

NUTRITION GUIDE

Menu Items			Calories	Total fat(g)	Sat. Fat (g)	Trans. Fat (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV	
1. Burritos		Topping	size														
DOUGHS																	
white			regular (90g)	232	5	0.3	0	0	515	41	2	2	7	0	0	8	19
			large (120g)	311	6.7	0.4	0	0	692	55	3	3	10	0	0	10	25
whole wheat			regular (90g)	236	6.5	0.3	0	0	417	37	5	7	7	0	0	7.2	10.5
			large (120g)	314	8.7	0.3	0	0	556	50	7	10	9	0	0	9.7	71.7
Ground Chorizo Sausage (Pork)		Ground Chorizo Sausage (Pork)	regular (75g)	234	16.8	6	0	66	258	1	1	0	19	1.3	0.1	0.2	7.3
			large (113g)	350	25.3	9.1	0	99	389	2	1	0	29	1.9	0.2	0.4	10.9
Carnitas (Pork)		Carnitas (Pork)	regular (75g)	174	10.8	3.9	0	63	72	0	0	0	18	0	1	1.8	6.2
			large (113g)	262	16.2	5.9	0	96	108	0	0	0	27	0	1.5	2.7	9.3
Barbacoa (Beef)		Barbacoa (Beef)	regular (75g)	188	12.3	4.8	0	62	56	0	0	0	18	0.2	0	0.5	10.4
			large (113g)	283	18.5	7.3	0	93	85	0	0	0	27	0.4	0	0.7	15.7
Adobo Chicken		Adobo Chicken	regular (75g)	199	14.6	3.6	0	56	224	1	0	0	14	3	1.6	1.6	0.6
			large (113g)	300	22.1	5.4	0	85	337	0.9	0	0	21	4.5	2.4	2.4	1
Cheese and Bean		Queso Fresco	regular (40g)	94	4.6	3	0	17	257	7	0	7	5	5.8	0	17.4	0
			large (60g)	141	7	4.4	0	26.2	386	11	0	11	7	8.8	0	26.2	0
		Shredded Cheese	regular (50g)	166	11.6	8.4	0	42	283	2	0	0	12	10	0	33.4	0
			large (76g)	254	17.8	12.6	0	63	431	3	0	0	18	15.2	0	50.6	0
		Refried Beans	regular (160g)	160	2	0	0	0	544	25	8	1	9	0	16.8	2.4	11.2
			large (240g)	239	3.4	0	0	0	816	38	12	2	14	0	25.2	3.8	16.8
		Black Beans and Bacon	regular (120g)	246	10.6	3.4	0	14	325	27	8	1	11	0	0	9.6	20
			large (180)	369	15.8	5.2	0	22	487	40	12	2	17	0	0	14.4	30.2
Rubbed and Roasted Tofu		Rubbed and Roasted Tofu	regular (75g)	120	8.8	1.1	0	0	375	5	0	1	7	2.9	1.5	30	27.2
			large (150g)	241	17.6	2.2	0	0	750	10	1	1	14	5.8	3	60	54.4
Fajita Burrito (all meats same size as above)		Grilled Onions and Peppers	regular (50g)	55	3.6	0.2	0	0	51	5	1	2	1	10.9	55.4	1.1	1.9
			large (75g)	82	5.4	0.3	0	0	76	8	2	4	1	16.3	83	1.7	2.8
		Refried Beans except Cheese and Bean	regular (80g)	80	1	0	0	0	272	13	4	1	4	0	8.4	1.2	5.6
			large (120g)	120	1.7	0	0	0	408	19	6	1	7	0	12.6	1.8	8.4
		Black Beans and Bacon except Cheese and Bean	regular (60g)	123	5.3	1.7	0	7	162	13	4	1	6	0	0	4.8	10
			large (90g)	185	7.9	2.6	0	11	244	20	6	1	8	0	0	7.2	15.1

Mexi Rice	regular (50g)	60	0	0	0	0	88	13	0	0	1	0.3	1.3	1	2.2
	large (75g)	90	0	0	0	0	132	20	0	0	2	0.4	2	1.5	3.3
Corn and Peppers	regular (45g)	55	2.4	0.3	0	0	107	8	1	1	1	6.8	14.9	0	1.9
	large (68g)	83	3.7	0.4	0	0	162	12	2	2	1	10.3	22.6	0.1	2.8
Queso Fresco except Cheese and Bean	regular (20g)	47	2.3	1.5	0	9	129	3	0	3	2	2.9	0	8.7	0
	large (30g)	71	3.5	2.2	0	13	193	5	0	5	3	4.4	0	13.1	0
Shredded Cheese except Cheese and Bean	regular (25g)	83	5.8	4.2	0	21	142	1	0	0	6	5	0	16.7	0
	large (38g)	127	8.9	6.3	0	32	215	1	0	0	9	7.6	0	25.3	0
Roasted Tomato Salas (Hot)	regular (40g)	25	0.7	0	0	0	88	4	1	2	1	12.4	20.2	1.2	1.8
	large (60g)	37	1.1	0.1	0	0	132	7	2	3	1	18.7	30.4	1.7	2.7
Mango Salsa	regular (35g)	25	0	0	0	0	83	7	0	6	0	3.6	24	0.5	0.8
	large (53g)	38	0	0	0	0	126	10	1	9	0	5.5	36.7	0.8	1.3
Salsa Verde (medium)	regular (40g)	18	0.5	0	0	0	311	3	0	2	1	1.4	8.2	0.2	1.9
	large (60g)	23	0.6	0	0	0	388	4	0	3	1	1.8	10.2	0.2	2.4
Pico de Gallo (mild)	regular (45g)	13	0.6	0	0	0	41	2	1	1	0	8.1	10.5	0.7	1.9
	large (68g)	20	0.8	0	0	0	61	3	1	2	1	12	15.9	1.1	2.8
Mexi Slaw	regular (25g)	35	2.9	0.2	0	0	59	2	1	1	0	13.1	17	1.4	1.6
	large (38g)	53	4.4	0.2	0	0	89	3	1	2	1	20	26	2.2	2.5
Guacamole	serving size 70g	86	7.8	0.9	0	0	223	5	2	0	0	6.7	9.1	4	0.9
lettuce	regular (35g)	6	0.1	0	0	0	3	1	1	0	0	61	2.1	1.1	1.8
	large (53g)	9	0.2	0	0	0	4	2	1	1	1	92	3.2	1.6	0.9
Jalapenos	regular (20g)	7	0.2	0	0	0	1	1	1	1	0	4.2	39.4	0.2	0.2
	large (30g)	10	0.3	0	0	0	1	2	1	1	0	6.3	59.1	0.3	0.3
Cilantro	regular (3g)	1	0	0	0	0	1	0	0	0	0	4	1.4	0.2	0.3
	large (5g)	1	0	0	0	0	2	0	0	0	0	6	2	0.3	0.4
Chipotle Mayo	regular (20g)	128	14	2	0	10	124	1	0	1	0	1.6	0.1	0.3	0.8
	large (30g)	192	21	3	0.1	15	187	1	0	1	0	2.4	0.2	0.5	1.1
Chili Lime Dressing	regular (10g)	81	9	0.5	0	0	95	0	0	0	0	1.2	1	0	0
	large (15g)	122	13.5	0.8	0	0	143	1	0	0	0	1.7	1.6	0	0
Sour Cream	regular (20g)	33	3	1.7	0.1	7	17	1	0	1	1	2.7	0	2.7	0
	large (30g)	50	4.5	4.5	0.1	10	25	2	0	1	1	4	0	4	0

2. tacos	Toppings	size															
Corn Tortillas			one (28g)	50	0.5	0.3	0	0	1	12	1	0	1	0	0	2	2
			One Order (2) (56g)	100	1	0.6	0	0	2	24	2	0	2	0	0	4	4

			three (84g)	150	1.5	0.9	0	0	3	36	3	0	3	0	0	6	6
Ground Chorizo Sausage (Pork)	Ground Chorizo Sausage (Pork)	one order (50g)	155	11.2	4	0	44	172	1	0	0	13	8.5	0	0.2	4.8	
		single serving (25g)	77	5.6	2	0	22	86	0	0	0	6	4.3	0	0.1	2.4	
Fish	Fish	one order (90g)	240	5.2	0	0	222	151	0	0	0	49	0.4	0.2	0	0.2	
		single serving (45g)	120	2.6	0	0	111	75	0	0	0	25	0.2	0.1	0	0.1	
Carnitas (Pork)	Carnitas (Pork)	one order (50g)	116	7.2	2.6	0	5	48	0	0	0	12	0	0.7	1.2	4.1	
		single serving (25g)	58	3.6	1.3	0	2	24	0	0	0	6	0	0.4	0.6	2.1	
Barbacoa (Beef)	Barbacoa (Beef)	one order (50g)	125	8.2	3.2	0	41	38	0	0	0	12	0.2	0	0.3	6.9	
		single serving (25g)	63	4.1	1.6	0	21	19	0	0	0	6	0.1	0	0.2	3.5	
Adobo Chicken	Adobo Chicken	one order (50g)	133	9.8	2.4	0	37	149	0	0	0	9	2	1	1	0.4	
		single serving (25g)	66	4.9	1.2	0	19	75	0	0	0	5	1	0.5	0.5	0.2	
Rubbed and Roasted Tofu	Rubbed and Roasted Tofu	one order (75g)	120	8.8	1.1	0	0	375	5	0	1	7	2.9	1.5	30	27.2	
		single serving (38g)	60	4.4	0.6	0	0	187	2	0	0	4	1.5	0.7	15	13.6	
	Refried Beans	one order (40g)	40	0	0	0	0	136	6	2	0	2	0	4.2	0.6	2.8	
		single serving (20g)	20	0	0	0	0	68	3	1	0	1	0	2.2	0.3	1.4	
	Blacdk Beans and Bacon	one order (30g)	62	2.7	0.9	0	4	81	7	2	0	3	0	0	2.4	5	
		single serving (15g)	31	1.4	0.4	0	2	40	3	1	0	1	0	0	1.2	2.5	
	Mexi Rice	one order (25g)	30	0	0	0	0	44	7	0	0	1	0	0.7	0.5	1.1	
		single serving (12g)	15	0	0	0	0	22	3	0	0	0	0	0.4	0.2	0.5	
	Corn and Peppers	one order (25g)	28	1.2	0	0	0	55	4	1	1	0	3.5	7.6	0	0.9	
		single serving (12g)	14	0.6	0	0	0	27	2	0	0	0	1.6	3.8	0	0.4	
	Queso Fresco	one order (10g)	24	1.2	1.1	0	4	64	1	0	2	1	1.5	0	4.4	0	
		single serving (5g)	12	0.6	0.6	0	2	32	1	0	1	1	0.8	0	2.2	0	
	Shredded Cheese	one order (15g)	41	2.9	2.1	0	10	71	0	0	0	3	2.5	0	8.4	0	
		single serving (7g)	21	1.5	1.1	0	5	36	0	0	0	1	1.3	0	4.2	0	
	Roasted TomatoSalsa (hot)	one order (20g)	12	0.4	0	0	0	44	2	1	1	0	6.2	10	0.6	0.9	
		single serving (10g)	6	0.2	0	0	0	22	1	0	0	0	3.1	5	0.3	0.4	
	Mango Salsa	one order (18g)	13	0	0	0	0	43	3	0	3	0	1.9	12.5	0.3	0.4	
		single order (9g)	6	0	0	0	0	22	1	0	1	0	0.9	6.2	0.1	0.2	
	Salsa Verde (medium)	one order (20g)	7	0.2	0	0	0	116	1	0	1	0	0.5	3.1	0.1	0.7	
		single order (10g)	3	0.1	0	0	0	58	0	0	0	0	0.2	1.5	0	0.3	
	Pico de Gallo (mild)	one order (24g)	7	0.3	0	0	0	21	1	0	1	0	4	5.4	0.4	0.9	
		single serving (12g)	3	0.2	0	0	0	10	0	0	0	0	2	2.7	0.2	0.5	
Mexi Slaw	one order (12g)	18	1.5	0	0	0	30	1	0	1	0	6.8	8.9	0.7	0.8		
	single serving (6g)	9	0.8	0	0	0	15	1	0	0	0	3.4	4.5	0.4	0.4		
		one order (18g)	3	0	0	0	0	1	1	0	0	0	31.3	1.1	0.5	0.9	

		Lettuce	single serving (9g)	2	0	0	0	0	1	0	0	0	0	15.7	0.6	0.3	0.5
		Cilantro	one order (1.5g)	0	0	0	0	0	1	0	0	0	0	2.1	0.7	0.1	0.1
			single serving (1g)	0	0	0	0	0	0	0	0	0	0	1.1	0.4	0	0
		Guacamole	one order (35g)	43	3.9	0.4	0	0	111	3	1	0	0	3.3	4.5	2	0.4
			single serving (18g)	21	2	0.2	0	0	55	1	0	0	0	1.7	2.3	1	0.2
		Roasted Jalapenos	one order (10g)	4	0.1	0	0	0	0	1	0	0	0	2.1	19.7	0.1	0.1
			single serving (5g)	2	0	0	0	0	0	0	0	0	0	1	9.8	0	0
		Sour Cream	one order (10g)	16	1.5	0.8	0	3	8	1	0	0	0	1.3	0	1.3	0
			single serving (5g)	8	0.7	0.4	0	1	4	0	0	0	0	0.6	0	0.6	0
		Chipotle Mayo	one order (10g)	64	7	1	0	62	0	0	0	0	0	0.8	0	0.2	0.4
			single serving (5g)	32	3.5	0.5	0	31	0	0	0	0	0	0.4	0	0.1	0.2

3. Quesadillas

3. Quesadillas		Toppings	size														
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Doughs																	
White			regular (90g)	232	5	0.3	0	0	515	41	2	2	7	0	0	8	19
Whole Wheat			regular (90g)	236	6.5	0.3	0	0	417	37	5	7	7	0	0	7.2	10.5

Ground Chorizo Sausage (Pork)		Ground Chorizo Sausage (Pork)	regular (50g)	155	11.2	4	0	44	172	1	0	0	13	8.5	0	0.2	4.8
Cheese (will have double the cheese)		Shredded Cheese	regular (38g)	127	8.9	6.3	0	32	215	1	0	0	9	7.6	0	25.3	0
Carnitas (Pork)		Carnitas (Pork)	regular (50g)	116	7.2	2.6	0	5	48	0	0	0	12	0	0.7	1.2	4.1
Barbacoa (Beef)		Barbacoa (Beef)	regular (50g)	125	8.2	3.2	0	41	38	0	0	0	12	0.2	0	0.3	6.9
Adobo Chicken		Adobo Chicken	regular (50g)	133	9.8	2.4	0	37	149	0	0	0	9	2	1	1	0.4
Rubbed and Roasted Tofu		Rubbed and Roasted Tofu	regular (75g)	120	8.8	1.1	0	0	375	5	0	1	7	2.9	1.5	30	27.2
		Grilled Peppers and Onions	regular (50)	55	3.6	0.2	0	0	51	5	1	2	1	10.9	55.4	1.1	1.9
		Roasted tomato salsa (Hot)	side (30g)	37	1.1	0.1	0	0	130	7	2	3	1	18	29.9	1.7	2.6
		Mango Salsa	side (30g)	43	0	0	0	0	143	11	1	10	0	6.2	41.6	0.9	1.4
		Salsa Verde (Medium)	side (30g)	23	0.6	0	0	0	388	4	0	3	1	1.8	10.2	0.2	2.4
		Pico de Gallo (Mild)	side (30g)	17	0.7	0	0	0	53	3	1	2	1	10.6	13.8	0.9	2.5
		Sour Cream	side (30g)	100	9	5	0.2	20	50	4	0	2	2	8	0	8	0

4. Salads

4. Salads		toppings	size														
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Romaine Lettuce			regular (75g)	13	0.2	0	0	0	6	2	2	1	1	130.5	4.5	2.3	3.8
			large (100g)	17	0.3	0	0	0	8	3	2	1	1	174	6	3	5

Ground Chorizo Sausage (Pork)		Ground chorizo Sausage	regular (75g)	232	16.8	6	0	66	258	1	1	0	19	1.3	0.1	0.2	7.3
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		Nutritional Information (Per Serving)																
		Category	Portion Size	Calories	Total Fat (g)	Total Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)	Sugar (g)	Salt (g)	Cholesterol (mg)	Total Fat (g)	Total Carb (g)	Fiber (g)	Protein (g)	Sodium (mg)	
Carnitas (Pork)	Carnitas (Pork)	regular (75g)	large (113g)	350	25.3	9.1	0	99	389	2	1	0	29	1.9	0.2	0.4	10.9	
		regular (75g)	large (113g)	174	10.8	3.9	0	63	72	0	0	0	18	0	1	1.8	6.2	
Barbacoa (Beef)	Barbacoa (Beef)	regular (75g)	large (113g)	262	16.2	5.9	0	96	108	0	0	0	27	0	1.5	2.7	9.3	
		regular (75g)	large (113g)	188	12.3	4.8	0	62	56	0	0	0	18	0.2	0	0.5	10.4	
Adobo Chicken	Adobo Chicken	regular (75g)	large (113g)	283	18.5	7.3	0	93	85	0	0	0	27	0.4	0	0.7	15.7	
		regular (75g)	large (113g)	199	14.6	3.6	0	56	224	1	0	0	14	3	1.6	1.6	0.6	
Rubbed and Roasted tofu	Rubbed and Roasted Tofu	regular (75g)	large (150g)	300	22.1	5.4	0	85	337	1	0	0	21	4.5	2.4	2.4	1	
		regular (75g)	large (150g)	120	8.8	1.1	0	0	375	5	0	1	7	2.9	1.5	30	27.2	
Veggie	Refried Beans	regular (80g)	large (120g)	80	1	0	0	0	272	13	4	1	4	0	8.4	1.2	5.6	
		regular (80g)	large (120g)	120	1.7	0	0	0	408	19	6	1	7	0	12.6	1.8	8.4	
Black Bean and Bacon	Black Bean and Bacon	regular (60g)	large (90g)	123	5.3	1.7	0	7	162	13	4	1	6	0	0	4.8	10	
		regular (60g)	large (90g)	185	7.9	2.6	0	11	244	20	6	1	8	0	0	7.2	15.1	
Mexi Rice	Mexi Rice	regular (50g)	large (75g)	60	0	0	0	0	88	13	0	0	1	0.3	1.3	1	2.2	
		regular (50g)	large (75g)	90	0	0	0	0	132	20	0	0	2	0.4	2	1.5	3.3	
Corn and Peppers	Corn and Peppers	regular (45g)	large (68g)	55	2.4	0.3	0	0	107	8	1	1	1	6.8	14.9	0	1.9	
		regular (45g)	large (68g)	83	3.7	0.4	0	0	162	12	2	2	1	10.3	22.6	0.1	2.8	
Queso Fresco	Queso Fresco	regular (20g)	large (30g)	47	2.3	1.5	0	9	129	3	0	3	2	2.9	0	8.7	0	
		regular (20g)	large (30g)	71	3.5	2.2	0	13	193	5	0	5	3	4.4	0	13.1	0	
Shredded cheese	Shredded cheese	regular (25g)	large (38g)	83	5.8	4.2	0	21	142	1	0	0	6	5	0	16.7	0	
		regular (25g)	large (38g)	127	8.9	6.3	0	32	215	1	0	0	7	7.6	0	25.3	0	
Roasted Tomato Salsa (Hot)	Roasted Tomato Salsa (Hot)	regular (40g)	large (60g)	25	0.7	0	0	0	88	4	1	2	1	12.4	20.2	1.2	1.8	
		regular (40g)	large (60g)	37	1.1	0.1	0	0	132	7	2	3	1	18.7	30.4	1.7	2.7	
Mango Salsa	Mango Salsa	regular (35g)	large (53g)	25	0	0	0	0	83	7	0	6	0	3.6	24	0.5	0.8	
		regular (35g)	large (53g)	38	0	0	0	0	126	10	1	9	0	5.5	36.7	0.8	1.3	
Salsa Verde (Medium)	Salsa Verde (Medium)	regular (40g)	large (60g)	18	0.5	0	0	0	311	3	0	2	1	1.4	8.2	0.2	1.9	
		regular (40g)	large (60g)	23	0.6	0	0	0	388	4	0	3	1	1.8	10.2	0.2	2.4	
Pico de Gallo (Mild)	Pico de Gallo (Mild)	regular (45g)	large (68g)	13	0.6	0	0	0	41	2	1	1	0	8.1	10.5	0.7	1.9	
		regular (45g)	large (68g)	20	0.8	0	0	0	61	3	1	2	1	12	15.9	1.1	2.8	
Mexi Slaw	Mexi Slaw	regular (25g)	large (38g)	35	2.9	0.2	0	0	59	2	1	1	0	13.1	17	1.4	1.6	
		regular (25g)	large (38g)	53	4.4	0.2	0	0	89	3	1	2	1	20	26	2.2	2.5	
Guacamole	Guacamole	regular (25g)	large (38g)	86	7.8	0.9	0	0	223	5	2	1	0	6.7	9.1	4	0.9	
Roasted Jalapenos	Roasted Jalapenos	regular (20g)	large (30g)	7	0.3	0	0	0	1	1	1	1	0	4.2	39.4	0.2	0.2	
		regular (20g)	large (30g)	11	0.4	0	0	0	1	2	1	1	0	6.3	59	0.3	0.3	
Cilantro	Cilantro	regular (3g)	large (4.5g)	1	0	0	0	0	1	0	0	0	0	4	1.4	0.2	0.3	
		regular (3g)	large (4.5g)	1	0	0	0	0	2	0	0	0	0	6	2	0.3	0.4	
Sour Cream	Sour Cream	regular (20g)	large (30g)	33	3	1.7	0.1	7	17	1	0	1	1	2.7	0	2.7	0	
		regular (20g)	large (30g)	50	4.5	2.5	0.1	10	25	2	0	1	1	4	0	4	0	
Chipotle	Chipotle	regular (20g)	regular (20g)	128	14	2	0	10	124	1	0	1	0	1.6	0.1	0.3	0.8	

		Mayo	large (30g)	192	21	3	0.1	15	187	1	0	1	0	2.4	0.2	0.5	1.1
		Chili Lime Dressing	regular (10g)	81	9	0.5	0	0	95	0	0	0	0	1.2	1	0	0
			large (15g)	122	13.5	0.8	0	0	143	0	0	0	0	1.7	1.6	0	0



5. Soups		Toppings	Sizes														
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Vegetable Soup Stock			small (236ml)	29	0	0	0	0	1000	7	0	1	1	0	0	0	0
			large (355ml)	37	0	0	0	0	1343	10	0	2	1	0	0	0	0



Ground Chorizo Sausage (Pork)		Ground Chorizo Sausage (Pork)	regular (75g)	232	16.8	6	0	66	258	1	1	0	19	1.3	0.1	0.2	7.3
Carnitas (Pork)		Carnitas (Pork)	regular (75g)	174	10.8	3.9	0	63	72	0	0	0	18	0	1	1.8	6.2
Rubbed and Roasted Tofu		Rubbed and Roasted Tofu	regular (75g)	120	8.8	1.1	0	0	375	5	0	1	7	2.9	1.5	30	27.2
Adobo Chicken		Adobo Chicken	regular (75g)	199	14.6	3.6	0	56	224	1	0	0	14	3	1.6	1.6	0.6
Barbacoa (Beef)		Barbacoa (Beef)	regular (75g)	188	12.3	4.8	0	63	56	0	0	0	18	0.2	0	0.5	10.4
		Refried Beans	regular (80g)	40	0.5	0	0	0	136	6	2	0	2	0	4.2	0.6	2.8
		Black Beans and Bacon	regular (60)	62	2.7	0.9	0	4	81	7	2	0	3	0	0	2.4	5
		Mexi Rice	regular (50g)	30	0	0	0	0	44	7	0	0	1	0.1	0.7	0.5	1.1
		Corn and Peppers	regular (45g)	28	1.2	0.1	0	0	55	4	1	1	0	3.5	7.6	0	0.9
		Queso Fresco	regular (20g)	24	1.2	1.1	0	4	64	2	0	2	1	1.5	0	4.4	0
		Shredded Cheese	regular (25g)	41	2.9	2.1	0	10	71	0	0	0	3	2.5	0	8.4	0
		Roasted Tomato Salsa (Hot)	regular (40g)	12	0.4	0	0	0	44	2	1	1	0	6.2	10	0.6	0.9
		Mango Salsa	regular (35g)	25	0	0	0	0	83	7	0	6	0	3.6	24	0.5	0.8
		Salsa Verde (Medium)	regular (40g)	7	0.2	0	0	0	116	1	0	1	0	0.5	3.1	0.1	0.7
		Pico de Gallo (Mild)	regular (45g)	7	0.3	0	0	0	21	1	0	1	0	4	5.4	0.4	0.9
Roasted Jalapenos	regular (20g)	4	0.1	0	0	0	0	1	0	0	0	2.1	19.7	0.1	0.1		
		Cilantro	regular (3g)	0	0	0	0	0	1	0	0	0	0	2.1	0.7	0.1	0.1



6. Sides			Sizes														
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Tortilla Chips			meal (50g)	89	0.9	0.5	0	0	2	21	2	0	2	0	0	3.6	3.6
Green Chili Queso Cheese Sauce and Chips		Tortilla Chips	large (90g)	162	1.6	0.9	0	0	3	39	3	0	3	0	0	6.5	6.5
		Cheese Sauce	large (240g)	504	36.6	24	0	126	883	18	2	10	22	50	56.8	66	1.8

Tortilla Chips and Guacamole	Tortilla Chips	large (90g)	162	1.6	0.9	0	0	3	39	3	0	3	0	0	6.5	6.5
	Guacamole	large (180g)	220	19.9	2.2	0	0	569	14	5	3	1	17.2	23.2	10.2	2.2
Tortilla Chips With Salsa	Tortilla Chips	large (90g)	162	1.6	0.9	0	0	3	39	3	0	3	0	0	6.5	6.5
	Pico de Gallo (Mild)	large (180g)	53	2.2	0.2	0	0	162	8	2	5	2	32.3	42	2.8	7.5
	Salsa Verde (Medium)	large (180g)	68	1.8	0	0	0	1165	12	1	8	2	5.4	30.6	0.6	7.2
	Roasted Tomato Salsa (Hot)	large (180g)	111	3.3	0.3	0	0	397	20	6	9	3	56	91	5.2	8
	Manga Salsa	large (180g)	130	0.1	0	0	0	429	34	2	29	1	18.6	125	2.8	4.3
Black Bean with Bacon		large (360g)	739	31.6	10.3	0	43	975	81	25	4	34	0	0	28.9	60
Sour Cream		60g	100	9	5	0.2	20	50	4	0	2	2	8	0	8	0
Mexi Rice		large (360g)	435	0	0	0	0	632	95	0	2	10	2.1	9.7	7	16
Refried Beans		large (360g)	360	5	0	0	0	1227	57	18	3	20	0	37.8	5.3	25.4
Salsas	Pico de Gallo (Mild)	60g	17	0.7	0	0	0	53	3	1	2	1	10.6	13.8	0.9	2.5
	Salsa Verde (Medium)	60g	23	0.6	0	0	0	388	4	0	3	1	1.8	10.2	0.2	2.4
	Roasted Tomato Salsa (Hot)	60g	37	1.1	0.1	0	0	130	7	2	3	1	18	29.9	1.7	2.6
	Mango Salsa	60g	43	0	0	0	0	143	11	1	10	0	6.2	41.6	0.9	1.4
Guacamole		120g	147	13.3	1.5	0	0	380	9	3	2	1	11.5	15.5	6.8	1.5
Green Chili Queso Cheese Sauce		120g	252	18.3	12	0	63	441	9	1	5	11	25	28.4	33	0.9
Mexi Slaw		large (360g)	502	41.5	2.2	0	0	843	33	12	17	6	188.5	245	20.4	23.3



7. Kids Menu		Toppings	Size														
All come with Tortilla Chips with Side Sour Cream or Mild Salsa	Tortilla Chips	Kids (25g)	45	0.4	0.3	0	0	1	11	1	0	1	0	0	1.8	1.8	
	Sour Cream	60g	100	9	5	0.2	20	50	4	0	2	2	8	0	8	0	
	Pico de Gallo (mild Salsa)	60g	17	0.7	0	0	0	53	3	1	2	1	10.6	13.8	0.9	2.5	
Burrito																	
Doughs																	
White		Kids (45g)	116	2.5	0.2	0	0	257	21	1	1	4	0	0	4	9.5	
Whole Wheat		Kids (45g)	118	3.2	0.1	0	0	209	19	3	4	3	0	0	3.6	5.2	
Barbacoa (Beef)	Barbacoa (Beef)	Kids (38g)	95	6.2	2.4	0	31	29	0	0	0	9	0.1	0	0.2	5.3	
Adobo Chicken	Adobo Chicken	Kids (38g)	99	7.3	1.8	0	28	112	0	0	0	7	1.5	0.8	0.8	0.3	
Carnitas (Pork)	Carnitas (Pork)	Kids (38g)	88	5.5	1.1	0	32	36	0	0	0	9	0	0.5	0.9	3.1	
	Shredded Cheese	Kids (25g)	83	5.8	4.2	0	21	142	1	0	0	6	5	0	16.7	0	
	Pico de Gallo (Mild Salsa)	Kids (45g)	13	0.6	0	0	0	41	2	1	1	0	8.1	10.5	0.7	1.9	
	Lettuce	Kids (35g)	6	0.1	0	0	0	3	1	1	0	0	61	2.1	1.1	1.8	
	Sour Cream	Kids (20g)	33	3	1.7	0.1	7	17	1	0	1	1	2.7	0	2.7	0	
Taco																	

Corn Tortillas		One Order (2) (56g)	100	1	0.6	0	0	2	24	2	0	2	0	0	4	4
Barbacoa (Beef)	Barbacoa (Beef)	Kids (38g)	95	6.2	2.4	0	31	29	0	0	0	9	0.1	0	0.2	5.3
Adobo Chicken	Adobo Chicken	Kids (38g)	99	7.3	1.8	0	28	112	0	0	0	7	1.5	0.8	0.8	0.3
Carnitas (Pork)	Carnitas (Pork)	Kids (38g)	88	5.5	1.1	0	32	36	0	0	0	9	0	0.5	0.9	3.1
	Shredded Cheese	Kids (25g)	83	5.8	4.2	0	21	141.7	1	0	0	6	5	0	16.7	0
	Pico de Gallo (Mild Salsa)	Kids (45g)	13	0.6	0	0	0	41	2	1	1	0	8.1	10.5	0.7	1.9
	Lettuce	Kids (35g)	6	0.1	0	0	0	3	1	1	0	0	61	2.1	1.1	1.8
	Sour Cream	Kids (20g)	33	3	1.7	0.1	7	17	1	0	1	1	2.7	0	2.7	0
Quesadillas																
Doughs																
White		Kids (45g)	116	2.5	0.2	0	0	257	21	1	1	4	0	0	4	9.5
Whole Wheat		Kids (45g)	118	3.2	0.1	0	0	209	19	3	4	3	0	0	3.6	5.2
Barbacoa (Beef)	Barbacoa (Beef)	Kids (38g)	95	6.2	2.4	0	31	29	0	0	0	9	0.1	0	0.2	5.3
Adobo Chicken	Adobo Chicken	Kids (38g)	99	7.3	1.8	0	28	112	0	0	0	7	1.5	0.8	0.8	0.3
Carnitas (Pork)	Carnitas (Pork)	Kids (38g)	88	5.5	1.1	0	32	36	0	0	0	9	0	0.5	0.9	3.1
Shredded Cheese	Shredded Cheese	Kids (25g)	83	5.8	4.2	0	21	142	1	0	0	6	5	0	16.7	0
	Grilled Peppers and Onions	Kids (50g)	55	3.6	0.2	0	0	51	5	1	2	1	10.9	55.4	1.1	1.9
8. Sweet Endings																
Fresh Baked Cookies	Chili Chocolate	55g	277	15.6	5	0.1	16	187	37	2	24	3	16.6	11.2	1.8	13.9
	Chocolate Chip	55g	236	9.6	2.8	0	18	188	38	1	26	3	9.6	0	1.9	9.5
	Oatmeal Raisin	55g	213	7.1	1.4	0	14	143	35	1	19	3	8.7	0.3	1.8	7.4
	Smartie	55g	220	6.7	3.2	0.1	16	76	378	1	24	4	5.1	0	2.9	7.1