



## Nutrition Information

Menu Items	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
<b>Breakfast Burritos</b>										
Chorizo Breakfast Burrito	990	55	20	1	395	2490	81	9	7	40
Machaca Burrito - Shredded Chicken	990	48	16	0	445	3360	88	13	9	49
Machaca Burrito - Shredded Beef	950	45	15	0	475	2390	78	10	9	58
Green Pig Burrito	880	41	16	0	470	2900	77	6	7	48
Sunrise Burrito	860	42	16	1	395	3090	77	6	7	40
Spud Burrito	660	26	11	0	395	2480	75	6	6	29
BRC con Huevos Burrito	1090	49	20	0	415	2030	120	13	6	40
Carne Asada Breakfast Burrito	980	41	15	1	425	3750	94	13	7	56
Add Cheese	110	9	5	0	30	190	1	0	0	6
<b>Breakfast Plates</b>										
Americano Plate - Bacon w/ Flour Tortilla	1070	54	20	0	425	2950	100	15	6	45
Americano Plate - Bacon w/ Corn Tortillas	910	48	16	0	425	2110	83	17	6	40
Americano Plate - Carne Asada w/ Corn Tortillas	970	43	15	0	470	2820	89	20	6	56
Americano Plate - Carne Asada w/ Flour Tortilla	1130	49	19	0	470	3650	106	18	6	61
Americano Plate - Chile Colorado w/ Corn Tortillas	880	42	14	0	430	1870	87	18	8	41
Americano Plate - Chile Colorado w/ Flour Tortillas	1040	48	18	0	430	2710	105	16	8	46
Americano Plate - Chile Verde Pork w/ Corn Tortillas	970	50	18	0	470	1950	85	17	7	47
Americano Plate - Chile Verde Pork w/ Flour Tortilla	1140	57	21	0	470	2790	102	15	7	52
Machaca Plate - Shredded Beef w/ Corn Tortillas	1210	55	18	0	490	2580	120	18	10	63
Machaca Plate - Shredded Beef w/ Flour Tortillas	1370	61	21	0	490	3420	137	16	10	68
Machaca Plate - Shredded Chicken w/ Corn Tortillas	1130	50	16	0	450	3480	120	18	11	51
Machaca Plate - Shredded Chicken w/ Flour Tortillas	1290	57	20	0	450	4320	138	16	10	56
Chorizo Plate w/ Corn Tortillas	1230	69	25	0	465	2020	105	16	6	50
Chorizo Plate w/ Flour Tortilla	1400	75	28	0	465	2860	122	14	6	55
<b>Famous Burritos</b>										
Original Burrito - Shredded Beef	1240	57	23	0	145	2790	122	15	6	60
Original Burrito - Shredded Chicken	1160	52	21	0	110	3690	123	15	7	48
Original Burrito - Chile Colorado	1160	52	22	0	100	2350	127	15	8	46
Original Burrito - Chile Verde Pork	1290	63	26	0	145	2440	124	15	7	54
Relleno Stuffed Burrito	1210	58	25	0	230	2230	129	16	10	42
El Potato Burrito	580	19	9	0	30	3050	82	6	6	18

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El Potato Burrito - Chile Colorado	730	27	11	0	75	3480	88	7	9	35
El Potato Burrito - Chile Verde Pork	860	38	16	0	125	3570	85	7	7	43
El Potato Burrito - Carne Asada	800	26	12	0	105	4340	89	10	6	46
El Potato Burrito - Shredded Chicken	730	26	11	0	85	4820	84	7	7	37
El Potato Burrito - Shredded Beef	810	31	13	0	125	3920	84	7	7	49
Garbage Burrito	970	48	20	0.5	65	1630	107	14	8	28
Garbage Burrito - Carne Asada	1190	56	23	0.5	145	2920	113	17	8	56
Garbage Burrito - Chile Colorado	1130	56	23	0.5	110	2060	113	15	11	45
Garbage Burrito - Chile Verde	1250	67	27	0.5	160	2160	110	15	9	52
Garbage Burrito - Shredded Beef	1200	60	24	0.5	160	2500	109	14	9	58
Garbage Burrito - Shredded Chicken	1130	56	23	0.5	120	3400	109	14	9	47
Pop's Burrito - Carne Asada	730	26	9	0	100	2610	73	11	7	47
Pop's Burrito - Chile Colorado	650	26	8	0	60	1510	73	9	10	31
Pop's Burrito - Chile Verde	800	39	13	0	115	1630	69	8	8	41
Pop's Burrito - Shredded Beef	750	32	10	0	120	2080	67	8	7	49
Pop's Burrito - Shredded Chicken	650	26	8	0	75	3210	68	8	8	35
Bean & Cheese Burrito	1440	84	36	0.5	110	1710	127	27	5	46
Bean, Rice & Cheese Burrito	1200	55	23	0	60	2150	140	19	6	35
Taquito, Add to Burrito	90	2.5	0	0	10	340	14	0	2	5
Wet Style	160	11	6	0	30	300	7	1	1	7
<b>Tacos</b>										
Crispy Traditional Taco - Shredded Beef	270	15	6	0	65	540	15	2	2	20
Crispy Traditional Taco - Shredded Chicken	230	12	5	0	45	990	16	2	3	14
Taquitos	490	24	8	0	65	1240	48	9	7	23
Carne Asada Soft Taco	150	4	1	0	30	490	17	3	2	12
<b>Combination Plates</b>										
#1 Choose Two Combo Meal - highest calorie option	1140	58	23	0	160	2230	102	15	6	56
#1 Choose Two Combo Meal - lowest calorie option	1050	49	20	0	115	3240	107	15	6	45
#2 Carne Asada Soft Tacos Combo Meal	910	36	14	0	90	2140	104	17	5	40
#3 Taquito Combo Meal	1120	55	21	0	100	2450	119	20	8	41
#4 Relleno Combo Meal - highest calorie option	1120	59	25	0	280	2430	100	15	9	51
#4 Relleno Combo Meal - lowest calorie option	1080	55	24	0	260	2930	102	15	9	45
#4 Two Relleno Combo Meal - Corn Tortillas	1470	77	35	0.5	445	2840	138	21	16	59
#4 Two Relleno Combo Meal - Flour tortilla	1630	84	39	0.5	445	3680	155	19	16	64
#5 Shredded Beef Dinner - Corn Tortillas	930	44	17	0	130	2080	86	13	4	50
#5 Shredded Beef Dinner - Flour Tortillas	1220	52	21	0	130	2930	130	15	6	58
#5 Shredded Chicken Dinner - Corn Tortillas	850	40	15	0	95	2980	87	13	4	38
#5 Shredded Chicken Dinner - Flour Tortillas	1150	48	19	0	95	3830	131	15	7	46
#5 Carne Asada Dinner - Corn Tortillas	920	40	16	0	115	2500	91	16	3	47

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#5 Carne Asada Dinner - Flour Tortillas	1210	48	20	0	115	3350	135	18	6	56
#5 Chile Colorado Dinner - Corn Tortillas	860	40	16	0	85	1640	91	14	6	36
#5 Chile Colorado Dinner - Flour Tortillas	1150	48	19	0	85	2490	135	16	9	44
#5 Chile Verde Pork Dinner - Corn Tortillas	980	51	20	0	130	1740	87	13	4	43
#5 Chile Verde Pork Dinner - Flour Tortillas	1270	59	23	0	130	2590	132	15	7	52
<b>Nachos &amp; Quesadillas</b>										
Miguels Nachos	1610	102	38	2.5	150	1470	139	21	8	43
Miguels Nachos - Chile Colorado	1740	108	40	2.5	190	1810	144	22	10	56
Miguels Nachos - Shredded Beef	1850	114	42	2.5	245	2340	141	21	8	73
Miguels Nachos - Shredded Chicken	1770	109	40	2.5	205	3240	142	21	8	62
Quesadilla - Cheese	700	38	19	1	85	1420	60	4	5	29
Quesadilla - Chile Colorado	860	45	22	1	130	1840	66	5	7	46
Quesadilla - Carne Asada	920	45	23	1	165	2700	67	7	5	57
Quesadilla - Shredded Beef	930	50	24	1	180	2280	62	4	5	59
Quesadilla - Shredded Chicken	860	45	22	1	140	3180	62	4	6	48
Quesadilla - Chile Verde Pork	980	56	26	1	180	1940	63	5	6	53
Quesadilla with Beans	990	57	27	1	100	1580	83	12	5	37
Mulita - Cheese	300	16	8	0	40	290	28	0	3	13
Mulita - Carne Asada	360	18	9	0	60	610	30	1	3	20
Mulita - Chile Colorado	350	18	9	0	55	420	30	0	4	18
Mulita - Chile Verde Pork	390	22	10	0	70	450	29	0	3	20
Mulita - Shredded Beef	360	19	9	0	65	510	29	0	3	20
Mulita - Shredded Chicken	340	18	9	0	55	730	29	0	3	17
<b>Salads &amp; Tostadas</b>										
Tostada - Shredded Beef	640	37	15	0	105	910	42	11	5	36
Tostada - Shredded Chicken	590	34	14	0	80	1470	43	11	5	29
Taco Salad - Chile Colorado	1080	80	26	0.5	125	1260	58	18	9	38
Taco Salad - Chile Verde Pork	1180	89	29	0.5	165	1340	55	18	8	44
Taco Salad - Shredded Beef	1180	86	28	0.5	180	1790	54	18	7	55
Taco Salad - Shredded Chicken	1110	81	26	0.5	145	2690	55	18	8	43
Taco Salad - Carne Asada	1170	81	27	0.5	165	2210	59	21	7	52
<b>Little Chips Kids Menu</b>										
Mini Bean & Cheese Burrito Meal, kids	1260	65	27	0	75	1940	131	22	6	38
Mini Quesadilla Meal, kids	1020	51	24	0.5	80	1930	104	13	6	35
Beef Taco Meal, kids	700	38	15	0	90	1230	60	11	3	32
Chicken Taco Meal, kids	660	36	14	0	70	1680	60	11	4	26

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<b>Soup</b>										
Pozole - Shredded Chicken - 16oz	270	8	2	0	45	1910	26	4	6	22
Pozole - Shredded Chicken - 32oz	540	16	5	0	95	3820	52	7	13	44
Pozole - Shredded Chicken - 64oz	1070	33	9	0	185	7650	104	14	26	87
Pozole - Chile Verde Pork - 16oz	320	14	5	0	60	900	26	4	6	22
Pozole - Chile Verde Pork - 32oz	640	27	9	0	120	1800	52	7	13	45
Pozole - Chile Verde Pork - 64oz	1280	55	18	0	245	3600	104	15	25	90
<b>Beverages</b>										
Fresh Lemonade - Small	120	0	0	0	0	10	32	0	31	0
Fresh Lemonade - Regular	180	0	0	0	0	15	47	0	45	0
Fresh Lemonade - Large	230	0	0	0	0	20	61	0	59	0
Fresh Lemonade - XL	340	0	0	0	0	25	87	0	85	0
Horchata - Small	300	4.5	3	0	15	65	59	0	42	6
Horchata - Regular	440	7	4	0	20	95	86	1	61	9
Horchata - Large	570	9	5	0	25	125	112	1	80	11
Horchata - XL	820	13	7	0	35	180	161	1	114	16
Coffee	5	0	0	0	0	5	0	0	0	0
<b>Sides</b>										
Add Cheese	110	9	5	0	30	190	1	0	0	6
Small Guacamole and Chips	320	17	3	0	5	200	38	6	2	5
Potatoes	160	0	0	0	0	3010	35	3	3	3
Small Chips	230	10	2	0	0	160	33	3	0	3