



Menu Items
October 2024

	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
BURRITOS																						
BURRITO Large - BEEF & CHEESE	894	61.4	70.1	41.0	16.8	2.0	136	2796	7.2	15.1	24.4	40.7	57.4			●	●		●		●	
BURRITO Large - CLASSIC BEAN	614	23.5	76.5	26.3	12.2	0.5	58	987	8.5	12.4	5.9	40.0	35.7			●	●		●			
BURRITO Large - CLASSIC BEEF	736	40.0	62.7	36.9	16.9	1.3	112	1712	9.9	10.1	13.0	41.1	39.1			●	●		●		●	
BURRITO Large - CLASSIC CHICKEN	648	41.9	57.8	28.7	12.7	0.5	123	1189	7.8	4.8	3.4	35.6	27.5	●		●	●		●	●		
BURRITO Large - CLASSIC CRISPY CHICKEN	499	23.5	51.9	21.7	8.0	0.2	59	892	7.7	6.8	6.1	20.3	20.5			●	●		●			
BURRITO Large - CRISPY RANCH CHICKEN	955	36.8	101.3	44.4	7.8	0.3	79	1919	13.1	12.4	11.5	17.0	34.3	●		●	●		●			
BURRITO Large - RANCH CHICKEN	775	36.7	84.3	32.7	5.0	0.3	84	1624	7.5	5.6	3.7	18.0	30.9	●		●	●		●	●		
BURRITO Large - VEGGIE	636	24.4	85.7	23.9	10.8	0.5	58	1064	9.5	10.1	6.5	36.8	25.4			●	●		●		●	
BURRITO Regular - BEEF & CHEESE	532	33.2	49.5	22.0	8.6	1.0	68	1548	4.6	8.6	12.7	23.3	33.7			●	●		●		●	
BURRITO Regular - CLASSIC BEAN	392	14.2	52.8	14.7	6.4	0.2	29	644	5.3	7.2	3.4	23.0	22.8			●	●		●			
BURRITO Regular - CLASSIC BEEF	453	22.5	45.9	20.0	8.7	0.6	56	1006	6.0	6.0	7.0	23.5	24.5			●	●		●		●	
BURRITO Regular - CLASSIC CHICKEN	409	23.4	43.4	15.8	6.6	0.2	61	745	4.9	3.4	2.2	20.8	18.7	●		●	●		●	●		
BURRITO Regular - CLASSIC CRISPY CHICKEN	828	42.0	74.8	40.4	15.5	0.5	118	1484	13.4	11.6	11.3	34.6	30.9			●	●		●			
BURRITO Regular - CRISPY RANCH CHICKEN	562	20.9	65.1	23.7	4.2	0.1	39	1109	7.6	7.2	6.2	11.5	22.2	●		●	●		●			
BURRITO Regular - RANCH CHICKEN	472	20.9	56.7	17.8	2.8	0.1	42	962	4.8	3.8	2.3	12.0	20.4	●		●	●		●	●		
BURRITO Regular - VEGGIE	418	15.7	60.4	13.7	5.4	0.3	29	672	5.2	6.5	4.5	20.4	17.7			●	●		●		●	
BURRITO Regular - CRISP BEEF	345	17.4	29.0	18.1	8.4	0.4	31	840	1.9	3.6	6.0	6.5	30.3			●	●		●		●	
BURRITO Regular - CHEESY CRISP BEEF	585	29.4	49.8	28.6	12.8	1.1	69	1823	2.2	4.9	8.0	24.3	24.5			●	●		●		●	
CHEESE TORTILLA upgrade	286	6.7	43.7	8.4	2.5	0.0	0	941	0.8	1.7	1.8	1.3	14.0			●						
CRISPY BOWLS																						
CRISPY BURRITO BOWL - BEAN & CORN	636	20.4	86.7	24.7	10.8	0.3	33	1419	8.5	12.4	8.3	27.0	33.4			●	●		●		●	
CRISPY BURRITO BOWL - BEEF	665	29.1	73.5	30.4	13.1	0.7	60	1552	7.2	12.0	13.4	29.1	35.5			●	●		●		●	
CRISPY BURRITO BOWL - CHICKEN	622	30.0	71.1	26.3	11.0	0.3	66	1290	6.2	9.4	8.6	26.3	29.7	●		●	●		●	●		
CRISPY BURRITO BOWL - CRISPY CHICKEN	712	30.0	79.6	32.1	12.4	0.3	63	1438	9.0	12.8	12.5	25.9	31.4			●	●		●		●	
EL CRUNCHOS																						
EL CRUNCHO - BEAN & CORN	681	14.9	96.1	26.0	7.1	0.0	19	1197	8.1	10.3	4.4	21.5	32.2			●	●		●		●	
EL CRUNCHO - BEEF	710	23.6	83.0	31.7	9.3	0.4	46	1330	6.8	10.0	9.5	23.6	34.3			●	●		●		●	
EL CRUNCHO - CHICKEN	667	24.5	80.5	27.5	7.2	0.0	51	1068	5.8	7.4	4.7	20.8	28.5	●		●	●		●	●		
EL CRUNCHO - CRISPY CHICKEN	757	24.6	89.0	33.4	8.7	0.0	49	1216	8.6	10.8	8.6	20.3	30.3			●	●		●		●	
QUESADILLAS																						
QUESADILLA - BEAN & CORN	515	19.5	54.9	23.6	12.1	0.7	57	1017	7.8	5.8	1.3	35.0	20.5			●	●		●		●	



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QUESADILLA - BEEF	575	29.2	47.7	29.4	14.4	1.1	84	1263	7.3	6.4	6.4	37.8	24.8			•	•		•		•	
QUESADILLA - CHICKEN	531	30.2	45.2	25.3	12.3	0.7	90	1002	6.2	3.8	1.6	35.0	19.0	•		•	•		•	•	•	
QUESADILLA - CRISPY CHICKEN	621	30.2	53.7	31.2	13.7	0.7	87	1149	9.0	7.2	5.5	34.5	20.7			•	•		•		•	
SALADS																						
SALAD no dressing - Large - BEAN & CORN	601	17.5	82.2	22.9	10.7	0.2	14	1174	10.0	11.1	7.1	17.3	41.2			•	•		•		•	
SALAD no dressing - Large - BEEF	653	34.7	54.6	34.2	15.2	1.0	68	1317	6.3	10.2	17.2	21.3	44.9			•	•		•		•	
SALAD no dressing - Large - CHICKEN	533	29.3	51.7	24.7	10.8	0.2	60	789	6.5	5.7	7.5	15.8	32.6	•		•	•		•	•	•	
SALAD no dressing - Large - CRISPY CHICKEN	592	24.3	59.3	29.7	12.1	0.2	44	852	9.3	9.1	11.3	14.8	33.1			•	•		•		•	
SALAD no dressing - Small - BEAN & CORN	305	9.5	36.1	14.0	6.9	0.2	14	530	4.2	4.6	3.6	11.7	19.0			•	•		•		•	
SALAD no dressing - Small - BEEF	363	19.1	28.2	19.8	9.2	0.6	41	716	3.2	5.1	8.6	14.2	23.1			•	•		•		•	
SALAD no dressing - Small - CHICKEN	302	16.5	26.7	15.1	7.0	0.2	37	452	3.3	2.9	3.8	11.5	16.9	•		•	•		•	•	•	
SALAD no dressing - Small - CRISPY CHICKEN	332	13.9	30.5	17.6	7.7	0.2	29	483	4.7	4.6	5.7	11.0	17.2			•	•		•		•	
SALAD no dressing - Small - SIDE SALAD	248	7.5	25.2	13.6	6.9	0.2	14	303	3.3	2.9	3.6	10.7	14.9			•	•		•		•	
TACOS																						
TACO crisp corn shell - BEAN	176	6.9	17.4	9.3	3.5	0.2	14	180	1.0	3.9	2.5	10.8	7.1			•	•					
TACO crisp corn shell - BEEF	218	12.7	12.6	13.0	5.1	0.5	33	434	1.4	3.1	4.9	11.2	8.3			•	•		•		•	
TACO crisp corn shell - CHICKEN	187	13.3	10.8	10.1	3.6	0.2	37	251	0.7	1.3	1.6	9.2	4.2	•		•	•		•	•		
TACO crisp corn shell - CRISPY CHICKEN	217	10.8	14.6	12.6	4.3	0.2	29	282	2.1	3.0	3.5	8.8	4.5			•	•		•			
TACO crisp corn shell - RICE	194	5.9	22.7	8.9	3.5	0.3	14	223	1.3	1.6	1.5	10.7	3.8			•	•		•			
TACO soft flour shell - BEAN	203	9.1	26.1	7.4	3.4	0.2	14	370	2.0	5.0	2.3	14.0	13.6			•	•		•			
TACO soft flour shell - BEEF	246	14.9	21.2	11.1	5.0	0.5	33	624	2.4	4.2	4.8	14.4	14.8			•	•		•		•	
TACO soft flour shell - CHICKEN	215	15.5	19.5	8.2	3.5	0.2	37	441	1.7	2.3	1.4	12.4	10.7	•		•	•		•	•		
TACO soft flour shell - CRISPY CHICKEN	245	13.0	23.3	10.8	4.2	0.2	29	472	3.1	4.0	3.3	12.0	11.0			•	•		•			
TACO soft flour shell - RICE	222	8.1	31.4	7.0	3.4	0.3	14	413	2.3	2.6	1.3	13.9	10.3			•	•		•			
SIDE DISHES																						
MEXI-FRIES - Large	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 - Regular	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 DELUXE - Large	679	19.4	59.9	40.9	10.2	0.7	57	2193	8.5	7.2	21.1	17.2	15.0			•	•		•		•	
MEXI-FRIES DELUXE - Regular	376	12.3	31.4	22.8	6.2	0.4	38	1199	5.0	4.2	11.6	10.4	9.2			•	•		•		•	
CRISP BEEF BITES	345	17.4	29.0	18.1	8.4	0.4	31	840	1.9	3.6	6.0	6.5	30.3			•	•		•		•	
CRISP CHICKEN WRAP *Sauce not included	188	9.7	24.3	5.0	0.8	0.0	15	343	3.1	3.0	3.2	4.9	9.0			•			•			
TACO CHIPS 2 oz	326	3.6	37.4	17.5	2.7	0.0	0	1	0.0	4.2	3.0	3.6	6.7			•						



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SOUR CREAM PORTION 1 oz	49	1.0	2.0	4.4	2.5	0.0	15	30	2.0	0.0	0.0	3.9	0.0				●					
CHIPS & DIPS																						
CHIPS & 2oz CHIPOTLE RANCH	427	4.8	42.3	26.2	5.9	0.0	18	225	3.0	4.4	3.3	8.3	7.7	●		●	●		●			
CHIPS & 2oz GUACAMOLE	401	5.2	42.5	23.3	3.4	0.0	0	178	0.6	7.3	9.7	3.8	7.1			●					●	
CHIPS & 2oz MOLE	398	4.9	44.7	22.1	4.5	0.0	10	234	6.0	4.9	3.0	6.2	9.4			●	●		●			
CHIPS & 2oz QUESO	414	5.4	42.3	24.0	5.1	0.1	8	524	0.7	4.2	3.2	8.8	6.8			●	●		●			
CHIPS & 2oz RANCH DRESSING	542	4.2	41.1	39.3	5.6	0.2	19	450	2.6	4.4	3.0	3.6	6.7	●		●	●					
CHIPS & 2oz SALSA FRESCA	337	4.1	39.9	17.6	2.7	0.0	0	124	1.9	4.8	3.1	4.2	7.8			●					●	
CHIPS & 2oz SOUR CREAM	424	5.6	41.3	26.4	7.6	0.0	30	60	3.9	4.2	3.0	11.5	6.7			●	●					
CHIPS & 4oz CHIPOTLE RANCH	529	6.0	47.1	34.8	9.2	0.1	36	450	5.9	4.6	3.6	13.0	8.6	●		●	●		●			
CHIPS & 4oz GUACAMOLE	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 MOLE	471	6.3	52.0	26.8	6.4	0.0	20	467	12.0	5.6	3.0	8.9	12.0			●	●		●			
CHIPS & 4oz QUESO	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 RANCH DRESSING	758	4.8	44.8	61.1	8.4	0.5	37	900	5.1	4.6	3.0	3.6	6.7	●		●	●					
CHIPS & 4oz SALSA FRESCA	348	4.5	42.4	17.7	2.7	0.0	0	247	3.9	5.4	3.3	4.8	8.9			●					●	
CHIPS & 4oz SOUR CREAM	523	7.6	45.3	35.3	12.5	0.0	59	119	7.9	4.2	3.0	19.4	6.7			●	●					
CHEESY ITEMS																						
CHEESY BEAN & CORN EL CRUNCHO	751	15.9	101.1	30.0	8.6	0.0	19	1817	7.1	8.3	5.1	13.0	28.9			●	●		●		●	
CHEESY BEAN & CORN QUESADILLA	580	20.2	60.6	27.5	13.6	0.7	57	1558	6.6	4.5	1.9	28.3	19.5			●	●		●		●	
CHEESY BEEF EL CRUNCHO	780	24.6	88.0	35.7	10.8	0.4	46	1950	5.8	8.0	10.2	15.1	31.0			●	●		●		●	
CHEESY BEEF QUESADILLA	640	30.0	53.4	33.3	15.9	1.1	84	1804	6.1	5.1	7.0	31.1	23.8			●	●		●		●	
CHEESY CHICKEN EL CRUNCHO	737	25.5	85.5	31.5	8.7	0.0	51	1688	4.8	5.4	5.4	12.4	25.2	●		●	●		●	●	●	
CHEESY CHICKEN QUESADILLA	597	30.9	50.9	29.2	13.8	0.7	90	1543	5.0	2.5	2.2	28.3	18.0	●		●	●		●	●	●	