



Nutrition Information

Menu Items	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Breakfast Burritos										
Chorizo Breakfast Burrito	990	55	20	1	395	2490	81	9	7	40
Machaca Burrito - Shredded Chicken	990	48	16	0	445	3360	88	13	9	49
Machaca Burrito - Shredded Beef	950	45	15	0	475	2390	78	10	9	58
Green Pig Burrito	880	41	16	0	470	2900	77	6	7	48
Sunrise Burrito	860	42	16	1	395	3090	77	6	7	40
Spud Burrito	660	26	11	0	395	2480	75	6	6	29
BRC con Huevos Burrito	1050	47	19	0	410	1830	116	13	6	39
Carne Asada Breakfast Burrito	980	41	15	1	425	3750	94	13	7	56
Add Cheese	110	9	5	0	30	190	1	0	0	6
Breakfast Plates										
Americano Plate - Bacon w/ Flour Tortilla	1070	54	20	0	425	2950	100	15	6	45
Americano Plate - Bacon w/ Corn Tortillas	910	48	16	0	425	2110	83	17	6	40
Americano Plate - Carne Asada w/ Corn Tortillas	970	43	15	0	470	2820	89	20	6	56
Americano Plate - Carne Asada w/ Flour Tortilla	1130	49	19	0	470	3650	106	18	6	61
Americano Plate - Chile Colorado w/ Corn Tortillas	880	42	14	0	430	1870	87	18	8	41
Americano Plate - Chile Colorado w/ Flour Tortillas	1040	48	18	0	430	2710	105	16	8	46
Americano Plate - Chile Verde Pork w/ Corn Tortillas	970	50	18	0	470	1950	85	17	7	47
Americano Plate - Chile Verde Pork w/ Flour Tortilla	1140	57	21	0	470	2790	102	15	7	52
Machaca Plate - Shredded Beef w/ Corn Tortillas	1160	52	17	0	490	2350	115	19	10	62
Machaca Plate - Shredded Beef w/ Flour Tortillas	1320	58	20	0	490	3180	132	17	10	67
Machaca Plate - Shredded Chicken w/ Corn Tortillas	1080	47	15	0	450	3250	115	18	11	50
Machaca Plate - Shredded Chicken w/ Flour Tortillas	1240	54	18	0	450	4080	133	17	11	55
Chorizo Plate w/ Corn Tortillas	1190	66	24	0	465	1830	101	16	6	49
Chorizo Plate w/ Flour Tortilla	1360	73	27	0	465	2670	118	14	6	54
Famous Burritos										
Original Burrito - Shredded Beef	1200	54	22	0	145	2600	118	15	6	59
Original Burrito - Shredded Chicken	1120	50	20	0	105	3500	119	15	7	47
Original Burrito - Chile Colorado	1120	50	20	0	95	2150	123	16	8	45
Original Burrito - Chile Verde Pork	1250	61	25	0	145	2250	119	15	7	53
Relleno Stuffed Burrito	1170	55	24	0	230	2040	125	16	10	41
El Potato Burrito	580	19	9	0	30	3050	82	6	6	18

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

February 2020

Menu Items	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
El Potato Burrito - Chile Colorado	730	27	11	0	75	3480	88	7	9	35
El Potato Burrito - Chile Verde Pork	860	38	16	0	125	3570	85	7	7	43
El Potato Burrito - Carne Asada	800	26	12	0	105	4340	89	10	6	46
El Potato Burrito - Shredded Chicken	730	26	11	0	85	4820	84	7	7	37
El Potato Burrito - Shredded Beef	810	31	13	0	125	3920	84	7	7	49
Garbage Burrito	950	47	20	0.5	65	1520	105	14	8	28
Garbage Burrito - Carne Asada	1170	54	23	0.5	140	2810	111	17	8	56
Garbage Burrito - Chile Colorado	1110	55	22	0.5	110	1950	111	15	11	44
Garbage Burrito - Chile Verde	1230	65	27	0.5	160	2040	107	15	9	52
Garbage Burrito - Shredded Beef	1180	59	24	0.5	160	2390	106	15	9	58
Garbage Burrito - Shredded Chicken	1100	54	22	0.5	120	3290	107	14	9	46
Bean & Cheese Burrito	1440	84	36	0.5	110	1710	127	27	5	46
Bean, Rice & Cheese Burrito	1150	53	22	0	60	1920	135	19	6	34
Wet Style	160	11	6	0	30	300	7	1	1	7
Tacos										
Crispy Traditional Taco - Shredded Beef	270	15	6	0	65	540	15	2	2	20
Crispy Traditional Taco - Shredded Chicken	230	12	5	0	45	990	16	2	3	14
Taquitos	490	24	8	0	65	1240	48	9	7	23
Carne Asada Soft Taco	150	4	1	0	30	490	17	3	2	12
Combination Plates										
#1 Choose Two Combo Meal - highest calorie option	1090	55	22	0	155	2000	97	15	6	55
#1 Choose Two Combo Meal - lowest calorie option	1000	47	19	0	115	3000	102	15	6	44
#2 Carne Asada Soft Tacos Combo Meal	860	34	13	0	85	1910	99	17	5	40
#3 Taquito Combo Meal	1070	52	20	0	100	2220	114	20	8	40
#4 Relleno Combo Meal - highest calorie option	1080	56	24	0	280	2200	95	15	9	50
#4 Relleno Combo Meal - lowest calorie option	1030	52	22	0	260	2700	97	15	9	44
#4 Two Relleno Combo Meal - Corn Tortillas	1420	74	34	0.5	445	2600	133	21	16	58
#4 Two Relleno Combo Meal - Flour tortilla	1580	81	37	0.5	445	3440	150	19	16	63
#5 Shredded Beef Dinner - Corn Tortillas	880	41	16	0	130	1850	81	13	4	49
#5 Shredded Beef Dinner - Flour Tortillas	1180	49	19	0	130	2700	125	15	7	57
#5 Shredded Chicken Dinner - Corn Tortillas	810	37	14	0	90	2750	82	13	4	37
#5 Shredded Chicken Dinner - Flour Tortillas	1100	45	17	0	90	3600	126	15	7	45
#5 Carne Asada Dinner - Corn Tortillas	870	37	15	0	115	2270	86	16	3	47
#5 Carne Asada Dinner - Flour Tortillas	1160	45	18	0	115	3120	130	18	6	55
#5 Chile Colorado Dinner - Corn Tortillas	810	37	14	0	85	1400	86	14	6	35
#5 Chile Colorado Dinner - Flour Tortillas	1100	45	18	0	85	2260	130	16	9	43
#5 Chile Verde Pork Dinner - Corn Tortillas	930	48	19	0	130	1500	82	13	4	43
#5 Chile Verde Pork Dinner - Flour Tortillas	1230	56	22	0	130	2360	127	15	7	51

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

February 2020

Menu Items	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Nachos & Quesadillas										
Miguels Nachos	1610	102	38	2.5	150	1470	139	21	8	43
Miguels Nachos - Chile Colorado	1740	108	40	2.5	190	1810	144	22	10	56
Miguels Nachos - Shredded Beef	1850	114	42	2.5	245	2340	141	21	8	73
Miguels Nachos - Shredded Chicken	1770	109	40	2.5	205	3240	142	21	8	62
Quesadilla - Cheese	700	38	19	1	85	1420	60	4	5	29
Quesadilla - Chile Colorado	860	45	22	1	130	1840	66	5	7	46
Quesadilla - Carne Asada	920	45	23	1	165	2700	67	7	5	57
Quesadilla - Shredded Beef	930	50	24	1	180	2280	62	4	5	59
Quesadilla - Shredded Chicken	860	45	22	1	140	3180	62	4	6	48
Quesadilla - Chile Verde Pork	980	56	26	1	180	1940	63	5	6	53
Salads & Tostadas										
Tostada - Shredded Beef	640	37	15	0	105	910	42	11	5	36
Tostada - Shredded Chicken	590	34	14	0	80	1470	43	11	5	29
Taco Salad - Chile Colorado	1080	80	26	0.5	125	1260	58	18	9	38
Taco Salad - Chile Verde Pork	1180	89	29	0.5	165	1340	55	18	8	44
Taco Salad - Shredded Beef	1180	86	28	0.5	180	1790	54	18	7	55
Taco Salad - Shredded Chicken	1110	81	26	0.5	145	2690	55	18	8	43
Taco Salad - Carne Asada	1170	81	27	0.5	165	2210	59	21	7	52
Little Chips Kids Menu										
Mini Bean & Cheese Burrito Meal, kids	1230	64	26	0	75	1830	128	22	6	37
Mini Quesadilla Meal, kids	1000	50	23	0.5	80	1820	102	13	6	34
Beef Taco Meal, kids	680	36	15	0	90	1120	58	11	3	32
Chicken Taco Meal, kids	640	34	14	0	70	1570	58	11	4	26
Beverages										
Fresh Lemonade - Small	120	0	0	0	0	10	32	0	31	0
Fresh Lemonade - Regular	180	0	0	0	0	15	47	0	45	0
Fresh Lemonade - Large	230	0	0	0	0	20	61	0	59	0
Fresh Lemonade - XL	340	0	0	0	0	25	87	0	85	0
Horchata - Small	300	4.5	3	0	15	65	59	0	42	6
Horchata - Regular	440	7	4	0	20	95	86	1	61	9
Horchata - Large	570	9	5	0	25	125	112	1	80	11
Horchata - XL	820	13	7	0	35	180	161	1	114	16
Coffee	5	0	0	0	0	5	0	0	0	0
Sides										
Add Cheese	110	9	5	0	30	190	1	0	0	6
Small Guacamole and Chips	320	17	3	0	5	200	38	6	2	5
Potatoes	160	0	0	0	0	3010	35	3	3	3
Small Chips	230	10	2	0	0	160	33	3	0	3

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

February 2020