

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)
Vegan Menu Items - Contain no ingredients derived from animal sources												
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
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, 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
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)												
Breakfast Bowl - no meat	189g	250	130	14	5	0	305	670	18	4	1	15
Breakfast Burrito - no meat	260g	460	170	19	7	0	305	1180	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	160	18	7	0	305	870	39	1	1	18
Breakfast Taco - no meat, flour tortilla	120g	220	110	12	5	0	215	510	18	1	1	12
Brownie	70g	230	90	11	2.5	0	35	180	34	2	25	3
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, 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

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Eggs - 1 scoop	71g	110	80	9	2.5	0	290	220	1	0	0	9
Enchilada Sauce - 1 ladle	57g	25	0	0	0	0	0	360	5	1	1	1
Get Wet Regular Toppings - Enchilada Sauce	182g	100	40	4	2	0	10	860	12	2	3	4
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, 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, 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