

Food Menu Report



	Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Pick a number Drink not included in calories													
1 - Two Ground Beef Tacos	1	Serving	420	252	28	10	0	90	1000	22	2	2	20
2 - Ground Beef Taco and Bean Burrito	1	Serving	760	360	40	12	0	75	2070	70	15	3	29
3 - Steak Tahoe Burrito	1	Serving	1142	486	54	18	0	275	3036	115	117	8	53
Munchies													
	Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
Super Nachos - Steak	1	order	1360	760.5	84.5	20	1	195	2435	97	18	26	53
3 Cheese Quesadilla	1	order	670	440	49	20	1	95	1570	36	1	2	24
Queso and Chips	1	order	1860	1053	117	35	1	165	3440	83	10	8	40
Guac and Chips	1	order	480	290	32	3.5	0	5	310	48	9	1	8
Street Fries - Steak	1	order	1205	774	86	23	1	137	1978	69	8	6	38
Taquit-OMG, Beef	1	order	820	251	61	28	0	95	1346	58	5	9	24
Taquitos - beef, no side	4	taquitos	352	162	17	4.5	0	48	396	34	3	0	15
Taquitos - chicken, no side	4	taquitos	312	144	15	4	0	42	376	34	3	1	10
Tacos													
	Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
Ground Beef	1	Taco	210	126	14	5	0	45	500	11	1	1	10
Grilled Chicken	1	Taco	200	117	13	4	0	50	330	9	1	1	11
Bean	1	Taco	180	99	11	3.5	0	15	410	15	4	1	6
Wild Pacific Cod	1	Taco	290	180	20	3	0	25	230	21	3	2	10
Steak	1	Taco	261	144	16	4	0	46.25	522	16	2	1	14
Carnitas	1	Taco	276	171	19	7	0	41.25	342	15	1	0.12	11
Tacoberger	1	Taco	430	324	36	9	0.5	65	640	11	2	2	18
Keto Taco	1	Taco	290.5	227	25.26	6.58	0	66.5	1058	2.4	1	0.8	8.96
Extras													
	Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
Fresh Guacamole, 4 oz	1	Serving	220	200	22	3	0	0	120	12	4	0	4
Queso, 4 oz	1	Serving	330	279	31	11	1	55	1020	3	0	2	10
House made Chips	1	Serving	270	100	12	1	0	0	190	37	5	1	5
Refried Pinto Beans 6 oz	1	Serving	266	90	10	2.25	0	6.25	823	32	15	3	12
Whole Pinto Beans, 6 oz	1	Serving	110	5	0.5	0	0	0	380	20	9	0	7
Spanish Rice 4 oz	1	Serving	184	32	3.5	0	0	0	487	34	5	1	4
French Fries	1	Serving	460	220	25	4	0	0	280	51	6	1	6
Side Salad	1	Serving	40	27	3	0.5	0	3	40	2	1	0	0
Burritos													
	Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
Classic													
Steak	1	Burrito	770	400	44.5	10	0	120	1280	48	1	0	41
Grilled Chicken	1	Burrito	550	288	32	10	0	135	1380	35	1	1	32
Carnitas	1	Burrito	778	455	50.5	14	0	100	1400	50	1	2	31
Ground Beef	1	Burrito	580	297	33	13	1	130	1740	42	1	1	28
Tahoe Burritos													
	Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
Burrito - Steak	1	Burrito	1142	486	54	18	0	275	3036	115	117	8	53
Burrito - Veggie	1	Burrito	949	369	41	18	0	80	2499	114	117	4	31
Burrito - Grilled Chicken	1	Burrito	943	351	39	18	0	145	2298	109	15	4	39
Burrito - Carnitas	1	Burrito	1156	540	60	20	0	125	2448	111	15	6	43
Burrito - Ground Beef	1	Burrito	1044	396	44	17	0	160	2840	118	16	4	44

Burrito - Brisket

1 Burrito

1264

612

68

25

0

155

2168

110

15

5

53

Food Menu Report



Quantity	Measure	Cals (kcal)	FatCals (kcal)	Fat (g)	Sat.Fat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot.Fib (g)	Sugar (g)	Prot (g)
Salads and Bowls												
Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
1	Salad	660	490	55	14	0	95	1320	19	10	6	26
1	Salad	430	350	39	6	0	15	820	20	11	6	6
1	Bowl	530	173	24	8	0	88	1563	63	15	5	27
1	Bowl	482	171	19	8.5	0	93	1474	57	12	5	19
1	Bowl	450	351	39	18	0	145	2298	109	15	4	39
1	Bowl	530	234	19	8	0	73	1286	53	13	5	19
1	Bowl	429	126	14	5	0	43	1259	63	14	5.8	11.75
1	Bowl	600	288	32	10.5	0	88	1146	53	12	5	24
1	Salad	1000	531	59	14	0	115	2060	78	20	8	40
1	Salad	1010	540	60	16	0.5	110	2400	83	20	8	37
1	Salad	1010	540	60	14	0.5	90	1760	79	20	8	44
Plates												
Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
1	Plate	910	387	43	15	0	115	2900	92	20	7	39
1	Plate	940		14	1	0	100	2770	95	19	5	38
1	Plate	982	306	34	13.4	0	115.5	2900	124	22	4.27	43
JR Meals												
Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
1	meal	610	288	32	7	0	25	1020	71	11	3	16
1	meal	590	306	34	10	0	35	710	60	6	2	15
1	meal	570	288	32	9	0	55	860	59	6	3	16
Beverages												
Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
12	Fluid ounce	150	0	0	0	0	--	55	41	0	41	0
12	Fluid ounce	160	0	0	0	0	0	35	40	0	36	0
12	Fluid ounce	160	0	0	0	0	0	70	45	0	45	0
12	Fluid ounce	0	0	0	0	0	0	40	0	0	0	0
12	Fluid ounce	140	0	0	0	0	0	45	39	0	39	0
12	Fluid ounce	160	0	0	0	0	0	60	45	0	44	0
Desserts												
Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
1	Serving	280	170	19	8	0	30	480	29	0	5	3
1	Serving	630	240	27	1	0	0	0	5	0	41	6
Salsas												
Quantity	Measure	Cals	Fat Cals	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carb (g)	Tot. Fib (g)	Sugar (g)	Prot (g)
2	Fluid ounce	10	0	0	0	0	0	410	2	0	1	1
2	Fluid ounce	10	0	0	0	0	0	1830	2	1	0	0
2	Fluid ounce	10	0	0	0	0	0	1160	2	1	1	1
2	Fluid ounce	15	0	0	0	0	0	150	3	0	1	1