

**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)
<b>Pick a number</b> 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
<b>Munchies</b>													
	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
<b>Tacos</b>													
	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
Tacoburger	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
<b>Extras</b>													
	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
<b>Burritos</b>													
	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
<b>Tahoe Burritos</b>													
	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	17	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

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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)
<b>Salads and Bowls</b>												
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
<b>Plates</b>												
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
<b>JR Meals</b>												
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
<b>Beverages</b>												
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
<b>Desserts</b>												
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
<b>Salsas</b>												
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