



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.02132012

<b>APPEZIZERS</b> (Listed as served unless indicated)								
	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Avocado Fries w/ Creamy Red Chile Sauce	As Served	1120	83	14	89	13	11	1520
Border Sampler	As Served	2060	142	55	101	98	13	4110
Chicken Flautas w/ Original Queso	As Served	1250	87	22	65	50	9	2110
Chips and Salsa	As Served	430	22	4	52	5	5	460
Empanadas - Chicken w/ Original Queso	As Served	1400	104	34	77	39	3	1360
Empanadas - Ground Beef w/ Original Queso	As Served	1410	105	34	78	39	5	1450
Fajita Quesadillas - Chicken	As Served	1180	82	34	55	58	5	2530
Fajita Quesadillas - Steak	As Served	1210	88	39	54	53	6	1930
Firecracker Stuffed Jalapeños w/ Original Queso	As Served	1910	135	38	124	61	5	6050
Grande Fajita Nachos - Chicken	As Served	1390	77	41	82	102	16	4210
Grande Fajita Nachos - Steak	As Served	1450	89	51	79	92	16	3010
Guacamole w/o Chips	As Served	260	23	5	16	6	13	480
Guacamole Live! w/o Chips	As Served	570	50	10	34	11	31	2330
Original Queso w/o Chips	Bowl	430	31	19	15	21	1	2090
Original Queso w/o Chips	Cup	270	19	12	9	13	1	1310
Original Queso Carne Style w/o Chips	Bowl	510	36	21	17	28	2	2410
Original Queso Carne Style w/o Chips	Cup	350	24	14	11	20	2	1590
Ultimate Loaded Queso w/o Chips	As Served	780	54	28	34	43	11	2410
<b>SOUP &amp; SALADS</b>								
	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Chicken Tortilla Soup	Bowl	480	23	8	48	24	4	1860
Chicken Tortilla Soup	Cup	300	16	7	24	16	3	910
Citrus Chipotle Chicken Saladw/ Mango Citrus Vinaigrette	As Served	290	4	2	42	25	11	840
Grande Taco Salad - Chicken w/o Dressing	As Served	1180	75	29	79	52	13	2180
Grande Taco Salad - Ground Beef w/o Dressing	As Served	1280	85	34	80	53	15	2250
Side - House Salad w/o Dressing	As Served	200	12	4	20	6	5	270
Sizzling Fajita Salad - Chicken w/o Dressing	As Served	710	47	22	23	52	8	1770
Sizzling Fajita Salad - Steak w/o Dressing	As Served	780	57	29	21	50	8	1850
<b>BORDER STYLE COMBOS</b> (Listed with rice & without beans)								
	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
New Mexico	As Served	1090	68	8	90	45	8	2080
Baja	As Served	1420	85	21	137	37	13	2710
Tampico	As Served	810	34	12	89	40	5	1570

<b>BORDER STYLE</b>								
<b>CREATE YOUR OWN COMBO</b> (Listed without rice and without beans)								
	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Cheese Stuffed Chile Relleno w/ Ranchero Sauce	As Served	570	49	0	26	25	7	970
Chicken Flautas w/ Chile con Queso	As Served	370	26	8	17	15	2	860
Chicken Tortilla Soup	Cup	300	16	7	24	16	3	910
Crispy Taco - Chicken	As Served	260	12	5	18	17	3	540
Crispy Taco - Ground Beef	As Served	320	20	8	19	18	4	590
Dos XX® Fish Taco w/ Creamy Red Chile Sauce	As Served	550	39	9	34	17	1	930
Empanadas - Chicken w/ Chile con Queso	As Served	620	46	16	32	19	1	830
Empanadas - Ground Beef w/ Chile con Queso	As Served	620	46	16	33	19	2	870
Enchilada - Cheese & Onion w/ Chile con Carne	As Served	310	21	11	18	15	2	730
Enchilada - Chicken w/ Sour Cream Sauce	As Served	210	12	5	16	11	1	470
Enchilada - Green Chile Chicken	As Served	190	9	4	15	11	1	500
Enchilada - Ground Beef w/ Chile con Carne	As Served	260	15	6	18	14	3	630
Pork Tamale w/ Enchilada Sauce	As Served	310	19	7	21	12	4	1060
Side - House Salad w/o Dressing	As Served	200	12	4	20	6	5	270
Soft Taco - Chicken	As Served	270	11	5	23	19	1	840
Soft Taco - Ground Beef	As Served	340	18	8	24	20	2	880
Tostadas - Chicken	As Served	130	5	2	12	9	2	350
Tostadas - Ground Beef	As Served	170	9	4	12	9	3	380
Tostadas - Guacamole	As Served	180	13	3	16	5	7	310
<b>TACOS</b> (Listed with rice & without beans)								
	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Achiote Chicken Tacos	As Served	650	12	2	98	37	6	1690
Brisket Tacos w/ Jalapeño BBQ Sauce	As Served	1250	50	19	143	63	4	3820
Dos XX® Fish Tacos w/ Creamy Red Chile Sauce	As Served	1950	121	28	158	57	5	3540
Grilled Fish Tacos w/ Creamy Red Chile Sauce	As Served	880	36	11	91	49	7	1570
Pork Guajillo Tacos w/ Guajillo Steak Sauce	As Served	950	47	17	92	45	6	2410
Southwest Chicken Tacos w/ Creamy Red Chile Sauce	As Served	1280	61	18	129	54	3	2920
Street-Style Mini Tacos - Carnitas	As Served	930	47	16	89	42	9	2300
Street-Style Mini Tacos - Chicken	As Served	890	40	13	88	47	8	1990
Street-Style Mini Tacos - Steak	As Served	980	51	21	85	48	8	1530
Tacos al Carbon Especiales - Chicken	As Served	900	31	14	102	52	3	2190
Tacos al Carbon Especiales - Steak	As Served	960	41	21	101	50	3	2270

<b>Cal</b> ..... Calories	<b>Carb</b> ..... Carbohydrates	<b>(mg)</b> ..... milligrams
<b>Fat</b> ..... Total Fat	<b>Sod</b> ..... Sodium	<b>(g)</b> ..... grams
<b>Fat-S</b> ..... Saturated Fat		

<b>FAJITA GRILL</b> (Listed without rice, beans, tortillas and condiments)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
<b>CHOOSE YOUR FAJITA*</b>								
Grilled Vegetables with Portobello Mushrooms	As Served	230	15	1	25	4	4	620
Mesquite-Grilled Chicken	As Served	300	16	1	4	34	0	730
Mesquite-Grilled Steak	As Served	390	28	10	1	32	0	830
Pulled Pork [Carnitas]	As Served	920	83	16	3	43	3	1520
Seasoned, Sauteed Shrimp	As Served	390	33	6	2	22	0	900
<b>CHOOSE YOUR VEGGIE</b>								
Baja Blend Veggies	As Served	220	16	3	18	3	4	700
Classic Veggies	As Served	90	5	1	11	2	3	510
El Diablo Veggies	As Served	60	2	0	9	2	2	0
<b>CHOOSE YOUR SAUCE</b>								
Chile con Queso	As Served	80	6	4	3	4	0	390
Guajillo Steak Sauce	As Served	45	3	1	6	1	0	420
Red Chile-Tomatillo Salsa	As Served	10	0	0	2	0	1	115
<b>CHOOSE YOUR CONDIMENTS</b>								
Side - Black Beans	As Served	180	3	1	29	12	10	830
Side - Guacamole	As Served	50	5	1	3	1	3	90
Side - Homemade Flour Tortillas	3 Each	360	11	3	57	9	0	900
Side - Mexican Rice	As Served	280	5	1	55	5	1	630
Side - Mixed Cheese	As Served	110	9	6	0	7	0	160
Side - Pico de Gallo	As Served	10	1	0	1	0	0	55
Side - Refried Beans	As Served	220	9	4	25	10	6	660
Side - Sour Cream	As Served	60	5	3	2	1	0	50

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

<b>SIGNATURE FAJITAS</b> (Listed without rice, beans, tortillas and condiments)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Monterey Ranch Chicken Fajita	As Served	650	43	14	12	55	1	2020
The Ultimate Fajita	As Served	1160	96	22	26	51	7	2750

<b>ENCHILADAS</b> (Listed with rice & without beans)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Enchilada Suizas	As Served	1000	45	20	106	45	7	2220
Green Chile Chicken Enchiladas	As Served	850	34	11	103	35	5	2000
Grilled Enchilada - Avocado w/ Red Chile Pesto	As Served	1080	59	21	111	33	14	1960
Grilled Enchilada - Pepper Jack Chicken	As Served	1050	48	18	106	51	6	2990
Grilled Enchilada - Smoky Beef Brisket	As Served	980	46	20	100	47	5	2510
La Bandera	As Served	940	40	15	102	45	6	2030
Ranchiladas	As Served	1260	66	34	96	71	6	3180
Shrimp & Lump Crab Enchiladas	As Served	1180	56	21	128	50	8	1740
Barbacoa Enchiladas	As Served	1100	49	21	105	58	7	2130
Tres Enchiladas Dinner - Cheese & Onion w/ Chile con Carne	As Served	1220	66	33	109	50	7	2820
Tres Enchiladas Dinner - Chicken w/ Sour Cream Sauce	As Served	920	39	17	102	39	5	2040
Tres Enchiladas Dinner - Ground Beef w/ Chile con Carne	As Served	1060	48	18	109	48	10	2510

<b>Cal</b> ..... Calories	<b>Carb</b> ..... Carbohydrates	<b>(mg)</b> ..... milligrams
<b>Fat</b> ..... Total Fat	<b>Sod</b> ..... Sodium	<b>(g)</b> ..... grams
<b>Fat-S</b> ..... Saturated Fat		

<b>FRESH GRILL</b> (Listed as served)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Carne Asada	As Served	970	38	15	105	52	5	2010
Chicken Salsa Fresca	As Served	520	9	3	60	50	12	2410
Jalapeno-BBQ Salmon	As Served	590	21	6	45	54	24	1220
Queso Chicken	As Served	1030	41	14	110	57	8	2300
Tomatillo Chicken	As Served	850	24	6	109	50	7	1650

<b>BURRITOS &amp; CHIMIS</b> (Listed with rice and without beans)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Big Chicken Bordenrito w/ Side Salad w/o Dressing	As Served	1690	77	20	173	76	16	4670
Big Steak Bordenrito w/ Side Salad w/o Dressing	As Served	1750	89	29	171	67	17	3480
Classic Chicken Burrito w/o Sauce	As Served	920	36	16	103	46	4	2340
Classic Chimichanga Chicken w/o Sauce	As Served	1300	79	24	103	46	4	2340
Classic Chimichanga Ground Beef w/o Sauce	As Served	1420	90	29	105	47	6	2440
Classic Shredded Beef Burrito w/o Sauce	As Served	1020	41	19	102	58	3	2010
Three Sauce Fajita Chicken Burrito	As Served	1120	40	17	118	71	6	4540
Three Sauce Fajita Steak Burrito	As Served	1180	52	27	115	62	6	3330
Side - Chile con Carne for Chimi/Burrito	As Served	100	5	1	8	6	2	550
Side - Fresh Sour Cream Sauce for Chimi/Burrito	As Served	80	6	4	5	1	0	290
Side - Green Chile Sauce for Chimi/Burrito	As Served	30	2	0	3	0	0	350
Side - Queso for Chimi/Burrito	As Served	160	12	7	6	8	0	790
Side - Ranchero Sauce for Chimi/Burrito	As Served	60	3	0	7	1	1	370

<b>DESSERTS</b> (Listed as served)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Border Brownie Sundae w/ Vanilla Ice Cream	As Served	1360	72	35	162	15	7	620
Kahlua® Ice Cream Pie	As Served	950	50	24	111	11	6	500
Sizzling Apple Crisp	As Served	1120	44	22	177	10	6	460
Sopapillas (5)	As Served	1340	43	8	236	14	7	1100
Sopapillas - Two w/ Chocolate syrup	As Served	540	18	4	92	7	4	490
Sopapillas - Two w/ Honey	As Served	620	17	3	119	5	2	410
Dessert - Sundae w/ Chocolate Syrup	As Served	370	18	13	51	4	1	95
Dessert - Sundae w/ Strawberry Purée	As Served	330	17	13	41	3	1	55

<b>SIDE ITEMS &amp; EXTRAS</b>	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Side - Black Beans	As Served	180	3	1	29	12	10	830
Side - Chipotle Honey Mustard Dressing	As Served	320	31	5	12	0	0	390
Side - Cilantro Lime Rice	As Served	390	3	0	83	8	1	330
Side - Fat-Free Mango Citrus Vinaigrette	As Served	80	0	0	20	0	0	135
Side - Guacamole	As Served	50	5	1	3	1	3	90
Side - Mexican Rice	As Served	280	5	1	55	5	1	630
Side - Pico de Gallo	As Served	10	1	0	1	0	0	55
Side - Ranch Dressing	As Served	230	24	4	2	1	0	460
Side - Refried Beans	As Served	220	9	4	25	10	6	660
Side - Smoked Jalapeno Vinaigrette	As Served	250	24	4	8	0	0	800
Side - Sour Cream	As Served	60	5	3	2	1	0	50
Side - Vegetables - Grilled	As Served	80	1	0	19	2	3	75

<b>LUNCH SOUP, SALADS &amp; STARTERS</b> (Listed as served)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Chicken Tortilla Soup	Bowl	480	23	8	48	24	4	1860
Chicken Tortilla Soup	Cup	300	16	7	24	16	3	910
Chile con Queso w/o Chips	Bowl	430	31	19	15	21	1	2090
Chile con Queso w/o Chips	Cup	270	19	12	9	13	1	1310
Chile con Queso Carne Style w/o Chips	Bowl	510	36	21	17	28	2	2410
Chile con Queso Carne Style w/o Chips	Cup	350	24	14	11	20	2	1590
Chips and Salsa	As Served	430	22	4	52	5	5	460
Guacamole w/o Chips	As Served	260	23	5	16	6	13	480
Lunch Fajita Nachos - Chicken	As Served	970	54	29	57	68	12	2850
Lunch Fajita Nachos - Steak	As Served	1010	62	35	55	62	12	2050
Lunch Taco Salad w/ Chicken w/o Dressing	As Served	800	50	18	56	32	8	1490
Lunch Taco Salad w/ Ground Beef w/o Dressing	As Served	860	58	22	57	33	10	1540
Quesadilla Combo - Chicken (Quesadilla only)	As Served	560	37	15	25	31	1	1340
Quesadilla Combo - Steak (Quesadilla only)	As Served	580	41	18	25	28	1	940
Side - House Salad w/o Dressing	As Served	200	12	4	20	6	5	270
<b>LUNCH - FAVORITES</b> (Listed w/ rice and w/o beans unless indicated)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Achiote Chicken Tacos	As Served	650	12	2	98	37	6	1690
Border's Best Lunch Chicken Fajitas w/o Tortillas and Condiments	As Served	440	15	2	45	31	3	1450
Border's Best Lunch Steak Fajitas w/o Tortillas and Condiments	As Served	500	24	8	44	29	3	1530
Brisket Tacos	As Served	930	35	13	114	44	3	2800
Dos XX Fish Tacos	As Served	1400	82	19	124	40	4	2610
Little Chicken Bordenito w/ Salad w/o Dressing	As Served	1010	55	13	92	39	10	2370
Little Steak Bordenito w/ Salad w/o Dressing	As Served	1040	61	18	90	34	10	1770
Lunch Beef Burrito w/o Sauce	As Served	790	27	12	93	40	3	1610
Lunch Chicken Burrito w/o Sauce	As Served	720	24	10	93	32	4	1840
Lunch Chimichanga Chicken w/o Sauce	As Served	990	54	15	93	32	4	1840
Lunch Chimichanga Ground Beef w/o Sauce	As Served	1060	62	19	94	32	5	1900
Side - Chile con Carne for Chimi/Burrito	As Served	100	5	1	8	6	2	550
Side - Fresh Sour Cream Sauce for Chimi/Burrito	As Served	80	6	4	5	1	0	290
Side - Green Chile Sauce for Chimi/Burrito	As Served	30	2	0	3	0	0	350
Side - Queso for Chimi/Burrito	As Served	160	12	7	6	8	0	790
Side - Ranchero Sauce for Chimi/Burrito	As Served	60	3	0	7	1	1	370

<b>Cal</b> ..... Calories	<b>Carb</b> ..... Carbohydrates	<b>(mg)</b> ..... milligrams
<b>Fat</b> ..... Total Fat	<b>Sod</b> ..... Sodium	<b>(g)</b> ..... grams
<b>Fat-S</b> ..... Saturated Fat		

<b>LUNCH CREATE YOUR OWN COMBO</b> (Listed w/o rice & beans)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Cheese Stuffed Chile Relleno w/ Ranchero Sauce	As Served	570	49	0	26	25	7	970
Chicken Flautas w/ Chile con Queso	As Served	370	26	8	17	15	2	860
Chicken Tortilla Soup	Cup	300	16	7	24	16	3	910
Crispy Taco - Chicken	As Served	260	12	5	18	17	3	540
Crispy Taco - Ground Beef	As Served	320	20	8	19	18	4	590
Dos XX® Fish Taco w/ Creamy Red Chile Sauce	As Served	550	39	9	34	17	1	930
Empanadas - Beef w/ Chile con Queso	As Served	620	46	16	33	19	2	870
Empanadas - Chicken w/ Chile con Queso	As Served	620	46	16	32	19	1	830
Enchilada - Cheese & Onion w/ Chile con Carne	As Served	310	21	11	18	15	2	730
Enchilada - Chicken w/ Sour Cream Sauce	As Served	210	12	5	16	11	1	470
Enchilada - Green Chile Chicken	As Served	190	9	4	15	11	1	500
Enchilada - Ground Beef w/ Chile con Carne	As Served	260	15	6	18	14	3	630
Pork Tamale w/ Enchilada Sauce	As Served	310	19	7	21	12	4	1060
Soft Taco - Chicken	As Served	270	11	5	23	19	1	840
Soft Taco - Ground Beef	As Served	340	18	8	24	20	2	880
Tostadas - Chicken	As Served	130	5	2	12	9	2	350
Tostadas - Ground Beef	As Served	170	9	4	12	9	3	380
Tostadas - Guacamole	As Served	180	13	3	16	5	7	310
Side - Black Beans	As Served	180	3	1	29	12	10	830
Side - House Salad w/o Dressing	As Served	200	12	4	20	6	5	270
Side - Mexican Rice	As Served	280	5	1	55	5	1	630
Side - Refried Beans	As Served	220	9	4	25	10	6	660
<b>KID'S MENU</b> (Listed without sides)	As Served	Cal	Fat(g)	Fat-S(g)	Carbs(g)	Prot(g)	Fiber(g)	Sod(mg)
Cheeseburger	As Served	530	42	15	17	22	0	300
Chicken Tenders	As Served	450	32	6	29	21	2	1030
Corn Dog	As Served	280	17	4	25	5	2	650
Grilled Chicken	As Served	90	1	0	2	17	0	360
Grilled Chicken Sandwich	As Served	310	17	3	18	19	0	460
Hamburger	As Served	420	33	9	16	15	0	135
Mexican Plate - Cheese Enchiladas	As Served	310	21	11	18	15	2	730
Mexican Plate - Crispy Chicken Taco	As Served	260	12	5	18	17	3	540
Mexican Plate - Crispy Ground Beef Taco	As Served	320	20	8	19	18	4	590
Mexican Plate - Soft Chicken Taco	As Served	270	11	5	23	19	1	840
Mexican Plate - Soft Ground Beef Taco	As Served	340	18	8	24	20	2	880
Nachos - Bean & Cheese	As Served	770	45	25	57	42	11	1440
Nachos - Cheese	As Served	560	37	23	28	32	3	720
Quesadilla - Cheese	As Served	940	70	30	44	34	2	1300
Kid Side - Black Beans	As Served	180	3	1	29	12	10	830
Kid Side - French Fries	As Served	310	21	4	27	3	2	25
Kid Side - House Salad w/o Dressing	As Served	10	0	0	2	1	1	5
Kid Side - Mexican Rice	As Served	180	3	1	34	3	1	390
Kid Side - Mixed Vegetables	As Served	180	14	3	12	2	3	10
Kid Side - Refried Beans	As Served	220	9	4	25	10	6	660