

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
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 Large 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
	PRE-BUILT MAPLE CHIPOTLE CHICKEN		CALORIES (KCAL)	TOTAL FAT (G)	SAT FAT (G)	TRANS FATS (G)	CHOLESTEROL (MG)	SODIUM (MG)	PROTEIN (G)	CARBOHYDRATES (G)	SUGARS (G)
PRE-BUILT MAPLE CHIPOTLE CHICKEN	Small Burrito	850	35	11	0.0	65	1840	30	109	34	7
	Classic Burrito	1250	51	16	0.0	95	2640	44	161	50	11
	Big Ass Burrito	1970	81	25	0.0	160	4170	68	250	81	18
	Burrito Bowl	1170	46	13	0.0	95	2480	40	154	49	13
	3 Tacos	920	47	14	0.0	95	1850	32	99	49	6
CHICKEN-MEAT PORTION ONLY	For 1 Taco	90	2.5	1.5	0.0	15	105	6	15	13	0
	For Small Burrito	180	2.5	2.5	0.0	30	210	11	29	27	0
	Bowl	270	4	4	0.0	45	320	17	44	40	0
	3 Tacos	270	4	4	0.0	45	320	17	44	40	0
	Quesadilla	270	4	4	0.0	45	320	17	44	40	0
	Nachos	270	4	4	0.0	45	320	17	44	40	0
	For Big Ass Burrito	440	7	6	0.0	80	530	28	73	67	1
	Maple Chipotle Sauce - 2 oz Cup	150	0	0	0.0	0.0	190	0	39	36	0

Rollitos Each (Side Sauce Not Included)		Calories (kcal)	Total Fat (g)	Sat Fat (g)	Trans Fats (g)	Cholesterol (mg)	Sodium (mg)	Protein (g)	Carbohydrates (g)	Sugars (g)	Fiber (g)
Each	Ground Beef	470	21	6	1	45	790	20	44	1	2
	Spicy Chicken	420	15	6	0	65	560	27	43	0	3
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