

NUTRITION FACTS

TACOS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pollo Taco	180	50	5	1.5	0	45	120	14	2	1	18
Tinga Taco	170	60	7	2	0	40	300	16	2	3	11
Picadillo Taco	240	110	12	4.5	0.5	50	170	16	3	1	16
Cecina Taco	200	90	11	2.5	0	40	85	14	2	1	14
Beef Barbacoa Taco	170	60	7	2	0	35	340	14	2	1	14
Fajita Taco	160	50	6	1.5	0	35	115	15	2	1	13
Puerco Carnitas Taco	170	60	6	2.5	0	35	420	14	2	1	14
Puerco Barbacoa Taco	170	60	6	2	0	45	600	15	2	2	13
Adobado Taco	180	80	9	2	0	30	370	13	2	0	10
Al Pastor Taco	260	100	12	2.5	0	20	220	29	4	2	11
Bean Taco	190	60	6	1.5	0	5	410	28	7	1	8
Veggie Taco	220	80	9	1.5	0	5	420	30	8	3	8
Mahi Mahi Taco	210	100	11	2	0	45	110	15	3	1	14
Camarones Taco	180	90	10	1.5	0	50	260	16	3	1	8
Cangrejo Taco	150	35	4	1.5	0	60	300	16	3	1	13

TOSTADAS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Bean Tostada (Add 2 oz. topping choice)	500	220	24	9	0	35	630	56	11	3	18
Bean Tostada (Contains extra beans)	550	230	25	9	0	35	810	63	14	3	21
Guacamole Tostada (Add 2 oz. topping choice)	490	260	29	10	0	35	490	47	10	3	14
Guacamole Tostada (Contains extra guac)	530	300	33	11	0	35	610	49	12	3	15
Ceviche Tostada	390	160	18	2.5	0	55	620	44	9	2	16

SMOTHERD BURRITOS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Pork Green Chili Burrito (Add 4 oz. filling choice)	800	280	31	13	0	80	2120	92	14	8	40
Queso Burrito (Add 4 oz. filling choice)	1190	630	70	41	0	190	3420	77	13	7	52
Red Sauce Burrito (Add 4 oz. filling choice)	680	230	26	11	0	40	2310	87	16	11	28

APPETIZERS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Nachos (Add 4 oz. topping choice)	1200	620	69	33	0	150	2640	95	19	4	44
Taco Salad (Add 4 oz. topping choice)	710	300	34	10	0	25	1660	80	18	10	25
Quesadilla Grande (Add 4 oz. filling choice)	720	390	43	28	0	110	1330	49	2	5	33

NUTRITION FACTS

FILLINGS & TOPPINGS

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Adobado 2 oz.	100	60	7	2	0	30	360	0	0	0	9
Adobado 4 oz.	210	130	15	3.5	0	60	710	1	0	0	18
Al Pastor 2 oz.	120	70	8	2	0	20	200	3	0	1	8
Al Pastor 4 oz.	230	140	16	4	0	45	390	6	0	2	16
Atun 2 oz.	120	60	7	0.5	0	20	35	0	0	0	14
Atun 4 oz.	250	130	15	1	0	45	70	0	0	0	28
Beans 2 oz.	100	25	2.5	0	0	0	370	14	5	0	5
Beans 4 oz.	190	45	5	0	0	0	730	28	10	0	10
Beef Barbacoa 2 oz.	70	25	3	1	0	30	290	0	0	0	11
Beef Barbacoa 4 oz.	150	50	6	2	0	60	580	0	0	0	22
Camarones 1.5 oz.	80	60	6	0	0	45	210	0	0	0	5
Camarones 3 oz.	160	110	13	1	0	90	430	1	0	0	10
Cecina 2 oz.	110	60	7	1	0	35	40	0	0	0	11
Cecina 4 oz.	210	120	14	2.5	0	65	75	0	0	0	22
Cangrejo 2 oz.	50	5	0.5	0	0	55	250	0	0	0	10
Cangrejo 4 oz.	100	10	1	0	0	110	500	1	1	0	20
Fajita 2 oz.	70	20	2.5	0.5	0	30	70	1	0	1	10
Fajita 4 oz.	140	45	5	1	0	55	140	2	1	1	21
Mahi Mahi 2 oz.	110	70	7	0.5	0	40	60	0	0	0	11
Mahi Mahi 4 oz.	220	130	15	1.5	0	85	120	0	0	0	21
Picadillo 2 oz.	140	80	9	3	0.5	45	125	1	1	0	13
Picadillo 4 oz.	280	160	17	6	1	90	250	3	1	1	26
Pollo 2 oz.	80	15	1.5	0	0	40	70	0	0	0	14
Pollo 4 oz.	160	30	3.5	1	0	80	140	0	0	0	29
Puerco Barbacoa 2 oz.	70	25	2.5	1	0	35	550	1	0	1	10
Puerco Barbacoa 4 oz.	130	50	5	2	0	75	1090	1	0	1	20
Puerco Carnitas 2 oz.	70	25	2.5	1.5	0	30	370	0	0	0	11
Puerco Carnitas 4 oz.	130	50	5	2.5	0	60	740	0	0	0	22
Tinga 2 oz.	70	25	3	1	0	35	260	2	0	1	7
Tinga 4 oz.	130	50	6	2	0	65	510	4	0	3	15
Veggie (2 oz. Beans + 1 oz. Veggies)	130	45	5	0	0	0	370	16	5	1	5
Veggie (4 oz. Beans + 2 oz. Veggies)	250	90	10	1	0	0	740	32	11	3	10

SALSA & SAUCES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Salsa Fresca 2 oz.	10	0	0	0	0	0	150	3	1	2	1
Guacamole 2 oz.	80	70	8	1	0	0	230	5	4	0	1
Guacamole 4 oz.	170	140	15	2	0	0	460	10	7	1	2
Habenero 2 oz.	15	0	0	0	0	0	120	3	1	2	1
Mango 2 oz.	20	0	0	0	0	0	0	5	1	4	0
Pico de Gallo 2 oz.	15	0	0	0	0	0	350	3	1	1	1
Tomatillo 2 oz.	15	5	0	0	0	0	520	3	1	2	1
Diablo 2 oz.	20	5	0	0	0	0	170	5	1	2	1
El Capitan Mild 2 oz.	20	5	0	0	0	0	260	4	1	2	1
El Capitan Medium 2 oz.	30	5	0	0	0	0	240	7	2	3	1
Queso 2 oz.	200	150	16	11	0	55	670	0	0	0	9
Queso 4 oz.	400	300	33	22	0	110	1340	1	0	1	18

SIDES

	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Saturated Fat (g)	Trans Fatty Acid (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Chips 3 oz.	260	100	11	1.5	0	0	40	38	5	1	5
Rice 4 oz.	150	80	9	1.5	0	0	470	15	1	1	1
Beans 4 oz.	190	45	5	0	0	0	730	28	10	0	10
Avocado 1.5 oz.	70	60	6	1	0	0	0	4	3	0	1
Sour Cream 1 oz.	50	50	6	3.5	0	15	25	1	0	1	1