



NUTRITIONAL DATA

We're obsessed with using premium quality, and when possible, locally sourced ingredients because the quality of our food and your health matter to us.

	Calories (kcal)	Calories from fat (kcal)	% Fat	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)
BURRITOS*												
Grilled Steak	837	204.8	198	32	10.7	0.2	73	1994	95.5	8.2	5.5	33
Beef Barbacoa	784	141.8	171	25	10.7	0.2	82	1594	96.5	9.0	5.0	33
Grilled Chicken	795	245	246	27	13.7	0.2	75	2433	102.5	9.3	6.5	30
Pork Carnitas	766	174	187	25	12.7	0.1	73	2059	100.5	9.0	6.0	39
Grilled Shrimp	767	174	187	25	12.2	0.1	129	1833	100.5	9.0	5.5	38
Vegetarian**	796	210	269	29	14.7	0.1	43	1995	111.5	12.0	7.8	27
BURRITO BOWLS¹												
Grilled Steak	785	213	187	29.5	12.2	0.1	84	1732	93.5	3.2	7.0	36.5
Beef Barbacoa	732	150	160	22.5	12.2	0.1	93	1332	94.5	4.0	6.5	36.5
Grilled Chicken	717	150	164	22.5	12.2	0.1	81	1976	95.5	3.3	8.0	33.5
Pork Carnitas	694	141	163	21.5	12.2	0.1	84	1737	92.5	3.0	6.0	34.5
Grilled Shrimp	695	141	163	21.5	11.7	0.1	140	1511	92.5	3.0	5.5	33.5
Vegetarian**	724	177	245	25.5	14.2	0.1	54	1673	103.5	6.0	7.8	22.7
SALADS²												
Grilled Steak	519	211	173	29	7.2	0.3	68	1548	38	5.2	20.5	29.5
Beef Barbacoa	466	148	146	22	7.2	0.3	77	1148	39	6.0	20	29.5
Grilled Chicken	451	148	150	22	7.2	0.3	65	1792	40	5.3	21.5	26.5
Pork Carnitas	428	139	149	21	7.2	0.3	68	1553	37	5.0	19.5	27.5
Grilled Shrimp	429	139	149	21	6.7	0.3	124	1327	37	5.0	19	26.5
Vegetarian**	458	175	231	25	9.2	0.3	38	1489	48	8.0	21.3	15.7
TACOS (each)³												
Grilled Steak	269.5	93.5	156.2	13	5.58	0.06	34	605.5	21.85	2.5	3.3	16.3
Beef Barbacoa	235.5	57.5	129.2	9	5.58	0.05	36.5	385	22.15	2.9	3.0	15.8
Grilled Chicken	232.5	58.5	133.2	9	3.98	0.05	32	738.5	22.65	2.6	3.8	14.8
Pork Carnitas	216.5	53.0	132.2	8.5	4.08	0.05	32	587.5	21.15	2.4	2.75	15.3
Grilled Shrimp	217.0	53.0	132.2	8.5	3.78	0.05	60.5	474.5	21.15	2.4	2.5	14.3
Vegetarian ⁴	214.5	57.5	142.7	9	4.5	0.05	13	463.5	24.75	4	2.5	9.5
QUESADILLAS⁵												
Black Bean & Corn	638	137	131	27	13.7	0.2	48	1604	74	10	6.3	29.7
Grilled Chicken	630	137	104	27	11.7	0.2	75	1737	62	7.3	7.5	38.5
Grilled Steak	698	200	127	34	11.7	0.2	78	1493	60	7.2	6.5	41.5
NACHOS⁵												
Nachos	785	348	239	47.5	12.2	2.25	36	978	70	9.0	8.5	21.5
Nachos w/Grilled Chicken	842	367	273	49.5	12.6	2.25	55	1355	72	9.2	9.8	28.5
Nachos w/Grilled Steak	879	402	296	53.5	14.2	2.26	57	1222	71.2	9.1	9.3	30.0

* with whole wheat tortilla, cilantro-lime rice, beans, sour cream, pico de gallo, cheese

** with roasted corn and guacamole

¹ with cilantro-lime rice, beans, sour cream, pico de gallo, cheese

² romaine lettuce, beans, pico de gallo, cheese, honey-lime dijon dressing

³ 6" flour tortilla, pico de gallo, cheese, romaine lettuce, sour cream

⁴ with black beans and guacamole

⁵ with whole wheat tortilla

Analysis provided by Cara Stoller, registered dietician, Menu Makeover, 2010