

Quesada BURRITOS & TACOS											
Small 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
Proteins	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

Salsa & 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
	Signature Sauce	33	4.0	2.2	0.0	14	275	2.2	0.5	2	1
	FOR CLASSIC BURRITOS, BOWLS, 3 TACOS, QUESADILLAS AND NACHOS	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

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
	Signature Sauce	45	6.0	3.3	0.0	21	412	3.3	0.75	3	1,5

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

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
	Signature Sauce	78	10	5.5	0.0	35	687	5.5	1.25	5	2.5
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



Birria and Pulled Shiitake Mushrooms LTO

Nutrition, Ingredients, Allergens

Birria Menu Items (no protein included- add Barbacoa or Pulled Shiitake Mushrooms)

Menu Items	Cals	Fat (g)	Sat fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Birria Burrito – Small	750	40	13	0.5	60	1570	77	6	4	24
Birria Burrito - Classic	1090	58	19	1	85	2210	113	9	6	34
Birria Burrito – Big Ass	1730	94	31	1.5	140	3510	169	14	8	53
Birria Bowl	940	44	16	0.5	75	2370	106	10	5	30
Birria 3 Tacos	410	17	8	0	30	930	53	1	6	15
Birria Quesadilla	470	22	12	0	40	1040	52	1	5	19
Birria Nachos	720	45	17	0.5	65	920	59	4	1	22

Birria Sauce:

Menu Items	Serving Size	Cals	Fat (g)	Sat fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
4 oz		35	1	0	0	0	200	6	0	2	0

8 oz	70	2	0	0	0	400	12	0	4	0
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Beef Barbacoa

Menu Items	Serving Size	Cals	Fat (g)	Sat fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Burrito – Small	66 g	130	8	3.5	0	40	290	1	0	0	14
Classic Burrito Bowl 3 Tacos Quesadilla Nachos	100 g	200	12	5	0	65	440	2	0	1	21
Burrito-BA	166 g	330	20	8.5	0	105	730	3	0	1	35
1 Taco	34 g	65	4	2	0	20	145	0	0	0	7

Pulled Shiitake Mushrooms:

Menu Items	Serving Size	Cals	Fat (g)	Sat fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fibre (g)	Sugar (g)	Protein (g)
Burrito – Small	66 g	195	12	7	0	0	272	13	10	0	8

Classic Burrito Bowl											
3 Tacos	100 g	295	19	10	0	0	413	19	16	0	12
Quesadilla											
Nachos											
Big Ass Burrito	166 g	489	31	17	0	0	685	32	26	0	20
1 Taco	33 g	97	6	3	0	0	136	6	5	0	4

Birria Sauce

Ingredients: Water, Au Jus Broth (Corn maltodextrin, salt, yeast extract, colour, beef fat, onion powder, modified corn starch, dextrose, citric acid, palm oil, natural flavour, ascorbic acid, thiamin hydrochloride, silicon dioxide), Tomato Paste (tomatoes), Tortilla Chips [Whole Grain Corn, Water, Vegetable Oil (Cottonseed, Corn, And/Or Sunflower)], Salt, Lime Juice, Salt, Chile Powder, Cumin, Garlic Powder, Oregano.

Birria Sauce Allergens:

- None
- Gluten-Free
- NOTE: contains Beef

Pulled Shiitake Mushrooms:

Ingredients: shiitake mushroom (45%) (naturally occurring sulfites), water, coconut oil, soy protein isolate (non GMO), canola oil (non GMO), tapioca flour, gluten free soy sauce (non GMO) (water, soybean, salt, sugar, corn starch), salt, yeast extract, white pepper, mushroom powder, black pepper.

Pulled Shiitake Mushroom Allergens:

- Soy
- Sulfites (naturally occurring in Mushrooms)
- “May contain” wheat.