

Food Item	Serving	Weight (g)	Calories	Carbs (g)	Fiber (g)	Protein (g)	Fat (g)	% Cals from Fat	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)
Burritos												
1/2 lb.* Cheesy Potato Burrito		248	550	59	7	19	26	43	8	0.5	50	1500
1/2 lb.* Combo Burrito		241	460	52	10	22	18	35	7	0.5	50	1520
1/2 lb.* Nacho Crunch Burrito		234	520	54	7	19	25	43	8	0.5	50	1290
7-Layer Burrito		283	510	69	13	18	18	32	6	0	20	1300
Bean Burrito		198	370	56	11	14	10	24	3.5	0	5	1150
Beefy 5-Layer Burrito		248	560	70	10	20	22	35	8	0	35	1470
Beefy Crunch Burrito		220	510	61	5	15	22	39	6	0	30	1250
Burrito Supreme – Beef		248	420	53	9	17	15	32	6	0	35	1260
Burrito Supreme – Chicken		248	400	52	8	21	12	27	5	0	40	1300

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Burrito Supreme - Steak		248	390	51	8	18	13	30	5	0	30	1230
Cheesy Bean and Rice Burrito		227	490	60	8	13	21	39	5	0	10	1260
Cheesy Double Beef Burrito		227	470	54	6	18	20	38	6	0.5	40	1460
Chili Cheese Burrito		156	380	41	5	16	17	40	8	0.5	35	930
Fresco Bean Burrito		213	350	56	12	13	8	21	2.5	0	0	1170
Grilled Chicken Burrito		177	430	49	3	18	18	38	5	0	40	1160
Grilled Stuff Burrito – Beef		325	700	80	13	27	30	39	10	1	60	1930
Grilled Stuff Burrito – Chicken		325	660	77	9	34	24	33	7	0	70	2010
Grilled Stuff Burrito – Chicken Enchilada		337	690	79	6	36	26	34	10	0.5	85	1970
Grilled Stuff Burrito – Steak		325	640	76	9	29	25	35	8	0	50	1860
Chalupas												
Chalupa Baja – Beef		153	410	31	5	13	26	58	5	0.5	35	730
Chalupa Baja – Chicken		153	390	29	3	16	23	54	4	0	35	760
Chalupa Baja – Steak		153	380	29	3	13	23	54	4	0	30	690
Chalupa Nacho Cheese – Beef		153	370	31	4	12	22	56	3.5	0	20	730
Chalupa Nacho Cheese – Chicken		153	340	30	3	15	18	48	2	0	25	770
Chalupa Nacho Cheese – Steak		153	330	30	3	12	19	52	2.5	0	15	700
Chalupa Supreme – Chicken		153	350	30	3	17	18	46	4	0	35	640
Chalupa Supreme – Steak		153	340	29	3	14	18	48	4	0	30	570
Chalupa Supreme – Beef		153	370	31	4	13	21	51	5	0.5	35	600
XXL Chalupa		266	650	53	7	23	39	54	9	1	55	1300
Condiments and Sauces												
Border Sauce – Fire		7	0	0	0	0	0	0	0	0	0	60
Border Sauce – Hot		7	0	0	0	0	0	0	0	0	0	45
Border Sauce – Mild		7	0	0	0	0	0	0	0	0	0	35
Creamy Jalapeno Sauce		14	70	1	0	0	7	90	1	0	5	50
Fiesta Salsa		21	5	1	1	0	0	0	0	0	0	60
Fire Roasted Salsa		6	0	1	0	0	0	0	0	0	0	45
Green Tomatillo Sauce		28	10	2	0	0	0	0	0	0	0	170
Guacamole		21	35	2	1	0	3	77	0	0	0	85
Pepper Jack Sauce		14	70	1	0	0	7	90	1	0	5	85
Pizza Sauce		28	10	2	0	0	0	0	0	0	0	90
Red Sauce		28	10	2	0	0	0	0	0	0	0	240
Reduced Fat Sour Cream		21	30	2	0	1	2	60	1	0	5	20
Salsa		21	5	1	0	0	0	0	0	0	0	80
Salsa Verde		6	0	1	0	0	0	0	0	0	0	55
Spicy Avocado Ranch Dressing		14	80	1	0	0	8	90	1	0	10	120
Zesty Dressing		43	200	3	0	1	20	90	3.5	0	0	250
Drive-Thru Diet Menu												
Fresco Bean Burrito		213	350	56	12	13	8	21	2.5	0	0	1170
Fresco Burrito Supreme – Chicken		241	350	50	8	19	8	21	2.5	0	25	1290
Fresco Burrito Supreme – Steak		241	340	50	8	16	8	21	2.5	0	15	1220
Fresco Chicken Soft Taco		135	170	22	3	12	4	21	1	0	25	680

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Fresco Crunchy Taco		92	150	13	3	7	7	42	2.5	0	20	350
Fresco Grilled Steak Soft Taco		128	160	21	2	9	4.5	25	1.5	0	15	550
Fresco Soft Taco		113	190	22	4	8	7	33	3	0	20	580
Gorditas												
Cheesy Gordita Crunch		174	500	40	5	20	28	50	10	0.5	55	880
Gordita Baja – Beef		153	340	30	4	13	18	48	5	0	35	710
Gordita Baja – Chicken		153	320	29	3	16	15	42	3.5	0	35	750
Gordita Baja – Steak		153	310	28	3	14	15	44	3.5	0	30	680
Gordita Nacho Cheese – Beef		153	290	31	4	12	14	43	3	0	20	720
Gordita Nacho Cheese – Chicken		153	270	30	2	15	10	33	1.5	0	25	760
Gordita Nacho Cheese – Steak		153	260	29	2	12	11	38	2	0	15	690
Gordita Supreme – Beef		153	300	31	4	13	13	39	5	0	35	590
Gordita Supreme – Chicken		153	270	29	2	17	10	33	3.5	0	35	630
Gordita Supreme – Steak		153	270	29	2	14	11	37	4	0	30	550
Nachos												
Cheesy Nachos		71	280	28	2	4	17	55	1.5	0	0	300
Nachos		99	330	31	2	4	21	57	2	0	0	520
Nachos BellGrande		305	770	78	15	20	42	49	7	0.5	30	1300
Nachos Supreme		191	440	42	8	13	24	50	5	0	30	800
Triple-Layer Nachos		142	350	39	7	7	18	46	1.5	0	0	740
Volcano Nachos		354	980	88	16	22	61	56	9	0.5	40	1870
Sides												
Caramel Apple Empanada		85	310	39	2	3	15	44	2.5	0	0	310
Cheesy Fiesta Potatoes		135	270	28	3	4	16	53	2.5	0	5	840
Cinnamon Twists		35	170	26	1	1	7	37	0	0	0	200
Mexican Rice		85	130	21	1	2	3.5	24	0	0	0	410
Pintos 'n Cheese		128	170	19	9	10	6	32	2.5	0	10	750
Specialties												
Cheese Quesadilla		142	480	40	4	19	27	51	11	0.5	50	1000
Cheese Roll-Up		64	200	19	2	9	10	45	5	0	20	480
Chicken Flatbread Sandwich		109	290	23	2	15	15	47	3.5	0	35	720
Chicken Quesadilla		184	530	41	4	28	28	48	12	0.5	75	1320
Chili Cheese Burrito		156	380	41	5	16	17	40	8	0.5	35	930
Crunchwrap Supreme		254	540	71	7	17	21	35	7	0	30	1220
Enchirito – Beef		213	370	35	9	19	17	41	8	0.5	45	1380
Enchirito – Chicken		213	350	34	7	22	14	36	7	0	50	1410
Enchirito – Steak		213	340	34	7	20	14	37	7	0	45	1340
Express Taco Salad w/ Chips		447	660	66	11	24	33	45	10	1	60	1490
Grilled Chicken Taquitos		128	320	38	3	18	11	31	4.5	0	40	880
Grilled Steak Taquitos		128	310	37	3	15	11	32	5	0	30	810
Mexican Pizza		213	540	47	8	21	30	50	8	0.5	45	1030
MexiMelt		128	280	23	4	15	14	45	7	0.5	45	820
Mini Quesadilla		60	190	18	2	9	9	43	5	0	20	450
Steak Quesadilla		184	520	41	4	25	28	48	12	1	65	1250

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Tostada		170	250	29	10	11	10	36	3.5	0	15	730
Taco Salads												
Chicken Ranch Taco Salad		420	910	70	9	34	55	54	10	0.5	70	1560
Chipotle Steak Taco Salad		420	900	68	8	28	57	57	11	0.5	65	1600
Express Taco Salad w/ Chips		447	660	66	11	24	33	45	10	1	60	1490
Fiesta Taco Salad		463	770	73	12	27	42	49	10	1	60	1550
Tacos												
Chicken Soft Taco		99	190	20	2	14	6	28	2.5	0	30	600
Crispy Potato Soft Taco		106	280	33	3	6	14	45	3	0	10	560
Crunchy Taco		78	170	12	3	8	10	53	3.5	0	30	330
Double Decker Taco		156	330	39	8	14	13	35	5	0	30	760
Double Decker Taco Supreme		191	360	41	9	15	16	40	6	0	35	780
Fresco Crunchy Taco		92	150	13	3	7	7	42	2.5	0	20	350
Grilled Steak Soft Taco		128	260	21	2	11	14	48	4	0	30	650
Soft Taco Supreme – Beef		135	240	24	4	11	11	41	5	0	35	590
Soft Taco-Beef		99	210	21	3	10	9	39	4	0	30	560
Taco Supreme		113	200	15	3	9	12	54	5	0	35	350
Volcano Menu												
Volcano Burrito		303	790	81	9	24	41	47	12	1	70	1770
Volcano Nachos		354	980	88	16	22	61	56	9	0.5	40	1870
Volcano Taco		92	230	14	3	8	16	63	5	0	35	440
Why Pay More! Menu												
Bean Burrito		198	370	56	11	14	10	24	3.5	0	5	1150
Beefy 5-Layer Burrito		248	560	70	10	20	22	35	8	0	35	1470
Caramel Apple Empanada		85	310	39	2	3	15	44	2.5	0	0	310
Cheese Roll-Up		64	200	19	2	9	10	45	5	0	20	480
Cheesy Nachos		71	280	28	2	4	17	55	1.5	0	0	300
Cinnamon Twists		35	170	26	1	1	7	37	0	0	0	200
Crispy Potato Soft Taco		106	280	33	3	6	14	45	3	0	10	560
Crunchy Taco		78	170	12	3	8	10	53	3.5	0	30	330
Fresco Bean Burrito		213	350	56	12	13	8	21	2.5	0	0	1170
Fresco Crunchy Taco		92	150	13	3	7	7	42	2.5	0	20	350
Grilled Chicken Burrito		177	430	49	3	18	18	38	5	0	40	1160
Mini Quesadilla		60	190	18	2	9	9	43	5	0	20	450
Soft Taco – Beef		99	210	21	3	10	9	39	4	0	30	560
Triple-Layer Nachos		142	350	39	7	7	18	46	1.5	0	0	740