



REGULAR MENU NUTRITION GUIDE

NUTRITION FACTS

% DAILY VALUE

	SERVING SIZE	WEIGHT (G)	CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	SUGARS (G)	PROTEIN (G)	VITAMIN A	VITAMIN C	CALCIUM	IRON
FRESCO LITE															
FRESCO BEEF CRUNCHY TACO	PER TACO	92	140	7	2.5	0	26	340	13	1	7	2	4	2	8
FRESCO BEEF SOFT TACO	PER TACO	99	162	7	3	0	25	420	20	1	9	2	2	4	15
FRESCO CHICKEN SOFT TACO	PER TACO	128	152	5	1.5	0.1	30	590	20	2	11	2	8	4	10
FRESCO STEAK SOFT TACO	PER TACO	128	142	5	1.5	0.1	20	400	20	2	11	2	8	6	15
FRESCO BEAN BURRITO	PER BURRITO	213	358	9	16	0.1	0	980	57	3	14	0	10	10	25
FRESCO CHICKEN BURRITO SUPREME®	PER BURRITO	241	302	9	2.5	0.1	35	1080	44	3	15	2	15	6	15
FRESCO STEAK BURRITO SUPREME®	PER BURRITO	241	292	9	2.5	0.1	20	890	43	3	15	2	15	8	20
FRESCO BEEF BURRITO	PER BURRITO	135	272	10	3.5	0	25	680	38	2	11	2	4	6	15
TACOS															
BEEF CRUNCHY TACO	PER TACO	78	166	10	3.5	0.1	34	350	13	1	7	4	0	6	6
BEEF SOFT TACO	PER TACO	99	186	10	4	0.1	34	510	20	1	9	4	0	6	15
BEEF CRUNCHY TACO SUPREME®	PER TACO	113	200	12	5	0.1	41	360	15	2	8	6	4	8	6
BEEF SOFT TACO SUPREME®	PER TACO	135	219	12	6	0.1	41	530	23	3	10	6	2	8	15
DOUBLE DECKER TACO	PER TACO	156	320	14	4.5	0.2	34	720	39	2	14	4	0	10	20
DOUBLE DECKER TACO SUPREME®	PER TACO	191	354	17	7	0	41	680	42	3	16	6	4	10	20
CHICKEN SOFT TACO	PER TACO	128	177	7	3	0.1	40	620	20	2	13	4	6	6	10
STEAK SOFT TACO	PER TACO	128	242	15	4.5	0.2	40	520	20	2	14	4	4	6	15
SPICY CHICKEN SOFT TACO	PER TACO	113	162	5	2	0	30	540	21	2	11	10	6	4	10
NACHO CHEESE DORITOS® LOCOS TACOS®	PER TACO	78	170	10	4	0	34	400	13	1	7	0	0	6	15
NACHO CHEESE DORITOS® LOCOS TACOS SUPREME®	PER TACO	115	213	13	5	0	41	420	16	3	8	6	2	6	10
BURRITOS															
7 LAYER BURRITO® BEAN	PER BURRITO	284	478	19	7	0.2	20	1100	61	4	19	4	90	20	25
7 LAYER BURRITO® BEEF	PER BURRITO	241	418	20	8	0.2	45	980	45	3	16	6	90	15	20
7 LAYER BURRITO® CHICKEN	PER BURRITO	241	398	18	7	0.2	50	1070	44	3	19	6	90	15	15
7 LAYER BURRITO® STEAK	PER BURRITO	241	388	18	7	0.2	40	880	43	3	20	4	90	17	20
BEAN BURRITO	PER BURRITO	198	378	12	3.5	0.1	10	990	57	2	15	2	8	15	25
BEEF BURRITO	PER BURRITO	156	308	13	5	0.1	34	880	41	2	13	4	6	10	15
CHICKEN BURRITO SUPREME®	PER BURRITO	248	358	14	5	0.2	50	1110	45	3	17	4	10	10	15
STEAK BURRITO SUPREME®	PER BURRITO	248	348	14	6	0.2	35	920	45	3	17	4	10	12	20
BEEF BURRITO SUPREME®	PER BURRITO	248	417	18	7	0.2	41	1110	53	4	18	6	8	15	25
CHILI CHEESE BURRITO	PER BURRITO	156	368	18	9	0	45	880	40	1	16	10	0	20	15
SPICY CHICKEN BURRITO	PER BURRITO	191	308	17	3.5	0	30	850	42	3	15	2	8	6	20
SPECIALTIES															
BEEF CRUNCHWRAP SUPREME®	PER CRUNCHWRAP	254	530	21	7	0	35	1010	69	5	16	2	4	10	30
SPICY CHICKEN CRUNCHWRAP®	PER CRUNCHWRAP	254	530	19	6	0	35	1020	69	5	19	10	4	10	5
DORITOS® CHEESY GORDITA CRUNCH®	PER GORDITA	174	500	30	10	0	65	830	38	4	22	0	0	30	10
CHEESY GORDITA CRUNCH	PER GORDITA	174	500	29	10	0	64	860	39	5	21	10	2	30	20
MEXIMELT®	PER MEXIMELT	128	252	14	7	0.2	50	700	21	1	16	6	4	20	10
CHEESE QUESADILLA	PER QUESADILLA	142	458	26	11	0.5	51	830	35	1	21	10	0	45	8
CHICKEN QUESADILLA	PER QUESADILLA	184	518	28	12	0.5	84	1160	38	2	29	10	2	45	15
STEAK QUESADILLA	PER QUESADILLA	184	508	28	12	0.5	70	970	37	2	30	10	2	47	20
MEXICAN PIZZA	PER MEXICAN PIZZA	240	540	30	8	0	48	970	48	3	21	8	4	30	25
5 LAYER DIP LOADED GRILLER	PER LOADED GRILLER	184	318	14	4.5	0.3	15	670	42	3	9	4	90	10	8
BEEFY NACHO LOADED GRILLER	PER LOADED GRILLER	153	378	18	4.5	0	30	790	48	2	12	0	2	8	15
CHILI CHEESE FRIES LOADED GRILLER	PER LOADED GRILLER	181	358	14	3.5	0	10	920	51	2	10	6	4	8	15
CREAMY RANCH CHICKEN LOADED GRILLER	PER LOADED GRILLER	149	368	19	5	0	50	870	38	2	14	2	2	8	8
STEAK CHALUPA SUPREME	PER CHALUPA	153	350	19	5	0	35	500	29	4	17	2	4	17	15
CHICKEN CHALUPA SUPREME	PER CHALUPA	153	360	19	4	0	45	680	30	4	16	2	4	15	10
BEEF CHALUPA SUPREME	PER CHALUPA	153	370	21	6	0	30	560	31	4	13	4	4	15	15
SIDES															
CHEESY FRIES	PER SERVING	177	440	24	2	0	5	1130	53	2	4	0	2	4	8
CHILI CHEESE FRIES	PER SERVING	206	420	21	3	0	10	870	51	1	7	4	15	4	10
FRIES	PER SERVING	120	230	15	1	0	1	380	43	0	4	0	10	2	6
FRIES SUPREME	PER SERVING	227	470	26	4	0	8	860	53	3	8	2	15	6	10
NACHOS & CHEESE	PER SERVING	99	300	17	2	0	0	460	34	2	3	0	0	6	4
NACHOS SUPREME	PER SERVING	149	360	21	4	0	1	620	35	3	9	0	2	6	8
ADD-ONS															
PREMIUM GUACAMOLE SIDE	PER 1.50oz	43	60	6	1	0	0	216	3	1	0	2	163	0	1
FIESTA SALSA SIDE	PER 1.50oz	43	9	0	0	0	0	77	2	1	0	4	7	0	1
NACHO CHEESE SIDE	PER 2oz	57	82	6	1	0	5	305	6	2	1	2	0	2	0
REDUCED FAT SOUR CREAM SIDE	PER 1.50oz	43	63	4	3	0	14	40	4	2	2	2	0	6	0
SLICED JALAPENOS	PER 1oz	28	8	0	0	0	0	308	2	0	0	2	5	1	0
DESSERTS															
CARAMEL APPLE EMPANADA	PER EMPANADA	85	280	13	3.5	0	5	260	38	15	3	0	6	4	8
CHURRO	PER CHURRO	59	190	8	1	8	15	230	28	5	2	0	0	2	4
CINNAMON TWISTS	PER SERVING	35	170	7	0.4	0	0	190	25	10	1	0	0	0	2

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