
 MENU ITEMS July 2017	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 prod-)	NUTS (including tree nuts)	SOY (and all soy products)
BEAN & SALSA SALAD no bowl, no dressing	417	343	14.14	51.99	9.20	0.0	14	523	3.48	8.63	26.7	33.2	15.3	19.0	9.47			●	●		●
BEAN & SALSA SALAD no dressing	490	680	19.94	87.86	27.88	0.0	14	967	7.98	9.97	26.7	33.2	23.8	32.4	11.64			●	●		●
BEAN & SALSA QUESADILLA	291	507	19.15	64.66	19.50	0.3	43	1309	9.74	8.96	26.1	25.8	35.4	21.7	7.25			●	●		●
BEEF & CHEESE BURRITO	264	534	32.61	48.76	21.69	1.0	66	1523	8.52	4.39	8.8	9.3	24.0	37.7	6.77			●	●		●
BEEF & CHEESE BURRITO - large	477	898	60.22	68.52	40.38	2.0	133	2747	16.54	6.78	17.6	18.6	42.1	65.4	11.54			●	●		●
BEEF BURRITO BOWL	403	475	20.32	65.54	15.51	0.4	42	1288	5.14	8.74	20.8	65.1	19.3	22.2	7.01				●		●
BEEF QUESADILLA	291	564	27.78	56.08	25.13	0.7	69	1553	11.99	7.90	22.9	44.7	38.2	27.5	6.67			●	●		●
BEEF SALAD no bowl, no dressing	367	396	29.12	24.04	20.21	1.0	66	1040	7.94	6.10	21.8	20.2	20.3	26.6	6.29			●	●		●
BEEF SALAD no dressing	440	732	34.92	59.91	38.89	1.0	66	1485	12.44	7.44	21.8	20.2	28.8	39.9	8.46			●	●		●
BEEF TACO hard corn shell	108	216	12.52	13.11	12.09	0.5	32	425	4.89	1.38	7.9	5.1	11.7	9.3	2.38			●	●		●
BEEF TACO soft flour shell	119	246	14.69	20.97	11.04	0.5	32	615	4.97	2.38	7.9	5.1	14.6	16.2	3.55			●	●		●
CHEESE QUESADILLA (quesadilla only)	78	370	15.93	34.00	18.19	0.4	43	678	9.52	2.00	14.2	0.0	29.3	16.0	4.00			●	●		●
CHEESE SAUCE PORTION 1 oz	28	18	0.42	3.04	0.49	0.0	1	188	0.15	1.08	0.4	2.2	1.2	0.2	0.03				●		●
CHICKEN BURRITO BOWL	403	437	20.85	65.59	11.86	0.0	62	976	3.53	7.79	19.5	62.8	16.5	22.1	5.26				●		●
CHICKEN FAJITA	218	377	22.02	45.65	11.76	0.1	60	713	4.56	4.51	7.9	38.3	17.6	27.3	3.89			●	●		●
CHICKEN FAJITA - large	403	584	39.04	62.30	20.52	0.3	121	1126	8.62	7.03	15.7	76.6	29.1	44.6	5.78			●	●		●
CHICKEN NUGGETS (4)	120	190	8.64	18.14	9.50	0.0	26	613	1.73	0.86	0.0	0.0	0.0	1.7	0.00			●			●
CHICKEN QUESADILLA	291	526	28.30	56.13	21.48	0.3	89	1241	10.37	6.95	21.7	42.4	35.4	27.4	4.92			●	●		●
CHICKEN SALAD no bowl, no dressing	342	249	18.51	22.67	10.48	0.0	60	389	4.01	6.33	20.3	49.0	13.9	16.9	3.43			●	●		●
CHICKEN SALAD no dressing	415	585	24.31	58.54	29.16	0.0	60	833	8.51	7.67	20.3	49.0	22.3	30.2	5.60			●	●		●
CHICKEN TACO hard corn shell	108	189	12.89	13.15	9.53	0.0	46	206	3.76	0.71	7.0	3.5	9.8	9.2	1.15			●	●		●
CHICKEN TACO soft flour shell	119	220	15.06	21.01	8.48	0.0	46	396	3.84	1.71	7.0	3.5	12.7	16.1	2.32			●	●		●
CHURRO APPLE	each	268	4.01	38.01	11.02	0.0	0	290	1.50	12.89	0.0	2.0	2.1	10.2	2.08	●		●	●		●
CHURRO OREO	each	308	3.01	52.01	10.02	0.0	0	280	2.00	26.89	0.0	2.0	2.1	15.2	2.08	●		●	●		●
CHURRO TRADITIONAL	each	238	4.01	23.01	10.02	0.0	0	180	1.00	7.89	0.0	0.0	0.1	10.2	1.08	●		●	●		●
CRISP BEEF BURRITO	159	468	21.69	33.20	26.74	0.7	46	1002	9.16	2.19	6.3	4.5	18.8	23.4	3.81			●	●		●
CRUSTOS	99	454	7.34	52.37	23.64	0.0	0	562	5.69	8.59	0.0	0.0	10.9	17.0	2.83			●			●
EMPANADA - Apple	111	359	4.67	51.80	14.69	0.0	0	359	3.53	24.56	0.0	0.0	6.8	10.6	1.79			●			●
EMPANADA - Bavarian Cream	111	353	4.58	48.45	15.57	0.0	0	481	3.80	17.94	0.0	0.0	16.5	10.6	2.03			●			●
EMPANADA - Cherry	111	367	4.91	53.38	14.69	0.0	0	376	3.53	19.06	1.2	1.2	6.8	11.8	2.20			●			●
ENCHILADA SAUCE 1 oz	28	12	0.25	2.36	0.21	0.0	0	101	0.03	0.49	1.5	1.8	0.5	1.2	0.27			●			
FISH TACO hard corn shell	145	223	7.94	19.91	11.90	0.0	23	666	2.28	3.80	6.5	7.8	5.1	3.6	1.53	●	●	●	●		●

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FISH TACO soft flour shell	170	254	10.11	27.77	10.85	0.00	23	856	2.36	4.80	6.5	7.8	8.0	10.5	2.70	●	●	●	●		●
GREEN HOT SAUCE 1 oz	28	11	0.18	2.24	0.22	0.0	0	160	0.04	0.57	3.9	1.3	0.0	0.0	0.32			●			●
GUACAMOLE 1 oz	28	47	0.00	5.67	2.84	0.0	0	104	0.00	0.95	3.8	9.5	0.0	0.0	0.95						
Jr. BEEF BURRITO (burrito only)	130	246	14.61	21.72	10.04	0.5	32	584	4.47	2.21	7.2	4.8	14.4	14.0	2.47			●	●		●
MEXI-FRIES	113	192	1.91	22.44	10.72	0.0	0	514	0.84	0.95	0.0	5.0	0.8	2.5	2.01			●			●
MEXI-FRIES - large	224	366	3.82	44.88	21.44	0.0	0	1028	1.68	1.90	0.0	10.0	1.7	5.0	4.02			●			●
MEXI-FRIES DELUXE	233	326	11.13	30.67	17.77	0.4	26	1101	3.86	4.66	4.4	15.0	7.3	10.8	3.55			●	●		●
MEXI-FRIES DELUXE - large	388	544	13.95	57.13	31.20	0.5	35	1818	6.08	7.67	6.8	22.2	11.3	13.1	5.59			●	●		●
NACHOS	169	359	5.08	49.64	14.85	0.0	2	499	2.21	4.10	3.1	14.7	8.1	6.3	4.40			●	●		●
NACHOS - large	306	695	9.51	94.98	29.16	0.0	2	748	4.26	6.15	4.7	22.0	14.7	12.0	8.49			●	●		●
NACHOS DELUXE	340	592	21.15	67.29	26.37	0.4	42	1101	7.05	7.37	10.8	19.5	19.6	24.1	9.98			●	●		●
NACHOS DELUXE - large	547	1026	32.11	119.89	45.73	0.6	61	1594	11.28	10.93	15.9	28.8	31.2	37.0	16.30			●	●		●
POUTINE	259	444	15.89	30.54	28.16	1.0	60	1577	11.16	1.82	13.7	5.0	43.7	3.4	2.10			●	●		●
POUTINE - large	519	870	31.78	61.08	56.32	1.9	120	3153	22.32	3.64	27.4	10.0	87.4	6.7	4.20			●	●		●
RANCH CHICKEN BURRITO	278	506	20.80	64.51	18.33	0.1	56	950	3.22	4.99	5.7	25.5	13.3	28.9	3.94	●		●	●		●
RANCH CHICKEN BURRITO - large	516	842	36.58	100.00	33.65	0.3	111	1600	5.94	7.97	11.3	51.0	20.6	47.7	5.88	●		●	●		●
RED HOT SAUCE 1 oz	28	12	0.21	2.69	0.15	0.0	0	179	0.02	0.83	2.2	2.1	0.4	0.9	0.26			●			
SALSA PORTION 1oz	28	6	0.06	1.35	0.00	0.0	0	62	0.00	1.14	4.2	5.4	0.1	0.1	0.07						
SOUR CREAM PORTION 1 oz.	28	49	0.99	1.97	4.44	0.0	15	30	2.46	1.97	3.9	0.0	3.9	0.0	0.00				●		
SUPER REFRITO BURRITO	230	392	14.23	52.77	14.65	0.1	29	644	6.35	5.25	13.7	5.1	23.0	22.8	7.22			●	●		●
SUPER REFRITO BURRITO - large	415	614	23.45	76.52	26.30	0.3	58	987	12.21	8.50	27.5	10.1	40.0	35.7	12.43			●	●		●
SUPER BEEF BURRITO	230	454	22.21	45.49	19.83	0.6	55	994	8.63	5.85	12.5	7.8	23.9	26.5	5.14			●	●		●
SUPER BEEF BURRITO - large	415	738	39.40	61.97	36.65	1.2	110	1687	16.76	9.70	25.0	15.5	41.8	43.1	8.28			●	●		●
SUPER CHICKEN BURRITO	230	416	22.73	45.54	16.18	0.1	75	681	7.01	4.90	11.2	5.4	21.1	26.4	3.39			●	●		●
SUPER CHICKEN BURRITO - large	415	662	40.45	62.07	29.36	0.3	150	1062	13.53	7.80	22.5	10.8	36.2	42.8	4.78			●	●		●
VEGGIE BURRITO	283	418	15.72	60.36	13.69	0.1	29	672	5.40	5.23	15.7	20.9	20.4	17.7	6.53			●	●		●
VEGGIE BURRITO - large	476	636	24.44	85.74	23.87	0.3	58	1064	10.80	9.47	31.4	41.8	36.8	25.4	10.05			●	●		●
VEGGIE BURRITO BOWL	417	445	12.73	78.82	9.98	0.0	16	969	2.91	9.46	22.7	69.5	16.7	18.1	8.46				●		●
VEGGIE TACO BEAN hard corn shell	108	172	6.94	18.20	8.47	0.0	14	180	3.30	0.96	8.8	3.2	11.1	6.7	3.83			●	●		●
VEGGIE TACO BEAN soft flour shell	119	203	9.11	26.06	7.42	0.0	14	370	3.38	1.96	8.8	3.2	14.0	13.6	5.00			●	●		●
VEGGIE TACO RICE hard corn shell	108	191	5.90	23.52	8.10	0.0	14	223	3.31	1.25	9.2	16.6	11.0	3.5	1.47			●	●		●
VEGGIE TACO RICE soft flour shell	119	222	8.07	31.38	7.05	0.0	14	413	3.39	2.25	9.2	16.6	13.9	10.3	2.64			●	●		●

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