

## MAKE IT A COMBO

Add Chips & Salsa and a Fountain Drink\* for just

479 350-560 CALORIES

\*Drink options vary by location.



## ADD-ONS

	149	CALORIES
Fresh Guacamole	100	
Roasted Veggies	20	
Extra Cheese	120	
Queso	90	

## KIDS' MEAL

ANY TWO ITEMS		CALORIES
Mini-Quesadillas	190	
Mini-Burritos	190	
Cheese Rollups	190	
Includes 1 Juice Box (Apple or Orange)	90	
	PRICE	CALORIES
With 1 Cookie (Oatmeal Raisin or Chocolate Chunk)	6 <sup>99</sup>	250/280
With 1 Churro (Caramel or Nutella®)	6 <sup>99</sup>	180/190

Calorie count is calculated on the following ingredients: flour tortilla, Flame-Grilled Chicken, Chipotle-Tomato Salsa, and cheese. Mini-Burritos also contain black beans and brown rice.

## CHURROS

with Caramel or Nutella®	PRICE	CALORIES
2 Churros	2 <sup>99</sup>	330-410
10 Pack* of Churros	14 <sup>99</sup>	330-410

\*Serves up to 5 persons. Calorie count is calculated per serving.

## NACHOS

	PRICE	CALORIES
Beans or Roasted Veggies with Protein	10 <sup>19</sup>	840/860
with Barbacoa	12 <sup>89</sup>	890-1120
	13 <sup>89</sup>	1060

Calorie count is calculated on the following ingredients: nacho chips, cheese, tomatoes, diced jalapeño, corn, black beans, Chipotle-Tomato Salsa, and sour cream.

## CHIPS & DIPS

	PRICE		CALORIES	
	SMALL	LARGE	SMALL	LARGE
Chips & Salsa	2 <sup>99</sup>	4 <sup>99</sup>	300	600
Chips & Guacamole	4 <sup>99</sup>	8 <sup>39</sup>	380	760
Chips & Queso	3 <sup>99</sup>	5 <sup>99</sup>	370	740
Salsa	0 <sup>99</sup>	1 <sup>99</sup>	15	30
Guacamole	2 <sup>89</sup>	4 <sup>79</sup>	100	200
Queso	1 <sup>79</sup>	3 <sup>19</sup>	90	170

## HOME EDITION

Serves up to 4 persons.	PRICE	CALORIES
Build Your Own Tacos Station	53 <sup>79</sup>	810
Burrito Family Pack	53 <sup>79</sup>	770-1040

Ask your server for details. Calorie count is calculated per serving.

## DRINKS

	PRICE	CALORIES
Bottled Pop	3 <sup>29</sup>	0-200
Jarritos	3 <sup>49</sup>	110

Drink options vary by location.

### Daily Recommended Calorie Intake:



Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.



**Quesada**  
BURRITOS & TACOS



**TAKE-OUT MENU**

quesada.ca  

All prices are subject to change.

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**BURRITOS**



**TACOS**

	PRICE			CALORIES			PRICE		CALORIES	
	REGULAR	LARGE	BIG ASS	REGULAR	LARGE	BIG ASS	1 TACO	3 TACOS	1 TACO	3 TACOS
<b>Beans</b> 🌿	919	1079	1449	630	950	1410	429	1079	200	600
<b>Roasted Veggies</b> 🌿	919	1079	1449	600	900	1330	429	1079	180	540
<b>Saucy Chipotle Tofu</b> 🌿	1059	1229	1649	610	910	1350	469	1229	180	540
<b>Spicy Chicken</b>	1059	1229	1649	670	1000	1500	469	1229	210	630
<b>Pork Al Pastor</b>	1059	1229	1649	660	1000	1480	469	1229	210	640
<b>Flame-Grilled Chicken</b> 🌶️	1059	1229	1649	660	980	1460	469	1229	210	630
<b>Ground Beef</b>	1059	1229	1649	720	1080	1630	469	1229	240	720
<b>Beef Barbacoa</b>	1189	1359	1829	710	1060	1600	499	1359	230	690
<b>Chile-Lime Fish</b>	1189	1359	1829	710	1070	1610	499	1359	240	720

Calorie count is calculated on the following ingredients: flour tortilla, brown rice, black beans, Chipotle-Tomato Salsa, tomatoes, sour cream, cilantro, corn, jalapeño, red onion, lettuce, and cheese.

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**QUESADILLAS**

**BURRITO BOWLS**

	PRICE	CALORIES	PRICE	CALORIES
<b>Beans</b> 🌿	1099	830	1169	660
<b>Roasted Veggies</b> 🌿	1099	780	1169	610
<b>Saucy Chipotle Tofu</b> 🌿	1299	790	1309	620
<b>Spicy Chicken</b>	1299	880	1309	710
<b>Pork Al Pastor</b>	1299	870	1309	710
<b>Flame-Grilled Chicken</b> 🌶️	1299	860	1309	690
<b>Ground Beef</b>	1299	960	1309	790
<b>Beef Barbacoa</b>	1479	940	1469	770
<b>Chile-Lime Fish</b>	1479	950	1469	780

Calorie count is calculated on the following ingredients: flour tortilla, Chipotle-Tomato Salsa, tomatoes, cilantro, corn, red onion, cheese, and side sour cream.

Calorie count is calculated on the following ingredients: brown rice, black beans, Chipotle-Tomato Salsa, tomatoes, sour cream, cilantro, corn, jalapeño, red onion, lettuce, and cheese.



**CHOOSE YOUR OWN INGREDIENTS!** | OUR MAIN MENU ITEMS CAN BE CUSTOMIZED WITH YOUR CHOICE OF TOPPINGS!