
	FOOD ITEM WEIGHT grams	CALORIES energy	PROTEIN grams	CARBS grams	FAT TOTAL grams	SATURATED FAT grams	TRANS FAT grams	CHOLESTEROL milligrams	SODIUM milligrams	SUGARS grams	DIETARY FIBRE grams	CALCIUM % daily value	IRON % daily value	EGGS	FISH (including shellfish)	GLUTENS	DAIRY (and all milk products)	NUTS (including tree nuts)	SOY (and all soy products)
CLASSIC REFRITO BURRITO	227	392	14.2	52.8	14.7	6.4	0.0	29	644	5.3	7.2	23.0	22.8			●	●		●
CLASSIC REFRITO BURRITO - large	391	614	23.5	76.5	26.3	12.2	0.5	58	987	8.5	12.4	40.0	35.7			●	●		●
CRISP BEEF BURRITO	156	349	17.8	29.7	17.3	8.1	0.5	32	836	1.7	3.6	7.2	29.4			●	●		●
CRUSTOS	99	334	5.9	43.6	15.3	8.3	0.0	0	297	6.9	2.5	2.5	26.2			●			●
ENCHILADA SAUCE 1 oz	28	12	0.3	2.4	0.2	0.0	0.0	0	101	0.5	0.3	0.5	1.2			●			
GREEN HOT SAUCE 1 oz	28	11	0.2	2.2	0.2	0.0	0.0	0	160	0.6	0.3	0.0	0.0			●			●
GUACAMOLE 1 oz	28	38	0.8	2.6	2.9	0.4	0.0	0	89	0.3	1.5	0.1	0.2						
Jr. BEAN BURRITO (burrito only)	136	203	9.1	27.1	6.4	2.9	0.0	14	340	2.0	4.0	14.0	11.6			●	●		●
Jr. BEEF BURRITO (burrito only)	136	246	14.7	22.0	10.0	4.5	0.5	32	585	2.4	2.5	14.6	14.2			●	●		●
Jr. CHICKEN BURRITO (burrito only)	136	215	15.5	20.5	7.2	3.0	0.0	37	411	1.7	1.3	12.4	8.7	●		●	●		●
MEXI-FRIES	115	192	1.9	22.4	10.7	0.8	0.0	0	514	1.0	2.0	0.8	2.5			●			
MEXI-FRIES - large	230	384	3.8	44.9	21.4	1.7	0.0	0	1028	1.9	4.0	1.7	5.0			●			
MEXI-FRIES DELUXE	258	351	11.6	31.7	20.0	5.1	0.4	34	1116	5.6	3.5	9.2	10.8			●	●		●
MEXI-FRIES DELUXE - large	408	586	14.4	58.1	33.4	7.3	0.5	42	1833	8.7	5.6	13.2	13.1			●	●		●
QUESO PORTION 1 oz	28	18	0.4	3.0	0.5	0.2	0.0	1	188	1.1	0.0	1.2	0.2				●		●
RANCH CHICKEN BURRITO	258	472	20.9	56.7	17.8	2.8	0.0	42	962	4.8	3.8	12.0	20.4	●		●	●		●
RANCH CHICKEN BURRITO - large	454	775	36.7	84.3	32.7	5.0	0.3	84	1624	7.5	5.6	18.0	30.9	●		●	●		●
RED HOT SAUCE 1 oz	28	12	0.2	2.7	0.2	0.0	0.0	0	179	0.8	0.3	0.4	0.9			●			
RICE TACO hard corn shell	108	194	5.9	22.7	8.9	3.5	0.3	14	223	1.3	1.6	10.7	3.8			●	●		●
RICE TACO soft flour shell	130	222	8.1	31.4	7.0	3.4	0.3	14	413	2.3	2.6	13.9	10.3			●	●		●
SALSA PORTION 1 oz	28	6	0.2	1.3	0.1	0.0	0.0	0	62	1.0	0.3	0.3	0.6						
SOUR CREAM PORTION 1 oz	28	49	1.0	2.0	4.4	2.5	0.0	15	30	2.0	0.0	3.9	0.0				●		
TACO CHIPS plain	56	326	3.6	37.4	17.5	2.7	0.0	0	1	0.0	4.2	3.6	6.7			●			
VEGGIE BURRITO	269	418	15.7	60.4	13.7	5.4	0.3	29	672	5.2	6.5	20.4	17.7			●	●		●
VEGGIE BURRITO - large	462	636	24.4	85.7	23.9	10.8	0.5	58	1064	9.5	10.1	36.8	25.4			●	●		●

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BEAN & CORN CRUNCHO	314	551	14.0	82.1	19.7	5.4	0.0	16	893	6.9	10.3	20.9	31.3			●	●		●
BEAN & CORN QUESADILLA	322	520	19.7	56.2	23.6	12.1	0.7	57	1079	8.7	6.1	35.3	21.0			●	●		●
BEAN & CORN SALAD no dressing	467	601	17.5	82.2	22.9	10.7	0.0	14	1174	10.0	11.1	17.3	41.2			●	●		●
BEAN TACO crisp corn shell	111	176	6.9	17.4	9.3	3.5	0.0	14	180	1.0	3.9	10.8	7.1			●	●		●
BEAN TACO soft flour shell	133	203	9.1	26.1	7.4	3.4	0.0	14	370	2.0	5.0	14.0	13.6			●	●		●
BEEF & CHEESE BURRITO	261	534	32.6	48.8	21.7	8.5	1.0	66	1523	4.4	6.8	24.0	37.7			●	●		●
BEEF & CHEESE BURRITO - large	459	898	60.2	68.5	40.4	16.5	2.0	133	2747	6.8	11.5	42.1	65.4			●	●		●
BEEF CRUNCHO	299	613	22.0	74.8	24.9	7.6	0.4	42	1243	7.5	8.2	21.8	35.0			●	●		●
BEEF QUESADILLA	308	582	29.2	48.6	29.4	14.3	1.1	83	1313	8.1	5.8	38.4	27.4			●	●		●
BEEF SALAD no dressing	410	655	34.1	53.8	33.9	15.1	1.0	66	1293	6.1	8.4	22.0	48.9			●	●		●
BEEF TACO crisp corn shell	108	219	12.5	12.3	12.9	5.1	0.5	32	425	1.4	2.5	11.4	9.7			●	●		●
BEEF TACO soft flour shell	130	246	14.7	21.0	11.0	5.0	0.5	32	615	2.4	3.5	14.6	16.2			●	●		●
CHEESE QUESADILLA (quesadilla only)	117	370	15.9	34.0	18.2	9.5	0.7	43	678	2.0	4.0	29.3	16.0			●	●		●
CHICKEN CRUNCHO	299	568	23.2	72.8	20.9	5.6	0.0	48	994	6.5	6.4	18.6	27.2	●		●	●		●
CHICKEN QUESADILLA	308	537	30.4	46.5	25.4	12.3	0.7	90	1064	7.2	4.1	35.3	19.6	●		●	●		●
CHICKEN SALAD no dressing	396	533	29.3	51.7	24.7	10.8	0.0	60	789	6.5	5.7	15.8	32.6	●		●	●		●
CHICKEN TACO crisp corn shell	108	187	13.3	10.8	10.1	3.6	0.0	37	251	0.7	1.3	9.2	4.2	●		●	●		●
CHICKEN TACO soft flour shell	130	215	15.5	19.5	8.2	3.5	0.0	37	441	1.7	2.3	12.4	10.7	●		●	●		●
CHICKEN TENDERS (2)	2 tenders	168	12.8	10.6	8.0	1.7	0.0	30	360	2.8	3.4	0.6	4.7			●			●
CHIPS & 4oz GUACAMOLE	170	477	6.8	47.7	29.1	4.2	0.0	0	356	1.3	10.4	4.0	7.5			●			
CHIPS & 4oz QUESO	170	398	5.3	49.6	19.5	3.3	0.0	3	751	4.3	4.4	8.4	7.5			●	●		●
CHIPS & 4oz SALSA FRESCA	170	348	4.5	42.4	17.7	2.7	0.0	0	247	3.9	5.4	4.8	8.9			●			
CHURRO with CARAMEL DIP	each	328	4.2	55.0	10.0	2.5	0.0	5	320	21.9	1.1	0.1	8.2	●		●	●		●
CLASSIC BEEF BURRITO	227	454	22.2	45.5	19.8	8.6	0.6	55	994	5.9	5.1	23.9	26.5			●	●		●
CLASSIC BEEF BURRITO - large	391	738	39.4	62.0	36.7	16.8	1.2	110	1687	9.7	8.3	41.8	43.1			●	●		●
CLASSIC CHICKEN BURRITO	227	409	23.4	43.4	15.8	6.6	0.0	61	745	4.9	3.4	20.8	18.7	●		●	●		●
CLASSIC CHICKEN BURRITO - large	391	648	41.9	57.8	28.7	12.7	0.5	123	1189	7.8	4.8	35.6	27.5	●		●	●		●

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