

	<i>Serving Size</i>	<i>Calories</i>	<i>Fat</i>	<i>Saturated Fat</i>	<i>Trans Fat</i>	<i>Cholesterol</i>	<i>Carbohydrates</i>	<i>Sodium</i>	<i>Sugars</i>	<i>Fiber</i>	<i>Protein</i>
			(g)	(g)	(g)	(mg)	(g)	(mg)	(g)	(g)	(g)
<b>Toppings</b>											
White Rice	6 oz	240	11	2	0	0	34	0	0	0	3
Brown Rice	6 oz	248	12	2	0	0	34	0	0	3	4
Black Beans	3 oz	120	0	0	0	0	17	75	0	8	5
Pinto Beans	3 oz	85	1	0	0	0	16	75	0	6	5
Ground Beef	3.5 oz	215	18	8	>1	70	2	150	0	0	18
Grilled Chicken	3.5 oz	110	1	0	0	65	2	175	0	0	26
Shredded Chicken	3 oz	130	6	2	0	85	0	310	0	0	18
Shredded Pork	3 oz	120	6	3	0	60	0	600	0	0	16
Shrimp	4 oz	80	0	0	0	125	0	400	0	0	18
Steak	4 oz	294	24	9	0	100	8	175	6	0	24
Fajitas	2 oz	43	4	1	0	0	4	50	0	1	0
Crispy Chicken	3.5 oz	250	26	2	0	25	16	800	0	1	17
Nacho Cheese	2 oz	140	4.5	2	0	0	12	920	4	0	2
Bacon	2 piece	250	19	8	0	110	0	1410	0	0	16
Romaine Lettuce	6 oz	15	0	0	0	0	3	0	0	2	1
Pico De Gallo	2 oz	15	0	0	0	0	1.5	75	1	1	1
House Salsa	2 oz	13	0	0	0	0	3	170	2	1	1
Hot Salsa	2 oz	13	0	0	0	0	3	170	2	1	1
Guacamole	2 oz	120	12	2	0	0	4	75	0	4	2
Corn Salsa	2 oz	30	1	0	0	0	7	65	2	1	1
Mango Salsa	3 oz	45	1	0	0	0	12	0	11	2	1
Jalapenos	2 oz	10	0	0	0	0	2	1040	2	1	0
Fresh Jalapeño	2 oz	0	0	0	0	0	1	0	0	0	0
Sour Cream	2 oz	120	10	8	0	40	2	30	2	0	2
Shredded Cheese	2 oz	110	9	10	0	50	0	340	0	0	12
<b>Sauces</b>											
Ghost Pepper	2 oz	50	0	0	0	0	10	760	6	2	0
Mango Habenero	2 oz	100	0	0	0	0	26	340	24	0	0

Sriracha	2 oz	20	0	0	0	0	4	320	0	0	0
Sriracha Ranch	2 oz	110	11	2	0	10	1	410	> 1	0	0
Buffalo	2 oz	80	8	0	0	0	0	1560	0	0	0
Sweet Chili	2 oz	140	0	0	0	0	34	1120	28	0	0
General Tso's	2 oz	140	0	0	0	0	32	1040	26	0	2
BBQ Sauce	2 oz	140	0	0	0	0	36	580	32	0	0
Enchilada	2 oz	30	0	0	0	0	4	320	0	0	0
Ranch Dressing	2 oz	200	22	3	0	20	2	500	1	0	0
<b>Entrée Base</b>											
Burrito Tortilla	1- 12" shell	310	8	4	0	0	48	610	1	2	8
Wheat Tortilla	1- 12" shell	290	7	3	0	0	49	620	0	6	9
Hard Shell Tacos	3 shells	210	9	1	0	0	30	0	0	6	3
Soft Shell Tacos	3 shells	270	6	0.15	0	0	45	570	0	3	6
Taco Salad Bowl	1 bowl	450	22	15	0	0	41	0	0	2	8
Quesadilla Shell	1- 12" shell	430	24	7	0	0	52	720	1	2	8
Chiwawa	1 ball	742	42	5	0	25	102	170	0	1	12
Nachos the Works	1 Order	693	32	5	0	0	150	100	0	30	12
<b>Sides</b>											
Jalapeno Poppers	5 pieces	400	12	6	0	30	48	2280	3	3	12
Curley Fries	9 oz	440	53	7	0	0	51	980	0	6	6
Tator Tots	9 oz	540	55	7	0	0	57	1110	0	6	2
Buffalo Cauliflower	8 oz	530	32	3	0	0	62	2700	3	3	9
Chips	1 Bag	840	32	5	0	0	150	100	0	30	12
w/ Salsa	4 oz	853	32	5	0	0	153	270	2	31	12
w/ Hot Salsa	4 oz	853	32	5	0	0	153	270	2	31	12
w/ Pico de Gallo	4 oz	855	32	5	0	0	154	345	3	31	12
w/ Guacamole	4 oz	960	44	7	0	0	154	175	0	34	14
w/ Queso	6 oz	1260	68	26	0	90	162	2260	6	30	30
w/ Nacho Cheese	4 oz	1120	9	4	0	0	24	1840	8	0	4
Side of Queso	4 oz	280	24	14	0	60	8	1440	4	0	12
Side of Nacho CZ	2 oz	140	4.5	2	0	0	12	920	4	0	2
Side of Buffalo Sauce	2 oz	80	8	0	0	0	0	1560	0	0	0
Small Side of Queso	2 oz	140	12	7	0	30	4	720	2	0	6

Egg Rolls	2 rolls	510	14	6	0	30	44	1320	4	2	12
Wings Sm	6 pcs	475	27	4	0	60	24	1020	0	1	25
Wings Lg	8 pcs	590	48	6	0	80	34	1360	0	2	34
<b>Desserts</b>											
Fried Oreos	1 cookie	250	40	4	0	0	25	225	20	0	0
Love Chips	5 shells	430	58	7	0	0	75	715	25	5	12
Add Caramel	1 oz	100	0	0	0	0	25	105	20	0	1
Add Raspberry	1 oz	110	0	0	0	0	26	105	20	1	0
Add Maple Syrup	1 oz	100	0	0	0	0	25.5	90	13	0	0

<b>Built Entrees Low Avg</b>											
Burrito		1055	43	25	0	90	113.5	1245	6	13	32
Burrito Bowl		958	43	22	0	215	96	1080	6	8	45
Hard Shell Tacos		1016	44	21.5	0	215	113	1160	6	23	43
Soft Shell Tacos		1076	41	20.65	0	215	128	1730	6	20	46
Taco Salad Bowl		875	42	33	0	215	64.5	920	3	11	47
Quesadilla Shell		893	53	35	0	205	59	1775	5	3	61
Chiwawa		1357	89.5	34	0	215	142.5	1785	13	10	58
Nachos The Works		1308	61.5	27	0	175	182.5	1850	7	39	52

<b>Built Entrees High Avg</b>											
Burrito		1653	86	42	0	290	152.5	3560	44	12	81
Burrito Bowl		1544	91	40	0	290	142	1545	48	10	75
Hard Shell Tacos		1191	76	37	0	290	89	2510	50	8	66
Soft Shell Tacos		1313	95	39.15	0	310	68.5	2905	18	5	69
Taco Salad Bowl		1603	123	56	0	310	66.5	1370	16	7	73
Quesadilla Shell		1541	101	53	0	340	114	3135	47	4	84
Chiwawa		1878	113.5	43	0	315	170.5	4135	49	4	80
Nachos The Works		2074	120	47	0	290	237	4525	58	36	81

*This list was created based on the information that was given to us by our manufacturers and suppliers and using the measurements that we build our entrée with.*

*We are a build your own restaurant all burritos and other entrees are not created the same  
we have comiled an average high and low end entrée an d a list of each ingrediant that can be used*

*Nutritional content may vary because of variations in portion size or recipes, changes in growing seasons  
or differences in the sources of our ingredients. We may update this chart from time to time.*

*2,000 calories a day is used for general nutrition advice, but calorie needs vary.*