

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Limited Time Offer												
Lobster Seafood Taco - with lobster seafood salad, shredded cabbage, white sauce, pico de gallo and a lime wedge												
1 Lobster Seafood Taco - corn tortillas	183g	238	80	9	1	0	20	450	35	3	2	8
Combo - 2 Tacos, Rice and Beans	536g	680	180	20	3	0	45	1390	100	13	3	25
Burrito Bowls - Regular												
Chicken Burrito Bowl	441g	600	210	24	10	0	105	1250	63	8	4	34
Fish Burrito Bowl	456g	670	390	43	13	0	100	1380	48	12	5	26
Ground Beef Burrito Bowl	441g	640	270	30	14	0	85	1530	64	8	4	30
Pork Burrito Bowl	441g	590	210	24	11	0	95	1560	63	7	3	31
Shredded Beef Burrito Bowl	441g	600	210	24	11	0	90	1390	64	8	4	32
Steak Burrito Bowl	441g	560	180	20	10	0	80	1560	65	7	3	29
Vegan Burrito Bowl	390g	370	70	8	1.5	0	0	890	63	10	4	11
Veggie Burrito Bowl	448g	530	200	22	9	0	45	1090	67	10	5	18
<i>Nutrition information for Burrito Bowls include rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito Bowls include refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Bowls include rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Bowl same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.</i>												
Burritos - Regular												
Chicken Burrito	545g	910	280	31	13	0	105	1990	115	10	4	42
Fish Burrito	560g	980	450	50	16	0	100	2120	100	14	5	34
Ground Beef Burrito	545g	950	330	37	17	0	85	2270	116	10	4	38
Pork Burrito	545g	900	280	31	14	0	95	2300	115	9	3	39
Shredded Beef Burrito	545g	910	280	31	14	0	90	2130	116	10	4	40
Steak Burrito	545g	870	250	27	13	0	80	2300	117	9	3	37
Vegan Burrito	494g	680	130	15	4.5	0	0	1630	115	12	4	19
Veggie Burrito	552g	840	260	29	12	0	45	1830	119	12	5	26
Burritos - Small												
Chicken Burrito	291g	510	150	17	7	0	50	1140	68	5	2	23
Fish Burrito	323g	570	240	27	9	0	50	1280	64	8	2	20
Ground Beef Burrito	291g	530	180	20	9	0	45	1270	68	5	2	21
Pork Burrito	291g	500	150	17	7	0	50	1290	67	5	2	22
Shredded Beef Burrito	291g	510	150	17	7	0	45	1200	68	5	2	22
Steak Burrito	291g	490	140	15	7	0	40	1290	69	5	2	20
Vegan Burrito	265g	390	80	9	2.5	0	0	950	68	6	2	12
Veggie Burrito	295g	470	140	16	7	0	25	1060	69	6	2	15
<i>Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.</i>												
Get Wet Burrito Toppings - Regular, Small												
Regular Toppings - Enchilada Sauce	182g	100	40	4	2	0	10	860	12	2	3	4
Regular Toppings - Queso, White	170g	270	200	23	13	0	55	1430	10	1	5	12
Regular Toppings - Queso, Yellow	170g	170	110	12	5	0	5	970	6	1	1	6
Small Toppings - Enchilada Sauce	125g	80	35	4	2	0	10	500	7	1	2	4
Small Toppings - Queso, White	114g	140	100	11	7	0	30	750	6	1	3	6
Small Toppings - Queso, Yellow	114g	90	50	6	2.5	0	5	520	4	1	1	4
<i>Nutrition information for Wet Burrito toppings only - includes enchilada sauce, cheese, lettuce, Pico de Gallo, cilantro; or Queso, lettuce, Pico, cilantro; burrito nutrition not included.</i>												
Enchilada Platters												
2 Cheese Enchiladas	605g	810	290	32	14	0	70	1870	105	15	4	29
2 Chicken Enchiladas	667g	850	270	31	11	0	105	1990	105	15	5	41
2 Fish Enchiladas	661g	880	300	33	10	0	80	2070	116	15	4	32
2 Ground Beef Enchiladas	667g	890	330	37	15	0	85	2270	106	15	5	36
2 Pork Enchiladas	667g	830	270	30	11	0	95	2300	104	15	5	38
2 Shredded Beef Enchiladas	667g	840	270	30	11	0	90	2130	106	15	5	38
2 Steak Enchiladas	667g	810	240	27	10	0	80	2300	107	15	4	35
<i>Nutrition information for Enchilada Platters includes 2 soft corn tortillas, meat/fish/cheese, enchilada sauce, rice, refried beans, lettuce, Pico, sour cream, guacamole. Optional jalapenos & sauce not included.</i>												
Enchilada/Taco Platters												
Cheese - 1 Taco & 1 Enchilada	608g	830	300	33	15	0	70	1980	107	15	5	31
Chicken - 1 Taco & 1 Enchilada	670g	870	280	31	12	0	105	2110	107	15	5	43
Fish - 1 Taco & 1 Enchilada	715g	1030	430	48	14	0	95	2310	120	16	6	35
Ground Beef - 1 Taco & 1 Enchilada	670g	910	340	38	16	0	85	2380	108	15	6	38
Pork - 1 Taco & 1 Enchilada	670g	860	280	31	12	0	95	2410	106	15	5	40
Shredded Beef - 1 Taco & 1 Enchilada	670g	860	280	31	12	0	90	2240	107	15	5	40
Steak - 1 Taco & 1 Enchilada	670g	830	250	28	11	0	80	2420	109	15	5	37
<i>Nutrition information for Enchilada/Taco Platters includes 1 corn & 1 flour tortilla, protein/cheese, enchilada sauce, rice, refried beans, lett/cabbage, Pico, sour cream, guacamole. Optional jalapenos & sauce not included.</i>												
Nachos												
Cheese Nachos	408g	1040	590	66	20	0	95	1510	88	15	3	31
Chicken Nachos	493g	1170	640	72	22	0	150	1770	89	15	4	49
Fish Nachos	488g	1200	670	74	21	0	130	1850	100	15	3	41
Ground Beef Nachos	493g	1210	700	78	26	0	135	2050	90	15	4	45
Pork Nachos	493g	1150	640	71	22	0	145	2080	89	15	4	46
Shredded Beef Nachos	493g	1160	640	71	22	0	140	1910	90	15	4	47
Steak Nachos	493g	1130	610	68	21	0	125	2080	91	15	3	44
<i>Nutrition information for Nachos includes chips, refried beans, protein/cheese, Pico de Gallo, sour cream, guacamole. Optional jalapenos & sauce not included.</i>												
Quesadillas												
Cheese Quesadilla	229g	590	260	29	15	0	75	1320	57	3	2	26
Chicken Quesadilla	314g	720	310	35	17	0	130	1580	58	3	2	43
Fish Quesadilla	308g	750	340	37	16	0	105	1660	69	3	2	35
Ground Beef Quesadilla	314g	760	370	41	21	0	110	1860	59	3	2	39
Pork Quesadilla	314g	700	310	34	17	0	120	1890	58	3	2	40
Shredded Beef Quesadilla	314g	710	310	34	17	0	120	1720	59	3	2	41
Steak Quesadilla	314g	680	280	31	16	0	105	1890	60	3	2	38
<i>Nutrition information for Quesadillas includes flour tortilla, protein/cheese, Pico de Gallo. Optional guacamole, sour cream, sauce & jalapenos not included.</i>												
Quesadilla Platters												
Cheese Quesadilla Platter	562g	950	300	33	16	0	75	2200	123	13	3	38
Chicken Quesadilla Platter	647g	1080	350	39	18	0	130	2470	125	13	4	56

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Fish Quesadilla Platter	641g	1110	380	42	17	0	105	2540	136	13	3	48
Ground Beef Quesadilla Platter	647g	1120	410	45	22	0	110	2750	125	13	4	51
Pork Quesadilla Platter	647g	1060	350	39	18	0	120	2780	124	13	3	53
Shredded Beef Quesadilla Platter	647g	1070	350	39	18	0	120	2610	125	13	4	54
Steak Quesadilla Platter	647g	1040	320	36	17	0	105	2780	127	13	3	50
<i>Nutrition Information for Quesadilla Platters includes flour tortilla, protein/cheese, rice, refried beans, lettuce, Pico de Gallo. Optional guacamole, sour cream, sauce, & jalapenos not included.</i>												
Taco Salads												
Chicken Taco Salad	585g	710	340	38	14	0	105	1180	59	10	8	37
Fish Taco Salad	579g	730	370	41	13	0	80	1250	70	11	8	28
Ground Beef Taco Salad	585g	750	400	45	18	0	85	1450	60	11	9	32
Pork Taco Salad	585g	690	340	38	14	0	95	1490	58	10	8	34
Shredded Beef Taco Salad	585g	700	340	38	14	0	90	1320	59	10	9	34
Steak Taco Salad	585g	670	310	35	13	0	80	1490	61	10	8	31
Vegan Taco Salad	619g	670	230	25	5	0	0	1110	97	13	8	17
Veggie Taco Salad	677g	830	350	39	13	0	45	1310	101	13	9	23
<i>Nutrition information for Taco Salads includes shell, refried beans, lettuce, protein/cheese, Pico de Gallo, sour cream. Veggie Taco Salad includes shell, refried beans, lettuce, rice, cheese, Pico, sour cream, guacamole; Vegan Taco salad same as Veggie without cheese & sour cream. Optional jalapenos, sauce not included.</i>												
Tacos												
Chicken Taco - flour tortilla	159g	240	110	12	6	0	50	530	19	2	2	16
Fish Taco - flour tortilla	183g	350	200	22	7	0	50	640	27	3	2	12
Ground Beef Taco - flour tortilla	159g	260	140	15	8	0	45	670	20	2	2	14
Pork Taco - flour tortilla	159g	240	110	12	6	0	50	680	19	2	2	14
Shredded Beef Taco - flour tortilla	159g	240	110	12	6	0	45	600	20	2	2	15
Steak Taco - flour tortilla	159g	220	90	10	5	0	40	680	20	2	2	13
Vegan Taco - flour tortilla	184g	220	45	5	1.5	0	0	550	37	5	2	7
Veggie Taco - flour tortilla	214g	300	110	12	6	0	25	660	39	5	2	10
<i>Nutrition information for Tacos includes tortilla, protein, cheese, lettuce, Pico de Gallo, sour cream. Fish Taco includes tortilla, fish, cheese, cabbage, white sauce, Pico, sour cream. Veggie Taco includes tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Taco same as Veggie without cheese & sour cream. Optional jalapenos & sauce not included.</i>												
Tortillas, Sauces & Add-ons												
6" Corn Tortilla - 2 each	56 g	120	20	2	0	0	0	0	24	2	0	2
6" Flour Tortilla - 1 each	31g	90	18	2	1	0	0	220	15	1	0	3
7" Hard Corn Taco Shell - 1 each	22g	100	40	4.5	1	0	0	0	14	2	1	2
10" Flour Tortilla - 1 each	71g	210	45	5	2	0	0	510	36	1	0	6
10" Taco Salad Shell - 1 each	59g	280	150	17	3.5	0	0	200	29	1	1	4
10" Whole Wheat Tortilla - 1 each	71g	200	40	5	2	0	0	510	34	4	0	6
12" Flour Tortilla - 1 each	104g	310	60	7	3	0	0	740	52	2	0	8
12" Spinach Tortilla - 1 each	104g	310	60	7	3	0	0	740	51	2	0	9
12" Tomato Basil Tortilla - 1 each	104g	310	60	7	3	0	0	720	52	2	0	8
12" Whole Wheat Tortilla - 1 each	104g	290	60	7	3	0	0	750	50	6	0	9
Beans, Black - 1 spoonful	99g	90	5	0.5	0	0	0	270	17	3	1	4
Beans, Refried - 1 spoonful	99g	100	10	1	0	0	0	350	16	6	0	6
Beans, Whole Pinto - 1 spoonful	99g	90	0	0	0	0	0	210	16	5	0	5
Black Bean & Corn Salsa - 2 oz	57g	60	5	0.5	0	0	0	230	12	3	1	3
Black Olives - 1 tablespoon	6g	10	10	1	0	0	0	40	0	0	0	0
Cabbage - 1 tong full	57g	15	0	0	0	0	0	10	3	1	1	1
Cheese Add On - 1 scoop	23g	90	70	7	4	0	25	150	1	0	0	6
Chicken Add On - 1 scoop	85g	130	50	6	1.5	0	55	270	1	0	0	18
Chips, side	85g	410	220	24	2.5	0	0	320	46	5	0	5
Chopped onions - 1 tablespoon	6g	0	0	0	0	0	0	0	1	0	0	0
Chopped tomatoes - 1 tong full	17g	5	0	0	0	0	0	0	1	0	0	0
Chorizo - 1.5 oz	43g	120	90	10	3.5	0	15	430	2	1	0	6
Cilantro - 1 tong full	0.3 g	0	0	0	0	0	0	0	0	0	0	0
Eggs - 1 scoop	71g	100	60	7	2	0	300	280	0	0	0	9
Enchilada Sauce - 1 ladle	57g	25	0	0	0	0	0	360	5	1	1	1
Fish Add On - 2 pc	79g	160	80	8	0.5	0	35	340	12	1	0	9
Ground Beef Add On - 1 scoop	85g	170	110	12	6	0	40	540	2	1	1	13
Guacamole Add On - 1 scoop	35g	45	35	4	0.5	0	0	105	3	2	0	1
Guacamole Side Order - 4 oz	113g	140	110	12	2	0	0	330	9	6	1	2
Jalapeno bacon - 1 slice	9g	40	30	3	1	0	5	250	0	0	0	3
Jalapeno peppers - 1 tablespoon	10g	0	0	0	0	0	0	170	0	0	0	0
Lettuce - 1 tong full	57g	10	0	0	0	0	0	5	2	1	1	1
Lime wedge	7g	5	0	0	0	0	0	0	1	0	0	0
Pico de Gallo Add On - 1 scoop	57g	10	0	0	0	0	0	140	2	1	2	1
Pico de Gallo Side Order - 3 oz	85g	15	0	0	0	0	0	210	4	1	2	1
Pork Add On - 1 scoop	85 g	120	50	6	2	0	50	570	1	0	0	15
Queso, White Add On - 1 ladle	57g	130	100	11	7	0	30	680	4	0	2	6
Queso, White Side Order - 4 oz	113g	260	200	23	13	0	55	1360	8	0	4	11
Queso, Yellow Add On - 1 ladle	57g	80	50	6	2.5	0	5	450	2	0	0	3
Queso, Yellow Side Order - 4 oz	113g	160	110	12	5	0	5	900	4	0	0	6
Rice, seasoned - 1 scoop	142g	210	25	3	0	0	0	290	40	1	0	4
Salsa, Habanero (Hot) - 1 ladle	34g	5	0	0	0	0	0	150	1	0	1	0
Salsa, Mango - 1 ladle	40g	25	0	0	0	0	0	190	5	1	4	1
Salsa, Reaper - 1 ladle	34g	10	0	0	0	0	0	140	2	0	2	0
Salsa, Roasted Chipotle (Medium) - 1 ladle	34g	10	0	0	0	0	0	105	2	0	1	0
Salsa, Tomatillo (Mild) - 1 ladle	34g	10	0	0	0	0	0	180	2	0	1	0
Serrano Peppers - 1 tablespoon	6g	0	0	0	0	0	0	0	0	0	0	0
Shredded Beef Add On - 1 scoop	85g	120	50	6	2	0	45	400	2	0	1	15
Sour Cream Add On - 1 scoop	35g	70	60	7	4	0	25	55	2	0	1	1
Steak Add On - 1 scoop	85g	90	20	2.5	1	0	30	580	3	0	0	12
White Sauce - 1.5 oz	43g	180	170	19	3.5	0	20	160	2	0	0	0
Sides/Combos												
Chips & Guacamole	198g	550	330	37	4	0	0	650	55	11	1	7

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Chips & Queso, White	198g	680	420	47	16	0	55	1680	54	5	4	16
Chips & Queso, Yellow	198g	570	330	36	7	0	5	1210	50	5	0	11
Chips & Salsa	170g	430	220	24	2.5	0	0	520	50	6	2	6
Rice & Beans (black) & Pico de Gallo	319g	350	35	4	0	0	0	780	67	6	3	11
Rice & Beans (pinto) & Pico de Gallo	319g	340	30	3	0	0	0	680	65	8	1	12
Rice & Beans (refried) & Pico de Gallo	319g	360	40	4.5	1	0	0	880	66	10	1	12

Nutrition information above does not include beverage - see beverage section for nutrition information on drinks.

Desserts												
Brownie - Chocolate Chunk	85g	390	190	22	11	0	75	120	46	3	31	4
Churros - 2 pieces	74g	270	90	10	1	0	0	180	40	1	13	4
Cookie - Chocolate Chip	38g	170	70	7	4	0	10	120	24	1	15	2
Cookie - Double Chocolate Chip	38g	170	70	8	4.5	0	10	135	23	1	15	2
Cookie - Oatmeal Raisin	38g	160	60	7	4	0	10	130	23	1	13	2
Cookie - White Chocolate Macadamia	38g	170	80	9	4	0	10	120	22	0	14	2

Kid's Menu												
Burrito Bean (refried) & Cheese	243g	440	120	14	7	0	25	1180	61	9	0	20
Cheese Quesadilla	94g	300	110	12	6	0	25	660	37	1	0	12
Chicken Taco - flour tortilla	85g	200	80	8	4	0	40	430	16	1	0	15
Chips 2 oz serving	57g	280	150	16	1.5	0	0	210	31	3	0	3
Fish Taco - flour tortilla	82g	210	90	10	3.5	0	30	460	21	1	0	11
Ground Beef Taco - flour tortilla	85g	220	100	12	6	0	30	560	16	1	0	12
Pork Taco - flour tortilla	85g	190	80	8	4	0	35	580	16	1	0	13
Rice & Beans (black) - as entrée or side	170g	200	20	2	0	0	0	420	37	4	1	6
Rice & Beans (pinto) - as entrée or side	170g	190	15	1.5	0	0	0	360	36	5	0	7
Rice & Beans (refried) - as entrée or side	170g	200	20	2.5	0.5	0	0	490	36	6	0	8
Shredded Beef Taco - flour tortilla	85g	200	80	8	4	0	35	490	16	1	0	14
Steak Taco - flour tortilla	85g	180	60	7	3.5	0	25	580	17	1	0	12

Nutrition information for Kid's Menu provided on burrito, quesadilla & taco only; chips and rice & beans listed separately above, desserts listed in dessert section & drinks listed in beverage section.

Breakfast												
Breakfast Bowl - chorizo	231g	370	200	22	8	0	305	1200	20	5	1	21
Breakfast Bowl - jalapeno bacon	206g	330	160	18	7	0	300	1270	18	4	1	21
Breakfast Bowl - no meat	189g	250	110	12	4.5	0	290	770	18	4	1	15
Breakfast Burrito - chorizo	302g	580	240	27	10	0	305	1710	56	6	1	27
Breakfast Burrito - jalapeno bacon	277g	540	210	23	9	0	300	1780	54	5	1	27
Breakfast Burrito - no meat	260g	460	160	17	7	0	290	1280	54	5	1	21
Breakfast Potatoes Side Order	68g	90	20	2.5	1	0	0	340	16	2	0	2
Breakfast Quesadita - chorizo	224g	500	230	26	10	0	305	1390	41	2	1	24
Breakfast Quesadita - jalapeno bacon	199g	450	200	22	8	0	300	1460	39	1	1	24
Breakfast Quesadita - no meat	182g	370	140	16	6	0	290	960	39	1	1	18
Breakfast Taco - chorizo, flour tortilla	163g	340	180	21	8	0	220	1010	20	2	1	18
Breakfast Taco - jalapeno bacon, flour tortilla	137g	300	150	17	7	0	215	1080	18	1	1	18
Breakfast Taco - no meat, flour tortilla	120g	220	100	11	4.5	0	205	580	18	1	1	12
Coffee	12 fl oz	0	0	0	0	0	0	5	0	0	0	0

Nutrition information for Breakfast Burrito includes tortilla, refried beans, potatoes, egg, meat/cheese, Pico de Gallo. Breakfast Bowl is Breakfast Burrito without the tortilla. Breakfast Quesadita includes tortilla, egg, meat/cheese, Pico de Gallo. Breakfast Taco includes tortilla, egg, cheese/meat, Pico de Gallo. Optional sour cream, guacamole, sauce & jalapenos not included.

Beverages												
12 fl oz Fountain Drink*												
Barq's Caffeine Free Root Beer	12 fl oz	160	0	0	0	0	0	70	45	0	45	0
Barq's Root Beer	12 fl oz	160	0	0	0	0	0	70	45	0	45	0
Cherry Coca-Cola	12 fl oz	150	0	0	0	0	0	40	42	0	42	0
Coca-Cola	12 fl oz	150	0	0	0	0	0	35	40	0	40	0
Coca-Cola Zero	12 fl oz	0	0	0	0	0	0	40	0	0	0	0
Diet Coke	12 fl oz	0	0	0	0	0	0	50	0	0	0	0
Fanta Fruit Punch	12 fl oz	160	0	0	0	0	0	55	42	0	42	0
Fanta Orange	12 fl oz	160	0	0	0	0	0	50	41	0	41	0
Fanta Strawberry	12 fl oz	170	0	0	0	0	0	50	46	0	46	0
Fuze Raspberry Tea	12 fl oz	90	0	0	0	0	0	45	23	0	23	0
Fuze Unsweet Tea	12 fl oz	0	0	0	0	0	0	45	0	0	0	0
Gold Peak Raspberry Tea	12 fl oz	100	0	0	0	0	0	45	27	0	27	0
Gold Peak Sweetened Green Tea	12 fl oz	100	0	0	0	0	0	50	27	0	27	0
Gold Peak Premium Unsweetened Tea	12 fl oz	0	0	0	0	0	0	45	0	0	0	0
Gold Peak Sweetened Black Tea	12 fl oz	120	0	0	0	0	0	50	34	0	34	0
Hi-C Flashn' Fruit Punch	12 fl oz	150	0	0	0	0	0	55	42	0	41	0
Hi-C Poppin' Pink Lemonade	12 fl oz	140	0	0	0	0	0	100	39	0	38	0
Mello Yello	12 fl oz	160	0	0	0	0	0	50	42	0	42	0
Minute Maid Lemonade	12 fl oz	140	0	0	0	0	0	100	39	0	38	0
Minute Maid Light Lemonade	12 fl oz	5	0	0	0	0	0	45	0	0	0	0
Pibb Xtra	12 fl oz	140	0	0	0	0	0	55	39	0	39	0
POWERade Fruit Punch	12 fl oz	90	0	0	0	0	0	115	23	0	22	0
POWERade Mountain Blast	12 fl oz	80	0	0	0	0	0	110	22	0	22	0
Sprite	12 fl oz	140	0	0	0	0	0	70	39	0	39	0
Caffeine-free Diet Coke	12 fl oz	0	0	0	0	0	0	50	0	0	0	0
Fanta Grape	12 fl oz	170	0	0	0	0	0	50	45	0	45	0
Sprite Zero	12 fl oz	0	0	0	0	0	0	45	0	0	0	0

21 fl oz Fountain Drink*												
Barq's Caffeine Free Root Beer	21 fl oz	290	0	0	0	0	0	125	78	0	78	0
Barq's Root Beer	21 fl oz	290	0	0	0	0	0	125	78	0	78	0
Cherry Coca-Cola	21 fl oz	270	0	0	0	0	0	70	73	0	73	0
Coca-Cola	21 fl oz	260	0	0	0	0	0	60	70	0	70	0
Coca-Cola Zero	21 fl oz	0	0	0	0	0	0	70	0	0	0	0
Diet Coke	21 fl oz	0	0	0	0	0	0	85	0	0	0	0

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Fanta Fruit Punch	21 fl oz	270	0	0	0	0	0	95	73	0	73	0
Fanta Orange	21 fl oz	270	0	0	0	0	0	90	72	0	72	0
Fanta Strawberry	21 fl oz	290	0	0	0	0	0	85	80	0	80	0
Fuze Raspberry Tea	21 fl oz	150	0	0	0	0	0	80	40	0	40	0
Fuze Unsweet Tea	21 fl oz	5	0	0	0	0	0	80	0	0	0	0
Gold Peak Raspberry Tea	21 fl oz	170	0	0	0	0	0	80	47	0	47	0
Gold Peak Sweetened Black Tea	21 fl oz	220	0	0	0	0	0	85	59	0	59	0
Gold Peak Sweetened Green Tea	21 fl oz	170	0	0	0	0	0	90	47	0	47	0
Gold Peak Premium Unsweetened Tea	21 fl oz	0	0	0	0	0	0	80	0	0	0	0
Hi-C Flashn' Fruit Punch	21 fl oz	270	0	0	0	0	0	95	74	0	72	0
Hi-C Poppin' Pink Lemonade	21 fl oz	250	0	0	0	0	0	180	69	0	66	0
Mello Yello	21 fl oz	280	0	0	0	0	0	85	74	0	74	0
Minute Maid Lemonade	21 fl oz	250	0	0	0	0	0	180	69	0	66	0
Minute Maid Light Lemonade	21 fl oz	10	0	0	0	0	0	75	0	0	0	0
Pibb Xtra	21 fl oz	250	0	0	0	0	0	100	68	0	68	0
POWERade Fruit Punch	21 fl oz	150	0	0	0	0	0	210	41	0	39	0
POWERade Mountain Blast	21 fl oz	150	0	0	0	0	0	200	38	0	38	0
Sprite	21 fl oz	250	0	0	0	0	0	120	67	0	67	0
Caffeine-free Diet Coke	21 fl oz	0	0	0	0	0	0	85	0	0	0	0
Fanta Grape	21 fl oz	290	0	0	0	0	0	85	78	0	78	0
Sprite Zero	21 fl oz	5	0	0	0	0	0	80	0	0	0	0
30 fl oz Fountain Drink*												
Barq's Caffeine Free Root Beer	30 fl oz	410	0	0	0	0.0	0	180	112	0	112	0
Barq's Root Beer	30 fl oz	410	0	0	0	0.0	0	180	112	0	112	0
Cherry Coca-Cola	30 fl oz	380	0	0	0	0.0	0	105	105	0	105	0
Coca-Cola	30 fl oz	370	0	0	0	0.0	0	90	100	0	100	0
Coca-Cola Zero	30 fl oz	0	0	0	0	0.0	0	105	0	0	0	0
Diet Coke	30 fl oz	0	0	0	0	0.0	0	125	0	0	0	0
Fanta Fruit Punch	30 fl oz	390	0	0	0	0.0	0	135	104	0	104	0
Fanta Orange	30 fl oz	390	0	0	0	0.0	0	125	104	0	104	0
Fanta Strawberry	30 fl oz	420	0	0	0	0.0	0	120	115	0	115	0
Fuze Raspberry Tea	30 fl oz	220	0	0	0	0.0	0	115	58	0	57	0
Fuze Unsweet Tea	30 fl oz	10	0	0	0	0.0	0	115	0	0	0	0
Gold Peak Raspberry Tea	30 fl oz	240	0	0	0	0.0	0	120	67	0	67	0
Gold Peak Sweetened Black Tea	30 fl oz	310	0	0	0	0.0	0	120	84	0	84	0
Gold Peak Sweetened Green Tea	30 fl oz	250	0	0	0	0.0	0	125	67	0	67	0
Gold Peak Premium Unsweetened Tea	30 fl oz	0	0	0	0	0.0	0	120	0	0	0	0
Hi-C Flashn' Fruit Punch	30 fl oz	390	0	0	0	0.0	0	135	106	0	103	0
Hi-C Poppin' Pink Lemonade	30 fl oz	360	0	0	0	0.0	0	250	98	0	94	0
Mello Yello	30 fl oz	390	0	0	0	0.0	0	120	106	0	105	0
Minute Maid Lemonade	30 fl oz	360	0	0	0	0.0	0	250	99	0	94	0
Minute Maid Light Lemonade	30 fl oz	20	0	0	0	0.0	0	105	0	0	0	0
Pibb Xtra	30 fl oz	360	0	0	0	0.0	0	140	97	0	97	0
POWERade Fruit Punch	30 fl oz	210	0	0	0	0.0	0	290	59	0	55	0
POWERade Mountain Blast	30 fl oz	210	0	0	0	0.0	0	280	55	0	55	0
Sprite	30 fl oz	360	0	0	0	0.0	0	170	96	0	96	0
Caffeine-free Diet Coke	30 fl oz	0	0	0	0	0.0	0	125	0	0	0	0
Fanta Grape	30 fl oz	420	0	0	0	0.0	0	120	112	0	112	0
Sprite Zero	30 fl oz	5	0	0	0	0.0	0	110	0	0	0	0
<i>*Fountain Drinks - cup size in category heading is maximum fill capacity; nutrition information provided on amount of beverage listed in serving size column filled to 100% capacity without ice.</i>												
Beer & Wine												
Bud Light	12 fl oz	110	0	0	0	0	0	n/a	7	0	n/a	1
Budweiser	12 fl oz	150	0	0	0	0	0	n/a	11	0	n/a	1
Coors Light	12 fl oz	100	0	0	0	0	0	n/a	5	0	n/a	0
Corona	12 fl oz	150	0	0	0	0	0	n/a	14	0	n/a	1
Dos Equis	12 fl oz	130	0	0	0	0	0	n/a	11	0	n/a	0
Heineken	12 fl oz	150	0	0	0	0	0	n/a	11	0	n/a	0
Labatt Blue	12 fl oz	150	0	0	0	0	0	n/a	5	0	n/a	0
Modelo	12 fl oz	150	0	0	0	0	0	n/a	11	0	n/a	1
Molson	12 fl oz	140	0	0	0	0	0	n/a	13	0	n/a	0
Negra Modelo	12 fl oz	170	0	0	0	0	0	n/a	16	0	n/a	1
Pacifico	12 fl oz	150	0	0	0	0	0	n/a	11	0	n/a	1
Sol	12 fl oz	130	0	0	0	0	0	n/a	11	0	n/a	0
Tecate	12 fl oz	140	0	0	0	0	0	n/a	13	0	n/a	0
Wine, Reisling	12 fl oz	280	0	0	0	0	0	n/a	13	0	n/a	0
Wine, Zinfandel	12 fl oz	310	0	0	0	0	0	n/a	10	0	n/a	0

Chart abbreviations: Sat fat = saturated fat, Cholest = cholesterol, Carb = carbohydrate, g = grams, mg = milligrams, %DV = Percent Daily Value based on a 2,000 calorie diet, n/a = information not available

Recommended Daily Values for a 2,000 calorie diet are 78g total fat, 20g saturated fat, 300mg cholesterol, 2,300mg sodium and 28g dietary fiber. 2,000 calorie a day is used for general nutrition advice, but calorie needs vary.

Nutrition information for TACO DEL MAR® menu items was determined by Registered Dietitians at NewWellness, Inc. using manufacturer information and ESHA Research database analysis. Information is based on standard recipes; variations may occur due to use of an alternate supplier or differences in product portioning. Customer requests for variations from standard recipes will result in changes to nutritional values.

Not all menu items are available in all locations. Revised 5/17/17

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Burrito Bowls - Regular												
Chicken Burrito Bowl	441g	590	230	25	11	0	100	1570	65	8	4	28
Fish Burrito Bowl	456g	670	390	43	13	0	100	1380	48	12	5	26
Ground Beef Burrito Bowl	441g	640	270	30	14	0	85	1530	64	8	4	30
Pork Burrito Bowl	441g	590	210	24	11	0	95	1560	63	7	3	31
Shredded Beef Burrito Bowl	441g	600	210	24	11	0	90	1390	64	8	4	32
Shrimp Burrito Bowl	455g	550	170	19	9	0	195	1470	64	7	4	32
Steak Burrito Bowl	441g	560	180	20	10	0	80	1560	65	7	3	29
Vegan Burrito Bowl	390g	370	70	8	1.5	0	0	890	63	10	4	11
Veggie Burrito Bowl	448g	530	200	22	9	0	45	1090	67	10	5	18

Nutrition information for Burrito Bowls include rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito Bowls include refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Bowls include rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Bowl same as Veggie without cheese & sour cream. Optional add-ons & sauces not included.

Burritos - Regular

Chicken Burrito	545g	900	290	32	14	0	100	2310	117	10	4	36
Fish Burrito	560g	980	450	50	16	0	100	2120	100	14	5	34
Ground Beef Burrito	545g	950	330	37	17	0	85	2270	116	10	4	38
Pork Burrito	545g	900	280	31	14	0	95	2300	115	9	3	39
Shredded Beef Burrito	545g	910	280	31	14	0	90	2130	116	10	4	40
Shrimp Burrito	580g	900	390	43	15	0	215	2260	90	13	6	40
Steak Burrito	545g	870	250	27	13	0	80	2300	117	9	3	37
Vegan Burrito	494g	680	130	15	4.5	0	0	1630	115	12	4	19
Veggie Burrito	552g	840	260	29	12	0	45	1830	119	12	5	26

Burritos - Small

Chicken Burrito	291g	510	160	18	7	0	50	1300	68	5	2	20
Fish Burrito	323g	570	240	27	9	0	50	1280	64	8	2	20
Ground Beef Burrito	291g	530	180	20	9	0	45	1270	68	5	2	21
Pork Burrito	291g	500	150	17	7	0	50	1290	67	5	2	22
Shredded Beef Burrito	291g	510	150	17	7	0	45	1200	68	5	2	22
Shrimp Burrito	332g	530	210	23	8	0	105	1350	59	8	3	23
Steak Burrito	291g	490	140	15	7	0	40	1290	69	5	2	20
Vegan Burrito	265g	390	80	9	2.5	0	0	950	68	6	2	12
Veggie Burrito	295g	470	140	16	7	0	25	1060	69	6	2	15

Nutrition information for Burritos includes flour tortilla, rice, refried beans, protein, cheese, Pico de Gallo, sour cream; Fish Burrito includes flour tortilla, refried beans, fish, cheese, cabbage, white sauce, Pico, sour cream; Veggie Burrito includes flour tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole; Vegan Burrito same as Veggie without cheese & sour cream. Optional add-ons & sauces not included.

Get Wet Burrito Toppings - Regular, Small

Regular Toppings - Enchilada Sauce	182g	100	40	4	2	0	10	860	12	2	3	4
Regular Toppings - Queso Sauce, Yellow	170g	170	110	12	5	0	5	970	6	1	1	6
Small Toppings - Enchilada Sauce	125g	80	35	4	2	0	10	500	7	1	2	4
Small Toppings - Queso Sauce, Yellow	114g	90	50	6	2.5	0	5	520	4	1	1	4

Nutrition information for Wet Burrito toppings only - includes enchilada sauce, cheese, lettuce, Pico de Gallo, cilantro; or Queso sauce, lettuce, Pico, cilantro; burrito nutrition not included.

Enchilada Platters

2 Cheese Enchiladas	605g	810	290	32	14	0	70	1870	105	15	4	29
2 Chicken Enchiladas	667g	840	290	32	12	0	100	2320	106	15	5	35
2 Fish Enchiladas	661g	880	300	33	10	0	80	2070	116	15	4	32
2 Ground Beef Enchiladas	667g	890	330	37	15	0	85	2270	106	15	5	36
2 Pork Enchiladas	667g	830	270	30	11	0	95	2300	104	15	5	38
2 Shredded Beef Enchiladas	667g	840	270	30	11	0	90	2130	106	15	5	38
2 Shrimp Enchiladas	681g	800	230	26	10	0	195	2210	106	15	5	38
2 Steak Enchiladas	667g	810	240	27	10	0	80	2300	107	15	4	35

Nutrition information for Enchilada Platters includes 2 soft corn tortillas, meat/fish/cheese, enchilada sauce, rice, refried beans, lettuce, Pico, sour cream, guacamole. Optional add-ons & sauces not included.

Enchilada/Taco Platters

Cheese - 1 Taco & 1 Enchilada	608g	830	300	33	15	0	70	1980	107	15	5	31
Chicken - 1 Taco & 1 Enchilada	670g	860	290	33	13	0	100	2430	108	15	5	37
Fish - 1 Taco & 1 Enchilada	715g	1030	430	48	14	0	95	2310	120	16	6	35
Ground Beef - 1 Taco & 1 Enchilada	670g	910	340	38	16	0	85	2380	108	15	6	38
Pork - 1 Taco & 1 Enchilada	670g	860	280	31	12	0	95	2410	106	15	5	40
Shredded Beef - 1 Taco & 1 Enchilada	670g	860	280	31	12	0	90	2240	107	15	5	40
Shrimp - 1 Taco & 1 Enchilada	712g	830	240	27	11	0	195	2320	108	15	6	40
Steak - 1 Taco & 1 Enchilada	670g	830	250	28	11	0	80	2420	109	15	5	37

Nutrition information for Enchilada/Taco Platters includes 1 corn & 1 flour tortilla, protein/cheese, enchilada sauce, rice, refried beans, lett/cabbage, Pico, sour cream, guacamole. Optional add-ons & sauces not included.

Nachos

Cheese Nachos	408g	1040	590	66	20	0	95	1510	88	15	3	31
Chicken Nachos	493g	1160	660	73	22	0	150	2100	91	15	4	43
Fish Nachos	488g	1200	670	74	21	0	130	1850	100	15	3	41
Ground Beef Nachos	493g	1210	700	78	26	0	135	2050	90	15	4	45
Pork Nachos	493g	1150	640	71	22	0	145	2080	89	15	4	46
Shredded Beef Nachos	493g	1160	640	71	22	0	140	1910	90	15	4	47

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Shrimp Nachos	507g	1120	600	67	20	0	245	1990	90	15	4	46
Steak Nachos	493g	1130	610	68	21	0	125	2080	91	15	3	44
<i>Nutrition information for Nachos includes chips, refried beans, protein/cheese, Pico de Gallo, sour cream, guacamole. Optional add-ons & sauces not included.</i>												
Quesadillas												
Cheese Quesadilla	229g	590	260	29	15	0	75	1320	57	3	2	26
Chicken Quesadilla	314g	710	320	36	17	0	130	1910	60	3	2	37
Fish Quesadilla	308g	750	340	37	16	0	105	1660	69	3	2	35
Ground Beef Quesadilla	314g	760	370	41	21	0	110	1860	59	3	2	39
Pork Quesadilla	314g	700	310	34	17	0	120	1890	58	3	2	40
Shredded Beef Quesadilla	314g	710	310	34	17	0	120	1720	59	3	2	41
Shrimp Quesadilla	328g	670	270	30	15	0	220	1800	59	3	3	41
Steak Quesadilla	314g	680	280	31	16	0	105	1890	60	3	2	38
<i>Nutrition information for Quesadillas includes flour tortilla, protein/cheese, Pico de Gallo. Optional guacamole, sour cream, add-ons & sauces not included.</i>												
Quesadilla Platters												
Cheese Quesadilla Platter	562g	950	300	33	16	0	75	2200	123	13	3	38
Chicken Quesadilla Platter	647g	1070	360	40	18	0	130	2790	126	13	4	50
Fish Quesadilla Platter	641g	1110	380	42	17	0	105	2540	136	13	3	48
Ground Beef Quesadilla Platter	647g	1120	410	45	22	0	110	2750	125	13	4	51
Pork Quesadilla Platter	647g	1060	350	39	18	0	120	2780	124	13	3	53
Shredded Beef Quesadilla Platter	647g	1070	350	39	18	0	120	2610	125	13	4	54
Shrimp Quesadilla Platter	661g	1030	310	34	16	0	220	2680	126	13	4	53
Steak Quesadilla Platter	647g	1040	320	36	17	0	105	2780	127	13	3	50
<i>Nutrition information for Quesadilla Platters includes flour tortilla, protein/cheese, rice, refried beans, lettuce, Pico de Gallo. Optional guacamole, sour cream, add-ons & sauces not included.</i>												
Taco Salads												
Chicken Taco Salad	585g	690	350	39	14	0	100	1500	60	10	9	31
Fish Taco Salad	579g	730	370	41	13	0	80	1250	70	11	8	28
Ground Beef Taco Salad	585g	750	400	45	18	0	85	1450	60	11	9	32
Pork Taco Salad	585g	690	340	38	14	0	95	1490	58	10	8	34
Shredded Beef Taco Salad	585g	700	340	38	14	0	90	1320	59	10	9	34
Shrimp Taco Salad	599g	660	300	33	12	0	195	1390	60	10	9	34
Steak Taco Salad	585g	670	310	35	13	0	80	1490	61	10	8	31
Vegan Taco Salad	619g	670	230	25	5	0	0	1110	97	13	8	17
Veggie Taco Salad	677g	830	350	39	13	0	45	1310	101	13	9	23
<i>Nutrition information for Taco Salads includes shell, refried beans, lettuce, protein/cheese, Pico de Gallo, sour cream. Veggie Taco Salad includes shell, refried beans, lettuce, rice, cheese, Pico, sour cream, guacamole; Vegan Taco salad same as Veggie without cheese & sour cream. Optional add-ons & sauces not included.</i>												
Tacos												
Chicken Taco - flour tortilla	159g	240	110	13	6	0	50	690	20	2	2	13
Fish Taco - flour tortilla	183g	350	200	22	7	0	50	640	27	3	2	12
Ground Beef Taco - flour tortilla	159g	260	140	15	8	0	45	670	20	2	2	14
Pork Taco - flour tortilla	159g	240	110	12	6	0	50	680	19	2	2	14
Shredded Beef Taco - flour tortilla	159g	240	110	12	6	0	45	600	20	2	2	15
Shrimp Taco - flour tortilla	193g	310	170	18	7	0	105	710	22	2	3	15
Steak Taco - flour tortilla	159g	220	90	10	5	0	40	680	20	2	2	13
Vegan Taco - flour tortilla	184g	220	45	5	1.5	0	0	550	37	5	2	7
Veggie Taco - flour tortilla	214g	300	110	12	6	0	25	660	39	5	2	10
<i>Nutrition information for Tacos includes tortilla, protein, cheese, lettuce, Pico de Gallo, sour cream. Fish Taco includes tortilla, fish, cheese, cabbage, white sauce, Pico, sour cream. Veggie Taco includes tortilla, rice, refried beans, cheese, lettuce, Pico, sour cream, guacamole. Vegan Taco same as Veggie without cheese & sour cream. Optional add-ons & sauces not included.</i>												
Tortillas, Sauces & Add-ons												
6" Corn Tortilla - 2 each	56 g	120	20	2	0	0	0	0	24	2	0	2
6" Flour Tortilla - 1 each	31g	90	18	2	1	0	0	220	15	1	0	3
7" Hard Corn Taco Shell - 1 each	22g	100	40	4.5	1	0	0	0	14	2	1	2
10" Flour Tortilla - 1 each	71g	210	45	5	2	0	0	510	36	1	0	6
10" Taco Salad Shell - 1 each	59g	280	150	17	3.5	0	0	200	29	1	1	4
10" Whole Wheat Tortilla - 1 each	71g	200	40	5	2	0	0	510	34	4	0	6
12" Flour Tortilla - 1 each	104g	310	60	7	3	0	0	740	52	2	0	8
12" Spinach Tortilla - 1 each	104g	310	60	7	3	0	0	740	51	2	0	9
12" Tomato Basil Tortilla - 1 each	104g	310	60	7	3	0	0	720	52	2	0	8
12" Whole Wheat Tortilla - 1 each	104g	290	60	7	3	0	0	750	50	6	0	9
Beans, Black - 1 spoonful	99g	90	5	0.5	0	0	0	270	17	3	1	4
Beans, Refried - 1 spoonful	99g	100	10	1	0	0	0	350	16	6	0	6
Beans, Whole Pinto - 1 spoonful	99g	90	0	0	0	0	0	210	16	5	0	5
Black Bean & Corn Salsa - 2 oz	57g	60	5	0.5	0	0	0	230	12	3	1	3
Black Olives - 1 tablespoon	6g	10	10	1	0	0	0	40	0	0	0	0
Cabbage - 1 tong full	57g	15	0	0	0	0	0	10	3	1	1	1
Cheese Add On - 1 scoop	23g	90	70	7	4	0	25	150	1	0	0	6
Chicken Add On - 1 scoop	85g	120	60	7	2	0	55	590	2	1	1	12
Chips, side	85g	410	220	24	2.5	0	0	320	46	5	0	5

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Chopped onions - 1 tablespoon	6g	0	0	0	0	0	0	0	1	0	0	0
Chopped tomatoes - 1 tong full	17g	5	0	0	0	0	0	0	1	0	0	0
Chorizo - 1.5 oz	43g	120	90	10	3.5	0	15	430	2	1	0	6
Cilantro - 1 tong full	0.3 g	0	0	0	0	0	0	0	0	0	0	0
Eggs - 1 scoop	71g	110	80	9	2.5	0	290	220	1	0	0	9
Enchilada Sauce - 1 ladle	57g	25	0	0	0	0	0	360	5	1	1	1
Fish Add On - 2 pc	79g	160	80	8	0.5	0	35	340	12	1	0	9
Ground Beef Add On - 1 scoop	85g	170	110	12	6	0	40	550	2	1	1	13
Guacamole Add On - 1 scoop	35g	45	35	4	0.5	0	0	105	3	2	0	1
Guacamole Side Order - 4 oz	113g	140	110	12	2	0	0	330	9	6	1	2
Jalapeno bacon - 1 slice	6g	25	2	0.5	0	0	5	110	0	0	0	2
Jalapeno peppers - 1 tablespoon	10g	0	0	0	0	0	0	170	0	0	0	0
Lettuce - 1 tong full	57g	10	0	0	0	0	0	5	2	1	1	1
Lime wedge	7g	5	0	0	0	0	0	0	1	0	0	0
Pico de Gallo Add On - 1 scoop	57g	10	0	0	0	0	0	140	2	1	2	1
Pico de Gallo Side Order - 3 oz	85g	15	0	0	0	0	0	210	4	1	2	1
Pork Add On - 1 scoop	85 g	120	50	6	2	0	50	570	1	0	0	15
Queso, Yellow Add On - 1 ladle	57g	80	50	6	2.5	0	5	450	2	0	0	3
Queso, Yellow Side Order - 4 oz	113g	160	110	12	5	0	5	900	4	0	0	6
Rice, seasoned - 1 scoop	142g	210	25	3	0	0	0	290	40	1	0	4
Salsa, Habanero (Hot) - 1 ladle	34g	5	0	0	0	0	0	150	1	0	1	0
Salsa, Mango - 1 ladle	40g	25	0	0	0	0	0	190	5	1	4	1
Salsa, Roasted Chipotle (Medium) - 1 ladle	34g	10	0	0	0	0	0	105	2	0	1	0
Salsa, Tomatillo (Mild) - 1 ladle	34g	10	0	0	0	0	0	180	2	0	1	0
Serrano Peppers - 1 tablespoon	6g	0	0	0	0	0	0	0	0	0	0	0
Shredded Beef Add On - 1 scoop	85g	120	50	6	2	0	45	400	2	0	1	15
Shrimp Add On - 10 shrimp	99g	80	10	1	0	0	150	480	2	0	1	15
Sour Cream Add On - 1 scoop	35g	70	60	7	4	0	25	55	2	0	1	1
Steak Add On - 1 scoop	85g	120	40	4.5	1.5	0	45	460	4	0	1	15
White Sauce - 1.5 oz	43g	180	180	19	3.5	0	20	160	2	0	0	0

Sides/Combos

Chips & Guacamole	198g	550	330	37	4	0	0	650	55	11	1	7
Chips & Queso, Yellow	198g	570	330	36	7	0	5	1210	50	5	0	11
Chips & Salsa	170g	430	220	24	2.5	0	0	520	50	6	2	6
Rice & Beans (black) & Pico de Gallo	319g	350	35	4	0	0	0	780	67	6	3	11
Rice & Beans (pinto) & Pico de Gallo	319g	340	30	3	0	0	0	680	65	8	1	12
Rice & Beans (refried) & Pico de Gallo	319g	360	40	4.5	1	0	0	880	66	10	1	12

Nutrition information above does not include beverage - see beverage section for nutrition information on drinks.

Desserts

Brownie	70g	230	90	11	2.5	0	35	180	34	2	25	3
Churros - 2 pieces	74g	270	90	10	1	0	0	180	40	1	13	4
Cookie - Chocolate Chip	38g	170	70	7	4	0	10	120	24	1	15	2
Cookie - Double Chocolate Chip	38g	170	70	8	4.5	0	10	135	23	1	15	2
Cookie - Oatmeal Raisin	38g	160	60	7	4	0	10	130	23	1	13	2
Cookie - White Chocolate Macadamia	38g	170	80	9	4	0	10	120	22	0	14	2

Kid's Menu

Burrito Bean (refried) & Cheese	243g	440	120	14	7	0	25	1180	61	9	0	20
Cheese Quesadilla	94g	300	110	12	6	0	25	660	37	1	0	12
Chicken Taco - flour tortilla	113g	200	80	9	4	0	40	590	18	2	1	12
Chips 2 oz serving	57g	280	150	16	1.5	0	0	210	31	3	0	3
Fish Taco - flour tortilla	117g	220	90	10	3.5	0	30	470	24	2	1	11
Ground Beef Taco - flour tortilla	113g	220	110	12	6	0	30	570	17	2	1	13
Pork Taco - flour tortilla	113g	200	80	8	4	0	35	580	17	1	1	13
Rice & Beans (black) - as entrée or side	170g	200	20	2	0	0	0	420	37	4	1	6
Rice & Beans (pinto) - as entrée or side	170g	190	15	1.5	0	0	0	360	36	5	0	7
Rice & Beans (refried) - as entrée or side	170g	200	20	2.5	0.5	0	0	490	36	6	0	8
Shredded Beef Taco - flour tortilla	113g	200	80	8	4	0	35	500	17	1	1	14
Shrimp Taco - flour tortilla	127g	180	50	6	3	0	85	540	19	2	1	14
Steak Taco - flour tortilla	113g	200	70	8	4	0	35	530	18	1	1	14

Nutrition information for Kid's Menu provided on burrito, quesadilla & taco only; chips listed separately above, cookie listed in dessert section & drinks listed in beverage section.

Breakfast

Breakfast Bowl - chorizo	231g	370	220	24	9	0	320	1100	20	5	1	22
Breakfast Bowl - jalapeno bacon	200g	300	160	18	6	0	315	900	18	4	1	19
Breakfast Bowl - no meat	189g	250	130	14	5	0	305	670	18	4	1	15
Breakfast Burrito - chorizo	302g	580	260	29	11	0	320	1610	56	6	1	28
Breakfast Burrito - jalapeno bacon	271g	510	210	23	8	0	315	1410	54	5	1	25

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
Breakfast Burrito - no meat	260g	460	170	19	7	0	305	1180	54	5	1	21
Breakfast Potatoes Side Order	68g	90	20	2.5	1	0	0	340	16	2	0	2
Breakfast Quesadita - chorizo	224g	500	250	27	10	0	320	1290	41	2	1	24
Breakfast Quesadita - jalapeno bacon	193g	430	190	22	8	0	315	1090	39	1	1	22
Breakfast Quesadita - no meat	182g	370	160	18	7	0	305	870	39	1	1	18
Breakfast Taco - chorizo, flour tortilla	163g	340	200	22	8	0	230	940	20	2	1	18
Breakfast Taco - jalapeno bacon, flour tortilla	132g	270	140	16	6	0	230	740	18	1	1	16
Breakfast Taco - no meat, flour tortilla	120g	220	110	12	5	0	215	510	18	1	1	12
Coffee	12 fl oz	0	0	0	0	0	0	5	0	0	0	0

Nutrition information for Breakfast Burrito includes tortilla, beans, potatoes, egg, meat/cheese, Pico de Gallo. Breakfast Bowl is Breakfast Burrito without the tortilla. Breakfast Quesadita includes tortilla, egg, meat/cheese, Pico de Gallo. Breakfast Taco includes tortilla, egg, cheese/meat, Pico de Gallo. Optional sour cream, guacamole, add-ons & sauces not included.

Beverages

12 fl oz Fountain Drink*

Barq's Caffeine Free Root Beer	12 fl oz	160	0	0	0	0	0	70	45	0	45	0
Barq's Root Beer	12 fl oz	160	0	0	0	0	0	70	45	0	45	0
Canada Dry Ginger Ale	12 fl oz	140	0	0	0	0	0	50	35	0	34	0
Cherry Coca-Cola	12 fl oz	150	0	0	0	0	0	40	42	0	42	0
Coca-Cola	12 fl oz	150	0	0	0	0	0	35	40	0	40	0
Coca-Cola Zero	12 fl oz	0	0	0	0	0	0	40	0	0	0	0
Diet Coke	12 fl oz	0	0	0	0	0	0	50	0	0	0	0
Fanta Fruit Punch	12 fl oz	160	0	0	0	0	0	55	42	0	42	0
Fanta Orange	12 fl oz	160	0	0	0	0	0	50	41	0	41	0
Fanta Strawberry	12 fl oz	170	0	0	0	0	0	50	46	0	46	0
Fruitopia Orange Grove	12 fl oz	170	0	0	0	0	0	45	47	0	45	0
Fruitopia Strawberry Passion	12 fl oz	170	0	0	0	0	0	35	44	0	43	0
Fuze Raspberry Tea	12 fl oz	90	0	0	0	0	0	45	23	0	23	0
Fuze Unsweet Tea	12 fl oz	0	0	0	0	0	0	45	0	0	0	0
Hi-C Flashn' Fruit Punch	12 fl oz	150	0	0	0	0	0	55	42	0	41	0
Hi-C Poppin' Pink Lemonade	12 fl oz	140	0	0	0	0	0	100	39	0	38	0
Mello Yello	12 fl oz	160	0	0	0	0	0	50	42	0	42	0
Minute Maid Lemonade	12 fl oz	140	0	0	0	0	0	100	39	0	38	0
Minute Maid Light Lemonade	12 fl oz	5	0	0	0	0	0	45	0	0	0	0
Nestea Sweetened Lemon Tea	12 fl oz	110	0	0	0	0	0	45	30	0	30	0
Pibb Xtra	12 fl oz	140	0	0	0	0	0	55	39	0	39	0
POWERAde Fruit Punch	12 fl oz	90	0	0	0	0	0	115	23	0	22	0
POWERAde Mountain Blast	12 fl oz	80	0	0	0	0	0	110	22	0	22	0
Sprite	12 fl oz	140	0	0	0	0	0	70	39	0	39	0
Caffeine-free Diet Coke	12 fl oz	0	0	0	0	0	0	50	0	0	0	0
Fanta Grape	12 fl oz	170	0	0	0	0	0	50	45	0	45	0
Sprite Zero	12 fl oz	0	0	0	0	0	0	45	0	0	0	0

21 fl oz Fountain Drink*

Barq's Caffeine Free Root Beer	21 fl oz	290	0	0	0	0	0	125	78	0	78	0
Barq's Root Beer	21 fl oz	290	0	0	0	0	0	125	78	0	78	0
Canada Dry Ginger Ale	21 fl oz	250	0	0	0	0	0	90	61	0	60	0
Cherry Coca-Cola	21 fl oz	270	0	0	0	0	0	70	73	0	73	0
Coca-Cola	21 fl oz	260	0	0	0	0	0	60	70	0	70	0
Coca-Cola Zero	21 fl oz	0	0	0	0	0	0	70	0	0	0	0
Diet Coke	21 fl oz	0	0	0	0	0	0	85	0	0	0	0
Fanta Fruit Punch	21 fl oz	270	0	0	0	0	0	95	73	0	73	0
Fanta Orange	21 fl oz	270	0	0	0	0	0	90	72	0	72	0
Fanta Strawberry	21 fl oz	290	0	0	0	0	0	85	80	0	80	0
Fruitopia Orange Grove	21 fl oz	300	0	0	0	0	0	75	82	0	79	0
Fruitopia Strawberry Passion	21 fl oz	300	0	0	0	0	0	60	77	0	75	0
Fuze Raspberry Tea	21 fl oz	150	0	0	0	0	0	80	40	0	40	0
Fuze Unsweet Tea	21 fl oz	5	0	0	0	0	0	80	0	0	0	0
Hi-C Flashn' Fruit Punch	21 fl oz	270	0	0	0	0	0	95	74	0	72	0
Hi-C Poppin' Pink Lemonade	21 fl oz	250	0	0	0	0	0	180	69	0	66	0
Mello Yello	21 fl oz	280	0	0	0	0	0	85	74	0	74	0
Minute Maid Lemonade	21 fl oz	250	0	0	0	0	0	180	69	0	66	0
Minute Maid Light Lemonade	21 fl oz	10	0	0	0	0	0	75	0	0	0	0
Nestea Sweetened Lemon Tea	21 fl oz	190	0	0	0	0	0	80	53	0	53	0
Pibb Xtra	21 fl oz	250	0	0	0	0	0	100	68	0	68	0
POWERAde Fruit Punch	21 fl oz	150	0	0	0	0	0	210	41	0	39	0
POWERAde Mountain Blast	21 fl oz	150	0	0	0	0	0	200	38	0	38	0
Sprite	21 fl oz	250	0	0	0	0	0	120	67	0	67	0
Caffeine-free Diet Coke	21 fl oz	0	0	0	0	0	0	85	0	0	0	0
Fanta Grape	21 fl oz	290	0	0	0	0	0	85	78	0	78	0
Sprite Zero	21 fl oz	5	0	0	0	0	0	80	0	0	0	0

Menu Item	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholest (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugar (g)	Protein (g)
30 fl oz Fountain Drink*												
Barq's Caffeine Free Root Beer	30 fl oz	410	0	0	0	0	0	180	112	0	112	0
Barq's Root Beer	30 fl oz	410	0	0	0	0	0	180	112	0	112	0
Canada Dry Ginger Ale	30 fl oz	350	0	0	0	0	0	125	88	0	85	0
Cherry Coca-Cola	30 fl oz	380	0	0	0	0	0	105	105	0	105	0
Coca-Cola	30 fl oz	370	0	0	0	0	0	90	100	0	100	0
Coca-Cola Zero	30 fl oz	0	0	0	0	0	0	105	0	0	0	0
Diet Coke	30 fl oz	0	0	0	0	0	0	125	0	0	0	0
Fanta Fruit Punch	30 fl oz	390	0	0	0	0	0	135	104	0	104	0
Fanta Orange	30 fl oz	390	0	0	0	0	0	125	104	0	104	0
Fanta Strawberry	30 fl oz	420	0	0	0	0	0	120	115	0	115	0
Fruitopia Orange Grove	30 fl oz	430	0	0	0	0	0	105	117	0	114	0
Fruitopia Strawberry Passion	30 fl oz	430	0	0	0	0	0	90	110	0	108	0
Fuze Raspberry Tea	30 fl oz	220	0	0	0	0	0	115	58	0	57	0
Fuze Unsweet Tea	30 fl oz	10	0	0	0	0	0	115	0	0	0	0
Hi-C Flashn' Fruit Punch	30 fl oz	390	0	0	0	0	0	135	106	0	103	0
Hi-C Poppin' Pink Lemonade	30 fl oz	360	0	0	0	0	0	250	98	0	94	0
Mello Yello	30 fl oz	390	0	0	0	0	0	120	106	0	105	0
Minute Maid Lemonade	30 fl oz	360	0	0	0	0	0	250	99	0	94	0
Minute Maid Light Lemonade	30 fl oz	20	0	0	0	0	0	105	0	0	0	0
Nestea Sweetened Lemon Tea	30 fl oz	280	0	0	0	0	0	115	75	0	75	0
Pibb Xtra	30 fl oz	360	0	0	0	0	0	140	97	0	97	0
POWERAde Fruit Punch	30 fl oz	210	0	0	0	0	0	290	59	0	55	0
POWERAde Mountain Blast	30 fl oz	210	0	0	0	0	0	280	55	0	55	0
Sprite	30 fl oz	360	0	0	0	0	0	170	96	0	96	0
Caffeine-free Diet Coke	30 fl oz	0	0	0	0	0	0	125	0	0	0	0
Fanta Grape	30 fl oz	420	0	0	0	0	0	120	112	0	112	0
Sprite Zero	30 fl oz	5	0	0	0	0	0	110	0	0	0	0

*Fountain Drinks - cup size in category heading is maximum fill capacity; nutrition information provided on amount of beverage listed in serving size column filled to 100% capacity without ice.

Beer & Wine												
Bud Light	12 fl oz	110	0	0	0	0	0	n/a	7	0	n/a	1
Budweiser	12 fl oz	150	0	0	0	0	0	n/a	11	0	n/a	1
Coors Light	12 fl oz	100	0	0	0	0	0	n/a	5	0	n/a	0
Corona	12 fl oz	150	0	0	0	0	0	n/a	14	0	n/a	1
Dos Equis	12 fl oz	130	0	0	0	0	0	n/a	11	0	n/a	0
Heineken	12 fl oz	150	0	0	0	0	0	n/a	11	0	n/a	0
Labatt Blue	12 fl oz	150	0	0	0	0	0	n/a	5	0	n/a	0
Modelo	12 fl oz	150	0	0	0	0	0	n/a	11	0	n/a	1
Molson	12 fl oz	140	0	0	0	0	0	n/a	13	0	n/a	0
Negra Modelo	12 fl oz	170	0	0	0	0	0	n/a	16	0	n/a	1
Pacifico	12 fl oz	150	0	0	0	0	0	n/a	11	0	n/a	1
Sol	12 fl oz	130	0	0	0	0	0	n/a	11	0	n/a	0
Tecate	12 fl oz	140	0	0	0	0	0	n/a	13	0	n/a	0
Wine, Reisling	12 fl oz	280	0	0	0	0	0	n/a	13	0	n/a	0
Wine, Zinfandel	12 fl oz	310	0	0	0	0	0	n/a	10	0	n/a	0

Chart abbreviations: Sat fat = saturated fat, Cholest = cholesterol, Carb = carbohydrate, g = grams, mg = milligrams, %DV = Percent Daily Value based on a 2,000 calorie diet, n/a = information not available

Recommended Daily Values for a 2,000 calorie diet are 78g total fat, 20g saturated fat, 300mg cholesterol, 2,300mg sodium and 28g dietary fiber. 2,000 calorie a day is used for general nutrition advice, but calorie needs vary.

Nutrition information for TACO DEL MAR® menu items was determined by Registered Dietitians at NewWellness, Inc. using manufacturer information and ESHA Research database analysis. Information is based on standard recipes;

variations may occur due to use of an alternate supplier or differences in product portioning. Customer requests for variations from standard recipes will result in changes to nutritional values.

Not all menu items are available in all locations. Revised 4/25/18