

BURRITO

CATEGORY	MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Select Tortilla	Large Flour Tortilla	320	63	7	3	0	600	50	3	3	10
	Melted Monterey Jack Cheese	107	72	8	5	33	173	0	0	0	7
Select Your Base	Mexican Rice	125	6	1	0	0	534	27	0	1	2
	Brown Rice (select stores)	120	15	0	0	0	165	24	0	0	3
	Farro	120	15	2	0	0	212	21	3	0	4
	Pinto Beans	111	4	0	0	0	472	20	5	1	7
	Black Beans	112	4	0	0	0	470	20	5	1	7
	Peppers & Onions	28	14	2	0	0	258	3	1	1	0
Pick Your Main	Grilled Pollo Asado	110	20	2	0	49	337	1	0	0	20
	Seared Carne Asada	129	68	8	3	49	404	1	0	0	14
	Verde Chicken (seasonal)	120	54	6	2	85	170	1	0	0	16
	Braised Pork Carnitas	171	111	12	4	56	130	0	0	0	15
	Spiced Chorizo	120	85	9	4	34	360	1	0	0	8
	Spiced Brussels Sprouts	60	14	2	0	0	200	11	5	3	4
	Spiced Sweet Potatoes	260	56	12	2	0	500	35	5	7	3
	Add Your Toppings	Crushed Chips	33	3	0	0	0	19	7	1	0
	Guacamole	91	71	8	1	0	456	6	4	1	1
	Sour Cream	57	43	5	3	19	14	1	0	1	1
	Romaine	4	0	0	0	0	2	1	0	0	0
	Pico de Gallo	16	1	0	0	0	343	3	1	2	1
	Taqueria Salsa	25	5	0	0	0	983	9	2	5	2
	Corn Salsa	50	0	1	0	0	410	9	2	4	1
	Pickled Red Onions	15	0	0	0	0	200	4	0	3	0
	Shredded Cheese	107	72	8	5	33	173	0	0	0	7
	Queso Blanco	100	63	7	2	5	640	9	0	1	1
Hot Sauce	Mild Smoky Salsa	10	3	0	0	0	134	2	0	1	0
	Medium Verde Salsa	11	2	0	0	0	108	2	1	1	0
	Hot Habanero Salsa	3	1	0	0	0	16	0	0	0	0

TACOS

CATEGORY	MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Select Tortilla	Taco Shell	50	0	0	0	0	0	12	1	0	1
	Melted Cheese	53	36	4	3	17	87	0	0	0	3
Select Your Base	Mexican Rice	42	2	0	0	0	178	9	0	0	1
	Brown Rice (select stores)	120	15	0	0	0	165	24	0	0	3
	Farro (select stores)	40	5	0	0	0	71	7	0	0	3
	Pinto Beans	42	1	0	0	0	177	8	2	0	3
	Black Beans	42	2	0	0	0	176	8	2	0	3
	Peppers & Onions	19	9	1	0	0	172	2	0	1	0
Pick Your Main	Grilled Pollo Asado	55	10	1	0	25	169	1	0	0	1
	Seared Carne Asada	65	34	4	2	25	202	1	0	0	7
	Verde Chicken (seasonal)	120	54	6	2	85	170	1	0	0	16
	Braised Pork Carnitas	86	56	6	2	28	65	0	0	0	8
	Spiced Chorizo	60	43	5	2	17	180	1	0	0	4
	Spiced Brussels Sprouts	30	7	1	0	0	100	6	3	2	2
	Spiced Sweet Potatoes	130	28	6	1	0	250	18	3	4	2
Add Your Toppings	Crushed Chips	17	2	0	0	0	10	4	1	0	1
	Guacamole	46	36	4	1	0	228	3	2	1	1
	Sour Cream	29	22	3	2	10	7	1	0	1	1
	Romaine	2	0	0	0	0	1	1	0	0	0
	Pico de Gallo	8	1	0	0	0	172	2	1	1	1
	Taqueria Salsa	13	3	0	0	0	492	5	1	3	1
	Corn Salsa	25	0	1	0	0	205	5	1	2	1
	Pickled Red Onions	8	0	0	0	0	100	2	0	2	0
	Shredded Cheese	54	36	4	3	17	87	0	0	0	4
	Queso Blanco	50	32	4	1	3	320	5	0	1	1
Hot Sauce	Mild Smoky Salsa	3	1	0	0	0	40	0	0	0	0
	Medium Verde Salsa	3	1	0	0	0	33	1	0	0	0
	Hot Habanero Salsa	2	0	0	0	0	8	0	0	0	0

BOWL

CATEGORY	MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Select Your Base	Mexican Rice	167	8	1	0	0	712	36	0	1	2
	Brown Rice (select stores)	120	15	0	0	0	165	24	0	0	3
	Farro (select stores)	160	19	2	0	0	283	28	4	0	5
	Pinto Beans	111	4	0	0	0	472	20	5	1	7
	Black Beans	112	4	0	0	0	470	20	5	1	7
	Peppers & Onions	28	14	2	0	0	258	3	1	1	0
	Pick Your Main	Grilled Pollo Asado	110	20	2	0	49	337	1	0	0
Seared Carne Asada		129	68	8	3	49	404	1	0	0	14
Verde Chicken (seasonal)		120	54	6	2	85	170	1	0	0	16
Braised Pork Carnitas		171	111	12	4	56	130	0	0	0	15
Spiced Charizo		120	85	9	4	34	360	1	0	0	8
Spiced Brussels Sprouts		60	14	2	0	0	200	11	5	3	4
Spiced Sweet Potatoes		260	56	12	2	0	500	35	5	7	3
Add Your Toppings	Crushed Chips	33	3	0	0	0	19	7	1	0	1
	Guacamole	91	71	8	1	0	456	6	4	1	1
	Sour Cream	57	43	5	3	19	14	1	0	1	1
	Romaine	4	0	0	0	0	2	1	0	0	0
	Pico de Gallo	16	1	0	0	0	343	3	1	2	1
	Taqueria Salsa	25	5	0	0	0	983	9	2	5	2
	Corn Salsa	50	0	1	0	0	410	9	2	4	1
	Pickled Red Onions	15	0	0	0	0	200	4	0	3	0
	Shredded Cheese	107	72	8	5	33	173	0	0	0	7
	Queso Blanco	100	63	7	2	5	640	9	0	1	1
Hot Sauce	Mild Smoky Salsa	10	3	0	0	0	134	2	0	1	0
	Medium Verde Salsa	11	2	0	0	0	108	2	1	1	0
	Hot Habanero Salsa	3	1	0	0	0	16	0	0	0	0

SALAD

CATEGORY	MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Select Your Base	Greens Blend	20	0	1	0	0	18	4	3	1	2
	Pinto Beans	111	4	0	0	0	472	20	5	1	7
	Black Beans	112	4	0	0	0	470	20	5	1	7
	Peppers & Onions	28	14	2	0	0	258	3	1	1	0
Pick Your Main	Grilled Pollo Asado	110	20	2	0	49	337	1	0	0	2
	Seared Carne Asada	129	68	8	3	49	404	1	0	0	14
	Verde Chicken (seasonal)	120	54	6	2	85	170	1	0	0	16
	Braised Pork Carnitas	171	111	12	4	56	130	0	0	0	15
	Spiced Chorizo	120	85	9	4	34	360	1	0	0	8
	Spiced Brussels Sprouts	60	14	2	0	0	200	11	5	3	4
	Spiced Sweet Potatoes	260	56	12	2	0	500	35	5	7	3
Add Your Toppings	Crushed Chips	33	3	0	0	0	19	7	1	0	1
	Guacamole	91	71	8	1	0	456	6	4	1	1
	Sour Cream	57	43	5	3	19	14	1	0	1	1
	Romaine	4	0	0	0	0	2	1	0	0	0
	Pico de Gallo	16	1	0	0	0	343	3	1	2	1
	Taqueria Salsa	25	5	0	0	0	983	9	2	5	2
	Corn Salsa	50	0	1	0	0	410	9	2	4	1
	Pickled Red Onions	15	0	0	0	0	200	4	0	3	0
	Avocado Half	80	65	8	1	0	3	5	4	1	1
	Shredded Cheese	107	72	8	5	33	173	0	0	0	7
Dressing	Spicy Avocado Goddess	80	70	8	1	0	180	2	1	0	0
	Creamy Chipotle	150	140	16	2	10	220	0	0	0	1
Hot Sauce	Mild Smoky Salsa	10	3	0	0	0	134	2	0	1	0
	Medium Verde Salsa	11	2	0	0	0	108	2	1	1	0
	Hot Habanero Salsa	3	1	0	0	0	16	0	0	0	0

QUESADILLA

CATEGORY	MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Select Tortilla	Flour Tortilla	231	76	8	2	0	390	34	2	3	7
	Melted Cheese	213	144	16	11	67	347	0	0	0	13
Select Your Base	Mexican Rice	62	3	0	0	0	267	13	0	0	1
	Brown Rice (select stores)	120	15	0	0	0	165	24	0	0	3
	Farro (select stores)	60	7	1	0	0	106	10	1	0	2
	Pinto Beans	56	2	0	0	0	236	10	2	0	3
	Black Beans	56	2	0	0	0	235	10	2	0	3
	Peppers & Onions	28	14	2	0	0	258	3	1	1	0
Pick Your Main	Grilled Pollo Asado	110	20	2	0	49	337	1	0	0	2
	Seared Carne Asada	129	68	8	3	49	404	1	0	0	14
	Verde Chicken (seasonal)	120	54	6	2	85	170	1	0	0	16
	Braised Pork Carnitas	171	111	12	4	56	130	0	0	0	15
	Spiced Chorizo	120	85	9	4	34	360	1	0	0	8
	Spiced Brussels Sprouts	60	14	2	0	0	200	11	5	3	4
	Spiced Sweet Potatoes	260	56	12	2	0	500	35	5	7	3
	Add Your Toppings	Crushed Chips	33	3	0	0	0	19	7	1	0
	Guacamole	91	71	8	1	0	456	6	4	1	1
	Sour Cream	57	43	5	3	19	14	1	0	1	1
	Romaine	4	0	0	0	0	2	1	0	0	0
	Pico de Gallo	16	1	0	0	0	343	3	1	2	1
	Taqueria Salsa	25	5	0	0	0	983	9	2	5	2
	Corn Salsa	50	0	1	0	0	410	9	2	4	1
	Pickled Red Onions	15	0	0	0	0	200	4	0	3	0
	Shredded Cheese	107	72	8	5	33	173	0	0	0	7
	Queso Blanco	100	63	7	2	5	640	9	0	1	1
Hot Sauce	Mild Smoky Salsa	10	3	0	0	0	134	2	0	1	0
	Medium Verde Salsa	11	2	0	0	0	108	2	1	1	0
	Hot Habanero Salsa	3	1	0	0	0	16	0	0	0	0

NACHOS

CATEGORY	MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Select Your Base	Chips	130	11	1	0	0	75	29	3	0	3
	Queso Blanco	100	63	7	2	5	640	9	0	1	1
	Mexican Rice	167	8	1	0	0	712	36	0	1	2
	Brown Rice (select stores)	120	15	0	0	0	165	24	0	0	3
	Farro (select stores)	160	19	2	0	0	283	28	4	0	5
	Pinto Beans	111	4	0	0	0	472	20	5	1	7
	Black Beans	112	4	0	0	0	470	20	5	1	7
	Peppers & Onions	28	14	2	0	0	258	3	1	1	0
Pick Your Main	Grilled Pollo Asado	110	20	2	0	49	337	1	0	0	2
	Seared Carne Asada	129	68	8	3	49	404	1	0	0	14
	Verde Chicken (seasonal)	120	54	6	2	85	170	1	0	0	16
	Braised Pork Carnitas	171	111	12	4	56	130	0	0	0	15
	Spiced Chorizo	120	85	9	4	34	360	1	0	0	8
	Spiced Brussels Sprouts	60	14	2	0	0	200	11	5	3	4
	Spiced Sweet Potatoes	260	56	12	2	0	500	35	5	7	3
Add Your Toppings	Guacamole	91	71	8	1	0	456	6	4	1	1
	Sour Cream	57	43	5	3	19	14	1	0	1	1
	Romaine	4	0	0	0	0	2	1	0	0	0
	Pico de Gallo	16	1	0	0	0	343	3	1	2	1
	Taqueria Salsa	25	5	0	0	0	983	9	2	5	2
	Corn Salsa	50	0	1	0	0	410	9	2	4	1
	Pickled Red Onions	15	0	0	0	0	200	4	0	3	0
Hot Sauce	Mild Smoky Salsa	10	3	0	0	0	134	2	0	1	0
	Medium Verde Salsa	11	2	0	0	0	108	2	1	1	0
	Hot Habanero Salsa	3	1	0	0	0	16	0	0	0	0

SIDES & SHARES

MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Nachos (Chips + Queso Blanco)	230	74	8	2	5	715	38	3	1	4
Chips	130	11	1	0	0	75	29	3	0	3
Chips	260	21	3	0	0	151	57	5	0	5
Guacamole (small)	155	120	13	2	0	777	10	7	2	2
Guacamole (large)	310	240	26	4	0	1554	20	14	4	4
Queso Blanco (small)	100	63	7	2	5	640	9	0	1	1
Queso Blanco (large)	200	126	14	3	10	1280	18	0	2	2
Taqueria Salsa (small)	25	5	0	0	0	983	9	2	5	2
Taqueria Salsa (large)	50	3	0	0	0	1966	4	1	3	1
Corn Salsa (small)	75	0	2	0	0	615	14	3	6	2
Corn Salsa (large)	150	0	4	0	0	1230	28	6	12	4
Pico de Gallo (small)	18	1	0	0	0	388	3	1	2	1
Pico de Gallo (large)	36	2	0	0	0	776	6	2	4	2
Mild Smoky Salsa	14	4	0	0	0	185	2	1	1	0
Medium Verde Salsa	15	2	0	0	0	150	3	1	1	1
Hot Habanero Salsa	10	3	0	0	0	47	1	0	0	0

BREAKFAST (select locations)

MENU ITEM	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARB (G)	DIETARY FIBER (G)	SUGARS (G)	PROTEIN (G)
Bacon Breakfast Burrito	560	242	27	10	302	1077	46	4	3	28
Chorizo Breakfast Burrito	540	222	25	9	299	1007	46	4	3	27
Steak Breakfast Burrito	585	234	27	10	315	1268	49	5	3	33
Veggie Breakfast Burrito	500	189	21	8	282	999	48	5	3	23

We take dietary preferences and restrictions very seriously. Unfortunately, cross-contact with other ingredients may occur and we cannot guarantee the complete absence of allergens.

CATEGORY	MENU ITEM	GLUTEN	DAIRY	EGG	SOY	VEGAN	VEGETARIAN	GARLIC	ONION	CILANTRO
Tortilla	Quesadilla Tortilla	x			x	x	x			
Tortilla	Burrito Tortilla	x			x	x	x			
Tortilla	Taco Tortilla					x	x			
Tortilla	Tortilla Chips					x	x			
Grains/Beans	Mexican Rice					x	x	x	x	
Grains/Beans	Cilantro Lime Brown Rice					x	x			x
Grains/Beans	Farro	x				x	x			
Grains/Beans	Black Beans					x	x	x	x	
Grains/Beans	Pinto Beans					x	x	x	x	
Greens	Romaine					x	x			
Greens	Greens Blend					x	x			
Mains	Seared Carne Asada									
Mains	Braised Pork Carnitas							x		
Mains	Spiced Chorizo							x		
Mains	Grilled Pollo Asado				x			x	x	
Mains	Seasonal Spring/Summer - Verde Chicken							x	x	x
Mains	Spiced Brussels Sprouts					x	x	x	x	
Mains	Spiced Sweet Potatoes					x	x	x	x	
Hot Sauce	Smoky Hot Sauce					x	x	x	x	
Hot Sauce	Verde Hot Sauce					x	x	x	x	
Hot Sauce	Habanero Hot Sauce					x	x	x	x	
Dressing	Creamy Chipotle		x	x	x		x	x	x	
Dressing	Spicy Avocado Goddess					x	x	x		x
Toppings	Peppers & Onions					x	x		x	
Toppings	Queso Blanco		x				x	x	x	
Toppings	Guacamole					x	x		x	x
Toppings	Pico de Gallo					x	x		x	x
Toppings	Taqueria Salsa					x	x	x	x	x
Toppings	Corn Salsa					x	x		x	x
Toppings	Queso Fresco		x				x			
Toppings	Shredded Monterrey Jack		x				x			
Toppings	Sliced Monterrey Jack		x				x			
Toppings	Pickled Red Onion					x	x		x	
Toppings	Sour Cream		x				x			
Breakfast Burritos	Bacon Breakfast Burrito	x	x	x	x				x	
Breakfast Burritos	Chorizo Breakfast Burrito	x	x	x	x			x	x	
Breakfast Burritos	Steak Breakfast Burrito	x	x	x	x				x	
Breakfast Burritos	Vegetarian Breakfast Burrito	x	x	x	x		x		x	