



Quesadillas	Medium Salsa	113	50.0	1.3	0.1	0.0	0.0	441.4	6.9	1.1	4.6	1.5	13.1	13.8	5.4	1.5
Mucho Burrito	Medium Salsa	70	30.0	0.8	0.1	0.0	0.0	273.4	4.3	0.7	2.8	1.0	8.1	8.5	3.4	0.9
Regular Burrito, Bowl, Salad	Medium Salsa	60	25.0	0.7	0.0	0.0	0.0	234.4	3.7	0.6	2.4	0.8	6.9	7.3	2.9	0.8
Small Burrito	Medium Salsa	40	15.0	0.4	0.0	0.0	0.0	156.3	2.4	0.4	1.6	0.5	4.6	4.9	1.9	0.5
Taco	Medium Salsa	20	10.0	0.2	0.0	0.0	0.0	78.1	1.2	0.2	0.8	0.3	2.3	2.4	1.0	0.3
Kids Burrito	Medium Salsa	20	10.0	0.2	0.0	0.0	0.0	78.1	1.2	0.2	0.8	0.3	2.3	2.4	1.0	0.3
Chips & Salsa - Combo	Medium Salsa	113	50.0	1.3	0.1	0.0	0.0	441.4	6.9	1.1	4.6	1.5	13.1	13.8	5.4	1.5
Chips & Salsa - serves 2	Medium Salsa	113	50.0	1.3	0.1	0.0	0.0	441.4	6.9	1.1	4.6	1.5	13.1	13.8	5.4	1.5
Chips & Salsa - serves 3	Medium Salsa	227	100.0	2.5	0.2	0.0	0.0	886.7	13.8	2.2	9.2	3.1	26.3	27.7	10.9	3.0
Quesadillas	Hot Salsa	113	35.0	2.0	0.1	0.0	0.0	352.1	4.4	0.6	3.5	0.5	1.7	19.7	3.8	0.1
Mucho Burrito	Hot Salsa	70	40.0	2.3	0.2	0.0	0.0	410.8	5.2	0.7	4.1	0.6	2.0	22.9	4.4	0.1
Regular Burrito, Bowl, Salad	Hot Salsa	60	35.0	2.0	0.1	0.0	0.0	352.1	4.4	0.6	3.5	0.5	1.7	19.7	3.8	0.1
Small Burrito	Hot Salsa	40	25.0	1.3	0.1	0.0	0.0	234.7	3.0	0.4	2.3	0.3	1.2	13.1	2.5	0.1
Taco	Hot Salsa	20	10.0	0.7	0.0	0.0	0.0	117.4	1.5	0.2	1.2	0.2	0.6	6.6	1.3	0.0
Kids Burrito	Hot Salsa	20	10.0	0.7	0.0	0.0	0.0	117.4	1.5	0.2	1.2	0.2	0.6	6.6	1.3	0.0
Chips & Salsa - Combo	Hot Salsa	113	70.0	3.7	0.2	0.0	0.0	663.2	8.4	1.1	6.6	0.9	3.3	37.0	7.1	0.2
Chips & Salsa - serves 2	Hot Salsa	113	70.0	3.7	0.2	0.0	0.0	663.2	8.4	1.1	6.6	0.9	3.3	37.0	7.1	0.2
Chips & Salsa - serves 3	Hot Salsa	227	130.0	7.4	0.5	0.0	0.0	1332.2	16.8	2.2	13.3	1.9	6.6	74.4	14.3	0.4
Small Burrito	Citrus Slaw	40	15.0	0.0	0.0	0.0	0.0	128.4	3.1	0.7	2.0	0.5	3.6	24.7	14.7	0.2
Regular Burrito, Bowl, Salad	Citrus Slaw	50	20.0	0.0	0.0	0.0	0.0	160.4	3.9	0.9	2.5	0.6	4.5	30.9	18.4	0.2
Mucho Burrito	Citrus Slaw	75	30.0	0.1	0.0	0.0	0.0	240.7	5.9	1.4	3.8	0.9	6.7	46.3	27.6	0.3
Taco	Citrus Slaw	20	7.0	0.0	0.0	0.0	0.0	64.2	1.6	0.4	1.0	0.2	1.8	12.4	7.4	0.1
Small Burrito	Charred Corn	15	15.0	0.1	0.0	0.0	0.0	0.5	3.0	0.3	0.5	0.2	0.3	1.5	5.3	0.3
Regular Burrito, Bowl, Salad	Charred Corn	30	30.0	0.2	0.0	0.0	0.0	0.9	6.0	0.6	0.9	0.3	0.6	3.0	10.5	0.6
Mucho Burrito	Charred Corn	30	30.0	0.2	0.0	0.0	0.0	0.9	6.0	0.6	0.9	0.3	0.6	3.0	10.5	0.6
Taco	Charred Corn	10	10.0	0.1	0.0	0.0	0.0	0.3	2.0	0.2	0.3	0.1	0.2	1.0	3.5	0.2
Small Burrito	In-House Pickled Red Onions	15	15.0	0.0	0.0	0.0	0.0	250.3	4.0	0.3	3.6	0.1	0.0	5.4	0.1	0.2
Regular Burrito, Bowl, Salad	In-House Pickled Red Onions	20	20.0	0.0	0.0	0.0	0.0	333.7	5.3	0.3	4.9	0.2	0.0	7.2	0.2	0.2
Mucho Burrito	In-House Pickled Red Onions	25	25.0	0.0	0.0	0.0	0.0	417.1	6.6	0.4	6.1	0.2	0.0	9.0	0.2	0.3
Taco	In-House Pickled Red Onions	10	10.0	0.0	0.0	0.0	0.0	166.9	2.6	0.2	2.4	0.1	0.0	3.6	0.1	0.1
Small Burrito	Tortilla Chips	4	5.0	0.5	0.0	0.0	0.0	3.2	1.3	0.0	0.0	0.0	0.0	2.4	2.4	2.4
Regular Burrito, Bowl, Salad	Tortilla Chips	8	10.0	1.0	0.0	0.0	0.0	6.4	2.6	0.0	0.0	0.0	0.0	4.8	4.8	4.8
Mucho Burrito	Tortilla Chips	10	15.0	0.1	0.0	0.0	0.0	12.8	5.2	0.0	0.0	0.0	0.0	9.6	9.6	9.6
Taco	Tortilla Chips	2	2.0	0.3	0.0	0.0	0.0	1.6	0.7	0.0	0.0	0.0	0.0	1.2	1.2	1.2
Small Burrito	Mango Salsa	40	20.0	0.0	0.0	0.0	0.0	44.6	1.5	0.4	1.1	0.4	1.5	6.7	2.1	0.2
Regular Burrito, Bowl, Salad	Mango Salsa	60	25.0	0.1	0.0	0.0	0.0	66.9	2.3	0.6	1.6	0.6	2.3	10.1	3.2	0.4
Mucho Burrito	Mango Salsa	60	35.0	0.1	0.0	0.0	0.0	66.9	2.3	0.6	1.6	0.6	2.3	10.1	3.2	0.4
Taco	Mango Salsa	20	10.0	0.0	0.0	0.0	0.0	22.3	0.8	0.2	0.5	0.2	0.8	3.4	1.1	0.1
Small Burrito	Roasted Chickpeas	40	20.0	0.1	0.0	0.0	0.0	0.0	0.0	23.9	24.0	4.5	0.6	3.7	0.2	11.9
Regular Burrito, Bowl, Salad	Roasted Chickpeas	60	40.0	0.1	0.0	0.0	0.0	0.0	0.0	35.9	35.9	6.8	0.9	5.6	0.3	17.8
Mucho Burrito	Roasted Chickpeas	60	40.0	0.1	0.0	0.0	0.0	0.0	0.0	35.9	35.9	6.8	0.9	5.6	0.3	17.8
Taco	Roasted Chickpeas	20	10.0	0.0	0.0	0.0	0.0	0.0	0.0	12.0	12.0	2.3	0.3	1.9	0.1	5.9
Small Burrito, Kids Burrito	Sour Cream	15	25.0	2.0	1.3	0.1	7.5	15.0	1.0	0.0	0.5	0.5	3.0	0.0	2.0	0.0
Taco	Sour Cream	10	15.0	1.3	0.8	0.0	5.0	10.0	0.7	0.0	0.3	0.3	2.0	0.0	1.3	0.0
Mucho Burrito	Burrito Sauce	45	170.0	16.5	2.3	0.2	7.5	435.0	4.5	0.0	3.0	0.3	3.0	15.0	0.0	0.0
Regular Burrito, Bowl, Salad	Burrito Sauce	30	110.0	11.0	1.5	0.1	5.0	290.0	3.0	0.0	2.0	0.2	2.0	10.0	0.0	0.0
Small Burrito	Burrito Sauce	15	60.0	5.5	0.8	0.1	2.5	145.0	1.5	0.0	1.0	0.1	1.0	5.0	0.0	0.0
Taco	Burrito Sauce	10	35.0	3.7	0.5	0.0	1.7	96.7	1.0	0.0	0.7	0.1	0.7	3.3	0.0	0.0
Burritos, Bowls, Salads,	Guacamole	60	80.0	7.2	1.0	0.0	0.0	108.5	4.8	3.4	0.6	1.0	3.6	11.2	0.6	1.7
Quesadillas	Guacamole	113	160.0	13.6	1.9	0.0	0.0	204.4	9.0	6.4	1.1	1.9	6.7	21.2	1.2	3.1
Chips & Guac - Combo	Guacamole	113	160.0	13.6	1.9	0.0	0.0	204.4	9.0	6.4	1.1	1.9	6.7	21.2	1.2	3.1
Chips & Guac - Serves 2	Guacamole	113	160.0	13.6	1.9	0.0	0.0	204.4	9.0	6.4	1.1	1.9	6.7	21.2	1.2	3.1
Chips & Guac - Serves 3	Guacamole	227	310.0	27.3	3.8	0.0	0.0	410.6	18.1	12.9	2.2	3.8	13.4	42.5	2.4	6.3
Small Burrito	Smoky Tequila-Lime Sauce	15	30	0.1	0.05	0	0	12	7	0	0	0.2	0	0	0	0
Regular Burrito, Bowl	Smoky Tequila -Lime Sauce	30	60	0.2	0.1	0	0	24	14	0	0	0.4	0	0	0	0
Mucho Burrito	Smoky Tequila -Lime Sauce	45	90	0.4	0.15	0	0	36	21	0	0	0.6	0	0	0	0
Small Burrito	Habanero Garlic	15	15.0	1.7	1.1	0.0	0.0	6.3	15.6	0.0	2.6	0.0	2.1	0.4	2.7	
Regular Burrito, Bowl, Salad	Habanero Garlic	30	30.0	3.4	2.1	0.1	0.0	12.6	31.3	0.0	5.2	0.0	4.2	0.8	5.3	
Mucho Burrito	Habanero Garlic	45	45.0	5.0	3.2	0.1	0.0	18.9	46.9	0.0	7.8	0.0	6.3	1.3	8.0	
Taco	Habanero Garlic	10	5.0	1.1	0.7	0.0	0.0	4.2	10.4	0.0	1.7	0.0	1.4	0.3	1.8	
Salad Taqueria	Agave Lime Vinaigrette	30	120.0	9.7	0.7	0.0	0.0	37.0	7.9	0.4	6.9	0.1	1.1	5.7	0.1	0.2
Small Burrito, Kids Burrito	Queso Cheese Sauce	30	40.0	2.3	0.9	0.7	4.6	257.4	2.4	0.0	1.0	1.0	0.2	0.1	3.0	0.9
Regular Burrito, Bowl, Salad, Quesadilla, Taco	Queso Cheese Sauce	60	80.0	4.5	1.8	1.3	9.2	514.9	4.8	0.0	2.1	2.0	0.5	0.3	5.9	1.8
Chips & Queso - Combo	Queso Cheese Sauce	113	160.0	8.5	3.4	2.5	17.3	969.7	9.0	0.1	3.9	3.7	0.9	0.5	11.2	3.4
Chips & Queso - Serves 2	Queso Cheese Sauce	113	160.0	8.5	3.4	2.5	17.3	969.7	9.0	0.1	3.9	3.7	0.9	0.5	11.2	3.4
Chips & Queso - Serves 3	Queso Cheese Sauce	227	310.0	17.2	6.9	5.0	34.7	1948.0	18.1	0.1	7.9	7.4	1.9	1.1	22.5	6.8
Bowl	Spicy Mexican Chili	225	348.0	17.7	6.0	0.0	0.0	1047.0	46.0	15.7	11.3	13.3		7.0	19.0	
Bowl	Lettuce Romaine	100	18.0	0.3	0.0	0.0	0.0	8.0	3.3	0.0	1.2	1.2	0.0	4.0	3.0	5.0
Kids' Meals	Chips	35	70.0	2.2	0.1	0.0	0.0	211.4	9.8	0.0	0.0	1.2	2.5	0.1	2.5	0.0
Chips & Salsa, Queso, Guac	Chips	60	120.0	3.7	0.1	0.0	0.0	362.4	16.8	0.0	0.0	2.1	4.2	0.1	4.2	0.0
	Jalapeno Peppers - Garnish	4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.6	0.0	0.0	0.2
	Cilantro - Garnish	1	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	1.3	0.5	0.0	0.0
Taco	Fresh Limes	9	5.0	0.0	0.0	0.0	0.0	0.2	1.0	0.3	0.2	0.1	0.0	4.4	3.0	0.1

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4-12) need an average of 1,500 calories a day, however, individual needs vary.

0 = less than 5 calories.