

NUTRITIONAL INFORMATION



ALLERGENS TABLE

MENU COMPONENT	SULPHITES	GLUTEN**	CRUSTACEAN	EGG	FISH	MILK/DAIRY	PEANUTS	SESAME SEEDS	SOY	TREE NUTS	LUPINS	VEGETARIAN	VEGAN
BACON												X	X
BARRAMUNDI (MILD)					X							X	X
BARRAMUNDI (SPICY)					X							X	X
BEEF - GROUND (MILD)												X	X
BEEF - GROUND (SPICY)												X	X
BEEF (MILD)												X	X
BEEF (SPICY)												X	X
BLACK BEANS												✓	✓
BROWN RICE												✓	✓
CARROT CHIPS (FRESH CARROTS)												✓	✓
CHEESE						X						✓	X
CHICKEN (MILD)												X	X
CHICKEN (SPICY)												X	X
CHORIZO						X						X	X
CHIPOTLE FRY SEASONING	X											✓	✓
CHIPOTLE MAYO				X					X			✓	X
CHURROS	TRACE*	X										✓	✓
CORN												✓	✓
CORN CHIPS												✓	✓
CORNTORTILLA(HARDANDSOFTSHELLTACOS, CORN QUESADILLA)												✓	✓
CUCUMBER												✓	✓
DULCHE DE LECHE						X						✓	X
FLOURTORTILLA(BURRITO,FAJITA,ENCHILADA, SOFT FLOUR TACO, FLOUR QUESADILLA)		X							X			✓	✓
FRIES												✓	✓
GUACAMOLE												✓	✓
HABANERO SALSA												✓	✓
HASH BROWNS	TRACE	TRACE										✓	✓

**** Whilst many ingredients do not contain gluten we cannot guarantee that there will be no cross contact between ingredients in our open plan and fast paced kitchens.**

X Indicates menu component not suitable for those with intolerance/allergy to ingredient. Trace indicates menu component is made in a facility that also processes products containing these allergens

✓ Indicates menu component suitable for those with vegetarian and/or vegan dietary requirements. Trace* indicates menu component is made on the same line that also processes products containing these allergens

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JALAPENO KETCHUP		X										✓	✓
KETCHUP		X										✓	✓
LETTUCE MIX												✓	✓
MEX CHIMI MAYO												✓	✓
MEXICAN VINAIGRETTE									X			✓	✓
PICKLED JALAPENOS												✓	✓
PICO DE GALLO												✓	✓
PORK (MILD)									X			X	X
PORK (SPICY)									X			X	X
QUESO						X						✓	X
QUESO MILD						X						✓	X
QUESO SPICY						X						✓	X
ROASTED JALAPENO SALSA												✓	✓
SALT (PLAIN)												✓	✓
SCRAMBLED EGGS				X		X						✓	X
SMOKEY CHIPOTLE SALSA												✓	✓
SOUR CREAM						X						X	X
SOURDOUGH BREAD		X						X				✓	X
TOMATILLO SALSA												✓	✓
TORTILLA WHOLEMEAL		X							X			✓	✓
VEGETABLES (MILD)												✓	✓
VEGETABLES (SPICY)												✓	✓
VEGETABLES (MILD)												✓	✓
VEGETABLES (SPICY)												✓	✓
WHITE RICE												✓	✓
SPICY SAUCE												✓	✓

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BURRITO BOWL	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	680	210	23	9	0	170	1630	78	6	3	45
Mild Ground Beef	740	310	34	13	1	70	1710	83	7	4	31
Mild Pulled Pork	650	210	23	8	0	80	1980	81	6	4	37
Mild Sautéed Vegetables with Guacamole	670	270	30	9	0	20	1540	89	12	7	20
Mild Slow Cooked Beef	750	330	36	15	0	80	1670	79	6	3	34
Mild Steak	730	250	28	12	0.5	110	1760	79	6	3	46
Mild Tofu	640	240	26	8	0	20	1540	84	8	6	24
Spicy Grilled Chicken	690	210	24	9	0	170	1800	81	6	4	45
Spicy Ground Beef	750	310	35	13	1	70	1880	85	8	5	32
Spicy Pulled Pork	670	210	24	9	0	80	2140	83	6	5	37
Spicy Sautéed Vegetables with Guacamole	690	280	31	9	0	20	1700	92	12	8	21
Spicy Slow Cooked Beef	770	330	37	15	0	80	1840	81	6	4	35
Spicy Steak	740	260	29	12	0.5	110	1930	81	7	4	46
Spicy Tofu	660	240	27	9	0	20	1700	86	8	7	24
BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	780	230	25	11	0.5	170	1990	96	7	4	49
Mild Ground Beef	840	320	36	15	1	70	2070	101	9	5	36
Mild Pulled Pork	760	220	25	10	0	80	2340	98	7	5	41
Mild Sautéed Vegetables with Guacamole	780	290	32	11	0	20	1900	107	13	8	25
Mild Slow Cooked Beef	860	340	38	17	0	80	2030	96	7	4	39
Mild Steak	830	270	30	14	1	110	2120	97	8	4	50
Mild Tofu	740	250	28	10	0	20	1900	102	9	7	28
Spicy Grilled Chicken	800	230	26	11	0.5	170	2160	98	8	5	49
Spicy Ground Beef	860	330	37	15	1	70	2240	103	9	6	36
Spicy Pulled Pork	770	230	26	11	0	80	2500	101	8	6	41
Spicy Sautéed Vegetables with Guacamole	790	290	33	11	0	20	2060	110	14	9	25
Spicy Slow Cooked Beef	870	350	39	17	0	80	2200	99	8	5	39
Spicy Steak	850	280	31	14	1	110	2290	99	8	5	50
Spicy Tofu	760	260	29	11	0	20	2060	104	10	7	29

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CALI BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	910	400	45	14	0	165	1790	87	10	6	46
Mild Ground Beef	970	490	55	17	1	75	1860	91	11	7	33
Mild Pulled Pork	890	400	45	13	0	80	2100	89	10	7	38
Mild Sautéed Vegetables with Guacamole	820	390	43	12	0	25	1530	93	12	9	22
Mild Slow Cooked Beef	980	510	57	19	0	85	1820	87	10	6	36
Mild Steak	960	440	49	16	1	110	1900	87	10	6	46
Mild Tofu	880	430	48	13	0	25	1700	92	12	9	27
Spicy Grilled Chicken	930	410	46	14	0	165	2160	90	10	7	46
Spicy Ground Beef	990	500	56	18	1	75	2230	94	11	8	34
Spicy Pulled Pork	910	410	45	13	0	80	2470	92	10	8	39
Spicy Sautéed Vegetables with Guacamole	840	400	44	13	0	25	1900	96	12	10	23
Spicy Slow Cooked Beef	1000	520	58	19	0	85	2190	90	10	7	37
Spicy Steak	980	450	50	16	1	110	2280	90	10	7	47
Spicy Tofu	900	440	48	13	0	25	2070	95	12	10	27
NACHO FRIES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	970	520	57	18	0	185	1520	70	11	6	49
Mild Ground Beef	1020	610	67	22	0.5	95	1600	74	12	7	36
Mild Pulled Pork	940	510	57	17	0	100	1830	72	11	7	41
Mild Sautéed Vegetables with Guacamole	880	500	56	17	0	45	1260	76	12	9	25
Mild Slow Cooked Beef	1030	620	69	23	0	105	1560	70	11	6	39
Mild Steak	1010	560	62	21	0.5	130	1640	70	11	6	49
Mild Tofu	930	540	60	17	0	45	1440	75	13	8	30
Spicy Grilled Chicken	990	520	58	18	0	185	1890	73	11	7	49
Spicy Ground Beef	1040	610	68	22	0.5	95	1970	77	12	8	37
Spicy Pulled Pork	960	520	58	18	0	100	2200	75	11	8	42
Spicy Sautéed Vegetables with Guacamole	900	510	57	17	0	45	1630	79	13	10	26
Spicy Slow Cooked Beef	1050	630	70	23	0	105	1930	73	11	7	40
Spicy Steak	1030	560	63	21	0.5	130	2010	73	11	6	50
Spicy Tofu	950	550	61	18	0	45	1810	78	13	9	30

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NACHOS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	1060	550	62	18	0	175	1720	87	13	5	51
Mild Ground Beef	1120	640	72	21	0.5	90	1790	91	14	6	39
Mild Pulled Pork	1040	550	61	17	0	95	2030	89	13	6	44
Mild Sautéed Vegetables with Guacamole	970	540	60	17	0	40	1450	93	15	8	28
Mild Slow Cooked Beef	1130	660	74	23	0	95	1750	87	13	5	42
Mild Steak	1110	600	66	20	0.5	125	1830	87	13	5	52
Mild Tofu	1030	580	64	17	0	40	1630	92	15	7	32
Spicy Grilled Chicken	1080	560	62	18	0	175	1880	89	13	6	51
Spicy Ground Beef	1130	650	72	22	0.5	90	1950	93	14	7	39
Spicy Pulled Pork	1060	560	62	18	0	95	2190	91	13	7	44
Spicy Sautéed Vegetables with Guacamole	990	550	61	17	0	40	1620	95	15	8	28
Spicy Slow Cooked Beef	1150	670	74	23	0	95	1910	89	13	6	42
Spicy Steak	1120	600	67	21	0.5	125	2000	89	13	5	52
Spicy Tofu	1040	590	65	17	0	40	1790	94	15	8	32
ENCHILADA BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	1090	400	45	17	0.5	190	2970	123	12	10	58
Mild Ground Beef	1150	500	56	21	1	90	3050	129	14	11	44
Mild Pulled Pork	1070	400	45	17	0	100	3310	125	12	11	50
Mild Sautéed Vegetables with Guacamole	1080	460	51	17	0	40	2870	134	18	14	33
Mild Slow Cooked Beef	1170	520	58	23	0	100	3010	123	12	10	47
Mild Steak	1140	450	50	20	1	130	3100	123	12	10	59
Mild Tofu	1050	430	48	17	0	40	2870	129	14	13	37
Spicy Grilled Chicken	1110	410	45	18	0.5	190	3130	125	12	11	58
Spicy Ground Beef	1170	510	56	22	1	90	3220	131	14	12	45
Spicy Pulled Pork	1080	410	45	17	0	100	3480	128	12	12	50
Spicy Sautéed Vegetables with Guacamole	1100	470	52	18	0	40	3040	136	18	15	34
Spicy Slow Cooked Beef	1180	530	59	23	0	100	3170	126	12	11	48
Spicy Steak	1160	450	51	20	1	130	3270	127	13	11	59
Spicy Tofu	1070	440	49	17	0	40	3040	132	15	13	37

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SALAD	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	290	160	18	3.0	0	155	700	7	2	5	27
Mild Ground Beef	350	250	28	7	0.5	65	780	12	3	5	15
Mild Pulled Pork	270	160	18	2.5	0	70	1020	9	2	5	20
Mild Sautéed Vegetables with Guacamole	290	220	25	3.0	0	20	640	18	8	8	5
Mild Slow Cooked Beef	360	270	30	8	0	75	850	8	2	5	18
Mild Steak	340	200	22	5	0	100	820	8	2	4	28
Mild Tofu	260	180	21	2.5	0	20	620	13	4	7	8
Spicy Grilled Chicken	310	170	18	3.5	0	155	870	10	2	5	27
Spicy Ground Beef	360	260	28	7	0.5	65	940	14	4	6	15
Spicy Pulled Pork	290	160	18	3.0	0	70	1180	12	2	6	20
Spicy Sautéed Vegetables with Guacamole	310	230	25	3.5	0	20	800	20	8	9	5
Spicy Slow Cooked Beef	380	270	30	8	0	75	1020	10	2	5	18
Spicy Steak	350	210	23	6	0	100	990	10	3	5	28
Spicy Tofu	270	190	21	2.5	0	20	780	15	4	7	8
1 TACO - HARD SHELL	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	230	90	10	3.0	0	60	230	20	2	1	15
Mild Ground Beef	250	130	14	4.5	0	25	260	22	2	2	10
Mild Pulled Pork	220	90	10	3.0	0	30	350	21	2	2	12
Mild Sautéed Vegetables with Guacamole	260	140	16	3.5	0	5	260	26	6	3	6
Mild Slow Cooked Beef	260	140	15	5	0	30	240	20	2	1	11
Mild Steak	250	110	12	4.0	0	40	280	20	2	1	15
Mild Tofu	220	100	12	3.0	0	5	200	22	3	2	7
Spicy Grilled Chicken	240	100	11	3.5	0	60	310	21	2	2	15
Spicy Ground Beef	260	130	15	5.0	0	25	340	23	3	2	10
Spicy Pulled Pork	230	100	11	3.0	0	30	430	22	2	2	12
Spicy Sautéed Vegetables with Guacamole	270	150	16	4.0	0	5	340	27	6	3	6
Spicy Slow Cooked Beef	270	140	16	5	0	30	320	21	2	2	11
Spicy Steak	260	110	13	4.5	0	40	350	22	2	1	15
Spicy Tofu	220	110	12	3.0	0	5	270	23	3	3	7

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1 TACO - SOFT SHELL (FLOUR)	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	170	60	7	3.5	0	60	370	13	Less than 1g	1	15
Mild Ground Beef	200	100	11	5.0	0	25	400	15	1	2	10
Mild Pulled Pork	170	60	7	3.0	0	30	500	14	Less than 1g	2	12
Mild Sautéed Vegetables with Guacamole	200	110	13	4.0	0	5	400	19	4	3	6
Mild Slow Cooked Beef	200	110	12	5	0	30	380	13	Less than 1g	1	11
Mild Steak	190	80	9	4.5	0	40	420	14	Less than 1g	1	15
Mild Tofu	160	70	8	3.0	0	5	340	15	2	2	7
Spicy Grilled Chicken	180	70	8	3.5	0	60	450	14	Less than 1g	1	15
Spicy Ground Beef	200	100	12	5	0	25	480	16	1	2	10
Spicy Pulled Pork	170	70	8	3.5	0	30	570	15	Less than 1g	2	12
Spicy Sautéed Vegetables with Guacamole	210	120	13	4.0	0	5	480	20	5	3	6
Spicy Slow Cooked Beef	210	110	12	6	0	30	460	14	Less than 1g	1	11
Spicy Steak	200	80	9	4.5	0	40	500	15	1	1	15
Spicy Tofu	170	80	9	3.5	0	5	410	16	2	2	7

QUESO FRIES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Regular	840	520	58	21	1	90	1210	74	7	4	13
Small	510	300	33	11	0.5	45	720	48	5	2	8

CORN CHIPS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Corn Chips	520	260	28	2.5	0	0	280	60	3	1	7
Corn Chips with Large Guac	890	570	63	8	0	0	1060	79	20	4	12
Corn Chips with Large Pico De Gallo	570	260	29	2.5	0	0	970	71	7	9	9
Corn Chips with Large Queso	1080	750	83	36	2	165	1250	71	5	7	16
Corn Chips with Large Tomatillo Salsa	590	270	30	2.5	0	0	1720	75	7	9	9
Corn Chips with Regular Guac	690	400	45	5	0	0	640	69	11	3	9
Corn Chips with Regular Pico De Gallo	540	260	29	2.5	0	0	550	64	5	4	8
Corn Chips with Regular Queso	820	520	58	21	1	90	810	66	4	4	12
Corn Chips with Regular Tomatillo Salsa	560	260	29	2.5	0	0	1000	68	5	5	8

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QUESADILLA	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Cheese	180	100	11	7	0	20	320	13	0	0	9
Mild Grilled Chicken	170	60	7	3.5	0	60	370	13	Less than 1g	1	15
Mild Ground Beef	200	100	11	5.0	0	25	400	15	1	2	10
Mild Pulled Pork	170	60	7	3.0	0	30	500	14	Less than 1g	2	12
Mild Sautéed Vegetables with Guacamole	200	110	13	4.0	0	5	400	19	4	3	6
Mild Slow Cooked Beef	200	110	12	5	0	30	380	13	Less than 1g	1	11
Mild Steak	190	80	9	4.5	0	40	420	14	Less than 1g	1	15
Mild Tofu	160	70	8	3.0	0	5	340	15	2	2	7
Spicy Grilled Chicken	180	70	8	3.5	0	60	450	14	Less than 1g	1	15
Spicy Ground Beef	200	100	12	5	0	25	480	16	1	2	10
Spicy Pulled Pork	170	70	8	3.5	0	30	570	15	Less than 1g	2	12
Spicy Sautéed Vegetables with Guacamole	210	120	13	4.0	0	5	480	20	5	3	6
Spicy Slow Cooked Beef	210	110	12	6	0	30	460	14	Less than 1g	1	11
Spicy Steak	200	80	9	4.5	0	40	500	15	1	1	15
Spicy Tofu	170	80	9	3.5	0	5	410	16	2	2	7

FRIES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Chipotle Seasoning - Regular	540	250	28	2.5	0	0	710	67	6	1	8
Chipotle Seasoning - Small	360	170	19	1.5	0	0	470	45	4	1	5
Jalapeno Ketchup	35	0	0	0	0	0	370	8	0	6	0
Chipotle Mayo	160	160	18	2	0	25	310	1	0	1	0
Mex Chimi Mayo	190	190	21	1	0	0	210	1	1	0	0

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SIDES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Brown Rice	320	50	6	1	0	0	660	61	2	1	7
Churros with Dulce de Leche	290	150	17	3	0	10	330	48	2	24	6
Large Guacamole	370	310	35	5	0	0	780	20	16	3	5
Regular Guacamole	170	150	16	2.5	0	0	360	9	8	1	2
Large Pico De Gallo	50	0	0.5	0	0	0	690	11	3	8	2
Regular Pico De Gallo	20	0	0	0	0	0	270	4	1	3	1
Sour Cream	110	60	7	4.5	0	30	100	9	0	6	3
Large Tomatillo Salsa	90	20	2	0	0	0	1650	18	5	9	2
Regular Tomatillo Salsa	45	10	1	0	0	0	790	9	2	4	1
Black Beans	150	15	2	0.5	0	0	680	42	12	0	8
White Rice	310	30	3.5	0.5	0	0	640	63	0	0	7
Regular Queso	200	180	20	12	0.5	60	350	4	1	2	3
Large Queso	460	400	45	27	1.5	135	800	9	2	4	7

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KIDS NACHOS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Cheese	370	210	23	7	0	20	310	31	2	Less than 1g	11
Mild Grilled Chicken	450	230	26	8	0	90	450	31	2	Less than 1g	23
Mild Ground Beef	470	280	31	10	0	45	480	33	2	1	17
Mild Pulled Pork	440	230	26	8	0	45	600	32	2	1	19
Mild Sautéed Vegetables with Guacamole	450	260	29	8	0	20	410	36	5	3	12
Mild Slow Cooked Beef	480	290	32	11	0	50	460	31	2	Less than 1g	19
Mild Steak	470	250	28	9	0	60	510	31	2	1	24
Mild Tofu	430	250	27	8	0	20	400	34	3	2	14
Spicy Grilled Chicken	450	240	26	8	0	90	500	32	2	1	23
Spicy Ground Beef	480	280	31	10	0	45	540	34	2	2	17
Spicy Pulled Pork	440	230	26	8	0	45	660	33	2	2	20
Spicy Sautéed Vegetables with Guacamole	450	270	30	8	0	20	470	37	5	3	12
Spicy Slow Cooked Beef	490	290	32	11	0	50	520	32	2	1	19
Spicy Steak	470	260	29	10	0	60	560	32	2	1	24
Spicy Tofu	440	250	28	8	0	20	460	35	3	2	14

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LITTLE GUY BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	440	160	17	9	0	90	850	46	1	Less than 1g	24
Mild Ground Beef	460	200	22	11	0.5	45	890	48	2	1	18
Mild Pulled Pork	430	160	17	8	0	45	1000	47	1	1	21
Mild Sautéed Vegetables with Guacamole	440	190	21	9	0	20	810	51	4	3	13
Mild Slow Cooked Beef	470	210	23	11	0	50	870	46	1	Less than 1g	20
Mild Steak	460	180	20	10	0	60	910	46	1	Less than 1g	25
Mild Tofu	420	170	19	8	0	20	810	49	2	2	15
Spicy Grilled Chicken	440	160	18	9	0	90	900	47	1	1	25
Spicy Ground Beef	470	200	23	11	0.5	45	940	49	2	2	18
Spicy Pulled Pork	430	160	18	9	0	45	1060	48	1	2	21
Spicy Sautéed Vegetables with Guacamole	440	190	21	9	0	20	870	52	4	3	13
Spicy Slow Cooked Beef	480	210	24	11	0	50	920	47	1	1	20
Spicy Steak	470	180	20	10	0	60	960	47	1	Less than 1g	25
Spicy Tofu	430	170	19	9	0	20	860	49	2	2	15

KIDS TACO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	210	90	10	3.0	0	50	150	19	2	Less than 1g	12
Mild Ground Beef	230	120	13	4.0	0	20	170	21	2	Less than 1g	8
Mild Pulled Pork	200	90	10	3.0	0	25	250	20	2	Less than 1g	10
Mild Sautéed Vegetables with Guacamole	250	140	16	3.5	0	5	210	25	5	2	6
Mild Slow Cooked Beef	230	120	13	4.5	0	25	160	20	2	Less than 1g	9
Mild Steak	230	100	11	4.0	0	32	190	20	2	Less than 1g	12
Mild Tofu	200	100	11	3.0	0	5	125	21	2	1	6

KIDS SIDES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Kids Fries	180	80	9	1	0	0	310	22	2	0	3
Carrot Chips	20	0	0	0	0	0	40	5	2	3	1

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MINI BURRITO BOWL	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	420	130	14	6	0	90	950	50	3	2	25
Mild Ground Beef	450	180	20	8	0	40	990	53	4	2	18
Mild Pulled Pork	400	130	14	5	0	45	1130	52	3	2	21
Mild Sautéed Vegetables with Guacamole	410	160	17	6	0	15	910	56	6	4	13
Mild Slow Cooked Beef	450	190	21	8	0	45	970	51	3	2	20
Mild Steak	440	150	17	7	0	60	1020	51	3	2	25
Mild Tofu	400	140	16	5	0	15	910	53	4	3	14
Spicy Grilled Chicken	430	130	15	6	0	90	1060	52	3	2	25
Spicy Ground Beef	460	180	20	8	0	40	1100	54	4	3	18
Spicy Pulled Pork	420	130	14	6	0	45	1240	53	3	3	21
Spicy Sautéed Vegetables with Guacamole	420	160	18	6	0	15	1020	58	6	4	13
Spicy Slow Cooked Beef	470	190	21	9	0	45	1080	52	3	2	20
Spicy Steak	450	150	17	7	0	60	1130	52	3	2	25
Spicy Tofu	410	140	16	6	0	15	1020	55	4	3	15

MINI BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	450	140	15	7	0	90	1120	56	4	2	25
Mild Ground Beef	480	190	21	9	0.5	40	1160	58	5	3	18
Mild Pulled Pork	430	140	15	7	0	45	1290	57	4	3	21
Mild Sautéed Vegetables with Guacamole	440	170	19	7	0	15	1070	61	7	4	13
Mild Slow Cooked Beef	490	200	22	10	0	45	1140	56	4	2	20
Mild Steak	470	160	18	8	0.5	60	1190	56	4	2	26
Mild Tofu	430	150	17	7	0	15	1070	59	5	4	15
Spicy Grilled Chicken	460	140	16	7	0	90	1230	57	4	3	25
Spicy Ground Beef	490	190	21	9	0.5	40	1270	60	5	3	19
Spicy Pulled Pork	450	140	16	7	0	45	1400	58	4	3	21
Spicy Sautéed Vegetables with Guacamole	460	170	19	7	0	15	1180	63	7	5	13
Spicy Slow Cooked Beef	500	200	22	10	0	45	1250	57	4	3	20
Spicy Steak	480	160	18	9	0.5	60	1300	57	4	3	26
Spicy Tofu	440	160	17	7	0	15	1180	60	5	4	15

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MINI CALI BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	610	280	31	11	0	90	1120	59	6	4	27
Mild Ground Beef	640	320	36	12	0.5	45	1150	61	7	4	21
Mild Pulled Pork	600	280	31	10	0	50	1270	60	6	4	23
Mild Sautéed Vegetables with Guacamole	560	270	30	10	0	25	990	62	7	5	15
Mild Slow Cooked Beef	640	330	37	13	0	50	1130	59	6	4	22
Mild Steak	630	300	34	12	0	65	1170	59	6	3	27
Mild Tofu	590	290	33	10	0	25	1070	61	7	5	17
Spicy Grilled Chicken	620	280	32	11	0	90	1350	61	6	4	27
Spicy Ground Beef	650	330	37	13	0.5	45	1390	63	7	5	21
Spicy Pulled Pork	610	280	32	10	0	50	1500	62	6	5	23
Spicy Sautéed Vegetables with Guacamole	580	280	31	10	0	25	1220	64	7	6	15
Spicy Slow Cooked Beef	660	340	38	13	0	50	1370	61	6	4	22
Spicy Steak	650	310	34	12	0	65	1410	61	6	4	27
Spicy Tofu	610	300	33	10	0	25	1310	63	7	5	17
MINI ENCHILADA BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	610	230	26	10	0	100	1610	71	6	5	30
Mild Ground Beef	640	280	31	12	0.5	50	1650	73	7	6	23
Mild Pulled Pork	600	230	26	10	0	55	1780	72	6	6	26
Mild Sautéed Vegetables with Guacamole	610	260	29	10	0	25	1560	76	9	7	17
Mild Slow Cooked Beef	650	290	32	13	0	55	1630	71	6	5	24
Mild Steak	640	250	28	11	0.5	70	1680	71	6	5	30
Mild Tofu	600	240	27	10	0	25	1560	74	7	7	19
Spicy Grilled Chicken	620	230	26	10	0	100	1720	72	7	6	30
Spicy Ground Beef	650	280	32	12	0.5	50	1760	75	7	6	23
Spicy Pulled Pork	610	230	26	10	0	55	1890	74	7	6	26
Spicy Sautéed Vegetables with Guacamole	620	260	29	10	0	25	1670	78	10	8	18
Spicy Slow Cooked Beef	660	290	33	13	0	55	1740	73	7	6	25
Spicy Steak	650	260	29	12	0.5	70	1790	73	7	6	30
Spicy Tofu	610	250	28	10	0	25	1670	75	8	7	19

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MINI NACHO FRIES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	560	290	33	9	0	90	810	44	6	3	25
Mild Ground Beef	580	340	38	11	0	45	850	47	7	4	19
Mild Pulled Pork	550	290	32	9	0	50	970	45	6	4	22
Mild Sautéed Vegetables with Guacamole	510	290	32	9	0	25	680	47	7	5	14
Mild Slow Cooked Beef	590	350	39	12	0	50	830	44	6	3	21
Mild Steak	580	310	35	11	0	65	870	44	6	3	26
Mild Tofu	540	310	34	9	0	25	770	47	7	4	16
Spicy Grilled Chicken	570	300	33	10	0	90	1050	46	6	4	26
Spicy Ground Beef	600	340	38	11	0	45	1080	49	7	4	20
Spicy Pulled Pork	560	300	33	9	0	50	1200	47	6	4	22
Spicy Sautéed Vegetables with Guacamole	530	290	32	9	0	25	920	49	7	5	14
Spicy Slow Cooked Beef	610	350	39	12	0	50	1060	46	6	4	21
Spicy Steak	590	320	35	11	0	65	1110	47	7	4	26
Spicy Tofu	550	310	35	9	0	25	1000	49	7	5	16
MINI NACHOS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	530	280	31	9	0	90	860	43	6	3	26
Mild Ground Beef	560	320	36	11	0	45	890	46	7	3	19
Mild Pulled Pork	520	280	31	9	0	45	1010	44	6	3	22
Mild Sautéed Vegetables with Guacamole	490	270	30	8	0	20	730	46	7	4	14
Mild Slow Cooked Beef	570	330	37	11	0	50	870	43	6	3	21
Mild Steak	550	300	33	10	0	60	920	44	7	2	26
Mild Tofu	510	290	32	9	0	20	810	46	7	4	16
Spicy Grilled Chicken	540	280	31	9	0	90	970	45	7	3	26
Spicy Ground Beef	570	330	36	11	0	45	1000	47	7	3	20
Spicy Pulled Pork	530	280	31	9	0	45	1120	46	7	3	22
Spicy Sautéed Vegetables with Guacamole	500	270	31	9	0	20	840	48	7	4	14
Spicy Slow Cooked Beef	580	340	37	12	0	50	990	45	7	3	21
Spicy Steak	570	300	34	10	0	60	1030	45	7	3	26
Spicy Tofu	530	290	33	9	0	20	930	48	8	4	16

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BREAKFAST BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Bacon	600	320	36	14	0	185	1510	46	1	1	24
Mild Chicken Chorizo	520	250	28	10	0	180	1160	46	2	1	21
Mild Sautéed Vegetables	530	280	31	10		165	990	50	4	3	17
Spicy Bacon	610	330	36	14	0	185	1560	46	1	2	24
Spicy Chicken Chorizo	520	250	28	10	0	180	1220	47	2	2	21
Spicy Sautéed Vegetables	540	280	31	10	0	165	1040	51	4	3	17

SCRAMBLED EGGS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Bacon	510	350	39	16	0	350	1480	9	1	1	33
Mild Chicken Chorizo	370	220	25	10	0	345	900	10	1	1	29
Mild Sautéed Vegetables	370	240	27	10	0	310	550	15	4	3	21
Spicy Bacon	520	350	39	16	0	350	1590	11	1	2	34
Spicy Chicken Chorizo	390	230	25	10	0	345	1010	12	1	2	29
Spicy Sautéed Vegetables	390	250	28	10	0	310	660	16	4	4	21

TOAST - 1 SLICE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Toast with Avocado - Mild	140	50	5	1	0	0	270	21	3	0	4
Toast with Guacamole - Mild	130	40	4.5	0.5	0	0	280	21	3	1	4
Toast with Avocado - Spicy	140	50	5	1	0	0	270	21	3	1	4
Toast with Guacamole - Spicy	140	40	4.5	0.5	0	0	280	21	3	1	4

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BREAKFAST TACO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Bacon	290	170	19	8	0	120	970	14	Less than 1g	1	17
Mild Chicken Chorizo	210	100	11	5.0	0	115	620	15	Less than 1g	1	14
Mild Sautéed Vegetables	250	140	16	5	0	95	490	19	4	3	10
Spicy Bacon	300	180	20	9	0	120	1050	15	Less than 1g	2	17
Spicy Chicken Chorizo	220	100	11	5.0	0	115	700	16	1	2	14
Spicy Sautéed Vegetables	260	150	16	5	0	95	570	20	4	3	10

BREAKFAST QUESADILLA	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Bacon	310	190	22	11	0	40	950	13	0	0	17
Mild Chicken Chorizo	230	120	13	7	0	40	600	13	Less than 1g	0	14
Mild Sautéed Vegetables	270	160	18	8	0	20	460	18	4	2	10

CHURROS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Churros with Dulce de Leche	290	150	17	3	0	10	330	48	2	24	6

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