

CACTUS RESTAURANTS NUTRITIONAL INFORMATION

The nutritional information in this menu is derived from information provided by our suppliers, analyses using industry standard software, and published resources, including those from the U.S.D.A. All nutritional information given is based on standard recipes and serving sizes and Cactus Restaurants cannot guarantee that the information provided is completely accurate as it relates to the prepared menu items at each restaurant. Variations in serving sizes, preparation techniques, and product assembly across our locations may affect the nutritional values for each menu item. You should expect some variations in the nutrient content of the products purchased in our restaurants, and greater variation if an order is customized or altered. **Last Updated March, 2021.**

Burritos and Chimichangas	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Burrito Lenera, Carnitas	1350	64	35	0	220	5250	1989	108	10	11	86
Burrito Lenera, Chicken	1180	56	33	0	160	4030	1596	106	10	11	64
Burrito Lenera, Chorizo	1200	66	37	0	140	3760	1341	103	10	11	49
Burrito Lenera, Steak	1160	57	34	0	100	4165	1566	111	10	15	50
Burrito Lenera, Vegetable Escab	970	48	31	0	60	3480	1250	104	10	11	30
Chicken Fried Chicken	1170	72	32	0	226	6572	1480	63	8	40	66
Chimichanga, Brisket	1510	98	45	0	154	3330	1406	104	10	12	53
Chimichanga, Carnitas	1640	95	42	0	238	5100	1946	108	10	12	87
Chimichanga, Chicken	1380	82	39	0	144	3400	1200	104	10	12	58
Chimichanga, Chorizo	1500	97	44	0	158	3600	1300	104	10	12	51
Chimichanga, Seafood	1200	61	37	0	214	3380	1202	104	10	12	50
Chimichanga, Vegetable	1270	79	37	0	977	3650	1209	106	13	14	34

Enchiladas	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Enchiladas, Butternut	980	57	31	0	82	3255	1131	82	10	8	35
Enchiladas, Chimayo	1030	52	20	0	155	3158	859	86	11	5	55
Enchiladas, Green Chicken	910	39	21	0	180	3040	660	74	18	8	64
Enchiladas, Seafood	1140	57	26	0	240	5352	647	103	12	4	54

Fajitas	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Fajitas, Chicken	1400	78	49	0	185	2700	1630	109	11	23	64
Fajitas, Prawn	1320	76	49	0	241	2760	1634	109	11	23	50
Fajitas, Skirt Steak	1500	86	53	0	155	3550	2030	119	11	28	57
Fajitas, Vegetable	1540	83	50	0	105	4460	2514	155	18	27	43

Misc. Entrees	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Came Asade with Ancho Salsa	1210	72	28	0	226	5951	1587.5	70.4	17	14.78	71.49
Sonoran Spa Chicken	600	36	7	0	127	2571	470	15	10	9	53
Chile Relleno	690	32	19	0	89	2301	568	67	6	25	33

Tacos	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Tacos, Brisket	1010	39	16	0	120	2135	959	115	14	5	50
Tacos, Camarones	710	32	2	9	110	1575	545	90	11	21	15
Tacos, Carnitas	1170	39	8	0	165	3341	1450	131	13	18	74
Tacos, Chicken	1380	62	31	0	140	3233	1917	132	17	10	74
Tacos, Fish	980	31	5	0	10	1970	1380	133	17	9	43
Tacos, Spicy Potato	770	13	4	0	18	5037	1322	137	17	3	25

Soups and Salads	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Green Chile Sopa, Cup	80	4	1	0	5	1194	47	8	1	1	2
Green Chile Sopa, Bowl	160	8	1	0	5	2381	75	16	1	2	6
Salad, Casa	75	5	1	0	0	120	13	5	1	2	2
Small Caesar Salad	290	23	5	0	24	557	82	15	2	1	6
Large Caesar Salad	575	46	11	0	48	1115	165	29	4	2	12
Chile Lime Prawn Salad	880	59	6.5	0	102	754	1163	59	11	17	28
Chipotle Prawn and Kale	715	36	4	0	102	1929	849	71	12	25	24
Smoked Chicken Chop Chop	810	60	18	0	122	2222	308	23	4	2	43
Smoked Chicken Chop Chop, HI	500	35	10	0	61	2800	463	23	4	5	22
Grilled Skirt Steak Salad	920	66	18	0	107	4640	1516	36	11	14	45
Tortilla Soup, Cup	440	21	4	0	63	1769	1058	37	9	13	25
Tortilla Soup, Bowl	880	42	7	0	127	3829	2116	95	20	26	50

Appetizers	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrate (g)	Fiber (g)	Sugar (g)	Protein (g)
Ceviche	400	19	2.6	0	0	337	860	40	17	0.9	18
Ceviche Toastada	530	36	6	0	23	1468	820	37	11	8	16
Chicken Flautas	1000	77	36	0	740	2334	227	42	1.5	2	35
Diablo Shrimp	400	27	1	0	108	536	125	34	4	17	5
Fry Bread	990	56	19	0	72	1652	255	108	2	34	13
Guacamole (no chips)	360	32	5	0	0	902	1368	12	2	7	5
Grilled Jalapenos	300	25	14	0	72	581	253	4	1	2	15
Nachos, Grande	2400	160	82	0.2	245	5868	1597	153	18	19	83
Nachos, Grande Chorizo	2640	180	88	0.2	325	6204	1693	153	18	19	102
Nachos, Grande Chicken	2760	183	84	0.2	345	6760	1961	160	18	19	117
Nachos, Grande Skirt Steak	2630	177	89	0.2	309	5928	1597	153	18	19	106
Roasted Corn Quesadilla, small	670	41	18	0	68	1217	160	51	4	4	24
Roasted Corn Quesadilla, large	1260	75	37	0	131	1905	295	96	5	5	50
Smoked Chicken Quesadilla	740	48	22	0	114	1375	103	39	2	3	39
Spicy Tuna Tacos	350	21	3	0	31	231	206	21	5	3	19
Tex-Mex Queso (no chips)	330	25	14	0	83	521	113	5	0	32	21