



Welcome to Sonoma Taco ShopSM

Our goals at Sonoma Taco Shop are very simple. We've created an eatery where you can eat not only healthier but also tastier food while keeping within people's budget. Now you can eat out as often as you like and feel good about it at the same time.

You can also customize your entrees to an even healthier level by ordering our non-fat cheese, oil-free baked chips or our non-fat sour cream.

Help yourself to our salsa bar, where you'll experience six salsas made fresh daily.

Come see for yourself the future in eating is here now at Sonoma Taco Shop.

The American Heart Association recommends a diet with less than 30% of the calories from fat and less than 10% of the calories from saturated fat. At Sonoma Taco Shop we offer a number of options that allow you to customize your meal to desired fat intake.

Nutritional Notes From Sonoma Taco ShopSM

Sonoma Taco Shop's motto is "Healthier, Tastier Mexican Food". Nutrition professionals define a healthy diet as one that is high in carbohydrates and fiber and low in fat. All the items on our menu with an * indicates 30% or less in fat and 10% or less in saturated fat.

All the menu items with hearts indicate every effort has been made to prepare the indicated items to be consistent with the American Heart Association dietary guidelines for daily intake as interpreted by the U.S. Food and Drug Administration.

A high carbohydrate, low fat eating plan helps maintain a healthy body weight, because you can eat more of these foods than foods high in fat. Since fat has more than twice the calories of an equal portion of either carbohydrate or protein, cutting back on fat is a most effective way to reduce calories:

1 gram fat = 9 calories

1 gram carbohydrate or protein = 4 calories

With all the talk about healthy eating these days we at Sonoma Taco Shop have not forgotten about the most important of all... taste. If it doesn't taste good we won't serve it.

All nutritional information supplied by
Judy Boccanfuso, R.D., Santa Rosa

**SONOMA
TACO SHOPSM**

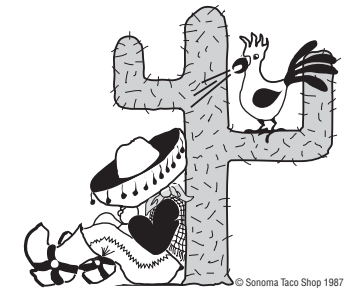
SANTA ROSA
707-525-8585
Creekside Center
100 Brookwood St.

TERRA LINDA
415-479-9066
210 Northgate One
San Rafael

Open 7 days 11am - 9pm, to 10pm Fri & Sat
ATM, VISA, MC welcome!



We don't just talk healthy. We back it up!



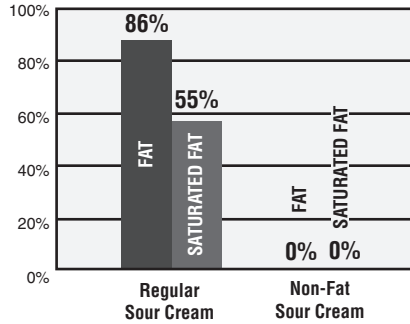
**SONOMA
TACO SHOP**
Healthier, Tastier Mexican FoodSM

Sonoma Taco Shopsm offers you a choice.

Comparisons of Regular vs. Non-fat Ingredients

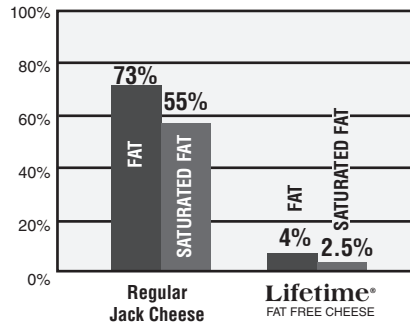
Sour Cream

Percentage of calories from fat and saturated fat



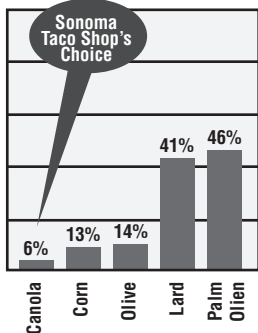
Cheese

Percentage of calories from fat and saturated fat



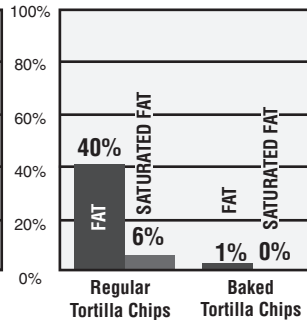
Oils

Percent of saturated fat



Chips

Percentage of calories from fat and saturated fat



Menu # and Item	Ounces	Calories	Carbos gms	Protein gms	Fat gms	Fat %	Saturated Fat gms	Saturated Fat %	Cholesterol mgs	Dietary Fiber mgs	Calcium mgs	Sodium mgs	Iron mgs
* 59. Fish Taco	11.5	564	97	27	7.6	10%	0.4	2%	25	9.3	208	489	5.2
* 4. Steak Taco	7	354	43	28	9.0	21%	2.3	6%	54	4.0	122	421	5.0
* 5. Pork Taco	7	287	44	29	6.0	18%	1.2	4%	22	4.0	122	648	3.0
* 7. Chicken Taco	7	344	43	27	8.0	20%	1.4	4%	54	4.0	124	433	4.0
* 11. Reg. Steak Burrito	10	548	75	36	12.0	20%	2.6	4%	60	3.0	184	588	8.0
* 12. Reg. Pork Burrito	10	474	76	23	9.0	17%	1.4	3%	25	3.0	182	600	6.0
* 16. Reg. Chicken Burrito	10	537	75	35	11.0	19%	1.6	3%	60	3.0	187	602	7.0
* 60. Shrimp Burrito	14.5	947	157	42	16.2	22%	1.2	5%	131	3.8	273	695	11.6
* 62. Fish Plate	24.5	1267	188	66	29.4	21%	8.9	6%	99	10.6	464	1243	11.7
* 20. Giant Steak Burrito	23	1578*	206	76	50.0	29%	18.6	11%	146	5.8	734	1671	16.9
w/non-fat sour cream		1514	208	78	41.0	24%	13	8%	127	5.8	684	1674	16.9
w/non-fat sour cheese		1490	209	79	28.6	18%	5.4	3%	94	5.8	816	1795	16.6
* 21. Giant Pork Burrito	23	1468*	207	58	45.7	28%	16.8	10%	94	5.9	731	1633	14.4
w/non-fat sour cream		1403	210	59	36.7	23%	11.2	7%	75	5.9	681	1689	14.0
w/non-fat sour cream		1379	211	61	24.3	17%	3.6	2%	42	5.9	814	1791	13.7
* 22. Giant Chicken Burrito	23	1561*	206	75	48.7	28%	17.1	10%	147	5.8	738	1691	14.8
w/non-fat sour cream		1494	208	76	39.7	24%	11.5	7%	128	5.8	688	1692	14.5
w/non-fat sour cream		1473	209	78	27.3	18%	3.9	3%	94	5.8	820	1795	14.4

*Higher calorie figures are due to the generous "giant" portions. Feel free to eat half these dishes and take the rest home for later!
Please note the dramatic decrease in fat grams with non-fat sour cream and non-fat cheese.

* 23. Steak Tostada	18.5	976	81	63	46.1	42%	20	18%	150	6.3	587	1289	10.6
*w/non-fat sour cream		878	85	65	32.7	33%	12.5	13%	125	6.3	521	1306	10.5
*w/non-fat sour cheese		855	86	66	21.0	24%	5.3	6%	94	6.3	646	1403	10.3
* 24. Pork Tostada	18.5	865	83	44	41.7	42%	18.2	19%	98	6.3	584	1311	7.7
*w/non-fat sour cream		767	86	46	28.4	32%	10.7	12%	73	6.3	518	1317	7.7
*w/non-fat sour cream		745	87	48	16.7	22%	3.5	5%	42	6.3	644	1415	7.4
* 25. Chicken Tostada	18.5	918	82	61	40.2	39%	18.7	18%	151	6.3	591	1318	8.4
*w/non-fat sour cream		861	85	63	31.5	32%	10.9	11%	126	6.3	524	1324	8.4
*w/non-fat sour cream		838	86	65	19.7	23%	3.7	4%	94	6.3	650	1422	8.1
* 26. Veggie Tostada	18.5	850	89	34	42.8	44%	16.8	18%	61	9.0	605	1568	7.9
*w/non-fat sour cream		765	92	36	31.0	35%	9.4	11%	36	9.0	539	1575	7.8
*w/non-fat sour cream		742	94	37	19.2	25%	2.2	3%	4	9.0	665	1675	7.6

Our tostadas come with non-fat sour cream and cheese at no extra charge.

* Indicated items with less than 30% fat and 10% saturated fat.

Dr. McDougall Oil-Free 100% Vegetarian

* 49. Soft Veggie Taco Plate	16.5	628	123	25	5.7	8%	.27	<1%	0	8.0	267	631	8.4
* 50. Regular Veggie Burrito	13.5	481	93	16	5.6	10%	.18	<1%	0	4.8	190	531	6.7
* 51. Giant Veggie Burrito	17.5	935	180	34	10.5	10%	.35	<1%	0	7.2	369	687	13.2
* 52. Vegetable Tostada	13	698	127	25	10.5	13%	.20	<1%	0	6.6	330	200	9.8
* 53. Veggie Chimichanga	22	637	123	24	6.1	9%	.29	<1%	0	5.2	242	463	9.4
* 54. Wet Veggie Burrito	19.5	673	130	26	7.1	9%	.45	<1%	0	5.0	255	363	10.1
* 55. Steamed Veggie Hot Plate	20.5	773	152	30	7.9	9%	.28	<1%	0	12.0	358	735	9.7
* 56. Baby Burrito	11.5	535	103	19	5.8	10%	.22	<1%	0	3.4	197	438	9.6
* 57. Vegetable Enchilada	17.5	627	123	25	5.7	8%	.27	<1%	0	7.9	267	623	8.3
* 58. Macho Veggie Chimichanga	22.5	861	165	30	10.3	11%	.30	<1%	0	7.4	348	591	12.0