

BEVERAGES

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Blood Orange Cocktail		209	270	0	0	0	37	32	1	2	0	10	
Cucumber Drink		286	280	0	0	0	45	36	1	1	0	0	
Frozen Pomegranate		423	460	0	0	0	77	70	1	0	0	15	
Frozen Strawberry Margarita		388	980	0	0	0	173	125	0	36	0	210	
Houdini		413	380	0	0	0	56	47	0	0	0	15	
Jalapeño Drink		264	450	0	0	0	71	50	0	1	0	10	
Mercedes		234	390	0	0	0	36	25	0	0	0	70	
Mi Casa		172	280	0	0	0	27	25	0	0	0	70	
Pomegranate Cocktail		305	450	0	0	0	72	64	1	0	0	10	
Prosecco Fizz		212	330	0	0	0	33	29	0	5	0	0	
Sangria		270	180	0	0	0	25	21	0	0	0	15	
Sangrita		103	80	0	0	0	11	9	0	0	0	0	
Skinny		255	300	0	0	0	21	10	0	0	0	10	
The Real Deal		262	380	0	0	0	54	38	1	0	0	0	
Watermelon Cocktail		322	430	0	0	0	68	61	1	1	0	10	

BUILD YOUR OWN

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Ahi Tuna - Taco Mama	4 oz.	113	200	11	1	0	8	0	20	0	25	750	
Barbacoa	4 oz.	113	220	6	2	0	5	4	35	0	105	730	
Braised Chicken - Taco Mama	4 oz.	113	130	4.5	1.5	0	2	1	17	0	45	1160	
Cheese Nachos	8 oz.	227	610	34	20	0	41	7	25	0	115	1670	
Chorizo - Taco Mama	4 oz.	113	360	27	10	0	7	1	15	0	75	810	
Fried Flounder	3 oz.	77	130	6	1	0	6	0	12	0	50	230	
Grilled Flounder	3.5 oz.	101	70	3	0.5	0	0	0	15	0	55	640	
Grilled Shrimp - Taco Mama	3 oz.	85	70	2	0	0	1	0	11	0	105	470	
Ground Beef Mixture MAMA	4 oz.	113	220	12	4.5	0.5	4	0	20	0	70	900	
Nachos w/ Ahi Tuna	13 oz.	342	810	44	20	0	49	7	45	0	140	2440	
Nachos w/ Barbacoa Beef	12 oz.	343	830	39	22	0	47	11	60	0	220	2410	
Nachos w/ Chicken	12 oz.	343	740	38	21	0	43	7	44	0	165	2840	
Nachos w/ Fried Flounder	11 oz.	315	750	40	21	0	48	7	38	0	170	1940	
Nachos w/ Grilled Flounder	12 oz.	327	700	36	20	0	41	7	40	0	170	2050	
Nachos w/ Ground Beef	12 oz.	343	830	45	24	0.5	45	7	45	0	185	2570	
Nachos w/ Pork	12 oz.	343	830	47	24	0	44	9	44	0	185	2030	
Nachos w/ Shrimp	11 oz.	315	680	36	20	0	42	7	36	0	220	2160	
Nachos w/ Steak	12 oz.	343	780	42	21	0	42	7	46	0	180	1840	
Nachos w/ Chorizo	12 oz.	343	770	63	30	0	48	8	39	0	190	2470	
Nachos w/ Veggie Mix	12 oz.	343	680	36	20	0	52	9	27	3	115	1940	
Pork	4 oz.	113	220	14	5	0	3	2	20	0	70	340	
Quesadilla - 12 in - Taco Mama	1 ed	205	650	37	22	0	51	2	30	6	100	1410	
Steak	6 oz.	170	250	13	3	0	0	0	32	0	95	240	
Veggie Mix	9 oz.	259	170	6	1.5	0	24	5	5	7	0	590	
Veggie Mix Burrito	1 ed	352	460	15	5	0	71	7	11	9	0	1200	

SOY FISH SHELL FISH GLUTEN TREE NUTS PEANUTS DAIRY EGGS



TELL US YOUR COMMENTS
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BURRITO BASKETS

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Hippie Fisherman Fried Fish	1 ea	366	740	43	9	0	70	10	22	8	75	1220	Egg, Fish, Wheat, Soy
Hippie Fisherman Grilled Fish	1 ea	381	680	39	9	0	63	10	23	8	80	1600	Egg, Fish, Wheat
Hippie Fisherman Shrimp	1 ea	366	660	37	8	0	64	10	20	8	130	1450	Egg, Wheat, Shellfish
Q Burrito	1 ea	370	620	24	9	0	75	26	27	4	70	2080	Egg, Fish, Wheat, Soy
The Big Client	1 ea	461	880	36	18	0	74	14	58	7	175	3070	Wheat, Soy
The Fat Boy	1 ea	464	780	31	12	0	77	7	45	6	210	1890	Egg, Wheat, Soy
The Judge	1 ea	409	710	31	9	0	71	5	35	6	65	2440	Wheat, Soy, Tree Nuts
The Tree Hugger	1 ea	366	470	16	5	0	74	7	11	9	0	1240	Wheat, Soy
Yo Mama	1 ea	365	750	35	16	0.5	58	4	34	3	115	1700	Wheat, Soy

EXTRAS

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Chips with Guacamole	6 oz.	173	370	17	4	0	45	0	8	10	5	640	Soy
Chips with Queso - Bowl	10 oz.	267	710	41	24	0	43	8	27	0	140	1760	Soy
Chips with Queso - Cup	6 oz.	163	440	21	12	0	38	4	17	0	70	1200	Soy
Chips w/ Queso and Chorizo - Bowl	10 oz.	272	750	46	23	0	44	7	30	0	145	1990	Soy
Chips with Ranchero Salsa	6 oz.	172	240	9	1	0	36	3	5	2	0	940	
Chips with Tomatillo Salsa	6 oz.	172	240	10	1	0	38	4	5	2	0	1400	
Chocolate Chip Cookie	1 ea	38	170	8	0	0	23	14	2	1	10	130	Egg, Wheat, Soy, Tree Nuts, Dairy
Queso - Bowl	8 oz.	227	570	42	26	0	9	9	27	0	155	1650	Soy
Queso - Cup	6 oz.	170	440	31	20	0	7	7	20	0	115	1240	Soy
Roll of Flour Tortillas	3 ea	93	270	6	3	0	45	0	9	3	0	660	Wheat
Sampler - Taco Mama	20 oz.	555	760	63	25	0	62	11	29	18	110	2640	Soy

KIDS

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Beef and Cheese Taco Hard Shell	1 Taco	111	290	18	8	0	15	0	17	1	60	640	Soy
Beef and Cheese Taco Soft Corn	1 Taco	109	270	15	7	0	15	0	17	1	60	640	Soy
Beef and Cheese Taco Soft Flour	1 Taco	116	310	17	8	0	17	0	17	1	60	850	Wheat
Cheese and Chicken Quesadilla	1 ea	237	570	31	18	0	39	1	38	4	110	1870	Wheat
Cheese Nachos	4 oz.	116	310	17	10	0	21	3	12	0	60	850	Soy
Cheese Nachos w/ Beef	8 oz.	227	530	28	14	0.5	25	3	33	0	130	1760	Soy
Cheese Nachos w/ Chicken	8 oz.	227	440	21	11	0	23	4	32	0	105	2010	Wheat
Chicken and Cheese Taco Hard Shell	1 Taco	111	250	14	6	0	14	0	17	1	50	770	Wheat
Chicken and Cheese Taco Soft Corn	1 Taco	109	230	12	6	0	14	0	17	1	50	770	Wheat
Chicken and Cheese Taco Soft Flour	1 Taco	116	270	13	7	0	18	0	17	1	50	980	Wheat
Mexican Mac and Cheese	8 oz.	227	600	27	16	0	56	5	28	3	85	1250	Wheat, Soy, Tree Nuts
Quesadilla - 10 in	1 ea	152	470	27	17	0	37	1	24	4	75	1000	Wheat

SOY FISH SHELL FISH GLUTEN TREE NUTS PEANUTS DAIRY EGGS



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SALADS

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
House Salad	9 oz.	251	280	15	7	0	21	4	16	4	50	700	
Mamá's Salad Fried Flounder	12 oz.	336	420	22	10	0	27	2	27	6	105	760	
Mamá's Salad Grilled Chicken	14 oz.	393	450	21	11	0	23	2	42	6	115	1370	
Mamá's Salad Grilled Flounder	12 oz.	351	370	18	10	0	23	2	31	6	105	1340	
Mamá's Salad Grilled Shrimp	12 oz.	336	340	16	7	0	24	2	27	6	155	1170	

SALSAS AND SAUCES

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Chipotle Ranch Dressing	2 oz.	60	220	23	4.5	0	4	1	1	0	25	270	
Red Chile Butter Sauce	2 oz.	57	200	18	10	0.5	3	0	3	0	200	85	
Roasted Poblano Tartar Sauce	2 oz.	57	310	33	6	0	3	0	1	0	45	270	
Tomatillo-Habanero Salsa	2 oz.	57	20	0	0	0	4	2	1	1	0	510	
Chipotle BBQ Sauce	2 oz.	57	80	0	0	0	17	17	0	1	0	220	
Cilantro-Lime Vinaigrette	2 oz.	57	230	20	3	0	14	13	0	0	0	350	
Fresh Salsa Ranchera	2 oz.	57	15	0	0	0	3	1	0	1	0	280	

SIDES

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Ancho Chili Slaw	4 oz.	100	70	3	0.5	0	12	7	1	2	5	270	
Black Beans	4 oz.	130	70	0	0	0	13	1	4	4	0	380	
Chorizo Refried Beans	4 oz.	125	200	5	2.5	0	27	4	7	7	25	1840	
Cilantro Lime Rice	4 oz.	113	120	3	0	0	20	1	2	0	0	270	
Guacamole	4 oz.	120	210	18	4	0	11	0	4	11	5	200	
Honey Chipotle Corn	4 oz.	70	70	0	0	0	18	7	2	1	0	0	
Mexican Mac and Cheese	4 oz.	113	300	14	8	0	28	2	14	2	40	620	
Queso	4 oz.	107	280	20	12	0	4	4	23	0	75	780	

TACO BASKETS

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Ahi Tuna Hard Shell	2 Tacos	447	670	46	6	0	53	7	26	13	35	2350	
Ahi Tuna Soft Corn	2 Tacos	444	650	41	6	0	53	7	26	13	35	2350	
Ahi Tuna Soft Flour	2 Tacos	458	730	44	8	0	61	7	30	13	35	2770	
Alabma Redneck Hard Shell	2 Tacos	327	470	21	6	0	50	24	23	4	70	1490	
Alabma Redneck Soft Corn	2 Tacos	325	430	16	5	0	50	24	23	4	70	1490	
Alabma Redneck Soft Flour	2 Tacos	337	510	17	7	0	58	24	27	4	70	1710	
Cheezy Beef Hard Shell	2 Tacos	425	660	30	14	0	37	12	52	5	160	1630	
Cheezy Beef Soft Corn	2 Tacos	420	620	26	14	0	37	12	52	5	160	1630	
Cheezy Beef Soft Flour	2 Tacos	434	700	27	16	0	47	12	56	5	160	2050	
Classico Beef Hard Shell	2 Tacos	372	710	40	17	0.5	35	2	36	3	140	1300	
Classico Beef Soft Corn	2 Tacos	368	670	36	18	0.5	35	2	36	3	140	1300	
Classico Beef Soft Flour	2 Tacos	381	750	37	20	0.5	43	2	40	3	140	1720	

TACO BASKETS CONT.

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Justice is Served Shrimp Hard Shell	2 Tacos	450	730	53	9	0	52	17	17	9	155	1260	
Justice is Served Shrimp Soft Corn	2 Tacos	445	690	49	8	0	52	17	17	9	155	1260	
Justice is Served Shrimp Soft Flour	2 Tacos	459	770	52	10	0	60	17	21	9	155	1680	
Justice is Served Fried Fish Hard Shell	2 Tacos	429	790	59	10	0	55	15	19	9	100	980	
Justice is Served Fried Fish Soft Corn	2 Tacos	425	750	54	9	0	55	15	19	9	100	980	
Justice is Served Fried Fish Soft Flour	2 Tacos	439	830	57	11	0	63	15	23	9	100	1400	
Justice is Served Grilled Fish Hard Shell	2 Tacos	444	740	55	9	0	49	15	20	9	105	1360	
Justice is Served Grilled Fish Soft Corn	2 Tacos	439	700	50	9	0	49	15	20	9	105	1360	
Justice is Served Grilled Fish Soft Flour	2 Tacos	453	780	53	11	0	57	15	24	9	105	1780	
Mamá's Chorizo Hard Shell	2 Tacos	344	630	43	16	0	37	5	24	4	95	1720	
Mamá's Chorizo Soft Corn	2 Tacos	339	590	39	15	0	37	5	24	4	95	1720	
Mamá's Chorizo Soft Flour	2 Tacos	353	670	42	17	0	45	5	28	4	95	2140	
The Mayor Hard Shell	2 Tacos	297	520	30	9	0	30	3	31	4	70	1510	
The Mayor Soft Corn	2 Tacos	293	480	25	8	0	30	3	31	4	70	1510	
The Mayor Soft Flour	2 Tacos	307	560	28	10	0	38	3	35	4	70	1730	
The Sizzler Hard Shell	2 Tacos	496	760	48	16	0	39	4	46	11	220	430	
The Sizzler Soft Corn	2 Tacos	491	720	44	15	0	39	4	46	11	220	430	
The Sizzler Soft Flour	2 Tacos	505	800	47	17	0	47	4	50	11	220	850	

TOPPINGS

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Ancho Chile Slaw	2 oz.	50	35	1.5	0	0	6	5	0	1	0	135	
Avocado	2 oz.	38	60	5	1	0	3	0	1	3	0	0	
Black Bean	2 oz.	65	35	0	0	0	6	0	2	2	0	110	
Chopped Onions	2 oz.	40	15	0	0	0	4	2	0	1	0	0	
Chorizo Refried Beans	2 oz.	63	100	2.5	1.5	0	13	2	4	3	15	920	
Cilantro	2 oz.	4	0	0	0	0	0	0	0	0	0	0	
Cilantro Lime Rice	2 oz.	55	60	1.5	0	0	10	0	1	0	0	130	
Corn	2 oz.	35	35	0	0	0	9	3	1	1	0	0	
Diced Onions	2 oz.	25	10	0	0	0	2	1	0	0	0	0	
Diced Tomato	2 oz.	45	10	0	0	0	2	1	0	1	0	0	
Grilled Onions	2 oz.	22	10	0	0	0	2	1	0	0	0	55	
Guacamole	2 oz.	60	110	9	2	0	6	0	2	5	0	100	
Jalapeño Grilled	2 oz.	60	15	0	0	0	4	2	1	2	0	0	
Jalapeño Pickled	2 oz.	60	10	0	0	0	2	0	0	0	0	350	
Jalapeño Sliced	2 oz.	23	5	0	0	0	1	1	0	1	0	0	
Pico De Gallo	2 oz.	60	15	0	0	0	4	2	1	1	0	380	
Queso	2 oz.	52	140	10	6	0	2	2	6	0	35	380	
Queso Fresco	2 oz.	31	110	9	5	0	0	0	9	0	20	200	
Red Chile Butter Sauce	2 oz.	60	210	19	11	0.5	3	0	3	0	210	90	
Shredded Cheddar	2 oz.	28	110	9	5	0	2	0	6	0	25	180	
Shredded Lettuce	2 oz.	18	5	0	0	0	1	0	0	0	0	0	

TOPPINGS CONT.

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Sour Cream	2 oz	60	120	5	3.5	0	2	0	1	0	20	0	
Sriracha Red Cabbage Slaw	2 oz	50	50	4	0.5	0	4	2	1	1	5	460	
Tomatoes	2 oz	45	10	0	0	0	2	1	0	1	0	0	

HAPPY FAMILY TAKEOUT MEAL

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Happy Family Takeout Meal		2105	3520	172	88	1	258	30	189	21	575	10530	

PREP RECIPES

NAME	SERVING SIZE	SERVING SIZE (g)	CALORIES	FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CARBOHYDRATES (g)	TOTAL SUGARS (g)	PROTEIN (g)	FIBER (g)	CHOLESTEROL (mg)	SODIUM (mg)	ALLERGEN STATEMENT
Beef Rub		3006	8770	57	9	0	2131	1774	113	177	0	223880	
Black Beans		130	70	0	0	0	13	1	4	4	0	380	
Cheese Sauce		7585	17780	1247	735	7	675	308	918	41	3915	49530	
Chipotle Honey Sauce		2107	6190	3	0	0	1667	1656	6	7	0	590	
Chipotle Puree		2381	1540	77	0	0	154	0	0	77	0	13060	
Chorizo Refried Beans		4763	7490	200	101	5	1010	163	276	252	975	70110	
Cilantro Pesto		2816	13180	1142	178	1.5	218	63	333	137	460	14320	
Croutons		481	1180	14	2	0	236	1	33	9	0	4730	
Dry Dredge		1131	3660	13	0	0	787	1	102	28	0	15910	
Fried Corn Tortilla		26	70	3	0	0	11	0	1	1	0	10	
Grilled Chicken		142	160	6	2	0	0	0	27	0	65	660	
Pico De Gallo		4170	1150	2.5	0	0	253	111	35	66	0	26310	
Pork Rub		1652	4670	37	7	0	1141	906	61	116	0	85070	
Queso Dip		113	300	21	13	0	5	5	14	0	80	820	
Refried Beans		60	70	2	1	0	13	2	3	3	10	910	
Skinny Syrup		3976	630	0	0	0	171	150	0	0	0	150	
Steak Marinade		2257	16020	1743	239	0	140	83	16	25	0	43330	
Taco Seasoning		1486	1330	50	3	0	204	13	56	111	0	146330	
Tortilla Chips		57	210	9	1	0	30	0	4	0	0	390	
Wet Dredge		522	650	42	15	0	9	7	54	0	1500	620	