



Nutritional Information

Menu Item	Serving Size	Amount (g)	Calories (kcal)	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugar (g)	Protein (g)
BASES (NOTE: does not include meat or sauce)												
Small Burrito	1 Serving	265	436	13.3	5.2	0.2	10.0	1020	34.5	6.0	4.4	8.4
Big Burrito	1 Serving	434	655	22.7	6.3	0.3	13.3	1475	92.0	11.2	8.6	19.0
Huge Burrito	1 Serving	751	1024	37.0	8.6	0.5	20.0	2359	145.0	15.8	14.6	29.8
Burrito Bowl	1 Serving	534	706	21.5	5.7	0.3	20.0	1611	101.0	12.5	8.8	22.2
Quesadilla	1 Serving	274	647	31.5	15.6	0.4	53.5	2054	67.3	5.2	10.0	21.4
Loaded Waffle Fries	1 Serving	288	594	40.5	8.4	0.6	20.0	1070	46.2	4.9	3.9	9.7
Gametime Meal	2 Serving	359	680	22.3	5.5	0.3	10.0	1118	96.6	5.5	6	17.7
MEATS AND FILLINGS (NOTE: big burrito serving size)												
Baked Chicken	1 Serving	130	190	10.5	1.9	0.1	59.0	347	1.4	0.4	0.1	38.9
Breaded Chicken	1 Serving	158	378	22.0	2.4	0.3	43.4	955	18.8	1.6	1.6	24.6
Pulled Beef	1 Serving	125	163	6.3	1.9	0.0	68.8	613	1.3	0.0	0	23.8
Ground Beef	1 Serving	108	288	23.4	7.2	1.8	72.0	468	1.8	0.0	0	18.0
Pork	1 Serving	120	145	2.9	1.0	0.0	74.0	342	1.3	0.2	0.6	26.5
Fish	1 Serving	135	336	10.8	1.5	0.3	24.7	717	23.5	0.0	5	9.9
Tofu	1 Serving	65	162	13.2	1.0	0.2	0.0	0	6.6	0.7	4	6.0
Shrimp	1 Serving	90	201	14.1	1.2	0.2	92.5	200	5.1	0.2	3	12.4
Sweet Potato	1 Serving	116	208	22.0	0.0	0.0	0.0	0	15.7	2.7	8.1	1.4
POWER BOWLS (NOTE: does not include sauce)												
Protein Punch Bowl	1 Serving	506	693	26.4	7.8	0.2	108.5	1573	62.0	8.0	3.4	72.8
Veggie Vortex Bowl	1 Serving	556	547	27.9	0.5	0.1	0.0	801	76.8	11.5	13.7	11.6
Carb Crusher Bowl	1 Serving	352	426	30.0	11.8	1.8	92.0	889	13.7	4.5	5.32	25.5
TACOS												
Walking Tacos	1 Serving	142	354	20.9	5.2	0.5	26.3	675	32.6	2.9	3.0	9.4
Shrimp Tacos	1 Serving	284	562	30.0	5.1	0.3	95.8	1124	54.2	3.3	13.1	19.4
Ground Beef Tacos	1 Serving	309	637	37.5	14.5	1.9	91.9	1465	46.3	3.1	4.5	28.9
Tequila Lime Baked Chicken Tacos	1 Serving	335	593	24.1	8.1	0.1	72.3	1592	58.9	3.7	11.9	49.8
Fish Tacos	1 Serving	329	697	26.7	5.4	0.3	28.1	1641	72.6	3.1	15.0	17.0
SIDES (NOTE: does not include meat or sauce)												
Waffle Fries Side	1 Serving	199	484	33.5	3.9	0.6	0.0	580	41.5	4.2	2.1	4.2
Waffle Fries Large	1 Serving	397	968	67.1	7.7	1.1	0.0	1161	83.0	8.3	4.2	8.3
Ground Beef Empanada	1 Serving	86	278	20.8	4.8	0.9	28.2	377	13.9	0.7	0.8	9.1
Chicken Empanada	1 Serving	86	251	16.1	3.6	0.2	19.9	513	17.5	0.9	4.2	12.4
Loaded Waffle Fries	1 Serving	288	594	40.5	8.4	0.6	20.0	1070	46.2	4.9	3.9	9.7
Loaded Nachos	1 Serving	189	439	12.8	0.7	0.2	0.0	217	64.9	1.1	2.4	8.3
Crunchies	1 Serving	113	408	11.6	0.6	0.2	0.0	34	60.4	0.0	0.0	7.5
Doritos Nacho Cheese	1 Bag	45	230	12.0	1.5	0.0	0.0	330	28.0	2.0	1.0	3.0
SAUCES												
Side Guac (3oz)	1 Serving	85	145	11.9	1.7	0.0	0.0	204	6.8	5.1	0.0	1.7
Side Queso (3oz)	1 Serving	85	124	7.8	2.8	2.9	14.8	917	7.4	3.8	5.1	6.4
Sour Cream (2oz)	1 Serving	57	125	8.7	3.6	0.2	18.6	52	8.3	0.8	4.42	3.3
Burrito Sauce (2oz)	1 Serving	57	164	16.4	1.1	0.0	1.7	621	4.5	0.0	2.27	0.6
Cilantro Lime Sauce (2oz)	1 Serving	57	255	27.2	1.7	0.0	3.4	374	0.0	0.0	1.13	0.6
Tequila Lime (2oz)	1 Serving	57	113	0.0	0.0	0.0	0.0	1096	26.5	1.9	24.6	0.0
Hot Sauce (2oz)	1 Serving	57	96	9.0	0.6	0.0	0.0	1035	4.0	0.0	0	0.0
Buffalo Sauce (2oz)	1 Serving	57	13	0.1	0.0	0.0	0.0	2023	1.9	0.9	0.3	0.5
Sweet Chili Thai Sauce (2oz)	1 Serving	57	113	0.0	0.0	0.0	0.0	567	28.4	0.0	26.46	0.2
Chipotle Sauce (2oz)	1 Serving	57	189	15.1	1.9	0.0	9.5	416	13.2	0.0	11.34	0.8
Homemade Salsa (2oz)	1 Serving	57	18	0.7	0.0	0.0	0.0	378	2.9	0.8	1.6	0.5
Caramel Sauce (2oz)	1 Serving	57	264	3.8	1.4	0.1	0.0	236	58.6	0.0	34.0	0.9
Chocolate Syrup (2oz)	1 Serving	57	128	0.4	0.2	0.0	0.0	27	32.2	1.0	23.5	0.7
Spicy Chocolate Syrup (2oz)	1 Serving	57	128	0.4	0.2	0.0	0.0	27	32.0	1.0	23.5	0.7
Yuzu Sauce (2oz)	1 Serving	57	236	24.0	1.8	0.6	0.0	0.08	5.9	0.2	5.38	0.0
DESSERTS (NOTE: does not include sauce)												
Mini Churros	1 Serving	84	328	21.1	9.3	0.3	7.4	265	39.6	2.0	18.3	4.5
Cheesecake Burrito	1 Serving	195	757	38.6	12.4	0.9	80.0	796	106.6	1.0	47.0	8.9
Fried Mars Bar	1 Serving	88	402	20.7	6.7	0.3	5.0	250	49.5	1.5	31.5	4.0