



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	1090	49	20	0	415	2030	120	13	6	40
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										
Chorizo Bowl	810	53	21	1	410	2840	38	7	4	44
Sunrise Bowl	440	27	11	1	355	2260	23	2	4	25
Sunrise Bowl w/ Relleno	640	40	17	1	535	2560	32	4	8	37
Churro Pancakes	550	17	8	0	20	750	96	0	59	5
Breakfast Taco	240	13	4	0	170	460	17	1	1	12
Famous Burritos										
Original Burrito - Shredded Beef	1240	57	23	0	145	2790	122	15	6	60
Original Burrito - Shredded Chicken	1160	52	21	0	110	3690	123	15	7	48
Original Burrito - Chile Colorado	1160	52	22	0	100	2350	127	15	8	46
Original Burrito - Chile Verde Pork	1290	63	26	0	145	2440	124	15	7	54
Relleno Stuffed Burrito	1210	58	25	0	230	2230	129	16	10	42
El Potato Burrito	580	19	9	0	30	3050	82	6	6	18
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	970	48	20	0.5	65	1630	107	14	8	28
Garbage Burrito - Carne Asada	1190	56	23	0.5	145	2920	113	17	8	56
Garbage Burrito - Chile Colorado	1130	56	23	0.5	110	2060	113	15	11	45
Garbage Burrito - Chile Verde	1250	67	27	0.5	160	2160	110	15	9	52
Garbage Burrito - Shredded Beef	1200	60	24	0.5	160	2500	109	14	9	58

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Famous Burritos										
Garbage Burrito - Shredded Chicken	1130	56	23	0.5	120	3400	109	14	9	47
Pop's Burrito - Carne Asada	730	26	9	0	100	2610	73	11	7	47
Pop's Burrito - Chile Colorado	650	26	8	0	60	1510	73	9	10	31
Pop's Burrito - Chile Verde	800	39	13	0	115	1630	69	8	8	41
Pop's Burrito - Shredded Beef	750	32	10	0	120	2080	67	8	7	49
Pop's Burrito - Shredded Chicken	650	26	8	0	75	3210	68	8	8	35
Bean & Cheese Burrito	1440	84	36	0.5	110	1710	127	27	5	46
Bean, Rice & Cheese Burrito	1200	55	23	0	60	2150	140	19	6	35
Taquito, Add to Burrito	90	2.5	0	0	10	340	14	0	2	5
Wet Style	160	11	6	0	30	300	7	1	1	7
Bowls										
Enchilada Bowl - Carne Asada	750	34	17	0.5	150	2420	63	10	6	47
Enchilada Bowl - Chile Verde Pork	750	42	19	0.5	145	1560	59	7	6	38
Enchilada Bowl - Shredded Beef	760	39	18	0.5	165	2010	59	7	6	49
Enchilada Bowl - Carne Asada	680	34	16	0.5	125	2910	59	7	7	37
Guac Bowl - Carne Asada	700	29	11	0	105	2400	64	14	3	46
Guac Bowl - Chile Verde Pork	700	37	13	0	100	1530	60	12	4	37
Guac Bowl - Shredded Beef	710	34	12	0	120	1980	59	12	4	48
Guac Bowl - Shredded Chicken	630	29	10	0	85	2880	60	12	4	36
Loaded Potato Bowl	650	36	19	1	160	3880	40	6	5	40
Tacos										
Traditional Taco - Shredded Beef	270	15	6	0	65	540	15	2	2	20
Traditional Taco - Shredded Chicken	230	12	5	0	45	990	16	2	3	14
Soft Taco - Shredded Beef	270	12	5	0	60	710	17	1	1	21
Soft Taco - Shredded Chicken	230	10	4	0	40	1160	17	1	1	15
Street Taco	260	17	2	0	30	530	13	3	1	12
Taquitos										
Taquitos - Shredded Chicken	490	24	8	0	65	1240	48	9	7	23
Taquitos - Shredded Beef	480	23	8	0	60	1230	47	9	7	24
Nachos										
Nachos	1610	102	38	2.5	150	1470	139	21	8	43
Nachos - Chile Colorado	1740	108	40	2.5	190	1810	144	22	10	56
Nachos - Shredded Beef	1850	114	42	2.5	245	2340	141	21	8	73
Nachos - Shredded Chicken	1770	109	40	2.5	205	3240	142	21	8	62
Tostadas										
Tostada - Shredded Beef	760	46	17	0	100	1140	54	11	4	37
Tostada - Shredded Chicken	710	44	15	0	80	1700	54	11	4	30

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Plates										
#1 Choose Two Plate - highest calorie option	1140	58	23	0	160	2230	102	15	6	56
#1 Choose Two Plate - lowest calorie option	1050	49	20	0	115	3240	107	15	6	45
#2 Carne Combo - Carne Asada - Corn Tortillas	920	40	16	0	115	2500	91	16	3	47
#2 Carne Combo - Carne Asada - Flour Tortillas	1090	41	15	0	110	2990	122	17	2	50
#2 Carne Combo - Chile Colorado - Corn Tortillas	860	40	16	0	85	1640	91	14	6	36
#2 Carne Combo - Chile Colorado - Flour Tortillas	1030	41	14	0	80	2120	122	15	4	39
#2 Carne Combo - Chile Verde Pork - Corn Tortillas	980	51	20	0	130	1740	87	13	4	43
#2 Carne Combo - Chile Verde Pork - Flour Tortillas	1160	52	19	0	125	2220	119	14	3	46
#3 Taquitos	1120	55	21	0	100	2450	119	20	8	41
Salads										
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
Quesadillas										
Quesadilla (Cheddar Cheese) - Cheese	820	47	25	1	110	1600	61	4	5	36
Quesadilla (Cheddar Cheese) - Chile Colorado	970	55	27	1.5	160	2030	67	5	8	52
Quesadilla (Cheddar Cheese) - Carne Asada	1040	55	28	1	190	2890	68	7	5	64
Quesadilla (Cheddar Cheese) - Shredded Beef	1050	59	29	1	205	2470	63	4	5	66
Quesadilla (Cheddar Cheese) - Shredded Chicken	970	55	27	1	170	3370	63	4	6	54
Quesadilla (Cheddar Cheese) - Chile Verde Pork	1100	66	32	1	205	2120	64	5	6	60
Quesadilla (Monterey Jack Cheese) - Cheese	780	44	25	0	100	1540	59	4	5	37
Quesadilla (Monterey Jack Cheese) - Chile Colorado	940	51	28	0	150	1970	64	5	8	54
Quesadilla (Monterey Jack Cheese) - Carne Asada	1000	51	28	0	180	2830	65	7	5	65
Quesadilla (Monterey Jack Cheese) - Shredded Beef	1010	56	29	0	195	2410	60	4	5	68
Quesadilla (Monterey Jack Cheese) - Shredded Chicke	940	51	27	0	160	3310	61	4	6	56
Quesadilla (Monterey Jack Cheese) - Chile Verde Pork	1060	62	32	0	195	2060	61	5	6	62
Quesadilla with Beans	990	57	27	1	100	1580	83	12	5	37
Mulita - Cheese	300	16	8	0	40	290	28	0	3	13
Mulita - Carne Asada	360	18	9	0	60	610	30	1	3	20
Mulita - Chile Colorado	350	18	9	0	55	420	30	0	4	18
Mulita - Chile Verde Pork	390	22	10	0	70	450	29	0	3	20
Mulita - Shredded Beef	360	19	9	0	65	510	29	0	3	20
Mulita - Shredded Chicken	340	18	9	0	55	730	29	0	3	17

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Soup										
Pozole - Shredded Chicken - 16oz	270	8	2	0	45	1910	26	4	6	22
Pozole - Shredded Chicken - 32oz	540	16	5	0	95	3820	52	7	13	44
Pozole - Shredded Chicken - 64oz	1070	33	9	0	185	7650	104	14	26	87
Pozole - Chile Verde Pork - 16oz	320	14	5	0	60	900	26	4	6	22
Pozole - Chile Verde Pork - 32oz	640	27	9	0	120	1800	52	7	13	45
Pozole - Chile Verde Pork - 64oz	1280	55	18	0	245	3600	104	15	25	90
Little Chips Kids Menu										
Mini Bean & Cheese Burrito Meal, kids	1260	65	27	0	75	1940	131	22	6	38
Mini Quesadilla Meal, kids	1020	51	24	0.5	80	1930	104	13	6	35
Beef Taco Meal, kids	700	38	15	0	90	1230	60	11	3	32
Chicken Taco Meal, kids	660	36	14	0	70	1680	60	11	4	26
Desserts										
Chewy Marshmallow Bar	230	5	3	0	15	220	45	0	20	2
Chocolate Chunk Cookie	370	18	11	0	45	440	50	2	28	5
Sides										
Side Chunky Guacamole	110	10	2	0	0	50	7	4	0	1
Small Chunky Guacamole and Chips	340	20	3	0	0	210	40	4	1	5
Large Chunky Guacamole and Chips	1160	66	9	1.5	0	720	137	14	3	16
Small Creamy Guacamole and Chips	320	17	3	0	5	200	38	6	2	5
Small Chips	230	10	2	0	0	160	33	3	0	3
Large Chips	800	35	5	1.5	0	560	115		1	12
Relleno	330	23	12	0	210	870	15	2	5	19
Beans	690	46	18	0	45	420	52	18	1	19
Spanish Rice	250	4	2	0	0	990	47	1	1	6
Potatoes	160	0	0	0	0	3010	35	3	3	3
Add Cheese	110	9	5	0	30	190	1	0	0	6
Side of Corn Tortillas (3)	130	1.5	0	0	0	40	28	3	0	3
Side of Sonoran Flour Tortillas (3)	270	4.5	0	0	0	540	45	3	0	6
Beverages										
Lemonade - Regular	180	0	0	0	0	15	47	0	45	0
Lemonade - Large	230	0	0	0	0	20	61	0	59	0
Horchata - Regular	440	7	4	0	20	95	86	1	61	9
Horchata - Large	570	9	5	0	25	125	112	1	80	11
Coffee	5	0	0	0	0	5	0	0	0	0
Milk - Kids	140	5	3	0	20	150	14	0	13	10
Iced Coffee - Vanilla	350	5	3	0	15	90	67	0	60	4
Iced Coffee - Caramel	350	5	3	0	15	90	67	0	60	4

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