



Surprising Facts About Our Food

*All of our fried foods are cooked in zero trans fat vegetable oil and our grilled items are cooked with heart smart canola oil.

*We never use MSG!

*We do NOT use LARD in any of our food!

*We serve three types of beans: pinto, black and refried. They are all vegetarian and have no added fat.

*The chicken we serve is ALL white meat and we use only lean beef and pork.

*We prepare all of our food daily using the highest quality fresh produce.

* Whether you order from the regular menu or this one, we are always happy to accommodate a customer's request or dietary requirements!

*Please feel free to call or email corey@carlosobriens.com for more information.



We dedicate this Smart Choice Menu to the Arizona Procon Cycling Team. Procon Cycling is one of the premier road and mountain biking clubs in Arizona. We have been proud sponsors of the team for ten years and both Sean and Corey O'Brien race with the team. When the Procon team was asked for suggestions for some new menu items, a common response was "lower calorie and lower fat". While trying to satisfy these requests we've also added some new, more healthful items such as our cilantro lime brown rice and whole wheat tortillas.

We want to thank you for choosing Carlos O'Brien's Mexican Restaurant for over thirty years and we hope you continue to enjoy dining with us!

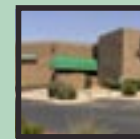
www.carlosobriens.com
www.proconcyclimgaz.com

CARLOS O'BRIEN'S

Mexican Restaurant



Carlos O'Brien's is proud to present our Smart Choice Menu. We want to assure you that Mexican food can be part of a healthy lifestyle so we have created this menu just for you. In it you will find nutritional information for a select number of healthful items. You will also find some information about our basic ingredients. We hope it will help to guide you in your decision to live a healthy lifestyle and enjoy eating out.



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Healthy Suggestions

Poquito Plato Fajitas 9.95

Chicken breast grilled with onions and peppers. Served with black beans, cilantro lime brown rice and whole wheat tortillas.

Calories: 690, Fat: 11g, Sat. Fat: 1.5g, Protein: 66g, Carbs: 72g, Fiber: 8g Sodium 1140mg

Pollo con Frijoles 7.50

Grilled chicken breast topped with black beans and pico de gallo.

Calories: 510, Fat: 7g, Sat. Fat: 2g, Protein: 75g, Carbs: 31g, Fiber: 5g Sodium 1500mg

“No Taco” Salad..... 7.50

Shredded chicken breast or lean shredded beef over a tossed salad topped with black beans, pico de gallo, corn, shredded cheese and green onion.

Guacamole or sour cream **+.95**

Chicken:
Calories: 410, Fat: 11g, Sat. Fat: 6g, Protein: 30g, Carbs: 44g, Fiber: 8g Sodium 1430mg

Beef:
Calories: 420, Fat: 14g, Sat. Fat: 5g, Protein: 28g, Carbs: 45g, Fiber: 9g Sodium 1380mg

Poquito Carne Asada..... 8.95

5 oz. grilled carne asada served with black beans, cilantro lime brown rice and chili macho.

Calories: 660, Fat: 18g, Sat. Fat: 7g, Protein: 48g, Carbs: 75g, Fiber: 11g Sodium 1330mg

Grilled Mahi Taco 8.50

Grilled Mahi Mahi in a whole wheat or corn tortilla topped with pico de gallo and avocado, served with black beans and cilantro lime brown rice.

Calories: 680, Fat: 20g, Sat. Fat: 2.5g, Protein: 38g, Carbs: 85g, Fiber: 14g Sodium 1130mg

Salmon w/Mango..... 9.95

4 oz. poached salmon filet served with mango salsa and grilled veggies.

Calories: 480, Fat: 15g, Sat. Fat: 3g, Protein: 31g, Carbs: 55g, Fiber: 9g Sodium 400mg

Shrimp Macho 8.95

6 grilled jumbo shrimp served with cilantro lime brown rice, black beans and chile macho.

Calories: 450, Fat: 3.5g, Sat. Fat: 0.5g, Protein: 47g, Carbs: 55g, Fiber: 5g Sodium 1240mg

Drinks

Sobe Lifewater 2.50

Blackberry Grape, Pomegranate Cherry, Orange Tangerine

Fiji Bottled Water 2.50

Caffeine Free Diet Pepsi..... 1.95

Perrier 2.50

Filtered Water Free

*Ask your server for low cal bar suggestions.

Spinach & Bean Enchilada.. 9.95

Spinach and pinto bean enchilada rolled in a blue corn tortilla topped with ranchero sauce served with black beans and cilantro lime brown rice (vegetarian).

Guacamole or sour cream **+.95**

Calories: 570, Fat: 17g, Sat. Fat: 6g, Protein: 24g, Carbs: 77g, Fiber: 14g Sodium 1420mg

Small Grilled Veggie

Quesadilla..... 8.50

Zucchini, yellow squash, carrots, onions, potato, red and green bell peppers and mushrooms grilled in a whole wheat tortilla with cheese with cilantro, lime brown rice and pico degallo (vegetarian).

Calories: 550, Fat: 18g, Sat. Fat: 7g, Protein: 26g, Carbs: 69g, Fiber: 8g Sodium 1170mg

Veggie Burrito 7.50

Grilled veggies and pinto beans wrapped in a whole wheat tortilla topped with ranchero sauce served with cilantro lime brown rice and black beans (vegan).

Calories: 660, Fat: 9g, Sat. Fat: 2g, Protein: 25g, Carbs: 121g, Fiber: 18g Sodium 1410mg

