





NUTRITIONAL BENEFITS GUIDE

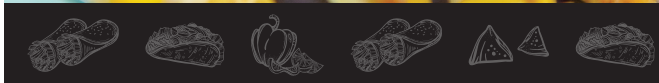
-  HIGH IN CALCIUM
-  LOW CHOLESTEROL
-  HIGH IN VITAMIN A & C
-  HIGH IN PROTEIN
-  HIGH IN FIBER
-  LOW FAT
-  HIGH IN IRON
-  UNDER 500 CALORIES



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 🍴	1029
CHICKEN 🍴	1008
CHORIZO 🍴	1171
PORK 🍴	1141

BURRITO

BEEF 🍴	795
CHICKEN 🍴	771
CHORIZO 🍴	934
NO PROTEIN 🍴 ❤️	663
PORK	904

QUESADILLA

BEEF ⚠️	631
CHEESE ⚠️	704
CHICKEN ⚠️	610
CHORIZO ⚠️	773
PORK ⚠️	743

SALAD

BEEF 🍴 🍷 ❤️	440
CHICKEN 🍴 🍷	429
CHORIZO 🍴 ❤️	582
PORK 🍴	551

TACO

BEEF 🍴 🍷 🍴 ❤️	298
CHICKEN 🍴 🍷 🍴 ❤️	293
CHORIZO 🍴 🍴 ❤️	374
PORK 🍴 🍴 ❤️	360

HANDCRAFTED ENTREES

CALORIES

CALIENTE CARNITAS TACOS - 3 EA 🍴	1417
EL BOMBADERO BURRITO	827
S.W.C. QUESADILLA 🍴	601
YARD BIRD SALAD 🍴	662

STARTERS AND SIDES

CALORIES

CHIPS

GUACAMOLE 🍷 ⚠️	304
QUESO 🍷	253
SALSA 🍷 🍴	182

NACHOS

ADD CHICKEN	513
ADD PORK	646

HAND CRAFTED FRESH MEX

