

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Vegan Menu Items - Contain no ingredients derived from animal sources</b>												
10" Flour Tortilla - 1 each	71g	210	45	5	2	0	0	510	36	1	0	6
10" Taco Salad Shell - 1 each	59g	280	150	17	3.5	0	0	200	29	1	1	4
10" Whole Wheat Tortilla - 1 each	71g	200	40	5	2	0	0	510	34	4	0	6
12" Flour Tortilla - 1 each	104g	310	60	7	3	0	0	740	52	2	0	8
12" Spinach Tortilla - 1 each	104g	310	60	7	3	0	0	740	51	2	0	9
12" Tomato Basil Tortilla - 1 each	104g	310	60	7	3	0	0	720	52	2	0	8
12" Whole Wheat Tortilla - 1 each	104g	290	60	7	3	0	0	750	50	6	0	9
6" Corn Tortilla - 2 each	56 g	120	20	2	0	0	0	0	24	2	0	2
6" Flour Tortilla - 1 each	31g	90	18	2	1	0	0	220	15	1	0	3
7" Hard Corn Taco Shell - 1 each	22g	100	40	4.5	1	0	0	0	14	2	1	2
Beans, Black - 1 spoonful	99g	90	5	0.5	0	0	0	270	17	3	1	4
Beans, Refried - 1 spoonful	99g	100	10	1	0	0	0	350	16	6	0	6
Beans, Whole Pinto - 1 spoonful	99g	90	0	0	0	0	0	210	16	5	0	5
Black Bean & Corn Salsa - 2 oz	57g	60	5	0.5	0	0	0	230	12	3	1	3
Black Olives - 1 tablespoon	6g	10	10	1	0	0	0	40	0	0	0	0
Cabbage - 1 tong full	57g	15	0	0	0	0	0	10	3	1	1	1
Chips & Guacamole	198g	550	330	37	4	0	0	650	55	11	1	7
Chips & Salsa	170g	430	220	24	2.5	0	0	520	50	6	2	6
Chips, side	85g	410	220	24	2.5	0	0	320	46	5	0	5
Chopped onions - 1 tablespoon	6g	0	0	0	0	0	0	0	1	0	0	0
Chopped tomatoes - 1 tong full	17g	5	0	0	0	0	0	0	1	0	0	0
Cilantro - 1 tong full	0.3 g	0	0	0	0	0	0	0	0	0	0	0
Enchilada Sauce - 1 ladle	57g	25	0	0	0	0	0	360	5	1	1	1
Guacamole Add On - 1 scoop	35g	45	35	4	0.5	0	0	105	3	2	0	1
Guacamole Side Order - 4 oz	113g	140	110	12	2	0	0	330	9	6	1	2
Jalapeno peppers - 1 tablespoon	10g	0	0	0	0	0	0	170	0	0	0	0
Lettuce - 1 tong full	57g	10	0	0	0	0	0	5	2	1	1	1
Lime wedge	7g	5	0	0	0	0	0	0	1	0	0	0
Pico de Gallo Add On - 1 scoop	57g	10	0	0	0	0	0	140	2	1	2	1
Pico de Gallo Side Order - 3 oz	85g	15	0	0	0	0	0	210	4	1	2	1
Rice & Beans (black) & Pico de Gallo	319g	350	35	4	0	0	0	780	67	6	3	11
Rice & Beans (pinto) & Pico de Gallo	319g	340	30	3	0	0	0	680	65	8	1	12
Rice & Beans (refried) & Pico de Gallo	319g	360	40	4.5	1	0	0	880	66	10	1	12
Rice, seasoned - 1 scoop	142g	210	25	3	0	0	0	290	40	1	0	4
Salsa, Habanero (Hot) - 1 ladle	34g	5	0	0	0	0	0	150	1	0	1	0
Salsa, Mango - 1 ladle	40g	25	0	0	0	0	0	190	5	1	4	1
Salsa, Reaper - 1 ladle	34g	10	0	0	0	0	0	140	2	0	2	0
Salsa, Roasted Chipotle (Medium) - 1 ladle	34g	10	0	0	0	0	0	105	2	0	1	0
Salsa, Tomatillo (Mild) - 1 ladle	34g	10	0	0	0	0	0	180	2	0	1	0
Serrano Peppers - 1 tablespoon	6g	0	0	0	0	0	0	0	0	0	0	0
Vegan Burrito Bowl	390g	370	70	8	1.5	0	0	890	63	10	4	11
Vegan Burrito, Regular	494g	680	130	15	4.5	0	0	1630	115	12	4	19
Vegan Burrito, Small	265g	390	80	9	2.5	0	0	950	68	6	2	12
Vegan Taco Salad	619g	670	230	25	5	0	0	1110	97	13	8	17
<b>Vegetarian Menu Items - In addition to all the Vegan selections above, the items below contain no meat, poultry, or seafood ingredients; but may contain dairy and/or egg ingredients (lacto-ovo vegetarian)</b>												
Breakfast Bowl - no meat	189g	250	110	12	4.5	0	290	770	18	4	1	15
Breakfast Burrito - no meat	260g	460	160	17	7	0	290	1280	54	5	1	21
Breakfast Potatoes Side Order	68g	90	20	2.5	1	0	0	340	16	2	0	2
Breakfast Quesadita - no meat	182g	370	140	16	6	0	290	960	39	1	1	18
Breakfast Taco - no meat, flour tortilla	120g	220	100	11	4.5	0	205	580	18	1	1	12
Brownie - Oreo	92g	400	150	17	8	0	65	230	59	2	37	4
Cheese - 1 Taco & 1 Enchilada	608g	830	300	33	15	0	70	1980	107	15	5	31
Cheese Add On - 1 scoop	23g	90	70	7	4	0	25	150	1	0	0	6
Cheese Enchiladas (2)	605g	810	290	32	14	0	70	1870	105	15	4	29
Cheese Nachos	408g	1040	590	66	20	0	95	1510	88	15	3	31
Cheese Quesadilla	229g	590	260	29	15	0	75	1320	57	3	2	26
Cheese Quesadilla Platter	562g	950	300	33	16	0	75	2200	123	13	3	38
Chips & Queso, White	198g	680	420	47	16	0	55	1680	54	5	4	16

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Chips & Queso, Yellow	198g	570	330	36	7	0	5	1210	50	5	0	11
Churros - 2 pieces	74g	270	90	10	1	0	0	180	40	1	13	4
Cookie - Chocolate Chip	38g	170	70	7	4	0	10	120	24	1	15	2
Cookie - Double Chocolate Chip	38g	170	70	8	4.5	0	10	135	23	1	15	2
Cookie - Oatmeal Raisin	38g	160	60	7	4	0	10	130	23	1	13	2
Cookie - White Chocolate Macadamia	38g	170	80	9	4	0	10	120	22	0	14	2
Eggs - 1 scoop	71g	100	60	7	2	0	300	280	0	0	0	9
Get Wet Regular Toppings - Enchilada Sauce	182g	100	40	4	2	0	10	860	12	2	3	4
Get Wet Regular Toppings - Queso Sauce, White	170g	270	200	23	13	0	55	1430	10	1	5	12
Get Wet Regular Toppings - Queso Sauce, Yellow	170g	170	110	12	5	0	5	970	6	1	1	6
Get Wet Small Toppings - Enchilada Sauce	125g	80	35	4	2	0	10	500	7	1	2	4
Get Wet Small Toppings - Queso Sauce, White	114g	140	100	11	7	0	30	750	6	1	3	6
Get Wet Small Toppings - Queso Sauce, Yellow	114g	90	50	6	2.5	0	5	520	4	1	1	4
Kid's Burrito Bean (refried) & Cheese	243g	440	120	14	7	0	25	1180	61	9	0	20
Kid's Cheese Quesadilla	94g	300	110	12	6	0	25	660	37	1	0	12
Queso, White Add On - 1 ladle	57g	130	100	11	7	0	30	680	4	0	2	6
Queso, White Side Order - 4 oz	113g	260	200	23	13	0	55	1360	8	0	4	11
Queso, Yellow Add On - 1 ladle	57g	80	50	6	2.5	0	5	450	2	0	0	3
Queso, Yellow Side Order - 4 oz	113g	160	110	12	5	0	5	900	4	0	0	6
Sour Cream Add On - 1 scoop	35g	70	60	7	4	0	25	55	2	0	1	1
Veggie Burrito	552g	840	260	29	12	0	45	1830	119	12	5	26
Veggie Burrito	295g	470	140	16	7	0	25	1060	69	6	2	15
Veggie Burrito Bowl	448g	530	200	22	9	0	45	1090	67	10	5	18
Veggie Taco - flour tortilla	214g	300	110	12	6	0	25	660	39	5	2	10
Veggie Taco Salad	677g	830	350	39	13	0	45	1310	101	13	9	23
White Sauce - 1.5 oz	43g	180	170	19	3.5	0	20	160	2	0	0	0