



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	POTASSIUM % daily value	CALCIUM % daily value	IRON % daily value	EGGS	FISH (including shellfish)	GLUTENS	DAIRY (and all milk products)	NUJS (including tree nuts)	SOY (and all soy products)	MUSTARD	SULPHITES	SESAME
BEAN & CORN EL CRUNCHO	314	609	14.1	87.8	22.1	6.5	0.0	19	1197	8.1	9.4	3.7	20.7	30.7		●	●		●		●	
BEAN & CORN QUESADILLA	291	520	19.7	56.2	23.6	12.1	0.7	57	1079	8.7	6.1	1.4	35.3	21.0		●	●		●		●	
BEAN & CORN SALAD no dressing	473	601	17.5	82.2	22.9	10.7	0.2	14	1174	10.0	11.1	7.1	17.3	41.2		●	●		●		●	
BEAN TACO crisp corn shell	111	176	6.9	17.4	9.3	3.5	0.2	14	180	1.0	3.9	2.5	10.8	7.1		●	●					
BEAN TACO soft flour shell	133	203	9.1	26.1	7.4	3.4	0.2	14	370	2.0	5.0	2.3	14.0	13.6		●	●		●			
BEEF & CHEESE BURRITO	261	505	31.6	48.2	20.7	8.2	0.9	63	1470	5.4	6.7	9.9	21.8	39.2		●	●		●		●	
BEEF & CHEESE BURRITO - large	459	839	58.2	67.4	38.4	15.9	1.9	125	2639	8.9	11.4	18.8	37.7	68.5		●	●		●		●	
BEEF EL CRUNCHO	299	624	22.0	74.0	27.1	8.5	0.4	43	1290	7.2	8.1	7.4	22.0	35.6		●	●		●		●	
BEEF QUESADILLA	277	567	28.7	48.3	28.9	14.2	1.1	82	1286	8.6	5.8	5.1	37.3	28.1		●	●		●		●	
BEEF SALAD no dressing	413	626	33.1	53.3	33.0	14.8	0.9	63	1239	7.1	8.3	14.4	19.8	50.5		●	●		●		●	
BEEF TACO crisp corn shell	108	208	12.1	12.1	12.6	4.9	0.5	31	407	1.7	2.5	4.0	10.6	10.2		●	●		●		●	
BEEF TACO soft flour shell	130	236	14.3	20.8	10.7	4.8	0.5	31	596	2.7	3.5	3.8	13.8	16.7		●	●		●		●	
CHEESE QUESADILLA (quesadilla only)	117	370	15.9	34.0	18.2	9.5	0.7	43	678	2.0	4.0	1.2	29.3	16.0		●	●		●			
CHICKEN EL CRUNCHO	299	594	23.7	72.2	23.6	6.6	0.0	51	1068	5.8	6.4	4.0	20.0	27.1	●	●	●		●	●	●	
CHICKEN QUESADILLA	277	537	30.4	46.5	25.4	12.3	0.7	90	1064	7.2	4.1	1.6	35.3	19.6	●	●	●		●	●	●	
CHICKEN SALAD no dressing	430	533	29.3	51.7	24.7	10.8	0.2	60	789	6.5	5.7	7.5	15.8	32.6	●	●	●		●	●	●	
CHICKEN TACO crisp corn shell	108	187	13.3	10.8	10.1	3.6	0.2	37	251	0.7	1.3	1.6	9.2	4.2	●	●	●		●	●		
CHICKEN TACO soft flour shell	130	215	15.5	19.5	8.2	3.5	0.2	37	441	1.7	2.3	1.4	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	4.3	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	16.5	4.0	7.5		●						
CHIPS & 4oz QUESO	170	502	7.2	47.3	30.4	7.5	0.2	16	1047	1.3	4.3	3.3	13.9	7.0		●	●		●			
CHIPS & 4oz SALSA FRESCA	170	348	4.5	42.4	17.7	2.7	0.0	0	247	3.9	5.4	3.3	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	0.0	0.1	8.2	●	●	●		●			
CLASSIC BEEF BURRITO	227	439	21.7	45.2	19.3	8.5	0.6	53	967	6.4	5.1	5.6	22.8	27.3		●	●		●		●	
CLASSIC BEEF BURRITO - large	391	708	38.4	61.4	35.7	16.4	1.2	106	1633	10.7	8.2	10.2	39.6	44.6		●	●		●		●	
CLASSIC CHICKEN BURRITO	227	409	23.4	43.4	15.8	6.6	0.2	61	745	4.9	3.4	2.2	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	3.4	35.6	27.5	●	●	●		●	●		

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CLASSIC REFRITO BURRITO	227	392	14.2	52.8	14.7	6.4	0.2	29	644	5.3	7.2	3.4	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	5.9	40.0	35.7			●	●		●			
CRISP BEEF BURRITO	156	345	17.4	29.0	18.1	8.4	0.4	31	840	1.9	3.6	6.0	6.5	30.3			●	●		●		●	
CRUSTOS	99	334	5.9	43.6	15.3	8.3	0.0	0	297	6.9	2.5	2.3	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	1.2	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	1.2	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	3.4	0.1	0.2								●	
Jr. BEAN BURRITO (burrito only)	136	203	9.1	27.1	6.4	2.9	0.2	14	340	2.0	4.0	2.2	14.0	11.6			●	●		●			
Jr. BEEF BURRITO (burrito only)	136	236	14.3	21.8	9.7	4.3	0.5	31	566	2.7	2.5	3.7	13.8	14.7			●	●		●		●	
Jr. CHICKEN BURRITO (burrito only)	136	215	15.5	20.5	7.2	3.0	0.2	37	411	1.7	1.3	1.3	12.4	8.7	●		●	●		●	●		
MEXI-FRIES	115	192	1.9	22.4	10.7	0.8	0.1	0	514	1.0	2.0	7.8	0.8	2.5			●						
MEXI-FRIES - large	230	384	3.8	44.9	21.4	1.7	0.2	0	1028	1.9	4.0	15.7	1.7	5.0			●						
MEXI-FRIES DELUXE	262	366	11.8	30.9	22.4	6.0	0.4	36	1171	5.3	3.5	10.6	9.9	11.2			●	●		●		●	
MEXI-FRIES DELUXE - large	483	665	18.6	59.2	40.3	9.9	0.6	55	2154	8.9	6.3	19.7	16.5	17.8			●	●		●		●	
QUESO PORTION 1 oz	28	44	0.9	2.5	3.2	1.2	0.0	4	262	0.3	0.0	0.1	2.6	0.1			●	●		●			
RANCH CHICKEN BURRITO	258	472	20.9	56.7	17.8	2.8	0.1	42	962	4.8	3.8	2.3	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	3.7	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	1.2	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	1.5	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	1.3	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	0.1	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	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	3.0	3.6	6.7			●						
VEGGIE BURRITO	269	418	15.7	60.4	13.7	5.4	0.3	29	672	5.2	6.5	4.5	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	6.5	36.8	25.4			●	●		●		●	

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