



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)
Breakfast Burritos										
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
Breakfast Plates										
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
Famous Burritos										
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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Menu Items	Cal	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
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
Tacos & Taquitos										
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
Carne Asada Soft Taco	150	4	1	0	30	490	17	3	2	12
Taquitos - Shredded Chicken	490	24	8	0	65	1240	48	9	7	23
Taquitos - Shredded Beef	480	23	8	0	60	1230	47	9	7	24
Combination Plates										
#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

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#5 Carne Asada Dinner - Corn Tortillas	920	40	16	0	115	2500	91	16	3	47
#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
Nachos & Quesadillas										
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 (Cheddar Cheese) - Cheese	820	47	25	1	110	1600	61	4	5	36
Quesadilla (Cheddar Cheese) - Chile Colorado	970	55	27	1.5	160	2030	67	5	8	52
Quesadilla (Cheddar Cheese) - Carne Asada	1040	55	28	1	190	2890	68	7	5	64
Quesadilla (Cheddar Cheese) - Shredded Beef	1050	59	29	1	205	2470	63	4	5	66
Quesadilla (Cheddar Cheese) - Shredded Chicken	970	55	27	1	170	3370	63	4	6	54
Quesadilla (Cheddar Cheese) - Chile Verde Pork	1100	66	32	1	205	2120	64	5	6	60
Quesadilla (Monterey Jack Cheese) - Cheese	780	44	25	0	100	1540	59	4	5	37
Quesadilla (Monterey Jack Cheese) - Chile Colorado	940	51	28	0	150	1970	64	5	8	54
Quesadilla (Monterey Jack Cheese) - Carne Asada	1000	51	28	0	180	2830	65	7	5	65
Quesadilla (Monterey Jack Cheese) - Shredded Beef	1010	56	29	0	195	2410	60	4	5	68
Quesadilla (Monterey Jack Cheese) - Shredded Chicken	940	51	27	0	160	3310	61	4	6	56
Quesadilla (Monterey Jack Cheese) - Chile Verde Pork	1060	62	32	0	195	2060	61	5	6	62
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
Salads & Tostadas										
Tostada - Shredded Beef	760	46	17	0	100	1140	54	11	4	37
Tostada - Shredded Chicken	710	44	15	0	80	1700	54	11	4	30
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

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Little Chips Kids Menu										
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
Soup										
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
Beverages										
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
Sides										
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