



NUTRITION FACTS

	Amount	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
Tortilla	1 ea.	218.0	5.3	2.2	0.0	0.0	377.0	35.7	2.0	1.7	1.7
Romaine (Salad)	2.5 oz.	10.0	0.0	0.0	0.0	0.0	5.0	2.0	1.0	1.0	1.0
Cilantro-Lime Rice - Burrito	1.5 oz.	65.0	1.5	0.3	0.0	0.0	75.0	11.5	0.0	0.0	1.0
Cilantro-Lime Rice - Inside Out	3 oz.	130.0	3.0	0.5	0.0	0.0	150.0	23.0	0.0	0.0	2.0
Black Beans	2.5 oz.	75.0	0.6	0.0	0.0	0.0	156.3	14.4	6.9	0.0	4.4
Refried Beans	2.5 oz.	75.0	1.6	0.0	0.0	0.0	125.0	12.0	6.0	0.0	3.5
Chicken	4 oz.	190.0	6.5	2.0	0.0	115.0	370.0	1.0	0.0	1.0	32.0
Steak	4 oz.	190.0	6.5	2.0	0.0	65.0	320.0	2.0	0.0	1.0	30.0
Shrimp	4 oz.	79.1	0.6	0.2	0.0	209.1	644.1	0.0	0.0	0.0	17.0
Soy Meat	4 oz.	123.7	1.0	0.0	0.0	0.0	556.5	10.3	4.1	2.1	20.6
Fajita Vegetables	2.5 oz.	20.0	0.5	0.0	0.0	0.0	250.0	4.0	1.0	2.0	1.0
Corn	2 oz.	35.0	0.5	0.0	0.0	0.0	65.0	7.5	1.0	1.5	1.0
Shredded Lettuce	1.5 oz.	5.9	0.0	0.0	0.0	0.0	4.1	1.2	0.6	0.6	0.6
Green Pepper	1.5 oz.	8.6	0.0	0.0	0.0	0.0	0.0	2.0	0.9	1.1	0.3
Pico de Gallo (Mild)	2 oz.	11.4	0.0	0.0	0.0	0.0	131.3	2.3	0.0	1.7	0.6
Salsa Verde (Medium)	2 oz.	15.0	0.0	0.0	0.0	0.0	230.0	3.0	1.0	2.0	1.0
Red Chili (Hot)	2 oz.	40.0	0.0	0.0	0.0	0.0	410.0	8.0	4.0	4.0	2.0
Cheese	1.2 oz.	110.0	9.0	5.0	0.2	30.0	170.0	1.0	0.0	0.0	7.0
Regular Sour Cream	1 oz.	50.0	4.1	2.5	0.0	16.8	37.4	1.6	0.1	1.3	0.8
Light Sour Cream	1 oz.	30.0	1.5	1.0	0.0	5.0	25.0	3.0	0.0	2.0	1.0
Guacamole	1.5 oz.	64.5	5.6	0.9	0.0	0.0	81.7	3.4	2.6	0.4	0.9
Salad Dressing	1.25 oz.	162.5	15.3	2.5	0	0	437.5	7.5	0.6	6.9	0

Nutritional information may vary because of changes in the growing seasons and locations our products come from, different suppliers, and slight variations in our recipes and serving portions.