |
| PORK 500 🌱❤     | 290 |

# HANDCRAFTED ENTREES

## CALORIES

|                      |     |
|----------------------|-----|
| CALIENTE CARNITAS    | 793 |
| TACOS - 3 EA 🌱       |     |
| EL BOMBADERO BURRITO | 531 |
| S.W.C. QUESADILLA 🌱  | 600 |
| YARD BIRD SALAD 🌱    | 643 |

# STARTERS AND SIDES

## CALORIES

### CHIPS

|                 |     |
|-----------------|-----|
| GUACAMOLE 500 🍷 | 304 |
| QUESO 500       | 253 |
| SALSA 500 📉     | 182 |

### NACHOS

|             |     |
|-------------|-----|
| ADD CHICKEN | 513 |
| ADD PORK    | 646 |
| ADD BEEF    | 535 |



HIGH IN CALCIUM



LOW CHOLESTEROL

HIGH IN VITAMIN A & C



HIGH IN PROTEIN



HIGH IN FIBER



LOW FAT



HIGH IN IRON



UNDER 500 CALORIES

# HAND CRAFTED FRESH MEX

