

PER PORTION

PRODUCT NAME	PORTION SIZE	ENERGY (KCAL)	FAT (G)	SALT (G)	CARB (G)	FIBRE (G)	PROTEIN (G)	SALT (G)	SODIUM (G)	ALLERGEN INFO
WRAP REGULAR	REGULAR	329	7.0	2.9	59.9	2.0	8.0	1.5	0.59	WHEAT
WRAP SMALL	SMALL	329	7.0	2.9	59.9	2.0	8.0	1.5	0.59	WHEAT
DOS TACOS (CORN)	REGULAR	127	2.0	6.0	0.0	0.0	0.0	0.0	0.0	WHEAT
DOS TACOS (SOFT)	REGULAR									
NACHOS (TORTILLA CHIPS)	REGULAR	472	20.0	9.0	64.4	4.0	7.0	0.4	0.16	
TORTILLA CHIPS	BAG									
BROWN RICE	REGULAR	135	1.2	0.0	30.0	1.6	2.9	0.5	0.18	CELERY
BROWN RICE	SMALL	135	1.2	0.0	30.0	1.6	2.9	0.5	0.18	CELERY
WHITE RICE	REGULAR	107	0.2	0.0	25.3	0.4	2.5	0.4	0.15	SULPHUR DIOXIDE
WHITE RICE	SMALL	107	0.2	0.0	25.3	0.4	2.5	0.4	0.15	SULPHUR DIOXIDE
BLACK BEANS	REGULAR	79	1.7	0.2	11.7	3.5	4.3	0.5	0.22	
BLACK BEANS	SMALL	79	1.7	0.2	11.7	3.5	4.3	0.5	0.22	
PINTO BEANS	REGULAR	89	1.2	0.2	14.6	1.9	4.7	0.5	0.22	
PINTO BEANS	SMALL	89	1.2	0.2	14.6	1.9	4.7	0.5	0.22	
CHEESE SAUCE	REGULAR	138	9.6	6.1	4.1	0.3	7.8	1.1	0.42	MILK
CHEESE	REGULAR	416	34.9	21.7	0.1	0.0	25.4	1.8	0.72	
CHEESE	SMALL	416	34.9	21.7	0.1	0.0	25.4	1.8	0.72	
GUACAMOLE	REGULAR	147	14.6	3.1	2.6	0.4	1.6	1.5	0.58	SULPHUR DIOXIDE
JALAPENOS	REGULAR	29	0.4	0.1	6.5	2.8	0.9	0.0	0.0	
LETTUCE	REGULAR	10	0.0	0.0	1.4	1.5	1.2	0.0	0.01	
LETTUCE	SMALL	11	0.1	0.0	1.4	1.5	1.2	0.0	0.01	
SOUR CREAM	REGULAR	141	12.4	7.8	4.7	0.0	3.1	0.1	0.05	
SOUR CREAM	SMALL	141	12.4	7.8	4.7	0.0	3.1	0.1	0.05	
SPICY BEEF	REGULAR	175	7.4	2.4	9.6	3.4	19.8	0.9	0.35	
SPICY BEEF	SMALL	175	7.4	2.4	9.6	3.4	19.8	0.9	0.35	
GRILLED CHICKEN	REGULAR	159	7.9	1.9	3.1	0.0	18.9	0.8	0.33	SOYBEANS
GRILLED CHICKEN	SMALL	159	7.9	1.9	3.1	0.0	18.9	0.8	0.33	SOYBEANS
DICED CHORIZO	REGULAR	165	11.4	5.6	5.5	1.1	10.5	1.8	0.72	
CRUNCHY SLAW	REGULAR	67	5.5	0.7	3.7	2.1	0.8	1.3	0.52	SULPHUR DIOXIDE
MUSHROOMS	REGULAR	79	7.8	1.1	1.4	0.9	1.0	0.2	0.08	SULPHUR DIOXIDE
MUSHROOMS	SMALL	79	7.8	1.1	1.4	0.9	1.0	0.2	0.08	SULPHUR DIOXIDE
ONIONS & PEPPERS	REGULAR	70	4.9	0.7	6.0	1.7	0.9	0.4	0.16	
ONIONS & PEPPERS	SMALL	70	4.9	0.7	6.0	1.7	0.9	0.4	0.16	
SHREDDED PORK	REGULAR	168	11.1	3.8	1.7	0.4	14.4	0.3	0.13	
SHREDDED PULLED PORK	SMALL	168	11.1	3.8	1.7	0.4	14.4	0.3	0.13	
GRILLED STEAK	REGULAR	212	14.8	6.6	0.0	0.0	19.6	0.1	0.06	SOYBEANS
GRILLED STEAK	SMALL	212	14.8	6.6	0.0	0.0	19.6	0.1	0.06	SOYBEANS
VEGETARIAN FILLING	REGULAR	75	6.3	0.9	3.7	1.3	1.0	0.3	0.12	SULPHUR DIOXIDE
VEGETARIAN FILLING	SMALL	75	6.3	0.9	3.7	1.3	1.0	0.3	0.12	SULPHUR DIOXIDE
CHIPOTLE SALSA	REGULAR	38	0.8	0.0	6.4	2.4	1.5	0.4	0.18	SULPHUR DIOXIDE
CHIPOTLE SALSA	SMALL	38	0.8	0.0	6.4	2.4	1.5	0.4	0.18	SULPHUR DIOXIDE
MULE KICKER'S SALSA	REGULAR	41	0.8	0.1	8.0	2.5	1.7	0.4	0.14	
MULE KICKER'S SALSA	SMALL	41	0.8	0.1	8.0	2.5	1.7	0.4	0.14	
PICO DE GALLO SALSA	REGULAR	27	0.0	0.0	6.6	3.0	0.2	1.7	0.67	SULPHUR DIOXIDE
PICO DE GALLO SALSA	SMALL	27	0.0	0.0	6.6	3.0	0.2	1.7	0.67	SULPHUR DIOXIDE
RANCHERA SALSA	REGULAR	32	0.9	0.1	5.1	1.0	1.2	0.4	0.16	SULPHUR DIOXIDE
RANCHERA SALSA	SMALL	32	0.9	0.1	5.1	1.0	1.2	0.4	0.16	SULPHUR DIOXIDE
CHURROS WITH CARAMEL SAUCE	REGULAR	377	23.0	9.0	37.5	0.7	3.6	0.2	0.06	WHEAT, MILK, SOYBEANS
HOMEMADE LEMONADE	GLASS	45	0.0	0.0	10.7	0.0	0.1	0.0	0.0	

NOTES

FOR VEGETARIAN OPTION add guacamole. FOR SUPER FOOD 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 TACOS do not include rice, add small portion of beans and meat plus an additional small salsa, lettuce and dairy. 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.