



"eat smart, play hard, live longer"

veggie burrito

(1/2 burrito serving size)

13" tortilla, choice of rice and beans, grilled veggies, lettuce, 1 oz cheese, lettuce, salsa choice. **7.00**

chicken baby burrito

10" tortilla, choice of rice and beans, yucatan chicken, 1 oz cheese, lettuce, salsa choice. **4.50**

steak rice-bowl

Bowl with choice of rice and beans, grilled steak, no cheese, lettuce, salsa choice **7.00**

posole soup

Bowl of Posole soup served with onion, cilantro, cabbage, 1 oz cheese (optional), and lime wedge, 6" flour or corn tortilla warmed **5.50**

grilled mahi mahi tacos

Grilled mahi mahi served on corn or flour tortillas, with lime-cilantro rice, cilantro pesto, pico del gallo, mahalo sauce, and lime wedge **8.50**



www.ziataqueria.com
www.livewellcolorado.com

3101 main ave. · suite 5 · durango, co 81301 · 970.247.3355
ska world headquarters · 225 girard st. · bodo park



The Smart Meal Seal guidelines developed by the Colorado Department of Public Health and Environment are as follows:

- Two servings or more of beans, whole grains, fruits or vegetables. May substitute one serving for a serving of fat-free or low-fat milk or equivalent milk product
(only one serving for a side dish)
- 700 or less calories
(300 calories for a side dish)
- 30 percent or less of total calories from fat or 23 grams or less of total fat
(10 grams for a side dish)
- 10 percent or less of calories from saturated fat or 8 grams or less of saturated fat
(3 grams for a side dish)
- 0.5 grams or less of trans fat
(no added or artificial trans fat)
- 1,500 mg or less of sodium
(650 mg for a side dish)

www.ziataqueria.com
www.livewellcolorado.com

3101 main ave. · suite 5 · durango, co 81301 · 970.247.3355
ska world headquarters · 225 girard st. · bodo park