



Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar	Protein	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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**Meat Choices**

Albanil: Ground Beef, Chorizo, Bacon, Onion and Pasilla Pepper	2 oz	183	126	14	5	0	41	387	2	0	1	12	64	13	9	1	1	22	1	6
Carne Asada: Grilled Angus Steak	2 oz	83	32	4	1	0	31	110	0	0	0	12	0	0	3	1	0	0	0	7
Pollo Hervido: Simmered All Natural White Meat Chicken	2 oz	68	13	1	0	0	32	27	1	0	0	12	116	2	9	0	2	3	1	0
Pollo Asado: Grilled All Natural White Meat Chicken	2 oz	94	18	2	1	0	47	159	1	0	0	17	12	0	9	1	0	0	1	4
Carnitas: Slow Roasted Prairie Fresh Pork	2 oz	178	122	14	4	0	50	44	0	0	0	13	4	0	14	1	0	0	1	5
Chili Colorado: Pork in a Tomato Sauce with Chipotle	2 oz	76	41	5	2	0	25	58	1	0	0	7	693	2	12	1	14	4	1	3
Machaca: Shredded Beef	2 oz	125	72	8	3	0	30	148	1	0	1	11	101	2	11	1	2	4	1	6
Barbacoa: Beef in Guajillo Sauce	2 oz	126	63	7	3	0	29	63	3	0	0	12	1957	2	18	1	39	3	2	7
Picadillo: Ground Beef with Vegetables	2 oz	75	32	4	1	0	18	214	5	1	1	6	2090	17	14	1	42	28	1	4
Al Pastor: Marinated Pork in a traditional family recipe sauce	2 oz	141	80	9	3	0	49	56	1	0	0	13	1125	1	16	1	23	1	2	6

**Tortillas**

Corn	1 each	98	9	1	1	0	0	2	20	2		0	0	40	1	0	0	4	4	
Flour	8 in	150	41	5	1	0	0	240	22	6	2	6	0	6	10	3	0	10	1	15
Flour	12 in	340	90	10	2	0	0	530	49	14	4	14	0	0	250	5	0	0	25	30
Flour	14 in	420	117	13	2	0	0	670	61	18	5	17	0	0	350	7	0	0	35	40
Whole Wheat	1 each	340	90	10	2	0	0	510	47	18	3	15	0	0	250	5	0	0	25	25
Tomato	1 each	320	81	9	1	0	0	510	58	3	1	6	0	0	250	4	0	0	25	20
Spinach	1 each	320	81	9	1	0	0	630	58	3	1	6	0	0	250	3.6	0	0	25	20
Low Carb	1 each																			

**Vegetarian Beans**

Whole Pinto	1/2 cup	123	5	1	0	0	0	166	23	8	0	8	0	1	40	2	0	1	4	10
Whole Black beans	1/2 cup	114	4	0	0	0	0	196	21	8	0	8	5	0	23	2	0	0	2	10
Refried pinto	1/2 cup	137	102	11	1	0	0	220	7	2	0	2	0	0	13	1	0	0	1	3

**Rice**

Green Cilantro	1/2 cup	176	28	3	0	0	0	180	33	1	0	3	142	5	18	1	3	9	2	8
Red Traditional	1/2 cup	183	35	4	0	0	22	153	26	1	1	10	127	3	18	1	3	5	2	7
Brown	1/2 cup	119	13	1	0	0	1	302	24	2	0	3	15	0	13	0	0	0	1	2

Chips	25 chips	582	263	29	0	0	0	806	71	6			0	0	0	5	0	0	0	28
Salsa Fresca	2 fl oz	11	1	0	0	0	0	220	2	1	1	0	256	5	6	0	5	8	1	1
Guacamole	2 fl oz	81	66	7	1	0	0	367	5	3	0	1	73	5	7	0	1	8	1	2



Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar	Protein	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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*Platillo/Platillo/Hora Specials* All plates and specials are served with rice, beans and corn tortillas (nutrition analysis includes pinto beans and red rice)

<b>Carnitas</b> (Crispy yet tender pork):	978	410	46	0		151	327	97	5			54	15	8	5	1	25	1	28
<b>Chile Verde</b> (Pork in a tomatillo sauce):	812	225	25	0		87	105	104	4			158	14	9	8	3	23	1	44
<b>Carne Asada</b> (Grilled Angus steak):	656	166	18	0		84	431	62	4			589	22	19	7	12	37	2	39
<b>Chile Relleno</b> (Roasted poblano pepper with Oaxaca cheese):	775	205	23	4		273	75	105	4			114	393	244	11	2	655	24	61
<b>Chicken Mole Verde:</b> Chicken breast simmered in a classic green sauce.	576	53	6	0		62	76	89	4			5	0	11	4	0	0	1	22
<b>Chicken Mole Rojo:</b> Same recipe as Mole Verde only in a classic semi-sweet red sauce																			
<b>Chicken Fajita Plate:</b> Chicken sauteed with bell peppers, tomatoes and onions	744	112	12	0		71	400	109	7			131	107	12	5	3	178	1	28
<b>Beef Fajita Plate:</b> Beef sauteed with bell peppers, tomatoes and onions	790	154	17	0		56	394	109	7			469	107	12	7	9	178	1	39
<b>Shrimp Fajita Plate:</b> Shrimp sauteed with bell peppers, tomatoes and onions	741	109	12	0		183	3183	109	7			146	107	178	11	3	178	18	61
<b>Enchilada Plate (red or green):</b> Three (3) hand rolled corn tortillas in a red or green sauce filled with your choice of meat and topped with lettuce, cheese, sour cream and salsa fresca																			
Chicken Enchiladas Rojas Plate	1 svg	745	222	25	7	90	47	94	6			236	30	220	6	5	50	22	33
Beef Enchiladas Rojas Plate	1 svg	763	238	26	7	84	45	94	6			362	30	220	6	7	50	22	33
Pork Enchiladas Rojas Plate	1 svg	798	284	32	7	96	54	94	6			234	30	218	7	5	50	22	39
Chicken Enchiladas Verdes Plate	1 svg	735	223	25	7	69	47	91	6			300	23	220	6	6	38	22	33
Beef Enchiladas Verdes Plate	1 svg	753	239	27	7	63	45	91	6			425	23	220	6	9	38	22	33
Pork Enchiladas Verdes Plate	1 svg	788	285	32	7	75	54	91	6			297	23	218	7	6	38	22	39
Cheese Red Enchiladas Plate	1 svg	778	259	29	7	89	17	96	6			234	30	356	5	5	50	36	28
Cheese Verde Enchiladas Plate	1 svg	768	260	29	7	68	17	93	6			297	23	356	5	6	38	36	28

**Pollo Asado:** Grilled, marinated chicken breast

*A la Carte*

<b>Bean &amp; Cheese Burrito</b> w/ refried beans	1 each	1149	686	77	16	0	50	1792	79	24	5	38	436	1	729	8	9	2	73	46
<b>Bean Cheese &amp; Rice Burrito</b>	1 each	969	496	56	15	0	63	1424	80	20	5	39	507	2	713	8	10	3	71	43
<b>Regular Burrito:</b> Choice of meat, beans, rice, cheese and salsa fresca (nutrition analysis calculated with red rice and whole pinto beans)																				
Regular Chicken Burrito	1 each	760	137	15	0		96	780	100	6		51	13	153	6	1	22	15	33	
Regular Beef Burrito	1 each	807	179	20	0		81	774	100	6		389	13	153	7	8	22	15	39	



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Regular Pork Burrito	1 each	903	304	34	0		112	800	100	6			45	13	150	8	1	22	15	44
<b>Super Burrito:</b> Regular Burrito plus guacamole and sour cream (nutrition analysis calculated with red rice and whole pinto beans)																				
Super Chicken Burrito	1 each	868	240	27	7		139	792	101	8			51	13	153	8	1	22	15	44
Super Beef Burrito	1 each	914	282	31	7		124	786	101	8			389	13	153	10	8	22	15	56
Super Pork Burrito	1 each	1010	407	45	7		155	810	101	8			45	13	150	10	1	22	15	56
<b>Mini Super Burrito:</b> Same as the Super Burrito just smaller (nutrition analysis calculated with red rice and whole pinto beans)																				
Mini Chicken Burrito	1 each	313	89	10	2	0	40	34	10	3	23	158	10	616	42	4	0	1027	4	22
Mini Beef Burrito	1 each	305	100	11	3	0	28	34	10	3	18	150	10	580	37	4	0	966	4	24
Mini Pork Burrito	1 each	376	167	19	5	0	42	34	10	3	19	153	10	530	45	4	0	883	5	23
<b>Chicken Fajita Burrito:</b> A super burrito with chicken sauted with bell peppers, tomatoes, onions, rice, beans, cheese, salsa fresca																				
Chicken Fajitas Burrito	1 each	723	96	11	0		71	780	107	7			104	82	12	7	2	137	1	39
<b>Beef Fajita Burrito:</b> A super burrito with beef sauted with bell peppers, tomatoes, onions, rice, beans, cheese, salsa fresca																				
Beef Fajitas Burrito	1 each	770	138	15	0		56	774	107	7			442	82	12	8	9	137	1	44
<b>Shrimp Fajita Burrito:</b> A super burrito with shrimp sauted with bell peppers, tomatoes, onions, rice, beans, cheese, salsa fresca																				
Shrimp Fajitas Burrito	1 each	721	94	10	0		183	3563	107	7			118	82	178	13	2	137	18	72
<b>A la Carte</b>																				
<b>Low Carb Burrito:</b> Flour tortilla, choice of meat, lettuce, pico de gallo, guacamole and cheese																				
Low Carbs Chicken Burrito	1 each	596	165	18	0		96	1088	62	5			90	19	153	5	2	32	15	28
Low Carbs Beef Burrito	1 each	643	207	23	0		81	1082	62	5			428	19	153	6	9	32	15	33
Low Carbs Pork Burrito	1 each	738	332	37	0		112	1107	62	5			84	19	150	7	2	32	15	39
<b>Veggie Burrito:</b> Flour tortilla, rice, beans, cheese, lettuce, sour cream, pico de gallo and guacamole																				
Veggie Burrito	1 each	909	280	31	7		68	1025	127	7			84	19	141	7	2	32	14	39
<b>Chile Relleno Burrito:</b> Regular burrito filled with a fresh, roasted pasilla pepper, rice, beans, cheese, sour cream and salsa fresca																				
Chile Relleno Burrito	1 each	894	239	27	0		278	763	115	6			158	406	392	13	2	677	39	72
<b>Mojado/wet burrito (red or green sauce):</b>																				
<b>Grilled Veggie Burrito:</b> Grilled zucchini, squash, carrots, spinach, red and yellow bell peppers, onions with Monterey Jack cheese																				
Grilled Veggie Burrito	1 each	819	453	51	11	0	38	950	78	9	12	21	18252	123	663	6	365	205	66	33



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**Light Burrito:** Simmered white meat chicken, Pasilla, zucchini, squash, lettuce and creamy Feta salsa wrapped in spinach tortilla

Light Burrito	1 each	634	238	26	10	0	108	977	69	6	6	32	4022	127	335	6	80	211	33	32
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**Natalie's Burrito:** Grilled chicken, Monterey Jack cheese, Lulu's yogurt and vegetable sauce wrapped in a spinach tortilla

Natalie's Burrito w/ yogurt sauce	1 each	892	324	36	11	0	204	1515	64	4	3	79	3646	34	648	7.07	2	57	65	39
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**BBQ Chicken Burrito:** Grilled chicken with Lulu's BBQ sauce, pinto beans, salsa fresca and guacamole

BBQ Chicken Burrito	1 each																			
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**A la Carte**

**Enchiladas (red or green):** Two (2) hand rolled corn tortillas in a red or green sauce filled with chicken and topped with lettuce, cheese, sour cream and salsa fresca

Chicken Enchiladas Verdes (2)	2 each	386	191	21	7		82	32	30	3		264	17	218	2	5	28	22	11
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Chicken Enchiladas Rojas (2)	2 each	393	190	21	7		82	32	32	3		217	22	218	2	4	37	22	11
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**Sope:** Thick corn tortilla filled with choice of meat, lettuce, cheese, avocado, sour cream and salsa fresca

Sope Chicken	1 svg	549	197	22	4		111	88	45	6		236	17	227	3	5	28	23	17
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Sope Beef	1 svg	596	239	27	4		96	82	45	6		574	17	227	4	11	28	23	22
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Sope Carnitas	1 svg	692	365	41	4		127	107	45	6		230	17	224	5	5	28	22	28
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**Tamales:** Two (2) homemade tamales, choice of chicken or pork, served with lettuce, tomato sauce, sour cream and salsa fresca

Chicken Tamales	2 each	506	97	11	4		74	70	73	9		59	15	9	1	1	25	1	6
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Pork Tamales	2 each	612	222	25	4		85	83	73	9		54	15	7	3	1	25	1	17
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**Taco (crispy):** Choice of meat, topped with lettuce, mexican cheese, tomato sauce, sour cream and salsa fresca

Crispy Taco Chicken	1 each	261	97	11	1		52	31	22	1		185	5	220	1	4	8	22	6
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Crispy Taco Beef	1 each	278	112	12	1		46	29	22	1		311	5	220	2	6	8	22	11
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Crispy Taco Carnitas	1 each	314	159	18	1		58	38	22	1		183	5	218	2	4	8	22	11
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**Taco (soft):** Choice of meat, topped with lettuce, tomato sauce, cilantro, onion, radishes and lemon on the side

Soft Taco Chicken	1 each	161	13	1	0		26	30	24	1		3	5	5	1	0	8	1	6
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Soft Taco Beef	1 each	178	28	3	0		21	28	24	1		129	5	5	1	3	8	1	6
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Soft Taco Carnitas	1 each	214	75	8	0		32	37	24	1		1	5	3	1	0	8	0	6
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**Soft Street Taco**

Street Taco with Carne Asada	1 each	267	43	5	2	0	24	94	42	5	2	13	957	5	95	2.6	19	8	10	14
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Street Taco with Chicken	1 each	276	32	4	1	0	35	130	42	5	2	17	966	5	100	2.2	19	8	10	12
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**A la Carte**

**Fish Taco:** Grilled fresh marinated in garlic, served on a corn tortilla topped with lettuce, salsa fresca, sliced avocado and a spicy chipotle sauce.

Fish Taco (Grilled fish, no sauce)	1 each	330	67	7	2	0	35	303	45	6	3	21	545	8	106	2	11	14	11	13
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Spicy Chipotle Sauce	1 fl oz	111	107	12	3	0	10	108	1	0	0	0	66	0	12	0	1	0	1	0
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**Taco de Albanil:** Taco filled with ground beef, ground pork, and Mexican chorizo

**Veggie Taco:** Choice of beans, rice, lettuce, guacamole, cheese and salsa fresca

**Taquitos:** Three (3) crisp corn tortillas filled with chicken or shredded beef topped with lettuce, cheese, sour cream and salsa fresca

**Tostada:** Flat, crisp corn tortilla topped with shredded chicken or shredded beef, beans, lettuce, cheese, avocado, sour cream and salsa fresca

Tostada Chicken	1 each	532	219	24	4		104	97	37	4			268	25	226	5	5	42	23	28
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Tostada Beef	1 each	573	256	28	4		91	89	37	4			562	25	226	6	11	42	23	33
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Tostada Pork	1 each	657	366	41	4		118	114	37	4			262	25	223	7	5	42	22	39
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**Chimichanga:** Two (2) crispy flour burritos filled with cheese or chicken

Chimichanga w/ pollo asada	2 each	379	190	21	6	0	56	481	23	6	2	25	183	6	186	3				
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Chimichanga w/ carne asada	2 each	371	201	22	7	0	44	444	22	6	2	20	175	6	182	4				
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<b>Homemade Chips &amp; Salsa:</b>	1 svg	604	264	29	0	0	0	1246	76	7	3	1	512	10	13	5	10	16	1	29
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<b>Homemade Chips &amp; Guacamole:</b>	1 svg	743	394	44	2	0	0	1541	80	13	1	2	145	10	15	6	3	17	1	31
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**Nachos**

Cheese Nachos - small	1 svg	566	283	31	4		60	598	48	4			34	10	219	3	1	17	22	17
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Cheese Nachos	1 svg	1131	567	63	7		120	1196	97	8			67	20	437	7	1	33	44	39
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Chicken Nachos - small	1 svg	630	290	32	4		96	638	48	4			37	10	225	3	1	17	23	17
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Chicken Nachos	1 svg	1259	581	65	7		192	1277	97	8			73	20	450	8	1	33	45	44
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Beef Nachos - small	1 svg	653	311	35	4		88	635	48	4			206	10	225	4	4	17	23	22
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Beef Nachos	1 svg	1306	622	69	7		176	1270	97	8			351	20	450	9	7	33	45	50
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Pork Nachos - small	1 svg	701	374	42	4		103	648	48	4			34	10	224	5	1	17	22	28
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Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar	Protein	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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Pork Nachos	1 svg	1402	748	63	8	207	1295	97	8			67	20	446	10	1	33	45	56
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**A la Carte**

**Cheese Quesadilla:**

Cheese Quesadilla	1 each	557	187	21	0	78	763	62	3			0	0	437	3	0	0	44	17
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**Cheese Quesadilla with Meat:**

Chicken Quesadilla	1 each	652	198	22	0	130	823	62	3			5	0	446	3	0	0	45	17
Beef Quesadilla	1 each	687	229	25	0	119	818	62	3			255	0	446	4	5	0	45	22
Pork Quesadilla	1 each	758	322	36	0	142	836	62	3			0	0	444	5	0	0	44	28
Carnitas c/tortilla apt.	1 each	492	188	21	0	64	283	53	4			77	22	7	0.4	2	37	1	2

**Mexican French Fries** (Nachos except potatoes instead of tortillas.

Available only at Menlo Park location) without Meat, with Meat

Mexican French Fries	1 svg	1543	802	89	7	108	1020	149	5			67	20	367	6	1	33	37	33
Mexican French Fries w/Chick.	1 svg	1638	812	90	7	161	1080	149	5			72	20	376	7	1	33	38	39
Mexican French Fries w/Beef	1 svg	1672	843	94	7	149	1075	149	5			322	20	376	8	6	33	38	44
Mexican French Fries w/Pork	1 svg	1611	937	104	7	172	1094	149	5			67	20	374	8	1	33	37	44

**Ensalada/Salad**

**LuLu's Chopped Salad:** Mixed lettuce, napa cabbage, chicken, bell peppers, corn, tortilla chips with a cilantro dressing. Can be made without tortilla chips for a delicious low carb option.

LuLu's Chopped Salad	Large	595	300	33	4	20	74	782	35	6		39	103	58	66	3	NA	NA	NA	NA
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**Taco Salad:** Your choice of meat, lettuce, tomatoes, corn, avocado and cheese served in a flour tortilla shell.

Taco Salad Chicken	1 svg	925	226	25	0	92	1239	114	12			336	39	227	11	7	65	23	61
Taco Salad Beef	1 svg	971	268	30	0	77	1233	114	12			673	39	227	12	13	65	23	67
Taco Salad Carnitas	1 svg	1067	394	44	0	108	1258	114	12			329	39	224	13	7	65	22	72

**Sopa/Soup**

**Pozole:** A special Mexican soup made of pork and white hominy, slowly cooked in a guajillo sauce. Add your choice of toppings such as salsa, lettuce, avocado and radishes.

Pozole	1 svg	707	238	26	0	90	5	92	15			0	0	5	4	0	0	1	22
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**Chicken Tortilla Soup:** Traditional Mexican soup made with chicken and fresh tomatoes.

Chicken Tortilla Soup	1 svg	302	106	12	0	92	1717	7	1			233	19	227	2	5	32	23	11
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**Chicken Vegetable Soup:** Fresh vegetables in a delicious tomato base broth.



	Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar	Protein	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Chicken Vegetable Soup	1 svg	240	39	4	0		36	1659	27	6			2009	26	6	12	40	43	1	67
<b>Chicken Rice Soup:</b>																				
Chicken Rice Soup:	1 svg	223	37	4	1	0	79	573	15	2			5161	13	61	2	103	21	6	10
<b>Postre/Dessert</b>																				
Flan	6 oz	496	146	16	8	0	203	228	66	0			463	0	280	1	9	0	28	5
<b>Ben &amp; Jerry's Ice Cream Bars (Available only at Menlo Park location)</b>																				
Churro	1 each																			
<b>Bebidas/Drinks</b>																				
Lulu's Water Bottle																				
Coke	16 fl oz	194	0	0	0	0	0	18	54	0	54	0	0	0	--	--	0	0	-	-
Diet coke	16 fl oz	2	0	0	0	0	0	8	0	0	0	0	0	0	--	--	0	0	-	-
Sprite	16 fl oz	212	1	0	0	0	0	48	54	0	47	0	0	0	11	1	0	0	1	3
Fanta - Orange	16 fl oz	236	0	0	0	0	0	18	64	0	64	0	0	0	--	--	0	0	-	-
Fanta - Grape	16 fl oz	212	0	0	0	0	0	16	56	0	56	0	0	0	--	--	0	0	0	-

(Available only at Menlo Park location)

- Burrito Bean and cheese
- Burrito Beans, rice and cheese
- Burrito Beans, meat, rice and cheese
- Quesadilla Cheese with rice and beans
- Quesadilla Chicken & cheese with rice and beans
- Soft Tacos (2) Chicken or beef with rice and beans
- Taquitos (2) Chicken with rice and beans

(Available only at Menlo Park location)

- Chilaquiles Rojos (Red)  
Sliced corn tortillas, mixed with egg and cooked in a traditional red sauce. Served with rice and beans
- Chilaquiles Verdes (Green) - LuLu's Favorite  
Same as Rojos but with a tasty green sauce
- Huevos Rancheros  
The original - Eggs served sunny side up with fried corn tortillas and a delicious sauce. Served with rice and beans
- Huevos con Chorizo



Serving Size	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugar	Protein	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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The traditional breakfast - scrambled eggs with LuLu's chorizo (Mexican sausage). Served with rice and beans. Try it on a plate or burrito style

**Huevos con Papas**

Scrambled eggs with LuLu's potatoes. Served with rice and beans. Try it on a plate or burrito style

**Huevos a la Mexicana**

Scrambled eggs with salsa fresca. Served with rice and beans. Try it on a plate or burrito style

**Huevos con Jamon Tocino**

Scrambled eggs with ham or bacon. Served with rice and beans. Try it on a plate or burrito style

**Fruit Plate (Fresh seasonal fruit)**

**Children's Breakfast Burrito**

Scrambled eggs with cheese wrapped in a flour tortilla

(Available only at Menlo Park location)

Regular or decaffeinated coffee

Mexican hot chocolate (served with "pan dulce")

Fresh squeezed orange juice



















