

NUTRITIONAL INFORMATION



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BURRITO BOWL	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	660	200	23	9	0	155	1610	78	6	3	42
Mild Ground Beef	710	290	33	12	0.5	70	1680	82	7	4	30
Mild Pulled Pork	640	200	22	8	0	75	1920	80	6	4	35
Mild Sautéed Vegetables with Guacamole	660	270	30	9	0	20	1540	89	12	7	20
Mild Slow Cooked Beef	730	310	35	14	0	75	1640	78	6	3	33
Spicy Grilled Chicken	680	210	23	9	0	155	1770	80	6	4	42
Spicy Ground Beef	730	300	33	13	0.5	70	1840	85	7	5	30
Spicy Pulled Pork	650	210	23	9	0	75	2080	82	6	5	35
Spicy Sautéed Vegetables with Guacamole	680	270	30	9	0	20	1700	91	12	7	20
Spicy Slow Cooked Beef	750	320	35	14	0	75	1800	80	6	4	33

BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	760	220	25	11	0.5	155	1970	96	7	4	46
Mild Ground Beef	820	310	35	14	1	70	2040	100	8	5	34
Mild Pulled Pork	740	220	24	10	0	75	2280	98	7	5	39
Mild Sautéed Vegetables with Guacamole	770	280	32	11	0	20	1900	106	13	8	24
Mild Slow Cooked Beef	830	330	37	16	0	75	2000	96	7	4	37
Spicy Grilled Chicken	780	230	25	11	0.5	155	2130	98	7	5	47
Spicy Ground Beef	840	320	35	15	1	70	2200	103	9	5	34
Spicy Pulled Pork	760	230	25	11	0	75	2440	100	7	5	39
Spicy Sautéed Vegetables with Guacamole	780	290	32	11	0	20	2060	109	13	8	25
Spicy Slow Cooked Beef	850	330	37	16	0	75	2160	98	7	5	37

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CALI BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	910	400	45	14	0	165	1790	87	10	6	46
Mild Ground Beef	970	490	55	17	1	75	1860	91	11	7	33
Mild Pulled Pork	890	400	45	13	0	80	2100	89	10	7	38
Mild Sautéed Vegetables with Guacamole	820	390	43	12	0	25	1530	93	12	9	22
Mild Slow Cooked Beef	980	510	57	19	0	85	1820	87	10	6	36
Spicy Grilled Chicken	930	410	46	14	0	165	2160	90	10	7	46
Spicy Ground Beef	990	500	56	18	1	75	2230	94	11	8	34
Spicy Pulled Pork	910	410	45	13	0	80	2470	92	10	8	39
Spicy Sautéed Vegetables with Guacamole	840	400	44	13	0	25	1900	96	12	10	23
Spicy Slow Cooked Beef	1000	520	58	19	0	85	2190	90	10	7	37

ENCHILADA	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	1070	400	44	17	0.5	175	2940	123	12	10	55
Mild Ground Beef	1130	490	54	21	1	90	3010	127	13	11	43
Mild Pulled Pork	1050	400	44	17	0	95	3250	125	12	11	48
Mild Sautéed Vegetables with Guacamole	1080	460	51	17	0	40	2870	134	18	14	33
Mild Slow Cooked Beef	1140	500	56	22	0	95	2970	123	12	10	46
Spicy Grilled Chicken	1110	410	46	18	0.5	175	3270	127	12	11	56
Spicy Ground Beef	1160	500	56	21	1	90	3350	132	14	12	44
Spicy Pulled Pork	1080	410	45	17	0	95	3580	129	12	12	48
Spicy Sautéed Vegetables with Guacamole	1110	470	53	18	0	40	3200	138	18	15	34
Spicy Slow Cooked Beef	1180	520	58	23	0	95	3310	128	13	11	46

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NACHO FRIES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	970	520	57	18	0	185	1520	70	11	6	49
Mild Ground Beef	1020	610	67	22	0.5	95	1600	74	12	7	36
Mild Pulled Pork	940	510	57	17	0	100	1830	72	11	7	41
Mild Sautéed Vegetables with Guacamole	880	500	56	17	0	45	1260	76	12	9	25
Mild Slow Cooked Beef	1030	620	69	23	0	105	1560	70	11	6	39
Spicy Grilled Chicken	990	520	58	18	0	185	1890	73	11	7	49
Spicy Ground Beef	1040	610	68	22	0.5	95	1970	77	12	8	37
Spicy Pulled Pork	960	520	58	18	0	100	2200	75	11	8	42
Spicy Sautéed Vegetables with Guacamole	900	510	57	17	0	45	1630	79	13	10	26
Spicy Slow Cooked Beef	1050	630	70	23	0	105	1930	73	11	7	40

NACHOS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	1060	550	62	18	0	175	1720	87	13	5	51
Mild Ground Beef	1120	640	72	21	0.5	90	1790	91	14	6	39
Mild Pulled Pork	1040	550	61	17	0	95	2030	89	13	6	44
Mild Sautéed Vegetables with Guacamole	970	540	60	17	0	40	1450	93	15	8	28
Mild Slow Cooked Beef	1130	660	74	23	0	95	1750	87	13	5	42
Spicy Grilled Chicken	1080	560	62	18	0	175	1880	89	13	6	51
Spicy Ground Beef	1130	650	72	22	0.5	90	1950	93	14	7	39
Spicy Pulled Pork	1060	560	62	18	0	95	2190	91	13	7	44
Spicy Sautéed Vegetables with Guacamole	990	550	61	17	0	40	1620	95	15	8	28
Spicy Slow Cooked Beef	1150	670	74	23	0	95	1910	89	13	6	42

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SALAD	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	300	160	18	3	0	155	710	8	3	5	27
Mild Ground Beef	350	250	28	7	0.5	65	780	13	4	6	15
Mild Pulled Pork	270	160	18	2.5	0	70	1020	10	3	6	20
Mild Sautéed Vegetables with Guacamole	300	220	25	3	0	20	640	19	8	9	5
Mild Slow Cooked Beef	360	270	30	8	0	75	860	9	3	5	18
Spicy Grilled Chicken	310	170	18	3.5	0	155	870	11	3	6	28
Spicy Ground Beef	370	260	28	7	0.5	65	950	15	4	6	15
Spicy Pulled Pork	290	160	18	3	0	70	1190	13	3	6	20
Spicy Sautéed Vegetables with Guacamole	310	230	25	3.5	0	20	810	21	9	9	5
Spicy Slow Cooked Beef	380	270	31	8	0	75	1020	11	3	6	18

1 TACO - HARD SHELL	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	200	80	9	3	0	75	390	14	2	2	17
Mild Ground Beef	230	130	14	5	0	30	430	16	2	2	10
Mild Pulled Pork	190	80	9	3	0	35	550	15	2	2	13
Mild Sautéed Vegetables with Guacamole	220	130	14	3.5	0	5	400	20	5	4	6
Mild Slow Cooked Beef	240	140	15	6	0	35	410	14	2	2	12
Spicy Grilled Chicken	210	80	9	3.5	0	75	470	15	2	2	17
Spicy Ground Beef	240	130	14	5	0	30	510	17	2	2	11
Spicy Pulled Pork	200	80	9	3	0	35	630	16	2	2	13
Spicy Sautéed Vegetables with Guacamole	230	130	15	3.5	0	5	480	21	5	4	6
Spicy Slow Cooked Beef	240	140	15	6	0	35	490	15	2	2	12

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1 TACO - SOFT FLOUR TORTILLA	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	170	45	5	1.5	0	70	510	16	1	2	15
Mild Ground Beef	200	90	10	3.5	0	25	550	19	2	2	9
Mild Pulled Pork	160	45	5	1.5	0	25	670	17	1	2	11
Mild Sautéed Vegetables with Guacamole	190	90	11	2	0	0	520	23	5	4	4
Mild Slow Cooked Beef	210	100	11	4	0	30	530	16	1	2	10
Spicy Grilled Chicken	180	50	6	2	0	70	590	17	1	2	15
Spicy Ground Beef	210	90	11	3.5	0	25	620	20	2	3	9
Spicy Pulled Pork	170	50	6	1.5	0	25	740	18	1	3	12
Spicy Sautéed Vegetables with Guacamole	200	100	11	2	0	0	590	24	5	4	4
Spicy Slow Cooked Beef	210	100	12	4.5	0	30	600	17	1	2	11

1 TACO - SOFT FLOUR TORTILLA	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Chipotle Seasoning - Regular	540	250	28	2.5	0	0	710	67	6	1	8
Chipotle Seasoning - Small	360	170	19	1.5	0	0	470	45	4	1	5
Jalapeno Ketchup	35	0	0	0	0	0	370	8	0	6	0
Chipotle Mayo	160	160	18	2	0	25	310	1	0	1	0
Mex Chimi Mayo	190	190	21	1	0	0	210	1	1	0	0

QUESO FRIES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Regular	840	520	58	21	1	90	1210	74	7	4	13
Small	510	300	33	11	0.5	45	720	48	5	2	8

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CORN CHIPS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Corn Chips	520	260	28	2.5	0	0	280	60	3	1	7
Corn Chips with Large Guac	890	570	63	8	0	0	1060	79	20	4	12
Corn Chips with Large Pico De Gallo	570	260	29	2.5	0	0	970	71	7	9	9
Corn Chips with Large Queso	1080	750	83	36	2	165	1250	71	5	7	16
Corn Chips with Large Tomatillo Salsa	590	270	30	2.5	0	0	1720	75	7	9	9
Corn Chips with Regular Guac	690	400	45	5	0	0	640	69	11	3	9
Corn Chips with Regular Pico De Gallo	540	260	29	2.5	0	0	550	64	5	4	8
Corn Chips with Regular Queso	820	520	58	21	1	90	810	66	4	4	12
Corn Chips with Regular Tomatillo Salsa	560	260	29	2.5	0	0	1000	68	5	5	8

SIDES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Brown Rice	320	50	6	1	0	0	660	61	2	1	7
Churros with Dulce de Leche	290	150	17	3	0	10	330	48	2	24	6
Large Guacamole	370	310	35	5	0	0	780	20	16	3	5
Regular Guacamole	170	150	16	2.5	0	0	360	9	8	1	2
Large Pico De Gallo	50	0	0.5	0	0	0	690	11	3	8	2
Regular Pico De Gallo	20	0	0	0	0	0	270	4	1	3	1
Sour Cream	110	60	7	4.5	0	30	100	9	0	6	3
Large Tomatillo Salsa	90	20	2	0	0	0	1650	18	5	9	2
Regular Tomatillo Salsa	45	10	1	0	0	0	790	9	2	4	1
Black Beans	150	15	2	0.5	0	0	680	42	12	0	8
White Rice	310	30	3.5	0.5	0	0	640	63	0	0	7
Regular Queso Regular	200	180	20	12	0.5	60	350	4	1	2	3
Large Queso	460	400	45	27	1.5	135	800	9	2	4	7

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LITTLE G'S	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Kids Nachos - Grilled Chicken	410	210	23	6	0	80	390	31	2	1	21
Kids Nachos - Ground Beef	440	250	28	8	0	35	430	33	2	1	15
Little Guy Burrito - Grilled Chicken	400	130	14	7	0	80	790	46	1	1	22
Little Guy Burrito - Ground Beef	430	170	19	9	0.5	35	830	48	2	1	16
Kids Fries	180	80	9	1	0	0	310	22	2	0	3
Carrot Chips	20	0	0	0	0	0	40	5	2	3	1

MINI BURRITO BOWL	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	410	120	14	6	0	80	940	50	3	2	23
Mild Ground Beef	440	170	19	7	0	35	980	53	4	2	17
Mild Pulled Pork	400	120	14	5	0	40	1100	51	3	2	20
Mild Sautéed Vegetables with Guacamole	410	150	17	6	0	15	910	56	6	3	12
Mild Slow Cooked Beef	440	180	20	8	0	40	960	50	3	2	19
Spicy Grilled Chicken	420	130	14	6	0	80	1050	52	3	2	24
Spicy Ground Beef	450	170	19	8	0	35	1090	54	4	3	18
Spicy Pulled Pork	410	130	14	6	0	40	1210	53	3	3	20
Spicy Sautéed Vegetables with Guacamole	420	160	18	6	0	15	1020	57	6	4	13
Spicy Slow Cooked Beef	450	180	20	8	0	40	1070	52	3	2	19

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MINI BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	440	130	15	7	0	80	1110	55	4	2	24
Mild Ground Beef	470	180	20	9	0.5	35	1140	58	5	3	18
Mild Pulled Pork	430	130	15	7	0	40	1260	57	4	3	20
Mild Sautéed Vegetables with Guacamole	440	170	18	7	0	15	1070	61	7	4	13
Mild Slow Cooked Beef	470	190	21	9	0	40	1120	56	4	2	19
Spicy Grilled Chicken	450	140	15	7	0	80	1220	57	4	3	24
Spicy Ground Beef	480	180	20	9	0.5	35	1250	59	5	3	18
Spicy Pulled Pork	440	140	15	7	0	40	1370	58	4	3	20
Spicy Sautéed Vegetables with Guacamole	450	170	19	7	0	15	1180	62	7	4	13
Spicy Slow Cooked Beef	480	190	21	10	0	40	1230	57	4	3	19

MINI CALI BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	570	250	28	9	0	85	1060	58	6	4	24
Mild Ground Beef	600	300	33	10	0.5	40	1100	61	7	4	18
Mild Pulled Pork	560	250	28	8	0	45	1210	59	6	4	21
Mild Sautéed Vegetables with Guacamole	530	250	27	8	0	15	930	61	7	5	13
Mild Slow Cooked Beef	610	310	34	11	0	45	1080	58	6	4	20
Spicy Grilled Chicken	590	260	29	9	0	85	1290	60	6	4	25
Spicy Ground Beef	610	300	34	11	0.5	40	1330	63	7	5	18
Spicy Pulled Pork	570	260	29	8	0	45	1450	61	6	5	21
Spicy Sautéed Vegetables with Guacamole	540	250	28	8	0	15	1160	63	7	6	13
Spicy Slow Cooked Beef	620	310	35	11	0	45	1310	61	6	4	20

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MINI ENCHILADA	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	610	230	25	10	0	90	1600	71	6	5	28
Mild Ground Beef	630	270	30	12	0.5	45	1630	73	7	6	22
Mild Pulled Pork	590	230	25	10	0	50	1750	72	6	6	25
Mild Sautéed Vegetables with Guacamole	610	260	29	10	0	25	1560	76	9	7	17
Mild Slow Cooked Beef	640	280	31	13	0	50	1610	71	6	5	24
Spicy Grilled Chicken	630	240	26	10	0	90	1820	74	7	6	29
Spicy Ground Beef	650	280	31	12	0.5	45	1850	76	7	6	23
Spicy Pulled Pork	620	240	26	10	0	50	1970	75	7	6	25
Spicy Sautéed Vegetables with Guacamole	630	270	30	11	0	25	1780	79	9	8	18
Spicy Slow Cooked Beef	660	290	32	13	0	50	1830	74	7	6	24

MINI NACHO FRIES	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	560	290	33	9	0	90	810	44	6	3	25
Mild Ground Beef	580	340	38	11	0	45	850	47	7	4	19
Mild Pulled Pork	550	290	32	9	0	50	970	45	6	4	22
Mild Sautéed Vegetables with Guacamole	510	290	32	9	0	25	680	47	7	5	14
Mild Slow Cooked Beef	590	350	39	12	0	50	830	44	6	3	21
Spicy Grilled Chicken	570	300	33	10	0	90	1050	46	6	4	26
Spicy Ground Beef	600	340	38	11	0	45	1080	49	7	4	20
Spicy Pulled Pork	560	300	33	9	0	50	1200	47	6	4	22
Spicy Sautéed Vegetables with Guacamole	530	290	32	9	0	25	920	49	7	5	14
Spicy Slow Cooked Beef	610	350	39	12	0	50	1060	46	6	4	21

Nutrition information is based on standard products, average serving size and supplier information, product analysis and published databases . Information may vary due to supplier, seasonal and product variations. Information current at January 2020..

NUTRITIONAL INFO



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MINI NACHOS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Grilled Chicken	530	280	31	9	0	90	860	43	6	3	26
Mild Ground Beef	560	320	36	11	0	45	890	46	7	3	19
Mild Pulled Pork	520	280	31	9	0	45	1010	44	6	3	22
Mild Sautéed Vegetables with Guacamole	490	270	30	8	0	20	730	46	7	4	14
Mild Slow Cooked Beef	570	330	37	11	0	50	870	43	6	3	21
Spicy Grilled Chicken	540	280	31	9	0	90	970	45	7	3	26
Spicy Ground Beef	570	330	36	11	0	45	1000	47	7	3	20
Spicy Pulled Pork	530	280	31	9	0	45	1120	46	7	3	22
Spicy Sautéed Vegetables with Guacamole	500	270	31	9	0	20	840	48	7	4	14
Spicy Slow Cooked Beef	580	340	37	12	0	50	990	45	7	3	21

BREAKFAST BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Bacon	620	350	39	16	0	200	1810	39	1	1	29
Mild Chicken Chorizo	480	230	25	10	0	195	1230	40	2	1	25
Mild Sautéed Vegetables	480	250	27	10	0	165	870	44	4	3	17
Spicy Bacon	630	360	40	16	0	200	1920	40	2	2	30
Spicy Chicken Chorizo	490	230	26	10	0	195	1340	41	2	2	25
Spicy Sautéed Vegetables	490	250	28	10	0	165	980	46	4	4	17

BREAKFAST BURRITO	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Churros with Dulce de Leche	290	150	17	3	0	10	330	48	2	24	6

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NUTRITIONAL INFO



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SCRAMBLED EGGS	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Mild Bacon	510	350	39	16	0	350	1480	9	1	1	33
Mild Chicken Chorizo	370	220	25	10	0	345	900	10	1	1	29
Mild Sautéed Vegetables	370	240	27	10	0	310	550	15	4	3	21
Spicy Bacon	520	350	39	16	0	350	1590	11	1	2	34
Spicy Chicken Chorizo	390	230	25	10	0	345	1010	12	1	2	29
Spicy Sautéed Vegetables	390	250	28	10	0	310	660	16	4	4	21
Spicy Ground Beef	570	330	36	11	0	45	1000	47	7	3	20
Spicy Pulled Pork	530	280	31	9	0	45	1120	46	7	3	22
Spicy Sautéed Vegetables with Guacamole	500	270	31	9	0	20	840	48	7	4	14
Spicy Slow Cooked Beef	580	340	37	12	0	50	990	45	7	3	21

TOAST - 1 SLICE	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBOHYDRATE (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Toast with Avocado - Mild	140	50	5	1	0	0	270	21	3	0	4
Toast with Guacamole - Mild	130	40	4.5	0.5	0	0	280	21	3	1	4
Toast with Avocado - Spicy	140	50	5	1	0	0	270	21	3	1	4
Toast with Guacamole - Spicy	140	40	4.5	0.5	0	0	280	21	3	1	4