

Bases	Quantity For:	Calories	Calories from fat	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary fiber (g)	Sugars (g)	Protein (g)
Burritos and Quesadillas												
Tortilla - 13" Flour	Regular	250	50	6	1.5			420	42			7
Tortilla - 10" Flour	Small/Kids	110	20	2.5	0.5			180	18	1		3
Tacos												
Potato Taco (1 Each)	1 Taco	290	190	22	5	0	10	190	18	1		4
Tortillas - 6" Corn (1 Each)	1 Taco	60	0	0				30	11			1
Tortillas - 6" Corn (2 Each)	1 Taco	120	10	1				60	22			2
Tortillas - 6" Flour (1 Each)	1 Taco	70	15	1.5				120	12			2
Tortillas - Crispy Shell (1 Each)	1 Taco	130	80	9	1			120	12			2
Tostada Bowls												
Tostada Bowl	Tostada Bowls	190	110	12	2	0		160	16			3
Tortas												
Telera Bread	Tortas	300	20	2.5				580	58		5	9
Chronic Nachos/Fries												
Tortilla Chips	Chronic Nachos	390	210	24	3	0		550	44	6		6
Fries	Chronic Fries	850	530	59	12	0		85	71	7	3	7
Chronic Salads												
Half Lettuce, Half Cabbage	Chronic Salad	35	0	0				40	7	3	3	2
Shredded Cabbage	Chronic Salad	45	0	0	0			30	10	4	5	2
Shredded Lettuce	Chronic Salad	25	0	0				50	5	2	1	2
Flautas												
Flautas - Beef	3 Flautas	1080	740	84	17	1	75	1070	55	2	2	29
Flautas - Chicken	3 Flautas	1070	710	81	15	1	75	1090	55	2	2	32
Taquitos												
Taquitos - Beef	3 Taquitos	870	550	63	12	1	115	1270	35	2		40
Taquitos - Chicken	3 Taquitos	840	490	56	9	0	115	1450	35	2		45
Breakfast												
Chorizo Breakfast Bowl	Breakfast Bowls	640	410	46	11	0	845	1290	25	3	3	33
Gringo Breakfast Bowl	Breakfast Bowls	640	420	47	12	0	650	930	21	2	2	33
Machaca Breakfast Bowl	Breakfast Bowls	410	250	28	8	0	690	810	4		3	38
Veggie Breakfast Bowl	Breakfast Bowls	490	330	37	3	0	635	450	21	2	2	21
Chorizo Breakfast Burrito/Quesadilla	Breakfast Burrito/Quesadilla	890	460	52	13	0	845	1700	67	4	3	40
Gringo Breakfast Burrito/Quesadilla	Breakfast Burrito/Quesadilla	890	470	53	13	0	650	1350	63	3	2	40
Machaca Breakfast Burrito/Quesadilla	Breakfast Burrito/Quesadilla	660	300	34	9	0	690	1230	46	2	3	45
Veggie Breakfast Burrito/Quesadilla	Breakfast Burrito/Quesadilla	740	380	43	9	0	635	870	63	3	2	28
Chorizo Breakfast Small Burrito	Small Breakfast Burrito	500	270	31	8	0	565	1000	31	3	2	25
Gringo Breakfast Small Burrito	Small Breakfast Burrito	500	280	32	8	0	435	760	29	2	1	24
Machaca Breakfast Small Burrito	Small Breakfast Burrito	390	190	21	6	0	460	720	21	1	2	28
Veggie Breakfast Small Burrito	Small Breakfast Burrito	400	220	25	5	0	425	440	29	2	1	16
Chorizo Breakfast Taco - No Tortilla	1 Breakfast Taco	250	160	18	4	0	280	470	12	1	1	11
Gringo Breakfast Taco - No Tortilla	1 Breakfast Taco	250	160	18	4.5	0	215	350	10			11
Machaca Breakfast Taco - No Tortilla	1 Breakfast Taco	140	80	9	2.5	0	230	270	1			13
Veggie Breakfast Taco - No Tortilla	1 Breakfast Taco	180	110	12	2.5	0	210	190	10			7