
 MENU ITEMS July 2016	PRODUCT WEIGHT grams	CALORIES energy	PROTEIN grams	CARBS grams	FAT TOTAL grams	TRANS FAT grams	CHOLESTEROL milligrams	SODIUM milligrams	SATURATED FAT grams	SUGARS grams	VITAMIN A % daily value	VITAMIN C % daily value	CALCIUM % daily value	IRON % daily value	DIETARY FIBRE grams	EGGS	FISH (including shellfish)	GLUTENS	DAIRY (and all milk products)	NUTS (including tree nuts)	SOY (and all soy products)
BEAN & SALSA SALAD no bowl, no dressing	417	374	14.3	95.1	9.7	0.0	12	590	6.4	11.1	32.4	15.8	19.6	19.9	8.1			●	●		●
BEAN & SALSA SALAD no dressing	490	680	19.6	127.8	26.7	0.0	12	994	10.5	12.3	32.4	15.8	27.3	32.0	10.1			●	●		●
BEAN & SALSA QUESADILLA	291	519	19.2	66.4	19.2	0.3	39	1355	10.7	9.8	37.8	21.7	39.7	20.0	6.6			●	●		●
BEEF & CHEESE BURRITO	252	529	31.8	47.7	22.9	1.0	64	1453	9.7	4.5	9.6	10.1	24.6	38.2	6.7			●	●		●
BEEF & CHEESE BURRITO - large	465	907	58.9	65.8	44.1	2.1	128	2650	18.5	7.4	19.2	20.2	43.2	61.4	10.5			●	●		●
BEEF BURRITO BOWL	403	500	19.7	66.5	17.4	0.5	41	1272	5.8	9.1	26.3	67.6	17.5	21.9	6.8				●		●
BEEF QUESADILLA	291	579	27.1	56.8	26.9	0.7	65	1581	12.6	8.2	30.2	35.4	42.9	26.4	6.4			●	●		●
BEEF SALAD no bowl, no dressing	367	425	26.5	23.9	23.9	1.0	64	1052	9.1	7.9	27.3	18.6	24.1	27.7	4.4			●	●		●
BEEF SALAD no dressing	440	730	31.7	56.5	40.8	1.0	64	1456	13.2	9.1	27.3	18.6	31.8	39.8	6.3			●	●		●
BEEF TACO hard corn shell	108	225	11.9	13.1	13.4	0.5	30	439	5.3	1.7	9.1	4.9	14.3	9.4	2.1			●	●		●
BEEF TACO soft flour shell	119	256	14.1	20.9	12.3	0.5	30	629	5.4	2.7	9.1	4.9	17.2	16.3	3.2			●	●		●
CHEESE QUESADILLA (quesadilla only)	78	370	15.9	34.0	18.2	0.4	36	719	9.5	2.0	14.2	0.0	36.5	16.0	4.0			●	●		●
CHEESE SAUCE PORTION 1 oz	28	17	0.5	2.8	0.5	0.0	0	165	0.2	0.9	0.9	1.9	0.9	0.0	0.0				●		●
CHICKEN BURRITO BOWL	403	449	20.6	66.6	11.9	0.0	60	960	3.6	8.2	25.0	65.2	14.7	21.8	5.1				●		●
CHICKEN FAJITA	218	350	21.7	45.3	9.2	0.0	57	647	4.5	4.9	12.3	28.4	18.3	27.0	3.6			●	●		●
CHICKEN FAJITA - large	403	547	38.6	61.1	16.8	0.3	114	1038	8.3	8.2	24.5	56.8	30.5	38.9	4.2			●	●		●
CHICKEN NUGGETS (4)	120	200	12.0	16.0	10.0	0.0	15	530	1.0	3.0	0.0	0.0	2.0	10.0	3.0	●		●	●		●
CHICKEN QUESADILLA	291	529	28.0	56.9	21.4	0.3	84	1269	10.4	7.2	28.9	33.1	40.1	26.3	4.7			●	●		●
CHICKEN SALAD no bowl, no dressing	342	255	16.6	23.4	10.4	0.0	57	401	4.0	8.3	29.3	38.1	17.8	17.5	1.5			●	●		●
CHICKEN SALAD no dressing	415	561	21.9	56.1	27.4	0.0	57	805	8.1	9.5	29.3	38.1	25.5	29.6	3.5			●	●		●
CHICKEN TACO hard corn shell	108	190	12.6	13.1	9.5	0.0	44	221	3.8	1.0	8.2	3.3	12.4	9.3	0.8			●	●		●
CHICKEN TACO soft flour shell	119	221	14.7	21.0	8.5	0.0	44	411	3.8	2.0	8.2	3.3	15.3	16.2	2.0			●	●		●
CRISP BEEF BURRITO	159	409	22.7	42.0	16.3	0.7	43	987	7.3	3.1	6.3	4.5	20.6	27.9	5.1			●	●		●
CRUSTOS	99	416	6.7	48.4	21.5	0.0	0	512	5.2	8.5	0.0	0.3	9.9	15.8	2.6			●			●
EMPANADA - Apple	111	343	4.2	51.1	13.1	0.0	0	332	3.2	22.0	0.0	1.8	6.1	9.8	2.4			●	●		●
EMPANADA - Bavarian Cream	111	325	4.1	45.5	14.0	0.0	0	438	3.4	17.4	0.0	0.3	6.1	9.8	1.9			●	●		●
EMPANADA - Cherry	111	391	4.4	55.1	13.1	0.0	0	320	3.2	24.4	0.0	2.9	6.1	9.8	1.6			●	●		●
ENCHILADA SAUCE 1 oz	28	12	0.2	2.3	0.2	0.0	0	97	0.0	0.6	2.3	2.6	0.6	1.7	0.2			●			
FISH TACO hard corn shell	145	267	7.4	18.5	17.4	0.0	25	644	3.1	3.7	9.6	7.6	5.1	3.3	0.9	●	●	●	●		●
FISH TACO soft flour shell	170	298	9.6	26.4	16.4	0.0	25	834	3.2	4.7	9.6	7.6	8.0	10.2	2.1	●	●	●	●		●
GREEN HOT SAUCE 1 oz	28	11	0.2	2.3	0.2	0.0	0	160	0.0	0.6	1.7	1.5	0.3	1.1	0.4			●			●
GUACAMOLE PORTION 1 oz	28	50	0.0	6.0	3.0	0.0	0	110	0.0	1.0	4.0	10.0	0.0	0.0	1.0						

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Jr. BEEF BURRITO (burrito only)	124	307	15.9	31.7	12.7	0.5	30	598	5.7	2.2	8.4	4.6	17.8	20.0	2.8			●	●		●
MEXI-FRIES	113	192	1.9	22.4	10.7	0.0	0	514	0.8	1.0	0.0	5.0	0.8	2.5	2.0			●			●
MEXI-FRIES - large	224	366	3.8	44.9	21.4	0.0	0	1028	1.7	1.9	0.0	10.0	1.7	5.0	4.0			●			●
MEXI-FRIES DELUXE	233	334	10.7	30.6	19.0	0.4	26	1079	4.3	4.7	8.0	14.9	6.8	10.1	3.3			●	●		●
MEXI-FRIES DELUXE - large	388	550	13.6	56.8	32.4	0.5	33	1773	6.6	7.6	11.0	21.8	10.6	12.6	5.3			●	●		●
NACHOS	169	357	4.8	49.4	14.7	0.0	0	454	2.3	4.2	10.4	14.6	7.3	5.4	3.9			●	●		●
NACHOS - large	306	692	9.2	94.6	29.0	0.0	0	681	4.4	6.2	15.6	21.9	13.5	10.6	7.8			●	●		●
NACHOS DELUXE	340	610	20.5	66.9	28.1	0.5	41	1062	7.7	7.2	15.6	18.4	18.4	23.5	9.5			●	●		●
NACHOS DELUXE - large	547	1050	31.2	119.3	48.1	0.6	59	1535	12.2	10.7	23.3	27.2	29.4	36.0	15.6			●	●		●
POUTINE	259	444	15.9	30.5	28.1	1.0	60	1576	11.2	1.8	13.7	5.0	43.7	2.5	2.1			●	●		●
POUTINE - large	519	870	31.8	61.0	56.3	1.9	120	3151	22.3	3.6	27.4	10.0	87.4	5.0	4.2			●	●		●
RANCH CHICKEN BURRITO	278	509	20.3	63.6	20.9	0.0	55	904	3.8	6.1	9.3	26.1	10.6	28.7	3.5	●		●	●		●
RANCH CHICKEN BURRITO - large	516	866	35.9	97.7	40.2	0.0	110	1552	6.8	10.5	18.7	52.2	15.2	42.5	4.0	●		●	●		●
RED HOT SAUCE 1 oz	28	13	0.2	2.7	0.2	0.0	0	173	0.0	0.9	2.9	2.9	0.4	0.8	0.2			●			
SALSA PORTION 1oz	28	6	0.1	1.3	0.0	0.0	0	62	0.0	1.1	4.2	5.4	0.1	0.1	0.1						
SOUR CREAM PORTION 1 oz.	28	49	1.0	2.0	4.4	0.0	15	30	2.5	2.0	3.9	0.0	3.9	0.0	0.0				●		
SUPER REFRITO BURRITO	218	369	13.8	51.6	12.1	0.0	27	582	6.4	5.4	13.5	3.8	23.1	23.2	6.8			●	●		●
SUPER REFRITO BURRITO - large	403	587	22.8	73.5	22.6	0.3	54	908	11.9	9.1	26.9	7.5	40.2	31.3	10.7			●	●		●
SUPER BEEF BURRITO	218	437	21.4	44.4	19.2	0.6	53	927	9.2	6.2	14.7	7.5	24.4	26.5	4.8			●	●		●
SUPER BEEF BURRITO - large	403	722	38.1	59.2	36.7	1.2	106	1598	17.6	10.7	29.4	15.1	42.8	38.0	6.5			●	●		●
SUPER CHICKEN BURRITO	218	387	22.3	44.5	13.7	0.0	72	615	7.0	5.2	13.4	5.2	21.6	26.4	3.0			●	●		●
SUPER CHICKEN BURRITO - large	403	621	39.9	59.3	25.7	0.3	144	975	13.2	8.8	26.8	10.4	37.2	37.8	3.0			●	●		●
SWEET POTATO FRIES	176	271	2.2	48.2	7.3	0.0	0	546	0.7	16.7	334.6	12.5	3.7	5.5	4.2			●			●
SWEET POTATO FRIES - large	352	542	4.4	96.4	14.5	0.4	0	1091	1.3	33.4	669.2	25.1	7.5	11.0	8.4			●			●
VEGGIE BURRITO	283	425	15.3	60.4	13.6	0.0	27	688	5.4	5.5	18.4	20.8	22.1	17.7	6.1			●	●		●
VEGGIE BURRITO - large	476	650	23.5	85.8	23.7	0.3	54	1096	10.8	10.0	36.8	41.6	40.1	25.4	9.2			●	●		●
VEGGIE BURRITO BOWL	417	471	13.5	101.3	10.4	0.0	15	980	4.4	10.1	27.1	63.8	15.1	17.9	8.6				●		●
VEGGIE TACO BEAN hard corn shell	108	178	6.6	18.1	8.4	0.0	12	197	3.3	1.1	8.3	2.3	13.4	7.0	3.5			●	●		●
VEGGIE TACO BEAN soft flour shell	119	208	8.8	25.9	7.4	0.0	12	387	3.4	2.1	8.3	2.3	16.3	13.9	4.7			●	●		●
VEGGIE TACO RICE hard corn shell	108	178	6.6	18.1	8.4	0.0	12	197	3.3	1.1	8.3	2.3	13.4	7.0	3.5			●	●		●
VEGGIE TACO RICE soft flour shell	119	208	8.8	25.9	7.4	0.0	12	387	3.4	2.1	8.3	2.3	16.3	13.9	4.7			●	●		●

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