

PRODUCT NAME	SERVING SIZE	CALORIES	PROTEIN	CARBS	DIETARY FIBER	FAT TOTAL	SAT. FAT	TRANS FAT	CHOLESTEROL	SODIUM
TACOS										
Crisp Beef Taco	3.8	218	13	16	4	11	4.9	0.4	30	465
Crisp Chicken Taco	3.8	195	16	11	2	8	3.4	0.0	42	416
Beef Soft Taco	9.2	553	24	51	5	29	12.9	1.0	48	1245
Chicken Soft Taco	9.2	520	28	44	3	24	10.7	0.5	65	1175
Chicken Soft Taco Light	9.2	421	28	46	3	13	5.1	0.7	51	1097
Veggie Soft Taco	12.4	553	26	70	17	21	9.4	0.0	25	1221
Beef Natural Soft Taco	11.5	609	33	64	15	25	11.9	0.5	48	1392
Chicken Natural Soft Taco	11.5	576	37	57	13	20	9.7	0.0	65	1322
Beef Chipotle BBQ Soft Taco	10.2	600	24	62	5	29	13.1	1.0	48	1467
Chicken Chipotle BBQ Soft Taco	10.2	567	28	55	3	24	10.9	0.5	65	1397
Fish Taco	6.6	430	15	49	2	22	3.8	0.0	29	591
Beef Baja Taco	4.1	205	11	20	4	9	2.8	0.4	16	665
Beef Baja Taco Deluxe	5.1	234	12	21	4	11	4.3	0.4	22	741
Chicken Baja Taco	4.1	182	14	16	3	5	1.2	0.0	28	616
Chicken Baja Taco Deluxe	5.1	211	14	17	3	8	2.7	0.0	34	692

BURRITOS										
Crisp Beef Burrito	4.9	430	21	32	7	25	7.5	1.0	16	1100
Crisp Pinto Burrito	4.8	380	13	47	12	16	2.7	0.0	9	640
Crisp Chicken Burrito	4.8	360	22	24	2	19	5.7	0.3	24	890
Soft Beef Burrito	10.1	610	36	58	8	27	11.5	1.6	67	1736
Soft Pinto Bean Burrito	10.1	508	22	72	12	15	6.5	0.5	21	1476
Soft Chicken Burrito	10.1	544	44	44	4	17	7.1	0.5	101	1596
Gourmet Chicken Burrito	12.6	639	39	56	8	26	10.9	0.5	88	1626
Gourmet Mahi Mahi Burrito	13.7	795	25	86	7	41	8.8	0.5	49	1489
Beef Roma Burrito	16.5	840	35	91	14	40	15.3	0.5	52	2109
Chicken Roma Burrito	16.5	807	39	84	12	35	13.1	0.0	69	2039
Veggie Roma Burrito	16.0	724	24	87	12	34	12.8	0.0	29	1597
Beef Chipotle BBQ Burrito	12.9	728	30	88	10	29	13.2	1.0	48	1917
Chicken Chipotle BBQ Burrito	12.9	695	34	81	8	24	11.0	0.5	65	1847
Beef Big Time Burrito™	14.7	706	37	85	13	25	10.6	1.6	58	2089
Chicken Big Time Burrito™	14.7	640	45	71	9	15	6.2	0.5	92	1949
Beef Big Time Mexi-Burrito™	16.9	906	39	104	15	38	12.3	1.7	58	2413
Chicken Big Time Mexi-Burrito™	16.9	840	47	90	11	28	7.9	0.6	92	2273

SALADS (Does not include dressing)										
Beef Tostado Salad	12.6	678	32	58	12	35	8.6	0.8	53	1386
Chicken Tostado Salad	12.6	631	37	48	9	28	5.5	0.0	77	1288
Regular Beef Taco Salad	7.4	368	19	28	5	20	8.3	0.6	44	675
Regular Chicken Taco Salad	7.4	335	23	21	3	15	6.1	0.1	61	605
Large Beef Taco Salad	11.9	516	29	33	5	29	13.1	0.8	74	1028
Large Chicken Taco Salad	11.9	470	34	23	2	22	10.0	0.1	98	930
Southwest Chop Salad	12.0	216	29	12	5	2	0.5	0.0	64	1005

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PLATTERS (does not include dressing)										
Beef Mexi-Platter	17.6	1169	46	109	22	62	17.5	1.4	53	2502
Chicken Mexi-Platter	17.5	1076	50	95	16	52	14.2	0.4	73	2243
Beef Casita Burrito™	16.0	822	34	88	12	38	16.1	1.1	55	1853
Chicken Casita Burrito™	16.0	789	38	81	10	33	13.9	0.6	72	1783
Chicken Chimi	12.1	599	35	47	18	33	8.5	0.2	55	1355
Beef Baja Platter	16.2	762	34	96	17	27	8.4	0.8	39	2330
Beef Baja Platter Deluxe	18.2	820	35	98	17	32	11.4	0.8	51	2483
Chicken Baja Platter	16.2	716	39	86	14	20	5.4	0.1	63	2232
Chicken Baja Platter Deluxe	18.2	774	40	88	14	25	8.4	0.1	75	2385

KIDS MEALS										
Crisp Taco - <i>LOW</i>	22.6	446	18	35	5	24	5.5	0.0	42	834
Crisp Taco - <i>HIGH</i>	24.6	931	19	112	9	46	8.9	0.4	30	1033
Quesadilla - <i>LOW</i>	21.9	537	13	58	3	30	7.9	0.0	28	746
Quesadilla - <i>HIGH</i>	26.4	1096	33	130	6	50	10.1	0.0	68	1356
Crisp Beef Burrito - <i>LOW</i>	23.6	611	24	47	5	35	7.8	0.3	24	1308
Crisp Beef Burrito - <i>HIGH</i>	25.7	1143	28	127	12	60	11.5	1.0	16	1668
Crisp Pinto Bean Burrito - <i>LOW</i>	23.6	631	15	70	15	32	4.8	0.0	9	1058
Crisp Pinto Bean Burrito - <i>HIGH</i>	25.6	1093	19	142	17	51	6.7	0.0	9	1208
Junior Soft Taco - <i>LOW</i>	24.4	581	20	59	4	30	7.4	0.0	40	1011
Junior Soft Taco - <i>HIGH</i>	26.4	1063	22	135	7	52	10.6	0.3	30	1203

COMBO MEALS										
#1 Soft Burrito - <i>LOW</i>	36.7	1009	27	119	18	47	10.7	0.8	21	2303
#1 Soft Burrito - <i>HIGH</i>	36.7	1303	41	157	14	59	15.7	1.8	67	2586
#2 Crisp Burrito - <i>LOW</i>	31.4	861	27	71	8	51	9.9	0.6	24	1717
#2 Crisp Burrito - <i>HIGH</i>	31.5	1123	26	131	13	57	11.7	1.3	16	1950
#3 Soft Taco - <i>LOW</i>	35.8	1021	33	91	9	56	14.7	0.8	65	2002
#3 Soft Taco - <i>HIGH</i>	35.8	1246	29	150	11	61	17.1	1.3	48	2095
#4 Two Crisp Tacos - <i>LOW</i>	34.2	891	36	69	11	47	11.0	0.3	84	1658
#4 Two Crisp Tacos - <i>HIGH</i>	34.2	1129	30	131	13	54	14.0	1.0	60	1779
#5 Natural Soft Taco - <i>LOW</i>	38.1	1077	42	104	19	52	13.9	0.3	65	2149
#5 Natural Soft Taco - <i>HIGH</i>	38.1	1302	38	163	21	57	16.1	0.8	48	2242
#6 Veggie Soft Taco - <i>LOW</i>	40.0	1072	32	121	24	53	13.6	0.3	25	2131
#6 Veggie Soft Taco - <i>HIGH</i>	40.0	1264	32	173	24	53	13.6	0.3	25	2154
#7 Light Combo Meal - <i>LOW</i>	32.1	335	31	28	8	9	3.0	0.2	39	967
#7 Light Combo Meal - <i>HIGH</i>	32.1	527	31	80	8	9	3.0	0.2	39	990
#8 Two Baja Tacos - <i>LOW</i>	34.8	865	33	78	11	42	6.6	0.3	56	2058
#8 Two Baja Tacos - <i>HIGH</i>	34.8	1104	27	140	14	49	9.7	1.0	32	2179

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BOWLS										
Beef Mexi-Bowl™	14.1	497	26	62	12	13	8.2	0.5	48	1705
Chicken Mexi-Bowl™	14.1	464	30	55	10	8	6.0	0.0	65	1635
Veggie Fit-Hit Bowl™	11.1	265	11	56	10	0	0.0	0.0	0	1068
Chicken Fit-Hit Bowl™	12.6	355	26	54	10	1	0.3	0.0	40	1519

SIDES										
Regular Nachos	12.1	790	25	78	11	43	15.7	0.0	56	1404
Beef Nachos	14.6	920	37	85	14	49	18.2	0.5	79	1934
Chicken Nachos	14.6	887	41	78	12	44	16.0	0.0	96	1864
Regular Mexi-Fries™	5.6	500	5	47	6	32	4.2	0.3	0	810
Large Mexi-Fries™	8.5	750	8	71	9	48	6.3	0.4	0	1215
White Chicken Chili - <i>CUP</i>	7.0	139	13	16	6	2	0.0	0.0	0	536
White Chicken Chili - <i>BOWL</i>	11.0	218	21	26	9	3	0.6	0.0	0	842
Crustos™	2.0	316	4	32	2	19	1.9	0.0	0	132
Chips and Salsa	6.1	459	6	62	6	22	5.0	0.0	0	372
Pinto Beans	8.8	406	19	60	17	9	2.9	0.1	7	1248
Rice	4.6	154	4	34	3	0	0.2	0.0	0	582

DRESSINGS & SALSAS										
Ranch Dressing	1.0	79	1	1	0	8	3.9	0.0	4	155
Thousand Island Dressing	1.0	104	0	4	0	10	1.9	0.0	9	180
Santa Fe Dressing	1.0	52	1	1	0	5	3.1	0.0	11	25
Chipotle BBQ Sauce	1.0	47	0	11	0	0	0.0	0.0	0	223
Medium Salsa	1.0	6	0	1	0	0	0.0	0.0	1	128
Mild Salsa	1.0	2	0	0	0	3	0.0	0.0	0	122
Pico de Gallo	1.0	7	0	1	0	0	0.0	0.0	0	145
Black Bean Salsa	1.0	18	1	4	1	0	0.0	0.0	0	83
Guacamole	1.0	47	1	2	1	5	1.0	0.0	0	90