



APPETIZERS (Listed as served unless indicated)	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Border Sampler	1 Serving	2000	134	50	105	100	15	4520
Guacamole Live! w/o Chips	1 Serving	570	50	10	34	11	31	2330
Empanadas - Chicken w/ Original Queso	5 Each	1170	82	29	72	41	4	1880
Empanadas - Ground Beef w/ Original Queso	5 Each	1210	86	31	72	39	5	1950
Firecracker Stuffed Jalapeños w/ Original Queso	1 Serving	1950	134	36	123	67	3	6540
Chicken Flautas w/ Original Queso	4 Each	1070	66	17	69	51	10	1910
Grande Fajita Nachos - Chicken	1 Serving	1540	84	38	88	112	16	5210
Grande Fajita Nachos - Steak	1 Serving	1520	94	48	87	87	21	3600
Fajita Quesadillas - Chicken	1 Serving	1230	84	31	59	62	5	2780
Fajita Quesadillas - Steak	1 Serving	1220	90	36	58	50	7	1970
OTB Dip Trio w/o Chips	1 Serving	450	33	14	22	17	5	1570
Original Queso w/o Chips	1 Bowl	390	30	19	13	26	1	1870
Original Queso w/o Chips	1 Cup	240	18	12	8	16	1	1170
Original Queso Carne Style w/o Chips	1 Bowl	470	35	21	16	32	2	2360
Original Queso Carne Style w/o Chips	1 Cup	330	24	14	10	22	2	1540
Ultimate Loaded Queso w/o Chips	1 Serving	770	52	27	36	45	11	2790
Guacamole w/o Chips	1 Serving	200	16	3	15	4	10	500
Chips and Salsa	1 Basket	430	22	4	52	5	5	440
SOUP & SALADS	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Sizzling Fajita Salad - Chicken - No Dressing	1 Serving	700	45	20	25	52	7	1970
Sizzling Fajita Salad - Steak - No Dressing	1 Serving	820	57	29	24	56	7	2130
Grande Taco Salad w/ Chicken - No Dressing	1 Serving	1280	84	28	83	53	12	2140
Grande Taco Salad w/ Ground Beef - No Dressing	1 Serving	1370	95	33	83	53	14	2240
Citrus Chipotle Chicken Salad w/ Mango Citrus Vinaigrette	1 Serving	290	4	2	42	25	11	840
Side - House Salad - No Dressing	1 Serving	200	12	4	20	6	4	260
Chicken Tortilla Soup	1 Bowl	510	24	8	50	25	6	1930
Chicken Tortilla Soup	1 cup	330	18	7	26	16	4	950

Cal..... Calories	Carb..... Carbohydrates	Sod..... Sodium
Fat..... Total Fat	(mg)..... milligrams	(g)..... grams
Sat Fat..... Saturated Fat		

ENCHILADAS (Listed with rice and without beans)	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Tres Enchiladas Dinner - Cheese & Onion w/ Chile con Carne	1 Serving	1590	95	47	123	69	6	4120
Tres Enchiladas Dinner - Ground Beef w/ Chile con Carne	1 Serving	1240	60	23	122	57	10	3020
Tres Enchiladas Dinner - Chicken w/ Sour Cream Sauce	1 Serving	1080	47	19	118	49	6	2420
Enchilada Suizas	1 Serving	1000	44	19	110	46	6	2540
Ranchiladas	1 Serving	1480	83	43	105	80	5	4060
Grilled Enchilada - Pepper Jack Chicken	1 Serving	1090	50	16	102	56	5	3320
Grilled Enchilada - Smoky Beef Brisket	1 Serving	970	46	19	97	45	4	2850
Grilled Enchilada - Avocado w/ Red Chile Pesto	1 Serving	1040	55	18	107	32	11	2050
CREATE YOUR OWN COMBO (Listed without rice and without beans)	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Chicken Tortilla Soup	1 cup	330	18	7	26	16	4	950
Side - House Salad - No Dressing	1 Serving	200	12	4	20	6	4	260
Crispy Taco - Ground Beef	1 Serving	320	19	7	19	18	4	600
Crispy Taco - Chicken	1 Serving	260	12	4	19	18	3	530
Soft Taco - Ground Beef	1 Serving	310	18	8	24	19	3	900
Soft Taco - Chicken	1 Serving	240	11	4	24	19	2	830
Enchilada - Ground Beef w/ Chile con Carne	1 Serving	260	15	6	19	14	2	650
Enchilada - Cheese & Onion w/ Chile con Carne	1 Serving	360	24	12	20	17	2	930
Enchilada - Chicken w/ Sour Cream Sauce	1 Serving	210	11	5	18	12	1	490
Empanadas - Ground Beef w/ Chile con Queso	1 Serving	540	39	15	30	19	2	1040
Empanadas - Chicken w/ Chile con Queso	1 Serving	520	37	15	30	20	1	1010
Chicken Flautas w/ Chile con Queso	1 Serving	330	21	7	19	17	2	790
Cheese Stuffed Chile Relleno w/ Ranchero Sauce	1 Serving	680	57	5	28	31	6	1190
Pork Tamale w/ Chile con Carne	1 Serving	290	20	7	14	13	3	960
SIDE ITEMS & EXTRAS	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Side - Black Beans w/ Cheese	1 Serving	130	3	1	20	8	6	630
Side - Refried Beans w/ Cheese	1 Serving	230	10	4	24	10	7	730
Side - Mexican Rice	1 Serving	280	4	1	53	6	0	590
Side - Guacamole	1 Serving	40	4	1	3	1	2	125
Side - Pico de Gallo	1 Serving	10	1	0	1	0	0	55
Side - Sour Cream	1 Serving	60	5	4	2	1	0	45
Side - Vegetables - Grilled	1 Serving	70	0	0	16	2	3	20
Side - Vegetables - House	1 Serving	180	14	3	13	2	3	190
Side - Chipotle Honey Mustard Dressing	1 Serving	310	29	5	11	0	0	370
Side - Ranch Dressing	1 Serving	230	23	4	2	2	0	440
Side - Fat-Free Mango Citrus Vinaigrette	1 Serving	45	0	0	11	0	0	20
Side - Smoked Jalapeno Vinaigrette	1 Serving	230	23	4	8	0	0	760

FRESH GRILL (Served as listed)	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Carne Asada	1 Serving	940	35	14	105	49	5	2260
Jalapeno-BBQ Salmon	1 Serving	590	21	6	45	54	24	1220
Tomatillo Chicken	1 Serving	850	24	5	108	50	6	2060
Queso Chicken	1 Serving	1130	50	16	115	61	14	2180

Chicken Salsa Fresca	1 Serving	520	9	3	60	50	12	2410
Add Bacon Wrapped Shrimp Skewer	1 Serving	460	40	13	3	22	0	1030

OTB TACO STAND
(Listed with rice & without beans unless indicated)

	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Taco Melt - Beef (Crispy)	1 Serving	860	45	18	79	35	6	1740
Taco Melt - Beef (Soft)	1 Serving	920	45	20	109	40	6	2630
Taco Melt - Chicken (Crispy)	1 Serving	770	34	13	79	35	5	1650
Taco Melt - Chicken (Soft)	1 Serving	820	34	14	109	40	4	2540
Loaded Carne Asada Tacos w/ Creamy Red Chile Sauce	1 Serving	1510	93	22	114	52	4	2270
Southwest Chicken Tacos w/ Creamy Red Chile Sauce	1 Serving	1460	85	20	132	53	4	3210
Street-Style Mini Tacos - Chicken	1 Serving	1020	50	15	96	49	14	2060
Street-Style Mini Tacos - Steak	1 Serving	1080	60	22	93	47	14	1600
Brisket Tacos w/ Jalapeño BBQ Sauce	1 Serving	1280	55	20	155	57	5	4750
Dos XX® Fish Tacos w/ Creamy Red Chile Sauce	1 Serving	2240	152	32	170	56	4	4000
Grilled Mahi Mahi Tacos w/ Creamy Red Chile Sauce	1 Serving	1200	61	13	116	45	7	3000

FAJITA GRILL
(Listed without rice, beans, tortillas and condiments)

	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
CHOOSE YOUR FAJITA*								
Mesquite-Grilled Chicken	1 Serving	300	16	1	4	34	0	730
Mesquite-Grilled Steak	1 Serving	370	27	9	2	28	0	820
Seasoned, Sauteed Shrimp	1 Serving	420	33	6	3	27	0	930
Pulled Pork (Carnitas)	1 Serving	760	69	13	2	35	2	1220
Grilled Vegetables with Portobello Mushrooms	1 Serving	210	14	1	21	4	4	390
CHOOSE YOUR VEGGIE								
Classic Veggies	1 Serving	90	5	1	11	2	3	640
Baja Blend Veggies	1 Serving	210	15	3	17	3	4	620
El Diablo Veggies	1 Serving	50	2	0	8	1	1	5
CHOOSE YOUR SAUCE								
Tequila Lime Chile Sauce	1 Serving	170	14	3	6	1	2	670
Chipotle Honey Sauce	1 Serving	230	4	2	48	0	0	1020
Habanero Fire Sauce	1 Serving	120	9	0	9	0	3	1740

CHOOSE YOUR CONDIMENTS

Homemade Flour Tortillas	3 Each	270	11	4	56	8	2	920
Side - Mixed Cheese	1 Serving	110	9	5	1	7	0	180
Side - Guacamole	1 Serving	40	4	1	3	1	2	125
Side - Pico de Gallo	1 Serving	10	1	0	1	0	0	55
Side - Sour Cream	1 Serving	60	5	4	2	1	0	45
Side - Mexican Rice	1 Serving	280	4	1	53	6	0	590

* For "Pick Two " Fajita Entrée: use half of the value that is listed for each fajita item selected

SIGNATURE FAJITAS (Listed without rice, beans, tortillas and condiments)	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
The Ultimate Fajita	1 Serving	1100	91	21	26	48	6	2770
Monterey Ranch Chicken	1 Serving	660	42	15	13	56	1	2250
Al Carbon Fajitas - Steak	1 Serving	300	15	9	9	30	2	1260
Al Carbon Fajitas - Chicken	1 Serving	230	5	0	11	36	2	1160

BURRITOS & CHIMIS
(Listed with rice and without beans)

	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Classic Shredded Beef Burrito w/o sauce	1 Serving	1010	38	17	103	58	3	1940
Classic Chicken Burrito w/o sauce	1 Serving	910	33	14	106	47	4	2260
Classic Chimichanga Ground Beef w/o Sauce	1 Serving	1400	87	27	106	47	6	2370
Classic Chimichanga Chicken w/o Sauce	1 Serving	1290	75	21	106	47	4	2260
Side - Chile con Carne for Chimi/Burrito	1 Serving	100	5	2	7	5	1	550
Side - Queso for Chimi/Burrito	1 Serving	150	11	7	5	10	0	700
Side - Ranchero Sauce for Chimi/Burrito	1 Serving	60	3	0	8	1	1	420
Side - Fresh Sour Cream Sauce for Chimi/Burrito	1 Serving	80	6	4	5	1	0	290
Three Sauce Fajita Chicken Burrito	1 Serving	1240	48	16	119	81	4	4930
Three Sauce Fajita Steak Burrito	1 Serving	1220	59	26	119	56	8	3320
Big Chicken Bordurrito w/ Side Salad - No Dressing	1 Serving	1780	85	18	170	83	13	4870
Big Steak Bordurrito w/ Side Salad - No Dressing	1 Serving	1760	96	28	170	58	18	3260

KID'S MENU (Listed without sides)

	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Mexican Plate - Crispy Ground Beef Taco	1 Serving	320	19	7	19	18	4	600
Mexican Plate - Crispy Chicken Taco	1 Serving	260	12	4	19	18	3	530
Mexican Plate - Soft Ground Beef Taco	1 Serving	310	18	8	24	19	3	900
Mexican Plate - Chicken Taco	1 Serving	240	11	4	24	19	2	830
Mexican Plate - Cheese Enchiladas	1 Serving	340	24	12	18	16	1	920
Nachos - Bean & Cheese	1 Serving	780	43	23	59	41	11	1570
Nachos - Cheese	1 Serving	550	36	20	31	32	3	770
Corn Dog	1 Serving	280	17	4	25	5	2	650
Quesadilla	1 Serving	850	67	27	36	33	1	1120
Grilled Chicken Sandwich	1 Serving	340	17	3	25	21	1	570
Grilled Chicken	1 Serving	90	1	0	2	17	0	360
Chicken Tenders	1 Serving	540	36	6	44	25	2	1640
Hamburger	1 Serving	450	32	10	23	17	1	250
Cheeseburger	1 Serving	550	41	15	24	24	1	420
Kid Side - Black Beans	1 Serving	130	3	1	20	8	6	630
Kid Side - Refried Beans	1 Serving	230	10	4	24	10	7	730
Kid Side - House Salad - No dressing	1 Serving	10	0	0	2	1	1	5
Kid Side - French Fries	1 Serving	250	10	2	36	3	4	350
Kid Side - Mexican Rice	1 Serving	280	4	1	53	6	0	590
Kid Side - Mixed Vegetables	1 Serving	180	14	3	13	2	3	190
Dessert - Sundae w/ Chocolate Syrup	1 Serving	360	18	14	51	3	1	95
Dessert - Sundae w/ Strawberry Purée	1 Serving	320	18	14	41	3	1	55

BORDER LUNCH SOUP, SALADS & STARTERS (Listed as served)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Chips and Salsa	1 Basket	430	22	4	52	5	5	440
Chile con Queso w/o Chips	1 Bowl	390	30	19	13	26	1	1870
Chile con Queso w/o Chips	1 Cup	240	18	12	8	16	1	1170
Chile con Queso Carne Style w/o Chips	1 Bowl	470	35	21	16	32	2	2360
Chile con Queso Carne Style w/o Chips	1 Cup	330	24	14	10	22	2	1540
Guacamole w/o chips	1 Serving	200	16	3	15	4	10	500
Lunch Fajita Nachos - Chicken	1 Serving	1060	59	27	60	75	12	3470
Lunch Fajita Nachos - Steak	1 Serving	1050	66	33	60	59	15	2390
Quesadilla Combo - Steak (Quesadilla only)	1 Serving	590	42	17	28	26	3	950
Quesadilla Combo - Chicken (Quesadilla only)	1 Serving	600	39	14	28	35	1	1490
Side - House Salad - No dressing	1 Serving	200	12	4	20	6	4	260
Chicken Tortilla Soup	1 Cup	330	18	7	26	16	4	950
Chicken Tortilla Soup	1 Bowl	510	24	8	50	25	6	1930
Lunch Taco Salad w/ Ground Beef - No dressing	1 Serving	940	67	22	57	32	9	1510
Lunch Taco Salad w/ Chicken - No dressing	1 Serving	880	60	18	57	32	8	1450

BORDER LUNCH - FAVORITES (Listed with rice and without beans unless indicated)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Border's Best Lunch Chicken Fajitas - w/o Tortillas and Condiments	1 Serving	430	14	2	44	31	2	1550
Border's Best Lunch Steak Fajitas - w/o Tortillas and Condiments	1 Serving	560	26	10	42	35	2	1700
Lunch Chimichanga - Ground Beef w/o Sauce	1 Serving	1050	62	18	90	32	4	1780
Lunch Chimichanga - Chicken w/o Sauce	1 Serving	920	48	13	90	32	3	1710
Lunch Beef Burrito w/o Sauce	1 Serving	750	26	10	89	40	2	1500
Lunch Chicken Burrito w/o Sauce	1 Serving	690	22	9	90	32	3	1710
Side - Chile con Carne for Chimi/Burrito	1 Serving	100	5	2	7	5	1	550
Side - Fresh Sour Cream Sauce for Chimi/Burrito	1 Serving	80	6	4	5	1	0	290
Side - Queso for Chimi/Burrito	1 Serving	150	11	7	5	10	0	700
Side - Ranchero Sauce for Chimi/Burrito	1 Serving	60	3	0	8	1	1	420
Little Bordurrito - Chicken w/o dressing	1 Serving	1060	59	12	90	42	8	2470
Little Bordurrito - Steak w/o dressing	1 Serving	1050	64	17	90	30	10	1660
Brisket Tacos	1 Serving	970	39	14	126	40	4	3570
Dos XX Fish Tacos	1 Serving	1660	110	22	131	40	3	2960

Cal..... Calories	Carb..... Carbohydrates	Sod..... Sodium
Fat..... Total Fat	(mg)..... milligrams	(g)..... grams
Sat Fat..... Saturated Fat		

BORDER LUNCH CREATE YOUR OWN COMBO (Listed Without rice and without beans)	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Side - Black Beans w/ Cheese	1 Serving	130	3	1	20	8	6	630
Side - Refried Beans w/ Cheese	1 Serving	230	10	4	24	10	7	730
Side - Mexican Rice	1 Serving	280	4	1	53	6	0	590
Chicken Tortilla Soup	1 cup	330	18	7	26	16	4	950
Side - House Salad - No Dressing	1 Serving	200	12	4	20	6	4	260
Crispy Taco - Ground Beef	1 Serving	320	19	7	19	18	4	600
Crispy Taco - Chicken	1 Serving	260	12	4	19	18	3	530
Soft Taco - Ground Beef	1 Serving	310	18	8	24	19	3	900
Soft Taco - Chicken	1 Serving	240	11	4	24	19	2	830
Enchilada - Ground Beef w/ Chile con Carne	1 Serving	260	15	6	19	14	2	650
Enchilada - Cheese & Onion w/ Chile con Carne	1 Serving	360	24	12	20	17	2	930
Enchilada - Chicken w/ Sour Cream Sauce	1 Serving	210	11	5	18	12	1	490
Empanadas - Beef w/ Chile con Queso	1 Serving	540	39	15	30	19	2	1040
Empanadas - Chicken w/ Chile con Queso	1 Serving	520	37	15	30	20	1	1010
Chicken Flautas w/ Chile con Queso	1 Serving	330	21	7	19	17	2	790
Cheese Stuffed Chile Relleno w/ Ranchero Sauce	1 Serving	680	57	5	28	31	6	1190
Pork Tamale w/ Chile con Carne	1 Serving	290	20	7	14	13	3	960

DESSERTS (Listed as served)	As Served	Cal	Fat(g)	Sat Fat(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Border Brownie Sundae w/ Vanilla Ice Cream	1 Serving	1310	73	33	160	16	7	430
Sopapillas (5)	1 Serving	1350	44	7	236	12	8	1090
Sopapillas - Two w/ Honey	1 Serving	630	17	3	118	4	2	410
Sopapillas - Two w/ Chocolate syrup	1 Serving	540	18	3	92	6	5	480
Chocolate Turtle Empanadas	1 Serving	1200	72	27	136	10	4	440
Kahlua® Ice Cream Pie	1 Serving	820	42	16	99	9	4	380
Sizzling Apple Crisp	1 Serving	1120	45	22	177	10	6	470

The nutritional analysis is comprised of data from an independent laboratory commissioned by On The Border, combined with nutrient data from On The Border suppliers, the United States Agriculture and nutrient database analysis of On The Border recipes using Genesis SQL Nutritional Analysis Program from ESHA Research in Salem, Oregon. The rounding of figures is based on Food and Drug Administration guidelines. On The Border attempts to provide nutritional information regarding its products that is as complete as possible. Some menu items may not be at all restaurants; test products, test recipes, limited time offers, or regional items may not be included. While menu item ingredients information is based on standard product recipes, variations may occur due to customized ordering, ordinary differences inherent in the preparation of menu items, local suppliers, region of the country and season of the year. Additionally, no products are certified as vegetarian. This listing is updated periodically in an attempt to reflect the current status of our products. 02022010