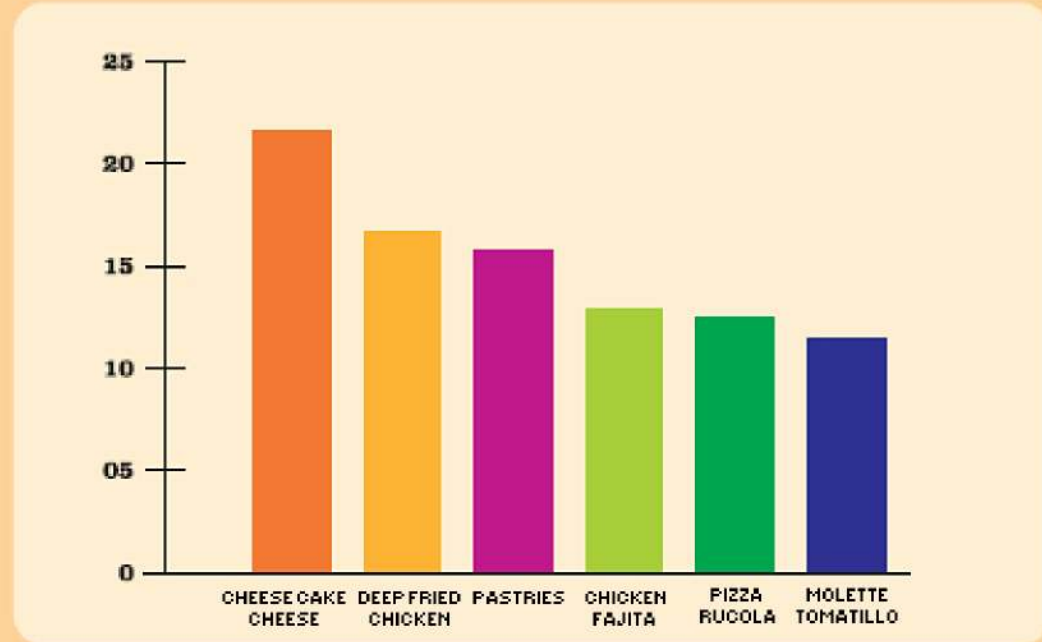




Eat well, Feel well, Look Great!

Recommended Max Daily Fat Intake is 70 gms



THE FIRST THREE ITEMS ARE NOT SERVED AT AMIGOS

Daily Nutritional Recommendations

NUTRIENT	UNIT OF MEASURE	DAILY VALUES
Total Fat	Grams (g)	70
Saturated fatty acids	Grams (g)	20
Cholesterol	Milligrams (mg)	300
Sodium	Milligrams (mg)	2400
Total carbohydrate	Grams (g)	300
Protein	Grams (g)	50

Daily Calorie Recommendations

Male (Moderate activity)	2800-3200
Female (Moderate Activity)	2400-2800
Children (7-9 years)	1900-2100

Simply indicated, the graphs and comparisons unquestionably place Amigos products in the top category for low fat content in comparison to other products in a fast-food format.

TACOS

	Energy (cal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. fat (g)	Sodium (g)
Cheese & Ham Quesadillas	419.93	23.77	35.60	0.27	19.42	9.75	0.23
Crispy Bacon & Melted Cheddar Cheese	433.15	30.22	37.60	0.33	25.32	11.93	0.31
Mushroom, thyme & melted mozzarella	390.11	20.33	33.41	1.92	20.10	10.01	0.20
Tandori Beef Taco	367.19	15.45	40.21	3.82	12.25	2.25	0.19
Tandori Chicken Taco	365.11	12.01	44.66	4.91	11.73	3.23	0.15
Peking Pork BBQ Taco	373.23	13.05	48.59	6.01	13.26	4.16	0.23
Char-Grilled Vegetable Tacos	350.66	11.35	42.27	2.88	15.55	6.26	0.15
Bean Taco Especial	360.38	12.76	47.14	2.36	16.50	6.43	0.28
Beef Fajitas	405.28	24.08	38.88	2.76	16.37	6.84	0.14
Ham, Cheese & Rucola	430.90	23.98	37.15	1.52	19.90	9.80	0.28
Taco Italiano	435.11	15.80	39.60	3.14	22.20	10.44	0.33
Sweet 'n' Sour Chicken Taco	369.19	12.78	46.65	5.01	12.02	3.96	0.18
Chicken Supreme	403.58	16.02	46.08	5.09	16.48	6.26	0.34
Beef 'n' Bean Combo Especial	392.55	18.37	41.36	2.43	15.43	6.42	0.17
Pepperoni Delight	404.89	14.40	41.14	3.01	20.70	8.22	0.51
Maltese Feast	447.78	16.43	34.21	2.95	24.46	6.23	0.43
Amigos Mixed Super Supreme	507.19	18.06	37.42	3.11	26.44	6.83	0.49

SALADS

	Energy (cal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. fat (g)	Sodium (g)
Rucola Salad	107.93	6.41	5.04	0.15	7.52	2.30	0.19
Ceasers Salad	128.13	7.67	6.08	0.23	10.11	2.76	0.28
Tuna Salad	101.93	5.93	5.91	0.11	8.10	2.14	0.13
Amigos House Salad	133.14	8.03	6.41	0.29	12.04	2.96	0.35
Greek Salad	108.26	6.75	5.12	0.13	7.6	2.4	0.17

PIZZA

	Energy (cal)	Protein (g)	Carbs (g)	Sugars (g)	Fat (g)	Sat. fat (g)	Sodium (g)
Margherita	875.33	51.27	29.85	6.48	56.03	34.69	1.35
Funghi	889.63	53.25	30.29	6.70	56.58	34.69	1.35
Tonnata	639.77	61.63	27.10	5.71	28.60	17.13	1.23
Del Campagna	857.18	49.67	48.02	17.07	39.01	31.07	1.80
Pedro's Pepperoni	916.49	54.14	26.11	5.31	59.98	38.62	1.78
Rucola e Parmigiano	922.86	55.34	30.28	6.49	48.98	37.39	1.46
Dal Villagio	1144.07	61.10	32.41	6.55	80.03	42.23	1.98
Amigos Nice 'n' Spicy	869.29	48.19	30.39	7.39	56.87	34.49	1.73
Meat buff	1311.16	98.29	30.04	7.22	80.28	49.23	2.06
Capricciosa	902.74	60.79	25.81	5.15	55.56	35.40	1.45
Chicken Feast	929.85	56.91	36.74	8.70	55.84	35.26	1.64
Hawaiian	872.59	58.41	35.27	10.35	49.39	31.07	1.80
Four Cheese	951.63	61.14	35.12	9.40	65.56	41.31	1.52
Spicy Beef New York Style	959.21	56.23	33.51	7.42	62.12	37.54	1.91
Farmhouse	905.21	61.11	26.01	5.35	57.81	36.12	1.50
Amigos Mexicana	990.27	66.23	27.81	5.25	60.84	38.36	1.52
Marinara al Rucola	621.22	54.52	27.30	5.42	24.52	16.82	1.38