



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	●		●	●		●	●		

Nutritional information was obtained through analysis of information provided by suppliers. All nutritional information is based on standard ingredient servings and standard product formulations, unless indicated otherwise. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information may not include all products found in-store. Information may be subject to change at any time. Warning – A trace amount of glutens may transfer to deep fried items from the deep fryer shortening.



	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)	NUTS (including tree nuts)	SOY (and all soy products)	MUSTARD	SULPHITES	SESAME
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			●	●		●		●	

Nutritional information was obtained through analysis of information provided by suppliers. All nutritional information is based on standard ingredient servings and standard product formulations, unless indicated otherwise. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information may not include all products found in-store. Information may be subject to change at any time. Warning – A trace amount of glutens may transfer to deep fried items from the deep fryer shortening.