

 Menu Items October 2025	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
<u>BURRITOS</u>																						
BURRITO Large - BEEF & CHEESE	894.08	61.45	70.06	40.95	16.76	2.05	135.65	2796.29	7.20	15.13	24.43	40.68	57.37			●	●		●		●	
BURRITO Large - CLASSIC BEAN	614.07	23.45	76.52	26.30	12.21	0.48	57.94	987.18	8.50	12.43	5.91	40.01	35.68			●	●		●			
BURRITO Large - CLASSIC BEEF	735.64	40.01	62.74	36.94	16.87	1.26	111.58	1711.99	9.91	10.08	13.03	41.10	39.07			●	●		●		●	
BURRITO Large - CLASSIC CHICKEN	648.07	41.85	57.82	28.65	12.66	0.48	122.94	1189.08	7.80	4.78	3.41	35.55	27.48	●		●	●		●	●		
BURRITO Large - CLASSIC CRISPY CHICKEN	744.12	35.55	69.47	36.40	14.63	0.48	102.94	1304.08	12.00	9.88	9.14	34.28	28.57			●	●		●			
BURRITO Large - CRISPY RANCH CHICKEN	954.92	36.84	101.26	44.44	7.84	0.28	78.86	1918.59	13.11	12.41	11.52	17.01	34.30	●		●	●		●			
BURRITO Large - RANCH CHICKEN	870.92	30.44	95.96	40.44	7.00	0.28	63.86	1738.59	11.71	10.71	9.39	16.70	31.97	●		●	●		●	●		
BURRITO Large - VEGGIE	636.33	24.44	85.74	23.87	10.80	0.52	58.26	1064.32	9.47	10.05	6.48	36.81	25.40			●	●		●		●	
BURRITO Regular - BEEF & CHEESE	532.04	33.22	49.53	21.98	8.63	1.02	67.83	1548.14	4.60	8.57	12.67	23.34	33.69			●	●		●		●	
BURRITO Regular - CLASSIC BEAN	392.04	14.23	52.77	14.65	6.35	0.24	28.97	643.59	5.25	7.22	3.41	23.00	22.84			●	●		●			
BURRITO Regular - CLASSIC BEEF	452.82	22.51	45.88	19.97	8.68	0.63	55.79	1006.00	5.96	6.04	6.97	23.54	24.53			●	●		●		●	
BURRITO Regular - CLASSIC CHICKEN	409.04	23.43	43.42	15.83	6.58	0.24	61.47	744.54	4.90	3.39	2.16	20.77	18.74	●		●	●		●	●		
BURRITO Regular - CLASSIC CRISPY CHICKEN	828.12	41.95	74.77	40.40	15.47	0.48	117.94	1484.08	13.40	11.58	11.27	34.59	30.90			●	●		●			
BURRITO Regular - CRISPY RANCH CHICKEN	562.46	20.92	65.13	23.72	4.16	0.14	39.43	1109.29	7.55	7.21	6.21	11.50	22.15	●		●	●		●			
BURRITO Regular - RANCH CHICKEN	472.44	20.87	56.66	17.84	2.76	0.14	41.93	961.79	4.75	3.81	2.28	11.98	20.44	●		●	●		●	●		
BURRITO Regular - VEGGIE	418.16	15.72	60.36	13.69	5.40	0.26	29.13	672.16	5.23	6.53	4.54	20.40	17.70			●	●		●		●	
BURRITO Regular - CRISP BEEF	344.65	17.42	29.05	18.08	8.39	0.44	31.08	840.39	1.93	3.55	5.96	6.54	30.26			●	●		●		●	
BURRITO Regular - CHEESY CRISP BEEF	584.53	29.42	49.80	28.55	12.78	1.08	68.65	1823.10	2.19	4.86	7.98	24.31	24.51			●	●		●		●	
CHEESE TORTILLA upgrade	285.60	6.72	43.68	8.40	2.52	0.00	0.00	940.80	0.84	1.68	1.79	1.29	14.00			●						
<u>CRISPY BOWLS</u>																						
CRISPY BURRITO BOWL - BEAN & CORN	635.92	20.38	86.66	24.72	10.85	0.32	33.37	1419.32	8.51	12.36	8.32	26.97	33.35			●	●		●		●	
CRISPY BURRITO BOWL - BEEF	665.36	29.07	73.54	30.41	13.13	0.71	60.19	1551.65	7.23	12.02	13.40	29.11	35.49			●	●		●		●	
CRISPY BURRITO BOWL - CHICKEN	621.57	29.99	71.08	26.27	11.02	0.32	65.87	1290.20	6.18	9.37	8.59	26.34	29.70	●		●	●		●	●	●	
CRISPY BURRITO BOWL - CRISPY CHICKEN	711.59	30.04	79.55	32.14	12.43	0.32	63.37	1437.70	8.98	12.77	12.52	25.86	31.41			●	●		●		●	
<u>EL CRUNCHOS</u>																						
EL CRUNCHO - BEAN & CORN	680.89	14.91	96.09	25.97	7.07	0.04	18.87	1197.27	8.11	10.35	4.44	21.46	32.20			●	●		●		●	
EL CRUNCHO - BEEF	710.32	23.60	82.97	31.66	9.35	0.43	45.69	1329.59	6.83	10.01	9.52	23.60	34.34			●	●		●		●	
EL CRUNCHO - CHICKEN	666.54	24.52	80.51	27.51	7.25	0.04	51.37	1068.14	5.77	7.36	4.71	20.83	28.54	●		●	●		●	●	●	
EL CRUNCHO - CRISPY CHICKEN	756.56	24.57	88.98	33.39	8.65	0.04	48.87	1215.64	8.57	10.76	8.64	20.35	30.25			●	●		●		●	

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<u>QUESADILLAS</u>																						
QUESADILLA - BEAN & CORN	514.64	19.50	54.91	23.57	12.05	0.72	57.33	1017.19	7.75	5.77	1.29	35.04	20.46			●	●		●		●	
QUESADILLA - BEEF	574.85	29.23	47.69	29.45	14.37	1.11	84.15	1263.40	7.25	6.43	6.39	37.76	24.80			●	●		●		●	
QUESADILLA - CHICKEN	531.07	30.15	45.23	25.31	12.27	0.72	89.83	1001.94	6.20	3.78	1.58	34.99	19.01	●		●	●		●	●	●	
QUESADILLA - CRISPY CHICKEN	621.09	30.20	53.71	31.18	13.67	0.72	87.33	1149.44	9.00	7.18	5.51	34.51	20.72			●	●		●		●	
<u>SALADS</u>																						
SALAD no dressing - Large - BEAN & CORN	600.64	17.51	82.25	22.88	10.65	0.24	14.18	1174.48	9.96	11.13	7.11	17.30	41.17			●	●		●		●	
SALAD no dressing - Large - BEEF	653.35	34.67	54.61	34.22	15.21	1.02	67.82	1317.37	6.31	10.17	17.15	21.27	44.90			●	●		●		●	
SALAD no dressing - Large - CHICKEN	533.17	29.32	51.68	24.70	10.85	0.24	59.68	789.22	6.55	5.65	7.45	15.76	32.59	●		●	●		●	●	●	
SALAD no dressing - Large - CRISPY CHICKEN	592.00	24.27	59.31	29.72	12.14	0.24	44.18	851.72	9.35	9.05	11.25	14.84	33.12			●	●		●		●	
SALAD no dressing - Small - BEAN & CORN	539.09	15.41	70.44	22.49	10.59	0.24	14.18	946.72	8.40	9.13	7.07	16.15	36.77			●	●		●		●	
SALAD no dressing - Small - BEEF	362.52	19.14	28.21	19.85	9.22	0.63	41.00	715.60	3.16	5.14	8.63	14.24	23.09			●	●		●		●	
SALAD no dressing - Small - CHICKEN	302.43	16.46	26.74	15.09	7.04	0.24	36.93	451.52	3.27	2.88	3.78	11.48	16.93	●		●	●		●	●	●	
SALAD no dressing - Small - CRISPY CHICKEN	331.85	13.93	30.55	17.60	7.69	0.24	29.18	482.77	4.67	4.58	5.68	11.02	17.20			●	●		●		●	
SALAD no dressing - Small - SIDE SALAD	247.85	7.53	25.25	13.60	6.85	0.24	14.18	302.77	3.27	2.88	3.55	10.71	14.87			●	●		●		●	
<u>TACOS</u>																						
TACO crisp corn shell - BEAN	175.54	6.91	17.37	9.31	3.48	0.24	14.18	180.34	0.96	3.94	2.45	10.79	7.07			●	●					
TACO crisp corn shell - BEEF	218.09	12.70	12.55	13.03	5.11	0.51	32.95	434.02	1.45	3.11	4.95	11.17	8.25			●	●		●		●	
TACO crisp corn shell - CHICKEN	187.44	13.35	10.83	10.13	3.63	0.24	36.93	251.00	0.71	1.26	1.58	9.23	4.20	●		●	●		●	●		
TACO crisp corn shell - CRISPY CHICKEN	216.86	10.82	14.64	12.64	4.28	0.24	29.18	282.25	2.11	2.96	3.48	8.77	4.46			●	●		●			
TACO crisp corn shell - RICE	194.20	5.87	22.69	8.94	3.49	0.26	14.34	223.40	1.25	1.58	1.47	10.70	3.83			●	●		●			
TACO soft flour shell - BEAN	203.18	9.11	26.06	7.42	3.38	0.24	14.18	370.21	1.96	5.00	2.31	13.99	13.58			●	●		●			
TACO soft flour shell - BEEF	245.73	14.90	21.24	11.14	5.01	0.51	32.95	623.89	2.45	4.17	4.81	14.37	14.76			●	●		●		●	
TACO soft flour shell - CHICKEN	215.08	15.55	19.52	8.24	3.53	0.24	36.93	440.87	1.71	2.32	1.44	12.43	10.71	●		●	●		●	●		
TACO soft flour shell - CRISPY CHICKEN	244.50	13.02	23.33	10.75	4.18	0.24	29.18	472.12	3.11	4.02	3.34	11.97	10.97			●	●		●			
TACO soft flour shell - RICE	221.84	8.07	31.38	7.05	3.39	0.26	14.34	413.27	2.25	2.64	1.33	13.90	10.34			●	●		●			

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<u>SIDE DISHES</u>																						
MEXI-FRIES - Large	479.70	4.78	56.10	26.80	2.10	0.25	0.00	1285.28	2.38	5.03	19.60	2.10	6.25			●						
MEXI-FRIES - Regular	239.85	2.39	28.05	13.40	1.05	0.13	0.00	642.64	1.19	2.51	9.80	1.05	3.13			●						
MEXI-FRIES DELUXE - Large	774.78	20.35	71.11	46.28	10.59	0.72	57.16	2449.95	9.00	8.25	25.02	17.65	16.24			●	●		●		●	
MEXI-FRIES DELUXE - Regular	424.06	12.79	36.96	25.50	6.39	0.44	37.64	1327.16	5.20	4.66	13.54	10.59	9.87			●	●		●		●	
CRISP BEEF BITES	344.65	17.42	29.05	18.08	8.39	0.44	31.08	840.39	1.93	3.55	5.96	6.54	30.26			●	●		●		●	
CRISP CHICKEN WRAP *Sauce not included	187.78	9.71	24.33	5.02	0.84	0.00	15.00	342.86	3.11	3.02	3.24	4.88	8.97			●			●			
TACO CHIPS 2 oz	325.62	3.60	37.40	17.51	2.70	0.00	0.00	0.59	0.00	4.23	3.01	3.60	6.71			●						
CHEESY CHIPS 3 oz	285.60	6.72	43.68	8.40	2.52	0.00	0.00	940.80	0.84	1.68	1.79	1.29	14.00			●						
TACO in a BAG - BEAN & CORN	368.39	6.98	45.28	17.88	4.00	0.04	11.48	898.22	5.35	4.53	2.82	12.51	7.53			●	●		●		●	
TACO in a BAG - BEEF	392.07	13.16	36.68	21.88	5.61	0.32	30.25	1002.24	4.53	4.39	6.38	14.07	9.24			●	●		●		●	
TACO in a BAG - CHICKEN	361.42	13.80	34.96	18.99	4.13	0.04	34.23	819.22	3.79	2.54	3.01	12.13	5.19	●		●	●		●	●	●	
TACO in a BAG - CRISPY CHICKEN	390.84	11.28	38.77	21.50	4.78	0.04	26.48	850.47	5.19	4.24	4.91	11.67	5.45			●	●		●		●	
<u>KIDS MEAL ITEMS</u>																						
KIDS CHEESE QUESADILLA MEAL	664.07	17.36	91.33	26.23	10.15	0.80	42.54	1101.36	43.21	5.51	7.03	29.90	17.88			●	●		●			
KIDS CHICKEN TENDERS MEAL	521.91	14.33	82.43	16.14	2.31	0.08	30.00	981.08	44.01	4.91	10.14	1.25	6.54			●			●	●		
KIDS Jr. BEAN BURRITO MEAL	496.26	10.46	84.14	14.46	3.51	0.32	14.18	762.96	43.00	5.43	7.88	14.45	13.29			●	●		●			
KIDS Jr. BEEF BURRITO MEAL	538.81	16.25	79.32	18.18	5.14	0.59	32.95	1016.64	43.49	4.60	10.38	14.83	14.47			●	●		●		●	
KIDS Jr. CHICKEN BURRITO MEAL	508.16	16.90	77.60	15.28	3.66	0.32	36.93	833.62	42.75	2.75	7.01	12.89	10.41			●	●		●		●	
KIDS CHEESE QUESADILLA (quesadilla only)	370.16	15.93	34.00	18.19	9.52	0.72	42.54	677.78	2.00	4.00	1.15	29.27	16.00			●	●		●			
KIDS CHICKEN TENDERS (2 tenders and dip)	228.00	12.90	25.10	8.10	1.68	0.00	30.00	557.50	2.80	3.40	4.26	0.62	4.66			●			●	●		
KIDS Jr. BEAN BURRITO (burrito only)	203.18	9.11	27.06	6.42	2.88	0.24	14.18	340.21	1.96	4.00	2.21	13.99	11.58			●	●		●			
KIDS Jr. BEEF BURRITO (burrito only)	245.73	14.90	22.24	10.14	4.51	0.51	32.95	593.89	2.45	3.17	4.71	14.37	12.76			●	●		●		●	
KIDS Jr. CHICKEN BURRITO (burrito only)	215.08	15.55	20.52	7.24	3.03	0.24	36.93	410.87	1.71	1.32	1.34	12.43	8.71	●		●	●		●	●		
<u>DESSERTS</u>																						
CHURRO with CARAMEL DIP	328.23	4.21	55.01	10.02	2.50	0.00	5.00	320.02	21.89	1.08	0.00	0.14	8.19	●		●	●		●			
CRUSTOS	334.23	5.91	43.61	15.32	8.30	0.00	0.00	297.02	6.89	2.48	2.27	2.54	26.19			●			●			
EMPANADA - APPLE	288.07	3.85	46.73	9.72	5.20	0.00	0.00	198.08	23.51	1.58	0.00	1.64	16.59			●			●		●	
EMPANADA - BAVARIAN	282.11	3.76	43.38	10.60	5.47	0.01	0.00	320.02	16.89	1.82	0.00	11.38	16.59			●			●			
EMPANADA - CHERRY	295.87	4.09	48.31	9.72	5.20	0.00	0.00	215.58	18.01	1.99	0.00	1.64	17.77			●			●			

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<u>SAUCES, DRESSINGS, and DIPS</u>																						
ENCHILADA SAUCE 1 oz	11.80	0.25	2.36	0.21	0.03	0.00	0.01	100.97	0.49	0.27	1.20	0.50	1.20			●						
GREEN HOT SAUCE 1 oz	10.98	0.18	2.24	0.22	0.04	0.00	0.00	160.04	0.57	0.32	1.20	0.00	0.01			●			●			
RED HOT SAUCE 1 oz	12.46	0.21	2.69	0.15	0.02	0.00	0.01	178.59	0.83	0.26	1.20	0.41	0.92			●					●	
CHIPOTLE RANCH SAUCE 1 oz	50.89	0.60	2.43	4.33	1.62	0.02	9.07	112.25	1.49	0.09	0.15	2.34	0.48	●			●		●			
GUACAMOLE 1 oz	37.86	0.79	2.57	2.90	0.36	0.00	0.00	88.92	0.32	1.53	3.36	0.11	0.20								●	
QUESO PORTION 1 oz	44.06	0.90	2.47	3.23	1.20	0.04	4.08	261.59	0.33	0.01	0.08	2.59	0.06			●	●		●			
RANCH DRESSING PORTION 1 oz	108.07	0.29	1.86	10.89	1.43	0.12	9.27	224.93	1.28	0.10	0.00	0.00	0.00	●			●					
SALSA PORTION 1 oz	5.63	0.23	1.26	0.05	0.01	0.00	0.00	61.59	0.97	0.28	0.06	0.30	0.56								●	
SOUR CREAM PORTION 1 oz	49.29	0.99	1.97	4.44	2.46	0.00	14.79	29.57	1.97	0.00	0.00	3.94	0.00				●					
<u>CHIPS & DIPS</u>																						
CHIPS & 2oz CHIPOTLE RANCH	427.40	4.81	42.25	26.17	5.94	0.04	18.13	225.09	2.97	4.41	3.31	8.28	7.66	●		●	●		●			
CHIPS & 2oz GUACAMOLE	401.34	5.18	42.54	23.30	3.43	0.00	0.00	178.43	0.63	7.29	9.73	3.82	7.11			●					●	
CHIPS & 2oz QUESO	413.74	5.40	42.34	23.96	5.10	0.08	8.15	523.76	0.66	4.25	3.17	8.77	6.83			●	●		●			
CHIPS & 2oz RANCH DRESSING	541.76	4.18	41.12	39.29	5.56	0.24	18.54	450.45	2.56	4.43	3.01	3.60	6.71	●		●	●					
CHIPS & 2oz SALSA FRESCA	336.88	4.06	39.92	17.61	2.72	0.00	0.00	123.77	1.94	4.79	3.13	4.20	7.83			●					●	
CHIPS & 2oz SOUR CREAM	424.20	5.58	41.34	26.39	7.62	0.00	29.58	59.73	3.94	4.23	3.01	11.48	6.71			●	●					
CHIPS & 4oz CHIPOTLE RANCH	529.19	6.02	47.11	34.83	9.19	0.08	36.26	449.60	5.95	4.59	3.61	12.95	8.62	●		●	●		●			
CHIPS & 4oz GUACAMOLE	477.05	6.76	47.68	29.09	4.15	0.00	0.00	356.28	1.26	10.36	16.46	4.05	7.52			●					●	
CHIPS & 4oz MOLE	471.34	6.25	52.02	26.76	6.38	0.00	19.72	466.68	11.96	5.56	3.01	8.85	12.04			●	●		●			
CHIPS & 4oz QUESO	501.87	7.19	47.29	30.42	7.50	0.17	16.31	1046.94	1.33	4.27	3.34	13.94	6.96			●	●		●			
CHIPS & 4oz RANCH DRESSING	757.90	4.76	44.84	61.07	8.42	0.48	37.08	900.31	5.12	4.63	3.01	3.60	6.71	●		●	●					
CHIPS & 4oz SALSA FRESCA	348.14	4.52	42.44	17.71	2.74	0.00	0.00	246.95	3.88	5.35	3.25	4.80	8.95			●					●	
CHIPS & 4oz SOUR CREAM	522.78	7.56	45.28	35.27	12.54	0.00	59.16	118.87	7.88	4.23	3.01	19.36	6.71			●	●					
<u>CHEESY ITEMS</u>																						
CHEESY BEAN & CORN EL CRUNCHO	750.89	15.91	101.09	29.97	8.57	0.04	18.87	1817.27	7.11	8.35	5.10	13.00	28.87			●	●		●		●	
CHEESY BEAN & CORN QUESADILLA	580.24	20.22	60.59	27.47	13.57	0.72	57.33	1557.99	6.59	4.45	1.89	28.34	19.47			●	●		●		●	
CHEESY BEEF EL CRUNCHO	780.32	24.60	87.97	35.66	10.85	0.43	45.69	1949.59	5.83	8.01	10.18	15.14	31.01			●	●		●		●	
CHEESY BEEF QUESADILLA	640.45	29.95	53.37	33.35	15.89	1.11	84.15	1804.20	6.09	5.11	6.99	31.06	23.81			●	●		●		●	
CHEESY CHICKEN EL CRUNCHO	736.54	25.52	85.51	31.51	8.75	0.04	51.37	1688.14	4.77	5.36	5.37	12.37	25.21	●		●	●		●	●	●	
CHEESY CHICKEN QUESADILLA	596.67	30.87	50.91	29.21	13.79	0.72	89.83	1542.74	5.04	2.46	2.18	28.28	18.01	●		●	●		●	●	●	