

Quesada BURRITOS & TACOS											
REGULAR BURRITOS		Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrates (g)	Sugars (g)	Fiber (g)
TORTILLAS	Tortilla 10" White	210	6.0	2.5	0.0	0.0	430	6.0	33	2.0	0
	Tortilla 10" Whole Wheat	190	6.0	1.9	0.0	0.0	330	5.0	31	1.0	0
HOT TOPPINGS	Brown Rice	135	2.2	0.3	0.0	0.0	250	2.6	26	0.3	1
	Black Beans	61	0.2	0.0	0.0	0.0	83	3.8	11	0.4	3
	Refried Beans	61	0.3	0.1	0.0	0.0	9	4.3	13	0.4	3
	Queso	86	6.8	2.1	0.1	8.5	483	1.7	4	0.2	0
	Roasted Veggies	50	1.5	0.1	0.0	0.0	69	1.3	9	4.6	2
SALSAS, SAUCES AND DIPS	Beef Barbacoa	130	7.9	3.6	0.3	42.6	293	14.3	1	0.7	0
	Black Beans	70	0.2	0.1	0.0	0.0	97	4.4	13	0.4	3
	Chile Lime Fish	154	6.7	1.7	0.0	28.5	308	16.2	7	0.0	0
	Flame Grilled Chicken	101	1.2	0.3	0.0	46.8	281	18.7	2	0.0	0
	Ground Beef	153	9.7	3.7	0.8	28.9	338	9.3	2	0.8	0
	Pork Al Pastor	119	6.9	2.2	0.1	31.3	332	8.8	4	0.6	1
	Refried Beans	77	0.3	0.1	0.0	0.0	10	4.7	14	0.5	4
	Roasted Veggies	50	1.5	0.1	0.0	0.0	69	1.3	9	4.6	2
	Saucy Chipotle Tofu	44	1.9	0.1	0.0	0.0	181	4.4	3	0.6	1
	Spicy Chicken	105	4.1	3.8	0.1	46.8	104	16.1	1	0.3	1
COLD TOPPINGS	Cheddar & Monterey Jack Cheese	79	4.4	4.2	0.2	20.1	151	4.9	0	0.0	0
	Cilantro	1	0.0	0.0	0.0	0.0	3	0.0	0	0.0	0
	Corn	17	0.1	0.0	0.0	0.0	1	0.6	4	1.7	1
	Diced Tomato	6	0.1	0.0	0.0	0.0	2	0.3	1	0.9	0
	Jalapeno	2	0.0	0.0	0.0	0.0	0	0.1	1	0.4	0
	Lettuce	3	0.0	0.0	0.0	0.0	2	0.2	1	0.4	0
	Pickled Onion	12	0.0	0.0	0.0	0.0	307	0.2	3	2.2	0
	Red Onion	7	0.0	0.0	0.0	0.0	1	0.2	2	0.8	0
	Mexican Street Slaw	12	1.3	0.1	0.0	0.0	75	0.0	0	0.0	0
	Guacamole	46	4.1	0.6	0.0	0.0	84	0.6	3	0.1	2

Comprehensive Mexican Food Nutrition Database											
Food Item	Macros			Fats			Vitamins & Minerals			Fiber & Sugar	
	Calories	Total Fat (g)	Protein (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Iron (mg)	Vitamin A (IU)	Carbohydrates (g)	Sugars (g)
SALSAS & SAUCES	Chipotle Tomato Salsa	7	0.1	0.0	0.0	0.0	110	0.3	2	1.0	0
	Salsa Verde	8	0.2	0.0	0.0	0.0	104	0.2	2	1.0	1
	Salsa Roja	10	0.2	0.0	0.0	0.0	159	0.5	2	1.0	1
	Chipotle Mayo	130	14.0	1.1	0.1	12.2	219	0.3	1	0.3	1
	Habanero Mayo	138	15.1	1.2	0.1	11.9	200	0.3	1	0.3	0
	Paprika Mayo (Vegan)	122	12.4	0.9	0.1	0.0	246	0.3	2	0.5	1
	Cilantro-Lime Sour Cream	43	3.4	2.1	0.0	12.9	26	0.9	2	0.9	0
	Sour Cream	51	4.0	2.5	0.0	15.2	30	1.0	2	1.0	0
	Chipotle Hot Sauce	3	0.0	0.0	0.0	0.0	0	0.0	1	0.2	0
	Garlic Habanero Hot Sauce	1	0.0	0.0	0.0	0.0	0	0.0	0	0.1	0
	Ghost Pepper Hot Sauce	1	0.0	0.0	0.0	0.0	0	0.0	0	0.1	0
	Pineapple Habanero Hot Sauce	3	0.0	0.0	0.0	0.0	0	0.0	1	0.7	0
Nutritional Summary (per 100g)		Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrates (g)	Sugars (g)	Fiber (g)
TORTILLAS & TACO SHELLS	Tortilla 12" White	304	8.6	3.6	0.0	0.0	621	8.6	48	2.5	0
	Tortilla 12" Whole Wheat	275	8.6	2.8	0.0	0.0	476	7.2	45	1.5	0
	Tortilla 6" Soft Taco (3)	275	7.0	2.0	0.0	0.0	517	7.0	48	3.0	0
	Crispy Corn Taco (3)	239	11	2.0	0.0	0.0	5	3.0	32	0.0	0
	Tortilla Chips (for Nachos)	450	22.5	3.2	0.0	0.0	242	6.4	58	0.0	3.6
HOT TOPPINGS	Brown Rice (for Burrito)	201	3.2	0.4	0.0	0.0	374	3.9	39	0.4	1.9
	Brown Rice (for Bowl)	403	6.4	0.8	0.0	0.0	747	7.7	78	0.8	3.8
	Black Beans	90	0.3	0.1	0.0	0.0	124	5.6	17	0.6	4.2
	Refried Beans	105	0.5	0.1	0.0	0.0	14	6.4	19	0.7	4.8
	Queso	86	6.8	2.1	0.1	8.5	483	1.7	4	0.2	0.1
	Roasted Veggies	74	2.2	0.2	0.0	0.0	103	1.9	13	6.8	3.5
PROTEINS	Beef Barbacoa	194	11.8	5.3	0.4	63.6	438	21.3	2	1.1	0.4
	Black Beans	105	0.3	0.1	0.0	0.0	145	6.5	20	0.7	4.9
	Chile Lime Fish	203	9.9	2.6	0.0	42.6	460	24.1	11	0.0	0.0
	Flame Grilled Chicken	151	1.7	0.5	0.0	69.8	419	27.9	3	1.2	0.7

Comprehensive Mexican Food Item Analysis - Q3 2023												
Item Name	Nutritional Profile			Sales Performance			Market & Logistics					
	Calories	Protein (g)	Fat (g)	Units Sold	Revenue (\$)	Profit (\$)	Market Share (%)	Logistics Score	Customer Rating	Supplier Reliability	Inventory Turn	
PROTEINS	Ground Beef	228	14.4	5.5	1.2	43.2	504	13.9	3	1.2	0.7	
	Pork Al Pastor	178	10.3	3.3	0.1	46.8	495	13.1	7	0.9	0.9	
	Refried Beans	116	0.5	0.1	0.0	0.0	15	7.0	21	0.7	5.3	
	Roasted Veggies	74	2.2	0.2	0.0	0.0	103	1.9	13	6.8	3.5	
	Saucy Chipotle Tofu	65	2.8	0.2	0.0	0.0	270	6.5	5	0.9	0.9	
	Spicy Chicken	157	6.1	5.7	0.1	69.9	156	24.0	2	0.4	1.1	
GOLD TOPPINGS	Cheddar & Monterey Jack Cheese (for Burritos, Bowls, Tacos)	118	9.9	6.2	0.3	29.9	225	7.3	0	0.0	0.0	
	Cheddar & Monterey Jack Cheese (for Quesadillas)	157	13.2	0.0	0.4	39.9	300	9.7	0	0.0	0.0	
	Cheddar & Monterey Jack Cheese (for Nachos)	236	19.8	12.5	0.6	59.9	450	14.6	0	0.1	0.0	
	Cilantro	2	0.0	0.0	0.0	0.0	4	0.0	0	0.0	0.0	
	Corn	25	0.2	0.1	0.0	0.0	1	0.9	6	2.6	0.8	
	Diced Tomato	9	0.1	0.0	0.0	0.0	3	0.4	2	1.3	0.6	
	Jalapeno	4	0.0	0.0	0.0	0.0	0	0.1	1	0.5	0.4	
	Lettuce	4	0.0	0.0	0.0	0.0	3	0.3	1	0.6	0.3	
	Pickled Onion	19	0.0	0.0	0.0	0.0	459	0.3	5	3.3	0.4	
	Red Onion	11	0.0	0.0	0.0	0.0	1	0.3	2	1.1	0.5	
	Mexican Street Slaw	17	1.9	0.1	0.0	0.0	111	0.0	0	0.0	0.0	
	Guacamole	46	4.1	0.6	0.0	0.0	84	0.6	3	0.1	1.9	
	SALSAS & SAUCES	Chipotle Tomato Salsa	10	0.1	0.0	0.0	0.0	164	0.5	2	1.5	0.7
		Salsa Verde	12	0.3	0.0	0.0	0.0	155	0.4	2	1.5	0.7
Salsa Roja		16	0.2	0.0	0.0	0.0	238	0.7	3	1.5	1.1	
Chipotle Mayo		193	21.0	1.6	0.1	18.1	326	0.4	2	0.4	0.8	
Habanero Mayo		206	22.6	1.8	0.1	17.7	298	0.4	1	0.4	0.0	
Paprika Mayo (Vegan)		181	18.5	1.4	0.1	0.0	367	0.4	3	0.8	0.8	
Cilantro-Lime Sour Cream		65	5.1	3.2	0.0	19.2	39	1.3	3	1.3	0.0	
Sour Cream		76	6.0	3.8	0.0	22.7	45	1.5	3	1.5	0.0	
Chipotle Hot Sauce		5	0.0	0.0	0.0	0.0	0	0.0	1	0.3	0.0	
Garlic Habanero Hot Sauce		1	0.0	0.0	0.0	0.0	0	0.0	1	0.1	0.0	
Ghost Pepper Hot Sauce		1	0.0	0.0	0.0	0.0	0	0.0	1	0.1	0.0	
Pineapple Habanero Hot Sauce		5	0.0	0.0	0.0	0.0	0	0.0	1	0.1	0.0	

FOR BIG ASS BURRITOS		Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrates (g)	Sugars (g)	Fiber (g)
Tortillas	Tortilla 13.5" White	613	18.3	6.3	0.0	0.0	1079	13.3	97	1.7	0
Hot Toppings	Brown Rice	334	5.3	0.7	0.0	0.0	620	6.4	65	0.6	3.17
	Black Beans	150	0.4	0.1	0.0	0.0	207	9.3	28	1.0	7.02
	Refried Beans	174	0.8	0.1	0.0	0.0	23	10.6	32	1.1	7.98
	Queso	86	6.8	2.1	0.1	8.5	483	1.7	4	0.2	0.1
	Roasted Veggies	123	3.7	0.4	0.0	0.0	171	3.1	21	11.3	5.82
Proteins	Beef Barbacoa	323	19.6	8.8	0.7	150.6	726	35.3	3	1.8	0.61
	Black Beans	174	0.5	0.1	0.0	0.0	240	10.8	33	1.1	8.16
	Chile Lime Fish	382	16.5	4.2	0.0	70.7	764	40.1	18	0.0	0.00
	Flame Grilled Chicken	251	2.9	0.8	0.0	115.9	696	46.4	6	0.0	0.00
	Ground Beef	378	24.0	9.2	2.0	71.7	837	23.1	5	2.0	1.12
	Pork Al Pastor	295	17.1	5.4	0.2	77.6	822	21.7	11	1.6	1.55
	Refried Beans	192	0.9	0.2	0.0	0.0	25	11.6	35	1.2	8.78
	Roasted Veggies	123	3.7	0.4	0.0	0.0	171	3.1	21	11.3	5.82
	Saucy Chipotle Tofu	109	4.7	0.3	0.0	0.0	449	10.9	8	1.6	1.55
	Spicy Chicken	260	10.1	9.4	0.1	116.1	259	39.8	4	0.6	1.75
Cold Toppings	Cheddar & Monterey Jack Cheese	196	10.7	10.4	0.5	49.7	374	12.1	0	0.1	0.00
	Cilantro	3	0.0	0.0	0.0	0.0	7	0.0	0	0.0	0.00
	Corn	41	0.4	0.1	0.0	0.0	1	1.4	10	4.3	1.36
	Diced Tomato	15	0.2	0.0	0.0	0.0	4	0.7	3	2.2	1.00
	Jalapeno	6	0.1	0.0	0.0	0.0	1	0.2	1	0.9	0.59
	Lettuce	7	0.1	0.0	0.0	0.0	5	0.4	1	0.9	0.56
	Pickled Onion	31	0.0	0.0	0.0	0.0	762	0.5	8	5.4	0.70
	Red Onion	18	0.0	0.1	0.0	0.0	2	0.5	4	1.9	0.75
	Mexican Street Slaw	29	3.2	0.2	0.0	0.0	185	0.0	0	0.0	0.05
Guacamole	46	4.1	0.6	0.0	0.0	84	0.6	3	0.1	1.9	

Comprehensive Menu Nutrition Facts											
Menu Item	Nutritional Profile (per 100g)						Key Nutrients (per 100g)				
	Calories	Total Fat (g)	Sat Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrates (g)	Sugars (g)	Fiber (g)	
SALSAS & SAUCES	Chipotle Tomato Salsa	17	0.2	0.0	0.0	0.0	272	0.8	4	2.4	1.14
	Salsa Verde	21	0.6	0.1	0.0	0.0	257	0,6	4	2.5	1.24
	Salsa Roja	26	0.4	0.0	0.0	0.0	395	1.2	5	2.5	1.75
	Chipotle Mayo	321	34.8	2.7	0.1	30.1	542	0.7	3	0.7	0.0
	Habanero Mayo	341	37.5	3.0	0.1	29.4	494	0.7	1	0.7	0.0
	Paprika Mayo (Vegan)	301	30.8	2.3	0.1	0.0	609	0.7	5	1.3	1.34
	Cilantro-Lime Sour Cream	108	8.5	5.3	0.0	31.8	65	2.1	5	2.2	0.02
	Sour Cream	126	10.0	6.3	0.0	37.7	75	2.5	5	2.5	0.0
	Chipotle Hot Sauce	8	0.0	0.0	0.0	0.0	0	0.0	1	0.5	0.0
	Garlic Habanero Hot Sauce	1	0.0	0.0	0.0	0.0	0	0.1	1	0.2	0.0
	Ghost Pepper Hot Sauce	1	0.0	0.0	0.0	0.0	0	0.3	1	0.2	0.0
	Pineapple Habanero Hot Sauce	8	0.0	0.0	0.0	0.0	0	0.3	2	1.6	0.0
SIDES, KIDS MEALS AND DESSERTS		Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrates (g)	Sugars (g)	Fiber (g)
SIDES - SMALL 2 OZ	Guacamole	91	8.2	1.1	0.0	0.0	167	1.1	5	0.2	3.8
	Chipotle Tomato Salsa	14	0.2	0.0	0.0	0.0	218	0.7	3	1.9	0.9
	Salsa Verde	17	0.5	0.1	0.0	0.0	206	0.5	3	2.0	1.0
	Salsa Roja	21	0.3	0.0	0.0	0.0	317	0.9	4	2.0	1.4
	Queso	86	6.8	2.1	0.1	8.5	483	1.7	4	0.2	0.1
	Sour Cream	101	8.0	5.0	0.0	30.3	61	2.0	4	2.0	0.0
	Tortilla Chips	300	15.0	2.2	0.0	0.0	161	4.3	38	0.0	2.4
SIDES - LARGE 4 OZ	Guacamole	183	16.4	2.3	0.0	0.0	334	2.3	10	0.4	7.6
	Chipotle Tomato Salsa	28	0.3	0.0	0.0	0.0	437	1.3	6	3.9	1.8
	Salsa Verde	33	0.9	0.1	0.0	0.0	413	1.0	6	4.1	2.0
	Salsa Roja	42	0.6	0.1	0.0	0.0	634	1.9	9	4.0	2.8
	Queso	172	13.6	4.3	0.2	17.0	967	3.3	7	0.3	0.1
	Sour Cream	202	16.1	10.0	0.0	60.5	121	4.0	8	4.0	0.0
	Tortilla Chips	600	30.0	4.3	0.0	0.0	323	8.5	77	0.0	4.8

KIDS MEALS	Mini Burrito	192	5.6	2.4	0.1	25.6	441	12.8	23	3.0	1.4
	Mini Quesadilla	170	5.5	2.4	0.1	25.6	421	11.7	19	2.3	0.5
	Cheese Rollup	167	5.5	2.4	0.1	25.6	420	11.5	18	1.9	0.3
DESSERTS	Churros x 2	220	10.0	1.0	0.0	0.0	180	4.0	26	1.0	0.0
	Caramel x 1	74	1.6	0.5	0.0	0.0	26	0.2	16	9.5	0.0
	Nutella x 1	85	5.3	2.1	0.0	0.2	5	1.1	1	8.5	0.0
	Cookie - Chocolate Chip	294	13.7	7.2	0.0	15.6	200	3.0	39	22.2	1.8
	Cookie - Oatmeal Raisin	263	9.0	3.6	0.0	10.5	147	3.2	40	22.1	2.1

Allergen Information		Allergen Legend												
		Peanuts	Tree Nuts	Milk	Wheat / Gluten	Eggs	Soy	Mustard	Palm	Fish / Seafood	Sesame	Sulfites	Vegetarian	Vegan
Tortilla	Hard Taco Corn Shell											X	X	
	6" White Flour Tortilla				X							X	X	
	10" White Flour Tortilla				X							X	X	
	10" Whole Wheat Tortilla				X							X	X	
	12" White Flour Tortilla				X							X	X	
	12" Whole Wheat Tortilla				X							X	X	
	14" White Flour Tortilla				X							X	X	
	Tortilla Chips											X	X	
Protein	Pork Al Pastor													
	Beef Barbacoa													
	Black Beans											X	X	
	Chili-Lime Tilapia						X		X					
	Flame Grilled Chicken													
	Ground Beef													
	Refried Beans											X	X	
	Roasted Veggies											X	X	
	Spicy Chipotle Chicken													
	Saucy Chipotle Tofu											X	X	
Salsas, Sauces and Dips	Tomato Chipotle Salsa (Mild)											X	X	
	Salsa Verde (Medium)											X	X	
	Salsa Roja (Hot)											X	X	
	Cilantro-Lime Sour Cream			X								X		
	Chipotle Mayo				MC	X	MC	X			X	X		
	Habanero Mayo				MC	X	MC	X			X	X		
	Paprika Mayo (Vegan)							X				X	X	
	Sour Cream			X								X		
	Hot Sauce-Chipotle											X	X	
	Hot Sauce-Garlic Habanero											X	X	
	Hot Sauce-Ghost Pepper											X	X	
	Hot Sauce-Pineapple Habanero											X	X	
	Guacamole											X	X	
Queso			X					X			X			

TOPPINGS	Brown Rice																				X	X	
	Cheddar & Jack Cheese			X																		X	
	Cilantro																					X	X
	Corn																					X	X
	Jalapeno																					X	X
	Lettuce																					X	X
	Mexican Street Slaw																					X	X
	Pickled Onion																					X	X
	Red Onion																					X	X
	DESSERTS	Cookies-Chocolate Chunk	MC	MC	X	X	X	X															X
Cookies–Oatmeal Raisin		MC	MC	X	X	X	X															X	
Churros				X	X	X	X			X												X	
Caramel Dip				X			X			X												X	
Nutella Dip		X		X			X			X												X	

X= Contains; MC= May Contain

Please Note: Variations may occur due to differences in suppliers, ingredient substitutions and recipe revisions.

Due to the nature of our restaurants, we cannot 100% guarantee that any food or drink we serve will not come in contact with an allergen. Please inform our staff if you have a serious food allergy.

For general information on food allergens, visit Health Canada at <http://hc-sc.gc.ca/fn-an/securit/allerg/index-eng.php> This document was updated in June 2023 with information that was available at that time. If you have any specific questions regarding allergens and/or ingredients, please contact us on our Website at <https://quesada.ca/contact/>

For Nutrition Information, visit the Nutrition Section of our website at <https://quesada.ca/nutrition/>

INGREDIENTS & RECIPES

TORTILLAS

Hard Taco Corn Tortilla Shells

Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, And/Or Sunflower)

6" Soft Flour Tortillas

Enriched Bleached Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Water, Vegetable Shortening (Interesterified And Hydrogenated Soybean Oils), Contains 2% Or Less Of Salt, Baking Soda, Sodium Acid Pyrophosphate, Distilled Monoglycerides, Enzymes, Cellulose Gum, Fumaric Acid, And Calcium Propionate And Sorbic Acid (To Maintain Freshness). Contains Wheat.

10" White Tortillas

Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

10" Whole Wheat Tortillas

Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes(Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced) Contains Wheat, Gluten

12" White Tortillas

Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, Cellulose Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

12" Whole Wheat Tortillas

Whole Wheat Flour, Water, Wheat Flour, Canola / Modified Palm Oil Shortening, Salt, Sugar, Baking Powder, Mono-and Diglycerides, Calcium Propionate, Wheat Gluten, Rice Flour, Fumaric Acid, Potassium Sorbate, Cellulose Gum, Xanthan Gum, Enzymes(Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

13.5" White Tortillas

Wheat flour, Water, Canola / Modified Palm Oil Shortening, Mono- and Diglycerides, Salt, Baking Powder, Calcium Propionate, Rice Flour, Sugar, Fumaric Acid, Sorbic Acid, CMC Gum, Guar Gum, Potassium Sorbate, Enzymes (Wheat Starch, Microcrystalline Cellulose), L-Cysteine (Vegetable Sourced). Contains Wheat, Gluten

Tortilla Chips

Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, And/Or Sunflower), Salt

PROTEINS

Beef Barbacoa

Beef, Salt, Vinegar, Flavour, Chipotle Paste, Cumin, Cloves, Spices and Spice Extracts, Dextrose, Caramel Colour, Garlic Powder, Onion

Black Beans

Dried Black Beans, Water, Oregano, Minced Garlic, Salt

Chili-Lime Tilapia

Tilapia fillets, Rice flour, Vegetable oil (canola, soya), Modified corn starch, Seasonings (garlic, onion, disodium inosinate, disodium guanylate, vinegar solids, yeast extract), Water, Salt, Flavour (lime, chili, natural flavour) Sugars (maltodextrin, dextrin), Contains: Tilapia (fish).

Flame Grilled Chicken

Chicken, water, modified rice starch, corn syrup solids, salt

Ground Beef

Ground Beef, (Beef, Salt, Garlic Powder, Onion Powder, Black Pepper, Water, Spice Extract [Rosemary]) Cooking Onions, Tomatoes, Tomato Paste (Tomatoes), Chipotle Paste (Dried Morita Peppers, Water), Chili Powder, Garlic Powder, Cumin, Smoked Paprika, Salt

Pork Al Pastor

Pork, Water, Potato Starch, Spice, Ancho Pepper Powder, Salt, Canola Oil, Flavour, Vinegar Powder (maltodextrin, modified corn starch, vinegar), Dehydrated Red Bell Pepper, Sugar, Dehydrated Garlic

Refried Beans

Pinto Beans (Pinto Beans, Oregano, Minced Garlic, Salt), Chipotle Paste (Dried Morita Peppers, Water), Chili Powder, Cumin, Garlic Powder

Roasted Veggies

Red Peppers, Green Peppers, Red Onions, Canola Oil, Salt, Black Pepper

Saucy Chipotle Tofu

Non-GMO Soybeans, Chipotle Peppers, tomato paste, onion, garlic, spices, cane sugar, sunflower oil, sea salt, vinegar, water, nigari

Spicy Chipotle Chicken

80 Dark/20 White Chicken, Water, Chipotle Paste (Dried Morita Peppers, Water), Cooking Onions, Chicken Broth (Chicken broth [water, concentrated chicken broth], salt, yeast extract, sugar, chicken fat, corn starch, natural flavour, citric acid), Canola Oil, Black Pepper

SALSAS, SAUCES & DIPS

Chipotle Salsa (mild)

Tomatoes, Cooking Onions, Chipotle Paste (Dried Morita Peppers, Water), Salt

Salsa Verde (medium)

Tomatillos, Water, Cooking Onions, Cilantro, Jalapenos, Salt

Salsa Roja (spicy)

Tomatoes, Water, Cooking Onions, Dried Del Arbol Peppers, Oregano, Minced Garlic, Salt

Cilantro-Lime Sour Cream

Sour Cream (Modified milk ingredients, modified cornstarch, disodium phosphate, carrageenan, locust bean gum, guar gum, microbial enzyme, bacterial culture.) Cilantro, Lime Juice

Chipotle Mayo

Canola oil, Water, Chipotle chili, Frozen egg yolk (egg, salt), Sugar, Vinegar, Salt, Modified corn starch, Caramel colour (sulphites), Mustard seed, Concentrated lemon juice, Xanthan gum, Potassium sorbate (maintains freshness), Citric acid, Natural smoke flavour, Calcium disodium edta (maintains flavour). Contains: Egg, Mustard, Sulphites. May Contain: Gluten, Soy, Wheat

Habanero Mayo

Canola oil, Water, Frozen egg yolk (egg, salt), Sugar, Vinegar, Salt, Modified corn starch, Red habanero chiles, Mustard seed, Concentrated lemon juice, Xanthan gum, Potassium sorbate (maintains freshness), Citric acid, Calcium disodium edta (maintains flavour). Contains: Egg, Mustard, Sulphites. May Contain: Gluten, Soy, Wheat

Paprika Mayo (Vegan)

Canola oil, Water, Smoked paprika, Modified corn starch, Salt, Sugars (sugar), Vinegar, Mustard seed, Modified gum acacia, Xanthan gum, Concentrated lemon juice, Potassium sorbate (maintains freshness), Natural smoke flavour, Calcium disodium edta (maintains flavour).

Sour Cream

Modified milk ingredients, modified cornstarch, disodium phosphate, carrageenan, locust bean gum, guar gum, microbial enzyme, bacterial culture.

Quesada Hot Sauce, Chipotle

Chipotle Peppers, Tomato, Onions, Garlic, Apple Cider Vinegar, Water

Quesada Hot Sauce Pineapple Habanero

Pineapple, Habanero Peppers, Onions, Garlic, Apple Cider Vinegar, Water

Quesada Hot Sauce Ghost Pepper

Habanero Peppers, Ghost Peppers, Carrots, Onions, Garlic, Apple Cider Vinegar, Water, Cloves, Oregano, Bay Leaves

Quesada Hot Sauce, Garlic Habanero

Habanero Peppers, Carrots, Onion, Garlic, Apple Cider Vinegar, Water, Cloves, Oregano, Bay Leaves

Guacamole

Avocados, Cooking Onions, Cilantro, Minced Garlic, Black Pepper, White Pepper, Salt, Lime Juice

Queso

Queso Cheese (water, cheddar cheese [pasteurized milk, bacterial cultures, salt, microbial enzymes], soybean oil, modified cornstarch, green chiles [green chiles, citric acid] jalapeno peppers [jalapeno peppers, salt,acetic acid] cornstarch, salt, sodium phosphate, natural flavoring, datem, mono-diglycerides, autolyzed yeast extract),tomatoes, onions, chipotle peppers, salt.

TOPPINGS

Brown Rice

Water, Brown Rice, Canola Oil, Lime Juice, Oregano, Salt, Minced Garlic

Cheddar & Monterey Jack Cheese Blend

Cheese blend (Milk, Modified milk ingredients, Bacterial culture, Salt, Microbial enzyme, Calcium chloride, Annatto [Colour]), Cellulose powder, Natamycin.

Cilantro

Cilantro

Corn

Peaches and Cream corn

Jalapenos

Jalapenos

Lettuce

Shredded Iceberg Lettuce

Mexican Street Slaw

Green Cabbage, Red Cabbage, Carrots, Salt, Black Pepper, White Vinegar, Canola Oil

Pickled Red Onions

Red Onions, White Vinegar, Sugar, Salt

Red Onion

Red Onion

DESSERTS

Cookies: Chocolate Chunk

Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Semi-Sweet Chocolate Chunks (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla Extract, Milk), Margarine (Palm Oil, Water, Contains 2% Or Less Of: Salt, Mono- And Diglycerides, Natural Flavor, Citric Acid, Vitamin A Palmitate Added, Beta Carotene [Color]), Sugar, Invert Sugar, Eggs, Butter (Cream [Milk], Salt), Corn Syrup, Contains 2% Or Less Of: Whey (Milk), Modified Corn Starch, Chicory Root Fiber, Molasses, Baking Soda, Salt, Natural And Artificial Flavor. Contains: Eggs, Milk, Soy, Wheat May Contain Peanuts And Tree Nuts (Almonds, Coconut, Macadamia Nuts, Pecans, Walnuts)

Cookies Oatmeal Raisin

Sugar, Enriched Bleached Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Margarine (Palm Oil, Water, Soybean Oil, Contains 2% Or Less Of: Salt, Mono- And Diglycerides, Natural Flavors [Contains Milk], Citric Acid, Vitamin A Palmitate Added, Beta Carotene [Color]), Raisins, Oats, Eggs, Invert Sugar, Corn Syrup, Contains 2% Or Less Of: Water, Molasses, Modified Corn Starch, Spices, Baking Soda, Soy Lecithin, Salt, Natural And Artificial Flavors (Contains Milk), Milk Fat. Contains: Eggs, Milk, Soy, Wheat Made In Bakery That Also Processes Peanuts And Tree Nuts (Almonds, Coconut, Macadamia Nuts, Pecans, Walnuts).

Churros

Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Enzymes), Water, Vegetable Oil (Contains One Or More Of The Following: Sunflower Oil, Cottonseed Oil, Palm Oil, Soybean Oil), Egg Whites, Leavening (Sodium Acid Pyrophosphate, Baking Soda, Ammonium Carbonate), Salt, Vital Wheat Gluten, Corn Starch, Sugar, Modified Food Starch, Dextrose, Mono And Diglycerides, Guar Gum, Artificial Flavour, Yeast, Soy Flour, Nonfat Milk. Contains: Wheat, Egg, Soy, And Milk Ingredients

Caramel

Glucose, Sugar, Water, Canola Oil, Modified Palm and Palm Kernel Oils, Modified Milk Ingredient, Salt, Mono- and Diglycerides (Soy), Soy Lecithin, Caramel, Potassium Sorbate, Artificial Flavour, Pectin, Xanthan Gum.

Nutella

Sugar, modified palm oil, hazelnuts, skim milk powder, cocoa, soy and/or sunflower lecithin, vanillin