



Nutrition Facts

	# Servings	Portion g	Calories	Total Fat g	Sat Fat g	TransFat g	Sodium mg	Carbs g	Dietary Fiber g	Protein g
Appetizers										
Chili Con Queso (GF)	1	100	110	7.0	3.5	0.5	610	6	0	4
Chili Con Queso - Blanco	1	100	130	10.0	5.0	1.0	620	5	0	6
Small Guacamole Salad (GF)	1	89	50	4.0	0.5	0.0	85	5	3	1
Bobs Dip (GF)	4	41	60	4.5	2.5	0.0	180	2	0	2
Dip Trio	2	135	140	10.0	4.5	0.0	660	8	1	5
Nacho - BF,BN,CH Reg.	3	124	150	9.0	4.5	0.0	280	10	1	8
Nacho - BF,BN,CH Large	4	79	150	9.0	4.5	0.0	250	11	1	8
Nacho - BF,BN,CH Reg. Supreme	3	163	200	13.0	7.0	0.0	310	11	2	8
Nacho - BF,BN,CH Large Supreme	4	99	190	12.0	6.0	0.0	270	12	2	8
Nacho - CK,CH Reg.	3	113	140	8.0	4.0	0.0	280	9	1	8
Nacho - CK,CH Large	4	74	150	8.0	4.0	0.0	250	10	1	8
Nacho - CK,CH Reg. Supreme	3	152	190	12.0	6.0	0.0	310	11	2	9
Nacho - CK,CH Large, Supreme	4	94	180	11.0	5.0	0.0	280	11	2	9
Nacho - Fajita Beef, Reg. Supreme	3	163	200	12.0	6.0	0.0	300	11	2	10
Nacho - Fajita Beef, Large, Supreme	4	99	190	11.0	6.0	0.0	260	12	2	10
Nacho - Fajita Chicken, Reg. Supreme	3	165	180	10.0	6.0	0.0	300	11	2	10
Nacho - Fajita Chicken, Large, Supreme	4	100	170	9.0	5.0	0.0	260	12	2	10
Bacon Shrimp Appetizer Plate (6)	2	144	280	21.0	7.0	0.0	1430	6	2	17
TaMollys Sampler Platter	6	182	290	16.0	7.0	0.0	680	20	2	14
Salads										
Taco Salad Beef	1	378	590	35.0	15.0	0.0	1280	38	2	29
Taco Salad Chicken	1	378	580	31.0	12.0	0.0	1460	41	3	34
Taco Salad Fajita Beef	1	378	610	32.0	15.0	0.0	1210	38	2	41
Taco Salad Fajita Chicken	1	378	490	21.0	10.0	0.0	1200	38	2	37
Crispy Puffed Tacos Beef	1	521	740	49.0	17.0	0.0	1080	43	8	34
Crispy Puffed Tacos Chicken	1	527	750	45.0	14.0	0.0	1320	47	9	41
SW Grill Ck Ceasar	1	427	770	64.0	12.0	0.0	1740	23	5	26
Grilled Pollo Salad (GF)	1	358	320	18.0	9.0	0.0	720	25	4	31
Fried Pollo Salad	1	409	520	33.0	11.0	0.0	1260	40	4	32
Grilled Pollo - Bf Faj	1	343	390	24.0	13.0	0.0	420	8	4	34
Baja Chicken Enchilada Soup / Bowl (GF)	1	374	370	23.0	10.0	0.0	2030	29	6	15
Baja Chicken Enchilada Soup / Cup (GF)	1	220	220	14.0	6.0	0.0	1180	17	4	9
Combo Dinners										
Fiesta (GF)	1	580	980	51.0	22.0	0.0	1910	84	10	42
Monterrey	1	575	1050	59.0	23.0	0.5	2250	87	10	41
Taste of TaMollys	1	719	1250	68.0	24.0	0.5	2730	101	12	54
Tijuana - w/Bf Taco (GF)	1	509	830	44.0	21.0	0.0	1560	71	9	33
Tijuana - w/Ck Taco (GF)	1	511	830	43.0	19.0	0.0	1640	73	9	36
Chimichanga Dinners										
Chimichanga Dinner - Combination Cheese	1	461	960	54.0	26.0	0.5	2250	80	5	37
Chimichanga Dinner - Fajita Beef w/CCQ	1	452	850	42.0	18.0	0.5	2020	79	5	35
Chimichanga Dinner - Fajita Chicken w/CCQ	1	460	810	38.0	16.0	0.5	2040	79	5	35
Chimichanga Dinner - Spicy Beef w/CCQ	1	465	850	44.0	17.0	0.5	2060	79	5	31
Chimichanga Dinner - Spicy Chicken w/SC Sauce	1	485	940	51.0	18.0	0.0	2040	81	6	38
TaMolly's Favorites										
Enchilada Dinner Beef (GF)	1	511	860	44.0	16.0	0.0	1560	75	9	34
Enchilada Dinner Cheese (GF)	1	412	770	40.0	19.0	0.0	1470	70	8	28
Enchilada Dinner Chicken w/SC	1	520	960	52.0	18.0	0.0	1760	78	9	41
Burrito El Grande	1	512	740	33.0	12.0	0.0	1830	82	7	26
Taco Dinner - Beef	1	658	770	40.0	18.0	0.0	1280	62	9	35
Taco Dinner - Chicken	1	664	770	37.0	14.0	0.0	1520	66	10	43
Baja Fish Tacos - Breaded Pollock	1	562	850	36.0	11.0	0.0	2410	119	7	44
Baja Fish Tacos - Grilled Tilapia	1	613	1100	61.0	15.0	0.0	1860	115	11	54
Brisket Tacos	1	502	1100	68.0	29.0	0.5	1570	74	5	48
Chile Relleno Beef	1	313	510	30.0	12.0	0.0	1140	39	4	31
Chili Relleno Cheese (GF)	1	294	510	30.0	13.0	0.0	1150	39	4	30
Chile Relleno Chicken	1	317	520	29.0	10.0	0.0	1230	40	4	34
Burrito Dinner Beef w/CCQ	1	489	800	41.0	16.0	0.5	2050	74	5	31
Burrito Dinner Chicken w/CCQ	1	497	810	38.0	13.0	0.5	2250	77	6	37
Flautas Beef	1	525	890	50.0	19.0	0.5	1810	67	8	36
Flautas Chicken	1	547	920	47.0	14.0	0.5	2190	72	9	49
Enchiladas Blancas	1	472	900	50.0	25.0	1.0	1930	76	9	34
Tamale Dinner	1	535	840	39.0	12.0	0.0	2300	81	7	40
Quesadilla Dinners										
Quesadillas Cheddar & Jack Cheese	1	451	970	55.0	28.0	1.0	2160	78	5	39
Quesadillas Fajita Beef	1	474	910	47.0	21.0	1.0	1740	77	5	41
Quesadillas Fajita Chicken	1	481	830	39.0	18.0	1.0	1740	77	5	39
Fajitas - Carnes Al Carbon										
Fajitas Beef	1	646	1230	60.0	21.0	0.0	2010	108	8	57
Fajitas Beef - (GF) Corn Tort	1	618	1070	51.0	19.0	0.0	1310	92	11	53
Fajitas Chicken	1	660	1070	45.0	14.0	0.0	2010	108	8	54
Fajitas Chicken - (GF) Corn Tort	1	632	920	36.0	12.0	0.0	1310	92	11	50
Fajitas Shrimp	1	815	1210	51.0	15.0	0.0	5330	122	12	61
Pollo Monterrey (GF)	1	612	900	51.0	24.0	0.5	1770	45	6	60
Tacos Al Carbon	1	488	930	47.0	20.0	1.5	1650	70	5	51

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American Favorites										
Chicken Fry Steak	1	631	960	36.0	14.0	1.5	2320	117	7	45
Chicken Strips	1	660	1060	53.0	14.0	1.5	2490	94	5	53
Ck Sandwich Crispy	1	401	810	33.0	9.0	1.0	1740	88	5	38
Ck Sandwich Grilled	1	352	630	20.0	7.0	1.0	1200	74	5	37
Old Fashion Cheesburger	1	527	1130	65.0	26.0	1.0	1340	75	5	58
Desserts										
Apple Chimichanga	1	154	320	11.0	5.0	0.0	340	52	2	4
Cin-a -molly (single)	1	54	190	10.0	4.0	0.5	200	24	< 1	2
Crispitos Reg Sm	1	42	140	5.0	1.0	0.0	190	22	< 1	2
Strawberry Crispitos (single)	1	49	140	5.0	2.5	0.0	140	21	< 1	2
Sopapillas (single)	1	41	110	2.0	0.0	0.0	200	20	1	2
Strawberry Sopapilla	1	73	170	5.0	3.0	0.0	200	28	1	2
Childrens Meals										
Kids Cheeseburger	1	251	640	38.0	15.0	1.0	830	46	2	30
Kids Ck Strips	1	238	520	23.0	3.5	1.0	1110	53	2	24
Kids Corn Dogs	1	180	370	17.0	4.0	0.0	990	47	3	12
Kids Enchilada (GF)	1	213	370	19.0	9.0	0.0	780	35	4	13
Kids Taco (GF)	1	244	330	17.0	8.0	0.0	640	28	3	14
Kids Cheese Quesadilla	1	182	390	21.0	10.0	0.5	830	36	3	14
Mac & Cheese	1	198	300	9.0	2.5	0.0	570	45	2	11
Lunch Specials										
Lunch Special #1 Beef w/CCC (GF)	1	419	670	33.0	12.0	0.0	1340	63	7	25
Lunch Special #1 Cheese w/CCC (GF)	1	383	670	34.0	16.0	0.0	1380	63	7	24
Lunch Special #1 Chicken w/ SC Sauce	1	425	750	40.0	14.0	0.0	1470	64	7	29
Lunch Special #2 Beef Puff Taco	1	408	600	34.0	13.0	0.0	1260	52	8	21
Lunch Special #2 Chicken Puff Taco	1	411	610	33.0	11.0	0.0	1350	54	8	24
Lunch Special #3 w/Beef Burrito	1	457	730	36.0	14.0	0.5	1700	68	6	27
Lunch Special #3 w/Crispy Bf Taco	1	442	650	33.0	14.0	0.0	1260	57	7	26
Lunch Special #4 Bf Taco Salad	1	378	590	35.0	15.0	0.0	1280	38	2	29
Lunch Special #4 Ck Taco Salad	1	378	580	31.0	12.0	0.0	1460	41	3	34
Lunch Special #5 SW Ck Wrap	1	449	880	43.0	12.0	0.5	2280	95	5	26
Lunch Special #6 Combo Ck Ench & Sft Ch Burr	1	435	780	42.0	18.0	0.5	1850	70	6	29
Lunch Special #7 Ck Chimi w/CCQ	1	410	710	35.0	12.0	0.5	1910	67	5	31
Lunch Special #7 Ck Chimi w/SC	1	410	750	41.0	15.0	0.0	1690	66	5	29
Lunch Special #8 Combo Plate	1	428	750	40.0	17.0	0.0	1530	65	8	29
Lunch Special #9 Beef	1	590	990	50.0	17.0	0.0	1770	94	9	38
Lunch Special #9 Beef (GF) - Corn Tort	1	569	870	43.0	16.0	0.0	1250	82	11	35
Lunch Special #9 Chicken	1	597	910	42.0	14.0	0.0	1770	94	9	36
Lunch Special #9 Chicken (GF) - Corn Tort	1	576	790	35.0	12.0	0.0	1250	82	11	33
Lunch Special #9 Shrimp	1	664	980	44.0	14.0	0.0	3910	101	11	43
Lunch Special #10 Pollo Monterey	1	506	700	40.0	16.0	0.5	1410	45	7	39
Lunch Special #11 Beef	1	488	860	48.0	22.0	1.0	1670	67	7	37
Lunch Special #11 Chicken	1	488	800	42.0	19.0	1.0	1660	67	7	35
Lunch Special #12 Fried Pollo Salad	1	409	520	33.0	11.0	0.0	1260	40	4	32
Lunch Special #12 GPS (GF)	1	358	320	18.0	9.0	0.0	720	25	4	31
Side Items										
TaMollys House Ranch Dressing	1	30	150	15.0	3.0	0.0	310	2	0	< 1
TaMollys Chipotle Avocado Ranch Dressing	1	30	230	23.0	4.5	0.0	520	4	< 1	1
TaMollys Chipotle Caesar Dressing	1	30	160	17.0	2.5	0.0	390	1	0	< 1
Enchilada Beef (single)	1	63	150	8.0	2.5	0.0	100	11	2	7
Enchilada Blanca (single)	1	45	150	8.0	4.0	0.0	110	11	2	6
Enchilada Cheese (single)	1	45	150	9.0	4.5	0.0	125	11	2	6
Enchilada Chicken (single)	1	66	160	7.0	1.5	0.0	190	12	2	10
Beef Burrito w/CCQ	1	141	250	13.0	5.0	0.0	610	19	< 1	11
Beef Puff Taco	1	216	320	21.0	8.0	0.0	690	18	2	14
Chicken Puff Taco	1	219	320	19.0	7.0	0.0	790	19	3	18
Beef Taco	1	126	160	10.0	4.5	0.0	180	8	1	10
Chicken Taco	1	128	170	9.0	3.5	0.0	260	9	2	12
Dinner Salad	1	169	110	8.0	4.0	0.0	240	11	2	6
TaMollys Rice	1	100	130	4.0	0.5	0.0	350	21	0	2
TaMolly's Refried Beans	1	100	130	6.0	3.0	0.0	400	13	3	4
Pico de Gallo	1	34	5	0.0	0.0	0.0	170	2	0	0
Chili Con Carne	1	100	80	3.5	1.0	0.0	370	6	< 1	3
Hot Sauce (GF)	1	100	25	0.0	0.0	0.0	700	5	0	1
Tortilla Chips (GF)	1	32	90	1.5	0.0	0.0	390	16	2	2

TaMollys makes every effort to provide our guests with the most pleasant dining experience with health and safety always a priority. Because of our "cook from scratch" type preparation daily we ask that you understand our nutritional values are to be considered approximations.

(GF) indicates a Gluten Free Menu Item