

# Regular & Fresco Menu Nutrition Guide



	Serving Size	Nutrition Facts											% Daily Value			
		Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
<b>Fresco Menu</b>																
Fresco Hard Taco - Beef	per taco	92	140	7	2	0.2	15	410	14	3	1	6	2	4	2	8
Fresco Soft Taco - Beef	per taco	99	170	7	2.5	0.2	15	560	21	3	1	8	2	2	4	10
Fresco Bean Burrito	per burrito	213	340	9	2	1.0	0	1130	56	8	2	11	4	6	8	15
Fresco Grilled Steak Soft Taco †	per taco	128	160	4.5	1	0.0	20	500	20	2	2	12	0	8	4	10
Fresco Chicken Soft Taco †	per taco	128	170	5	1.5	0.0	35	670	20	2	2	11	2	8	4	6
Fresco Burrito Supreme® - Chicken	per burrito	241	350	9	2	0.1	35	1390	52	4	3	15	6	10	8	15
Fresco Burrito Supreme® - Steak	per burrito	241	340	9	2	0.1	25	1220	51	4	3	16	4	10	8	20
<b>Volcano Menu</b>																
Volcano Taco	per taco	92	230	16.0	5.0	0.3	30	520	14	3.0	1.0	8	15	4	6	10
Volcano Double Beef Burrito	per burrito	303	800	43.0	12.0	1.0	65	1850	81	7.0	4.0	22	10	2	15	25
Volcano Crunchwrap®	per crunchwrap	303	770	37.0	9.0	1.5	35	2200	90	7.0	5.0	17	8	2	15	25
<b>Tacos</b>																
Hard Taco - Beef	per taco	78	160	9	3.5	0.3	25	380	13	3	1	8	4	2	6	8
Soft Taco - Beef	per taco	99	200	9	3.5	0.3	25	580	21	3	1	9	4	2	6	10
Hard Taco Supreme® - Beef	per taco	113	210	13	6	0.3	35	400	16	3	2	8	8	6	8	8
Soft Taco Supreme® - Beef	per taco	135	250	13	6	0.3	35	600	23	3	2	10	8	6	8	10
Double Decker® Taco	per taco	156	320	13	4.5	1.0	25	770	39	6	1	13	4	2	10	15
Chicken Soft Taco	per taco	128	270	16	4	0.3	45	740	20	2	2	12	6	6	6	8
Grilled Steak Soft Taco	per taco	128	260	15	3.5	0.3	35	570	20	2	2	13	6	6	6	15
<b>Burritos</b>																
Bean Burrito	per burrito	198	370	11	3	1.0	10	1100	55	8	2	13	4	4	10	15
Chilli Cheese Burrito	per burrito	156	380	19	8	0.5	40	930	40	3	1	15	10	0	20	10
Burrito Supreme® - Chicken	per burrito	248	420	16	6	0.2	50	1380	53	4	3	17	10	10	10	15
Burrito Supreme® - Steak	per burrito	248	410	15	6	0.2	40	1210	52	3	3	18	10	10	10	20
Burrito Supreme®	per burrito	248	420	17	7	1.0	35	1260	52	7	3	15	10	10	15	20
7 Layer Burrito®	per burrito	283	520	20	7	1.0	25	1230	69	9	3	17	8	20	20	20
Spicy Chicken Burrito	per burrito	191	410	18	3.5	0.3	30	1100	50	3	2	13	4	4	8	15
<b>Gorditas</b>																
Chicken Gordita Supreme	per gordita	153	300	13	5	0.1	50	640	29	2	4	17	6	6	10	10
Steak Gordita Supreme	per gordita	153	290	13	5	0.1	40	470	28	2	4	17	6	6	10	15
Beef Gordita Supreme	per gordita	153	310	15	6	0.2	35	580	30	3	4	14	8	6	10	10
Cheesy Gordita Crunch	per gordita	174	500	29	10	0.5	55	860	38	4	4	22	10	2	30	15
<b>Specialties</b>																
Mexi-Melt®	per serving	128	270	13	7	0.4	40	800	21	3	1	15	8	2	20	10
Mexican Pizza	per pizza	213	540	30	8	1.0	40	960	46	6	2	20	8	8	30	20
Beef Crunchwrap Supreme®	per crunchwrap	254	550	24	7	1.5	30	1230	69	6	4	15	6	8	15	20
Chicken Quesadilla	per quesadilla	184	530	28	11	0.5	85	1270	37	2	2	28	10	2	45	10
Steak Quesadilla	per quesadilla	184	520	27	11	0.5	75	1100	36	2	2	29	10	0	45	15
Fiesta Taco Salad®	per salad	544	850	45	11	1.5	60	1690	84	14	9	28	10	30	30	50
Fiesta Taco Salad® (without shell)	per salad	475	480	25	10	1.5	60	1490	44	12	8	22	10	30	25	30
<b>Sides</b>																
Nachos & Cheese	per serving	99	340	22	3	2.0	5	600	31	3	2	4	0	0	8	4
Nacho Supreme	per serving	142	390	25	6	1.5	30	670	33	4	2	9	6	4	8	10
Cheese Fries	per serving	177	460	26	3	2.5	5	1380	52	4	2	5	0	2	8	8
Chilli Cheese Fries	per serving	206	470	25	3.5	1.5	10	1440	54	5	1	7	4	2	6	15
Fries†	per serving	120	360	18	1	0.0	0	820	47	4	0	3	0	2	2	8
Fries Supreme	per serving	227	540	32	6	2.5	25	1570	56	5	3	8	6	6	10	10
<b>Desserts</b>																
Caramel Apple Empanada	per empanada	85	290	14	3	1.5	5	310	37	1	14	3	0	30	2	4
Cinnamon Twists†	per serving	35	160	6	0.4	0.0	0	350	27	0	5	1	0	0	0	2

We only use trans fat-free canola oil or trans fat-free low linolenic soybean oil for frying.

† Refers to menu items that have 0 grams of Trans Fat.

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