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Poquito mas dinner plate calories

PoquitoMás serves tasty Seafood, authentic Mexican dishes and your Tex-Mex favorites with distinctive flair. We serve our guests with the best food in Fort Worth. Come by and slide on a booth for an appetizer, enjoy our tender fajitas or fresh enchiladas or try one of our Seafood dishes. Before you go complete your lunch or dinner with one of our delicious desserts! We know that success comes from serving people great food with outstanding hospitality, and we try our best every day. We are family owned and operated restaurant. Catering Caesar Salad\$34.45 Catering Chicken Caesar Salad\$42.90 Catering Chicken Tray\$39.95 Catering Carnitas Tray\$39.45 Catering Steak Tray\$55.95 Poquito, 125 mlCalories: 75 •Carbs: 5g •Fat: 0g •Protein: 0gPoquito, 100 gramCalories: 407 •Carbs: 64g •Fat: 15g •Protein: 4g Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Poquito Mas, 1 burritoCalories: 580 •Carbs: 60g •Fat: 32g •Protein: 19gPoquito Mas, 1 QuesadillaCalories: 1150 •Carbs: 0g •Fat: 0g •Protein: 0gPoquito Mas, 1 BurritoCalories: 400 •Carbs: 60g •Fat: 32g •Protein: 19gPoquito Mas, 1 servingCalories: 452 •Carbs: 11g •Fat: 34g •Protein: 26gPoquito Mas, 2 tacosCalories: 555 •Carbs: 200g •Fat: 0g •Protein: 30gPoquito Mas, 1 TacoCalories: 180 •Carbs: 18g •Fat: 9g •Protein: 0g Main content starts here, tab to start navigating Chips & Salsa choice of verde or roja \$3 Tortilla Soup \$5 Crispy Jalapenos served with buttermilk ranch \$5 Nachos \$6 Guacamole onion, jalapeño, fresh squeezed lime served with chips \$13 Salsa Roja tomato, jalapeno, onion, cilantro served with chips \$5 Salsa Verde tomatillo, jalapeno, onion, cilantro served with chips \$5 Salsa Duo salsa roja and salsa verde served with chips \$8 Queso Dip chipotle queso mixed with pico de gallo and served with chips \$6 Nachos black beans, oaxaca cheese, queso mixtio, scallions, crema, pickled jalapeño, diced tomatoes \$13 chicken tinga \$5 beef \$5 carnitas \$5 Crispy Jalapenos buttermilk ranch \$8 Chicken Wings 6 wings, celery, buttermilk ranch Honey Valentina or Dry Rub \$13 Chicken Tinga crema, lettuce, queso fresco, flour tortilla Bowl \$14 3pc \$14 4pc \$16 Carne Asada flank steak, pico de gallo, avocado, corn tortilla Bowl \$17 3pc \$17 4pc \$20 Grilled Shrimp corn and black bean salsa, avocado, corn tortilla Bowl \$15 3pc \$15 4pc \$18 Mahi Mahi grilled or fried mahi mahi, chipotle aioli, pickled cabbage, avocado, flour tortilla bowl \$15 3pc \$15 4pc \$18 Carnitas salsa verde, onion, cilantro, corn tortilla Bowl \$14 3pc \$14 4pc \$17 Brussels Sprouts chipotle aioli, pickled red onion, corn tortilla Bowl \$14 3pc \$14 4pc \$16 Mushrooms creamed corn, pico de gallo, corn tortilla Bowl \$14 3pc \$14 4pc \$16 Americano ground beef or chicken tinga, lettuce, tomato, cheese, hard shell corn tortilla Bowl \$15 3pc \$15 4pc \$17 Tortilla Soup tomato, chiliis, pulled chicken, crema \$7 Grilled Chicken Taco Salad grilled chicken, romaine, black beans, corn, tomato, tortilla chips, chipotle lime vinaigrette \$14 substitute guajillo shrimp \$5 Churros fried dough, cinnamon and vanilla ice cream \$8 Ground Beef Tacos (2) ground beef, hard taco shell, lettuce, tomato and cheese \$8 Chicken Tacos (2) grilled chicken, hard shell taco, lettuce, tomato and cheese \$8 Chicken Quesadilla grilled chicken, cheese, and flour tortilla- crema served on the side \$8 Cheese Quesadilla cheese and flour tortilla- crema served on the side \$7 Cheese Nachos tortilla chips, cheese, tomato and crema \$6 Fajitas served over grilled peppers and onions with queso mixto, crema, guacamole, refried beans and 6 flour tortillas skirt steak \$25 guajillo chicken \$20 roasted mushroom \$20 guajillo shrimp \$24 Enchiladas 3 chicken tinga enchiladas, choice of sauce (verde or roja), onion, queso mixto, crema, pico de gallo, and black beans and rice chicken tinga \$17 Quesadillas oaxaca cheese, queso mixto and pico de gallo with chipotle aioli and crema served on the side chicken tinga \$16 shrimp \$18 mushroom \$16 Platanos sweet plantain, queso fresco, crema \$5 Arroz con Frijoles rice and beans, pickled onion \$4 Refritos pinto beans, chipotle, queso fresco \$4 Esquites corn off the cob, spicy lime aioli, chile pequin, and queso cotija \$6 Crispy Brussels Sprouts queso cotija \$6 House Margarita blanco tequila, lime, orange liqueur- on the rocks or frozen single \$10 double \$18 pitcher \$45 blood orange, passionfruit or strawberry puree Reposado Margarita luna azul reposado tequila, lime, orange liqueur single \$12 double \$22 pitcher \$50 blood orange, passionfruit or strawberry puree Top Shelf Margarita casa noble blanco, lime, orange liqueur single \$16 double \$30 pitcher \$70 blood orange, passionfruit or strawberry puree Sangria red wine, pomegranate puree, oranges, lemon, brandy single \$10 double \$18 pitcher \$40 Pacifico pint \$6 pitcher \$21 Allagash White pint \$8 pitcher \$30 Cape May IPA pint \$8 pitcher \$30 Jack's Hard Cider pint \$7 pitcher \$25 Dos Equis Ambar 12oz bottle \$7 Bucket of 5 cans \$30 Corona Premier 12oz bottle \$6 Bucket of 5 bottles \$26 Tecate 12oz can \$5 Bucket of 5 cans \$22 Lagunitas IPA 12oz can \$7 Bucket of 5 cans \$30 White Claw Hard Seltzer 12oz can \$7 Bucket of 5 cans \$30 Virgin Margarita lime, agave nectar, orange \$6 Specialty Sodas mexican coke, ibc root beer \$5 ask server for current flavors \$4 Available in addition to our full menu on Saturday and Sunday from 12pm-3pm BREAKFAST BURRITO scrambled eggs, rice, black beans, corn, queso mixto, side of crema \$12 add meat: bacon, chicken tinga, carnitas, impossible chorizo (plant based) \$3 HUEVOS RANCHEROS sunny-side-up eggs, fried tortillas, refried beans, pico de gallo \$13 add meat: bacon, chicken tinga, carnitas, impossible chorizo (plant based) \$3 CARNE CON HUEVOS grilled skirt steak, fried eggs, potato hash, side of guacamole \$21 FRIED POTATOES chipotle aioli \$4 FRESH FRUIT \$5 Takeout Ordering Tips:No need to give us a call anymore, ordering takeout from El Poquito just got easier! Click the link below to place your order online!Order Online!Pick-Up Procedure:To pick up your order you may now enter our front door and pick up your order at the host stand. Thank you for your cooperation and continued support! Family-Sized Nacho Kit Build the nachos however you like and then toss in the oven on the low broil setting for 3-5 minutes or until the cheese is melty and golden brown. Finish with the remaining ingredients and enjoy! Ingredients to build before you bake: corn tortilla chips (metal pan for baking included so that your clean up is super easy!), corn, black beans, onion & pepper mix then top with queso mixto and bake! Ingredients for after you've baked the nachos: crema (in a small piping bag ((just cut off 1/4 of an inch of the tip)) so that you can squeeze it on like a pro and not waste a drop), diced tomatoes, scallions, and pickled jalapeños. \$19.95 Add your choice of 8oz of protein: ground beef, chicken tinga, carnitas, or Impossible chorizo \$5

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