



DATOS NUTRICIONALES



Alimentos	Calorias	Grasa Total (gramos)	Grasa "Trans" (gramos)	Carbohidratos (gramos)	Sodio (mg)	Fibra (gm)	Azúcar (gm)	Proteína (gm)	Contiene Gluten	Contiene derivados de leche	Contiene nueces	Contiene huevo	Contiene soya
Sustituye tu Papa													
Papa Asada	240	0	0	56.8	0	4.4	2.2	6.6					
Batata	306	0.5	0	70.5	122.5	11.2	28.7	6.8					
Papa Wrap	410	11.6	0	64.5	951	1.8	0.4	11.9	x	x			
Papa Mejada	181	3.3	0	34.9	481.3	3.6	0.9	3.8		x			
Papas Básicas:													
Papa Mantequilla	320	9.6	0	56.8	72	4.4	0.2	6.6		x			
Papa Sour Cream	422	17.8	0	60.4	45.1	4.4	2.3	9.3		x			
Papa Queso	375	10.8	0	59.5	531	4.4	2.6	12		x			
Papa Mozzarella	422	7.1	0	58.8	344.2	4.4	2.2	20.8		x			
Papa Suizo	440	16	0	56.8	120	4.4	2.2	22.6		x			
Papa Zanahoria	269	0.2	0	63.6	48.9	6.4	5.6	7.3					
Papas Clásicas:													
Queso Bacon	436	14.8	0	59.5	915.7	4.4	2.6	18.1		x			
Queso Broccoli	385	10.8	0	61.2	541	5.1	3.3	12.3		x			
Pavo Queso	436	13.3	0	60.5	1017	4.4	2.6	21.1		x			
Jamón y Queso	436	12.8	0	61.5	1017	4.4	2.6	20.1		x			
Queso y Setas	388	10.8	0	61.2	771	5.7	2.6	13		x			
Queso y Vegetales	385	10.8	0.3	61.2	541	5.1	3.3	12.3		x			
Pollo Guisado	329	3.1	0.1	57.2	640	4.6	2.6	20.6					
Carne Molida	400	12.8	0.3	59.3	461.9	4.9	3.4	14.8					
Papas Signature:													
Royal Jamón	523	20	0	65.7	1224	4.8	6	21.9		x			
Royal Pavo	523	21	0	64.6	1092	4.8	3.9	22.9		x			
Tres Quesos	757	34	0	61.5	995	4.4	2.6	42.2		x			
Serenata de Bacalao	355	7	0	58.4	1330	4.8	2.8	17.5					
Pechuga de Pollo con Queso	555	13.1	0	59.5	615	4.4	2.6	49.2		x			
Pechuga al Plato	180	2.3	0	0	84.2	0	0	37.2					
Papas Deluxe:													
Papa Pionono de Pollo	616	17.6	0.1	87.7	1241	7	19.3	26.5		x			
Papa Pionono de Carne	688	27.3	0.3	89.8	1063	7.4	20.1	20.8		x			
Papa Mejicana de Carne	717	37.2	0.3	70.5	1704	6.6	7.1	26.7		x			
Papa Mejicana de Pollo	646	27.5	0.1	68.4	1882	6.2	6.3	32.5		x			
Papa Bacon Cheeseburger	596	27.6	0.3	71.8	2035	5.1	6.2	36.2		x			
Papa Tripleta	621	22.1	0.1	62	1378	4.9	3.8	26.3		x	x		
Papa Milanesa	608	13.2	0	62	592	5.3	4	61.2		x			
Papa Cordon Bleu	651	19.3	0	57.8	453	4.4	3.2	64		x			
Pechuga Milanesa al Plato	368	13.2	0	5.2	592	0.9	1.8	54.6		x			
Pechuga Cordon Bleu al Plato	441	20.4	0	2	822	0	2	61.3		x			
Ingredientes:													
Mantequilla	80	9.6	0	0	72	0	0	0		x			
Sour Cream	182	17.8	0	3.6	45	0	0.1	2.7		x			
Zanahoria	29	0.2	0	6.8	49	2	3.4	0.7					
Potato Sticks	73	4.4	0	7.8	83	0.5	0	1					
Tomate	5	0.1	0	1.1	1.4	0.3	0.7	0.2					
Queso	135	10.8	0	2.7	531	0	0.4	5.4		x			
Queso Suizo	200	16	0	0	120	0	0	16		x			
Queso Mozzarella	182	7.1	0	2	344	0	0	14.2		x			
Jamón	61	2	0	2	618	0	2	8.1					
Pavo	61	2.5	0	1	486	0	0	9.1					
Bacon	61	4	0	0	385	0	0	6.1					
Vegetales	10	0	0	1.7	10	0.7	0.7	0.3					
Setas	13	0	0	1.7	240	1.3	0	0.9					
Brécol	10	0	0	1.7	10	0.7	0.7	0.3					
Lechuga y Tomate	15	0.3	0	3	5.9	1.5	0.14	0.9					
Ensalada de Granos	123	4.5	0	20	478	5.4	5.5	4.8					
Pechuga de Pollo	180	2.3	0	0	84	0	0	37.2					
Carne Molida	160	12.8	0.3	2.5	462	0.5	1.2	8.2					
Pollo Guisado	89	3.1	0.1	0.4	640	0.2	0.4	14					
Serenata de Bacalao	115	7	0	1.6	1330	0.4	0.6	11					
Acompañantes:													
Ensalada de Códigos	208	10.2	0	24.8	361.9	1.3	0.6	4.1	x			x	
Coleslaw	113	5.3	0	16.6	291.5	1.9	1.3	1				x	
Ensalada de Granos	123	4.5	0	19.6	477.9	5.4	5.5	4.8					
Sopas y Ensaladas:													
Broccoli and Cheese small	59	3.5	0.3	5.2	486	0	0	1.7		x			
Broccoli and Cheese Soup large	118	6.9	0.7	10.4	972	0	0	3.5		x			
Chicken noodle small	41	1.4	0	4.8	602	0	0	2.1	x			x	x
Chicken Noodle large	83	2.8	0	9.7	1203	0	0	4.1	x			x	x
Minestrone small	69	2.4	0	9.7	650	2.1	2.1	2.8	x	x		x	
Minestrone large	138	4.8	0	19.4	1300	4.1	4.1	5.5	x	x		x	
Garden Salad	59	0.1	0	8.3	12.5	5.1	2.4	4.7					
Side Salad	23	0.1	0	3.2	4.8	2	0.9	1.8					
Chef Salad	200	7.7	0	9.4	1258.5	5.1	2.4	22.8					
Chicken Salad	239	2.5	0	8.3	96.7	5.1	2.4	41.9					
Creamy Ranch	110	11	0	3	380	0	0	0		x			
Light Creamy Thousand Island	50	0	0	12	380	0	7	0				x	
Light Italian Dressing	25	0	0	5	440	0	3	0					
Light French Dressing	60	0	0	15	320	0	13	0					
Postres:													
Gelatina de Cherry	104	0	0	25.4	119.4	0	25.4	1.5					
Gelatina con Frutas	168	0.3	0	42.2	91	1.8	38.1	2.1					
Ensalada de Frutas	101	0.3	0	26.2	4.5	2	21.6	1.1					
Flan	343	9.3	0	54.2	141.4	0	54	10.3		x		x	
White Chocolate Macadamia Nut Cookie	200	11	1.5	24	160	0	15	2	x	x	x	x	x
Chocolate Chip Cookie Dough Cookie	200	11	2	25	140	1	16	2	x	x	x	x	x
Corn Muffin	421	20	0.3	54	368	0.9	22	5.8	x	x			
Carrot Muffin	400	22	0.3	46	353	2	27	5	x	x	x		
Tres Leches	472	22.5	0	53.5	156.8	0.1	46	5.8	x	x		x	
Combos Menos de 500 cal:													
Papa Pollo Guisado y Ensalada de Granos	452	7.6	0.1	76.8	1118	10	8.1	25.4					
Papa Pavo Queso y Sopa de Chicken Noodle (peq)	477	14.7	0	65.3	1619	4.4	2.6	23.2	x	x		x	x
Papa Queso y Broccoli y Ensalada de Repollo	498	16.1	0	77.8	833	7	16.3	13.3		x			
Papa Carne Molida y Sopa de Minestrone (peq)	469	14.2	0.3	69	1120	7	5.5	17.6	x	x		x	
Papa Queso Bacon y Sopa de Chicken Noodle (peq)	477	16.2	0	64.3	1518	4.4	2.6	20.2	x	x		x	x