

 MENU ITEMS December 2011	PRODUCT WEIGHT grams	CALORIES energy	PROTEIN grams	CARBS grams	FAT TOTAL grams	TRANS FAT grams	CHOLESTEROL milligrams	SODIUM milligrams	SATURATED FAT grams	SUGARS grams	CALCIUM % daily value	IRON % daily value	FIBRE grams	EGGS	FISH (including shellfish)	GLUTENS	DAIRY (and all milk products)	NUTS (including tree nuts)	SOY (and all soy products)
BEEF & CHEESE BURRITO	252	556	32.6	48.0	25.2	1.18	72	1430	10.5	4.3	27.3	49.2	6.6			●	●		●
BEEF & CHEESE BURRITO – large	465	952	60.1	66.0	49.0	2.36	144	2590	20.0	6.7	50.6	83.5	10.2			●	●		●
BEEF QUESADILLA	291	593	27.5	57.0	28.1	0.80	69	1650	13.0	8.1	44.4	31.6	6.5			●	●		●
BEEF SALAD no bowl or dressing	362	422	27.5	23.2	23.1	1.18	72	1026	9.5	7.3	26.1	37.0	4.5			●	●		●
BEEF SALAD no dressing	440	631	34.1	63.9	25.3	1.18	72	1378	10.6	9.5	32.7	53.5	7.8			●	●		●
BEEF TACO	119	265	14.4	21.0	13.1	0.50	33	620	5.7	2.6	18.4	20.1	3.2			●	●		●
CHEESE QUESADILLA (quesadilla only)	78	374	15.9	34.0	18.2	0.42	36	719	9.5	2.0	36.5	16.0	4.0			●	●		●
CHICKEN FAJITA	218	358	25.3	45.4	7.8	0.00	52	1090	4.1	4.9	18.3	23.5	3.7			●	●		●
CHICKEN FAJITA – large	403	556	45.5	60.7	14.1	0.28	104	1910	7.1	7.7	32.4	31.8	4.3			●	●		●
CHICKEN NUGGETS (4)	80	184	12.8	12.0	9.6	0.00	28	392	1.6	0.8	3.2	8.0	0.8	●		●	●		●
CHICKEN QUESADILLA	291	538	31.6	57.0	20.1	0.28	79	1753	9.9	7.2	39.9	22.6	4.8			●	●		●
CHICKEN SALAD no bowl or dressing	337	234	20.5	22.5	5.8	0.00	52	882	3.1	7.7	16.2	12.4	1.9			●	●		●
CHICKEN SALAD no dressing	415	443	27.1	63.2	8.0	0.00	52	1234	4.2	9.9	22.8	28.9	5.2			●	●		●
CHICKEN TACO	119	226	17.2	21.0	7.5	0.00	40	692	3.5	2.0	15.3	13.8	2.0			●	●		●
CRISP BEEF BURRITO	159	425	23.1	42.2	17.7	0.76	48	973	7.8	3.1	22.6	34.3	5.0			●	●		●
CRUSTOS	100	313	9.0	62.5	3.0	0.00	0	480	1.5	9.9	9.0	22.5	4.6			●			●
EMPANADAS – blended	111	351	6.3	75.5	2.6	0.00	0	447	1.2	31.1	8.7	17.0	3.5			●			●
ENCHILADA SAUCE 1oz	28	12	0.2	2.3	0.2	0.00	0	97	0.0	0.6	0.0	2.0	0.2			●			
GREEN HOT SAUCE 1 oz	28	11	0.2	2.3	0.2	0.00	0	160	0.0	0.6	0.0	2.0	0.4			●			●
GUACAMOLE PORTION 1oz	28	50	0.0	6.0	3.0	0.00	0	110	0.0	1.0	0.0	0.0	1.0						
JR. BEEF BURRITO (burrito only)	124	316	16.2	33.8	12.7	0.50	33	686	6.0	3.0	19.0	23.8	3.6			●	●		●
MEXI-FRIES	113	240	3.2	30.4	12.8	0.00	0	576	3.2	1.6	0.0	6.4	3.2			●			●
MEXI-FRIES – large	224	480	6.4	60.8	25.6	0.00	0	1152	6.4	3.2	0.0	12.8	6.4			●			●
MEXI-FRIES DELUXE	233	392	12.3	38.6	22.0	0.37	29	1183	7.0	5.4	7.8	17.8	4.5			●	●		●
MEXI-FRIES DELUXE – large	388	674	16.4	72.8	37.6	0.38	38	1949	11.6	8.0	11.4	24.2	7.7			●	●		●
NACHO CHEESE SAUCE PORTION 1oz	28	17	0.4	2.8	0.5	0.00	1	175	0.2	1.0	1.6	0.0	0.0				●		●
NACHOS	169	226	5.5	44.3	1.1	0.00	2	554	0.4	3.3	3.2	0.0	4.8			●	●		●
NACHOS – large	306	429	10.5	82.4	1.6	0.00	3	678	0.5	4.7	5.0	0.2	9.3			●	●		●
NACHOS DELUXE	340	492	21.5	62.0	15.7	0.54	47	1152	6.2	6.3	17.1	26.4	10.3			●	●		●
NACHOS DELUXE – large	547	806	33.1	107.4	22.5	0.75	67	1517	9.0	9.2	24.8	37.1	17.0			●	●		●
RANCH CHICKEN BURRITO	278	507	23.9	62.4	19.0	0.00	50	1356	3.6	5.3	12.5	26.7	3.4	●		●	●		●
RANCH CHICKEN BURRITO – large	516	853	42.8	94.8	36.5	0.00	100	2441	6.2	8.5	21.0	38.4	3.9	●		●	●		●
RED HOT SAUCE 1 oz	28	13	0.2	2.7	0.2	0.00	0	173	0.0	0.9	0.0	1.0	0.2			●			
SALSA PORTION 1oz	28	6	0.1	1.3	0.0	0.00	0	102	0.0	1.1	0.1	0.1	0.1						
SOUR CREAM PORTION 1oz	28	50	1.0	2.0	4.5	0.00	15	30	2.5	2.0	4.0	0.0	0.0				●		
SUPER BEAN BURRITO	218	371	13.8	51.6	12.2	0.00	27	584	6.4	5.4	24.3	26.1	6.8			●	●		●
SUPER BEAN BURRITO – large	403	581	22.7	73.2	22.8	0.28	54	897	11.8	8.8	44.6	37.2	10.7			●	●		●
SUPER BEEF BURRITO	218	451	21.8	44.6	20.4	0.66	57	915	9.7	6.1	26.2	31.9	4.7			●	●		●
SUPER BEEF BURRITO – large	403	742	38.6	59.2	39.3	1.32	114	1561	18.3	10.3	48.4	48.8	6.4			●	●		●
SUPER CHICKEN BURRITO	218	396	25.9	44.5	12.3	0.00	67	1019	6.6	5.3	21.7	22.9	3.0			●	●		●
SUPER CHICKEN BURRITO – large	403	631	46.8	59.0	23.1	0.28	134	1767	12.1	8.5	39.4	30.8	3.0			●	●		●
VEGGIE BURRITO	283	425	15.3	60.2	13.7	0.00	27	770	5.4	5.6	23.5	20.4	6.1			●	●		●
VEGGIE BURRITO – large	476	650	23.6	85.5	23.9	0.32	54	1260	10.9	10.1	42.8	30.6	9.2			●	●		●
VEGGIE TACO	119	208	8.8	25.9	7.4	0.00	12	387	3.4	2.1	17.1	16.0	4.7			●	●		●

Nutritional information was obtained through analysis of information provided by suppliers. All nutritional information is based on standard ingredient servings and standard product formulations, unless indicated otherwise. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, assembly at the restaurant level, and/or the season of the year. Certain menu items may vary from store to store and may not be available at all locations. The nutritional information may not include all products found in-store. Information may be subject to change at any time. Warning – A trace amount of glutens may transfer to deep fried items from the deep fryer shortening. Nov. 2011