

NUTRITIONAL INFORMATION



Per Portion

Product Name	Portion size	Energy KCal	Energy KJ	Fat (g)	Sat Fat (g)	Carb (g)	Sugars (g)	Salt (g)	Allergen Info
Wrap Regular	Regular	329	1377	7	2.9	59.9	2.6	1.5	Wheat
Wrap Small	Small	214	895	4.6	1.9	38.9	1.7	1	Wheat
Dos Tacos (Corn)	Regular	127	528	2	6	2.0	16.6	0.0	
Dos Tacos (Corn soft)	Regular	104.2	440	1	0	22.3	0.3	0.0	
Dos Tacos (Soft)	Regular	199	828	5	2	33.0	2.0	1.1	Wheat
Nachos (Tortilla chips)	Regular	472	1975	20	9	64.4	1.5	0.4	
Tortilla chips	Bag	378	1580	16	7.2	51.5	1.2	0.3	
Brown Rice	Regular	108	460	1	0	24.0	1.2	0.4	Celery
Brown Rice	Small	81	345	0.7	0	18.0	0.9	0.3	Celery
White Rice	Regular	85	363	0.1	0	20.3	0.1	0.3	Sulphur dioxide
White Rice	Small	64	272	0.1	0	15.2	0	0.2	Sulphur dioxide
Black Beans	Regular	71	298	1.5	0.2	10.5	2	0.5	
Black Beans	Small	47	198	1	0.1	7.0	1.3	0.3	
Pinto Beans	Regular	80	335	1.1	0.2	13.1	1.6	0.5	
Pinto Beans	Small	53	223	0.7	0.1	8.8	1.1	0.3	
Cheese Sauce	Regular	104	433	7.2	4.6	3.1	1.4	0.8	Milk
Cheese	Regular	104	431	8.7	5.4	0.0	0.0	0.5	
Cheese	Small	62	259	5	3	0	0	0.3	
Guacamole	Regular	96	395	9.5	2	1.7	0.8	1	Sulphur dioxide
Jalapenos	Regular	6	24	0.1	0	1.3	0.8	0	
Lettuce	Regular	2	7	0	0	0.2	0.2	0	
Lettuce	Small	1	5	0	0	0.1	0.1	0	
Sour Cream	Regular	35	148	3	2	1	1	0	Milk
Sour Cream	Small	21	89	1.9	1.2	0.7	0.7	0	Milk
Spicy Beef	Regular	193.0	805	8.1	2.6	10.6	3.9	1.0	
Spicy Beef	Small	123	513	5.2	1.7	6.7	2.5	0.6	
Grilled Chicken	Regular	143	597	7.1	1.7	2.8	0	0.8	Soybeans,
Grilled Chicken	Small	95	398	4.7	1.1	1.9	0.1	0.5	Soybeans,
Diced Chorizo	Regular	82	345	5.7	2.8	2.7	2.3	0.9	
Slaw with Mayonnaise	Regular	32.7	135.6	2.1	0.14	3	2.5	0.34	Egg, mustard
Slaw with Mayonnaise	Small	17.62	73.04	1.1	0.76	1.6	1.3	0.18	Egg, mustard
Crunchy Slaw	Regular	44	181	3.6	0.5	2.4	2	0.9	Sulphur dioxide
Mushrooms	Regular	40	164	3.9	0.6	0.7	0.5	0.1	Sulphur dioxide
Mushrooms	Small	24	98	2.3	0.3	0.4	0.3	0.1	Sulphur dioxide
Onions & Peppers	Regular	35	146	2.4	0.4	3.0	2.5	0.2	
Onions & Peppers	Small	21	88	1.5	0.2	1.8	1.5	0.1	
Shredded Pork	Regular	151	632	10	3.4	1.5	0.7	0.3	
Shredded Pork	Small	101	421	6.7	2.3	1.0	0.5	0.2	
Grilled Steak	Regular	190	796	13.3	5.9	0.0	0	0.1	Soybeans
Grilled Steak	Small	127	529	8.9	1.9	0.0	0	0.1	Soybeans
Vegetarian Filling	Regular	75	309	6.3	0.9	3.7	3	0.3	Sulphur dioxide
Vegetarian Filling	Small	45	186	3.8	0.5	2.2	1.8	0.2	Sulphur dioxide
Chipotle Salsa	Regular	19	79	0.4	0	3.2	2.6	0.2	Sulphur dioxide
Chipotle Salsa	Small	11	47	0.2	0	1.9	1.6	0.1	Sulphur dioxide
Mule Kicker's Salsa	Regular	21	86	0.4	0	4.0	1.5	0.2	
Mule Kicker's Salsa	Small	12	52	0.2	0	2.4	0.9	0.1	
Pico De Gallo Salsa	Regular	14	57	0	0	3.3	3	0.8	Sulphur dioxide
Pico De Gallo Salsa	Small	8	34	0	0	2.0	1.8	0.5	Sulphur dioxide
Ranchera Salsa	Regular	14	66	0.5	0.1	2.5	2.2	0.2	Sulphur dioxide
Ranchera Salsa	Small	10	40	0.3	0	1.5	1.3	0.1	Sulphur dioxide
Churros with Caramel Sauce	Regular	588	2472	23	3.4	63.5	50.6	0.3	Wheat, Milk, Soybeans
Super Veggie Chilli	Regular	124	520	2	0.3	10.04	5.14	1	
Super Veggie Chilli	Extra	62	260	1	0.15	20.08	5.28	0.5	
Fries with chilli salt	Regular	318.6	1338.7	11	1.4	48.8	1	1.1	
Chipotle Mayonnaise	Pot	76.6	316	3	1.6	9.7	3.9	2	Egg, Mustard, Sulphur d.
Pinkled Onions	Regular	23	93	0	0	4.9	2	0.5	Sulphur dioxide
Homemade Lemonade	Glass	112.5	480	0	0	26.75	25.5	0	

Notes:

For vegetarian option add guacamole

For super burrito do not include rice and add one portion of slaw and guacamole

For loaded burrito double your main filling portion and add one portion of slaw or guacamole

For naked burrito do not include the wrap portion, add 1.5 portion of rice, and double your lettuce portion

For dos tacos add regular portion of meat, small portion of lettuce or 1/3 of slaw per taco, add small portion of dairy of your choice per taco plus half portion of tortilla chips.

For nachos do not include rice, beans or lettuce, and add one cheese sauce portion and guacamole

For Quesasilla add main filling, 1 portion of salsa and double your dairy portion.

Last updated: 13.12.17