

LA SALSA NUTRITIONAL INFORMATION

| QUESADILLAS: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
|-------------------------------------|------------------------------|-----------------|-----------|-----------------------|----------------|-----------------------|---------------------|--------------|-----------------------|-----------------------|-------------|--------------|
| Chips (With Combos) | 15 | 1.4 | 200 | 90 | 10 | 2.5 | 0 | 180 | 25 | 1 | 0 | 3 |
| Classic | 1 | 11 | 850 | 490 | 54 | 30 | 120 | 1440 | 56 | 3 | 4 | 38 |
| Classic, Chicken | 1 | 14 | 955 | 512 | 57 | 30 | 163 | 1787 | 58 | 3 | 4 | 55 |
| Classic, Steak | 1 | 14 | 964 | 534 | 59 | 31 | 685 | 1426 | 57 | 3 | 3 | 52 |
| Classic, Carnitas | 1 | 14 | 958 | 519 | 58 | 31 | 694 | 1537 | 57 | 3 | 4 | 55 |
| Grande, Chicken (Black) | 1 | 20.4 | 1133 | 539 | 60 | 30 | 163 | 2586 | 92 | 8 | 9 | 63 |
| Grande, Chicken (Pinto) | 1 | 20.4 | 1131 | 546 | 61 | 30 | 163 | 2811 | 91 | 7 | 6 | 62 |
| Grande, Steak (Black) | 1 | 20.4 | 1143 | 561 | 62 | 32 | 686 | 2225 | 91 | 8 | 5 | 60 |
| Grande, Steak (Pinto) | 1 | 20.4 | 1130 | 530 | 62 | 32 | 686 | 2225 | 90 | 7 | 5 | 59 |
| Grande, Carnitas (Black) | 1 | 20.4 | 1137 | 546 | 61 | 31 | 694 | 2335 | 91 | 8 | 5 | 62 |
| Grande, Carnitas (Pinto) | 1 | 20.4 | 1135 | 557 | 61 | 31 | 694 | 2563 | 89 | 7 | 5 | 62 |
| SALADS: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
| Chips (With Salads) | 15 | 1.4 | 200 | 90 | 10 | 2.5 | 0 | 180 | 25 | 1 | 0 | 3 |
| Chipotle Shrimp | 1 | 22.5 | 799 | 504 | 56 | 13 | 216 | 1896 | 52 | 14 | 9 | 28 |
| Taco, Chicken (Black) | 1 | 23.5 | 985 | 379 | 42 | 16 | 241 | 1873 | 108 | 10 | 8 | 50 |
| Taco, Chicken (Pinto) | 1 | 23.5 | 969 | 378 | 42 | 16 | 241 | 1873 | 106 | 10 | 8 | 49 |
| Taco, Steak (Black) | 1 | 23.5 | 1000 | 410 | 46 | 18 | 241 | 1938 | 108 | 11 | 7 | 47 |
| Taco, Steak (Pinto) | 1 | 23.5 | 983 | 409 | 45 | 18 | 241 | 1939 | 105 | 10 | 7 | 46 |
| Taco, Carnitas (Black) | 1 | 23.5 | 379 | 379 | 42 | 17 | 219 | 1827 | 108 | 10 | 7 | 44 |
| Taco, Carnitas (Pinto) | 1 | 26.2 | 941 | 375 | 42 | 17 | 219 | 1825 | 105 | 10 | 7 | 43 |
| Chile Lime | 1 | 18.5 | 634 | 401 | 46 | 11 | 33 | 1246 | 45 | 8 | 16 | 17 |
| Chile Lime, Carnitas | 1 | 22.5 | 743 | 435 | 48 | 12 | 80 | 1772 | 49 | 8.5 | 17 | 35 |
| Chile Lime, Chicken | 1 | 22.5 | 773 | 435 | 48 | 11 | 102 | 1818 | 50 | 8.5 | 17 | 42 |
| Chile Lime, Steak | 1 | 22.5 | 789 | 466 | 52 | 13 | 101 | 1883 | 50 | 9 | 17 | 38 |
| SIDES: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
| Rice | 1 | 4.5 | 130 | 30 | 3 | 0.5 | 0 | 530 | 28 | <1 | 1 | 3 |
| Black Beans | 1 | 8.1 | 240 | 15 | 1.5 | 0.5 | 0 | 570 | 53 | 10 | 10 | 15 |
| Pinto Beans | 1 | 8.3 | 210 | 15 | 1.5 | 0.5 | 0 | 570 | 37 | 14 | 3 | 12 |
| Half Rice, Half Black Beans | 1 | 8.6 | 260 | 35 | 3.5 | 1 | 0 | 770 | 49 | 7 | 7 | 12 |
| Half Rice, Half Pinto Beans | 1 | 8.6 | 230 | 30 | 3.5 | 1 | 0 | 770 | 45 | 9 | 3 | 10 |
| Tortilla Soup | 1 | 11.5 | 190 | 75 | 8 | 3 | 93 | 1024 | 17 | 1 | 3 | 12 |
| Cinnamon Chips | 1 | 3 | 285 | 46 | 5 | 2 | 0 | 341 | 56 | 2 | 25 | 4 |
| PARTY PLATTERS: INCLUDING CHIPS | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
| Burrito, Chicken | 1 | 7.5 lb. | 4810 | 2320 | 257 | 70 | 535 | 12450 | 437 | 42 | 27 | 197 |
| Burrito, Steak | 1 | 7.5 lb. | 4860 | 2390 | 265 | 75 | 525 | 12860 | 419 | 44 | 33 | 215 |
| Taco, Chicken (Black) | 1 | 6.9 lb. | 4400 | 1080 | 108 | 39 | 520 | 6400 | 640 | 70 | 44 | 219 |
| Taco, Chicken (Pinto) | 1 | 6.9 lb. | 4270 | 1070 | 119 | 38 | 520 | 9400 | 618 | 83 | 21 | 209 |
| Taco, Steak (Black) | 1 | 6.9 lb. | 4480 | 1170 | 130 | 45 | 510 | 9940 | 617 | 73 | 52 | 244 |
| Taco, Steak (Pinto) | 1 | 6.9 lb. | 4340 | 1170 | 130 | 45 | 510 | 9940 | 595 | 87 | 29 | 233 |
| Taquito | 1 | 3.0 lb. | 2560 | 1210 | 135 | 30 | 145 | 6330 | 247 | 45 | 6 | 89 |
| Taco Carnitas Guadalajara (Black) | 1 | 17.4 | 1070 | 390 | 43 | 13 | 240 | 2030 | 127 | 12 | 5 | 46 |
| Taco Carnitas Guadalajara (Pinto) | 1 | 17.4 | 1050 | 390 | 43 | 13 | 240 | 2090 | 124 | 11 | 5 | 45 |
| FAVORITES: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
| Chips (With Favorites) | 15 | 1.4 | 200 | 90 | 10 | 2.5 | 0 | 180 | 25 | 1 | 0 | 3 |
| Stuffed Fajita Quesadilla, Chicken | 1 | 15.6 | 863 | 456 | 52 | 21 | 134 | 1952 | 56 | 5 | 5 | 45 |
| Stuffed Fajita Quesadilla, Steak | 1 | 15.6 | 884 | 495 | 55 | 23 | 393 | 2032 | 53 | 5 | 5 | 44 |
| Stuffed Fajita Quesadilla, Carnitas | 1 | 15.6 | 856 | 461 | 51 | 23 | 402 | 2101 | 53 | 5 | 6 | 44 |
| Stuffed Fajita Quesadilla, Shrimp | 1 | 15.6 | 800 | 440 | 49 | 21 | 150 | 2060 | 54 | 6 | 7 | 37 |
| Fire Roasted Bowl, Steak (Black) | 1 | 21.5 | 734 | 308 | 34 | 11 | 734 | 2005 | 73 | 10 | 11 | 36 |
| Fire Roasted Bowl, Chicken (Black) | 1 | 21.5 | 730 | 290 | 32 | 9 | 85 | 1730 | 74 | 10 | 12 | 39 |
| Fire Roasted Bowl, No meat (Black) | 1 | 18.5 | 630 | 260 | 29 | 9 | 40 | 1380 | 71 | 10 | 12 | 22 |
| Fire Roasted Bowl, Steak (Pinto) | 1 | 21.5 | 722 | 308 | 34 | 11 | 211 | 2005 | 70 | 9 | 8 | 35 |
| Fire Roasted Bowl, Chicken (Pinto) | 1 | 21.5 | 729 | 288 | 32 | 10 | 83 | 1864 | 73 | 10 | 8 | 39 |
| Fire Roasted Bowl, No Meat (Pinto) | 1 | 18.5 | 620 | 260 | 29 | 9 | 40 | 1380 | 69 | 11 | 9 | 21 |
| Fire Roasted Bowl, Carnitas (Black) | 1 | 18.5 | 729 | 294 | 33 | 11 | 220 | 2115 | 72 | 10 | 8 | 39 |
| Fire Roasted Bowl, Carnitas (Pinto) | 1 | 18.5 | 716 | 293 | 33 | 11 | 220 | 2115 | 70 | 9 | 8 | 38 |
| TACOS: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
| Chips (With Tacos) | 7 | 0.6 | 100 | 40 | 4.5 | 1.5 | 0 | 85 | 11 | 0 | 0 | 1 |
| Mexico City, Chicken | 1 | 4.1 | 188 | 27 | 3 | 0 | 28 | 232 | 27 | 2 | 0 | 13 |
| Mexico City, Steak | 1 | 4.1 | 190 | 41 | 5 | 1 | 25 | 278 | 27 | 2 | 0 | 11 |
| Mexico City, Chicken Basket | 2 | 8.1 | 376 | 54 | 6 | 2 | 56 | 464 | 54 | 4 | 2 | 26 |
| Mexico City, Steak Basket | 2 | 11.1 | 499 | 162 | 18 | 8 | 209 | 612 | 55 | 4 | 0 | 30 |
| Mexico City, Carnitas Basket | 2 | 11.1 | 490 | 142 | 16 | 7 | 222 | 760 | 54 | 4 | 0 | 34 |
| Sonora Fish | 1 | 4.8 | 217 | 71 | 8 | 3 | 33 | 539 | 16 | 0 | 1 | 20 |
| Sonora Fish Basket | 2 | 9.6 | 434 | 141 | 16 | 7 | 67 | 1078 | 33 | 1 | 1 | 40 |
| Baja Fish | 1 | 6.1 | 393 | 202 | 22 | 4.5 | 48 | 367 | 29 | 2 | 1 | 20 |
| Baja Fish Basket | 2 | 12.2 | 786 | 404 | 45 | 9 | 96 | 733 | 58 | 5 | 3 | 41 |
| Taquitos | 3 | 12.3 | 762 | 372 | 42 | 9 | 60 | 1230 | 66 | 15 | 1 | 33 |
| Vegetarian Taco | 1 | 6.5 | 280 | 90 | 10 | 6 | 25 | 420 | 37 | 4 | 4 | 12 |
| Vegetarian Taco Basket | 2 | 13.1 | 560 | 180 | 20 | 11 | 55 | 840 | 74 | 9 | 7 | 24 |
| Baja Shrimp | 1 | 5.4 | 320 | 170 | 19 | 2 | 45 | 400 | 30 | 3 | 2 | 8 |
| Baja Shrimp Basket | 2 | 10.8 | 630 | 340 | 38 | 3.5 | 90 | 800 | 60 | 6 | 4 | 16 |
| Fajita, Chicken | 1 | 5.8 | 243 | 92 | 11 | 4 | 42 | 678 | 20 | 1 | 2 | 18 |
| Fajita, Steak | 1 | 5.8 | 246 | 106 | 12 | 5 | 105 | 669 | 19 | 1 | 2 | 16 |
| Fajita, Carnitas | 1 | 5.8 | 242 | 96 | 11 | 5 | 111 | 742 | 19 | 1 | 2 | 17 |
| Fajita, Chicken Basket | 2 | 11.6 | 520 | 200 | 22 | 9 | 125 | 1330 | 46 | 2 | 4 | 35 |
| Fajita, Steak Basket | 2 | 11.6 | 491 | 212 | 24 | 9 | 209 | 1338 | 39 | 2 | 3 | 31 |
| Fajita, Carnitas Basket | 2 | 11.6 | 484 | 192 | 22 | 10 | 222 | 1484 | 38 | 2 | 4 | 34 |
| Guadalajara Carnitas | 1 | 4 | 320 | 140 | 15 | 5 | 120 | 610 | 30 | 3 | 2 | 17 |
| Guadalajara Carnitas Basket | 2 | 9.5 | 640 | 280 | 30 | 10 | 240 | 1220 | 60 | 6 | 4 | 34 |
| EGG DISHES: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
| Huevos Mex (Black) | 1 | 16.1 | 780 | 280 | 31 | 9 | 275 | 800 | 100 | 10 | 8 | 24 |
| Huevos Mex (Pinto) | 1 | 16.1 | 760 | 280 | 31 | 8 | 275 | 800 | 97 | 12 | 5 | 22 |
| Huevos Mex, Chicken (Black) | 1 | 16.1 | 786 | 264 | 29 | 10 | 201 | 1111 | 100 | 11 | 4 | 30 |
| Huevos Mex, Chicken (Pinto) | 1 | 16.1 | 770 | 264 | 29 | 10 | 201 | 1110 | 97 | 11 | 4 | 29 |
| Huevos Mex, Chorizo (Black) | 1 | 20.5 | 1120 | 500 | 56 | 18 | 485 | 1220 | 118 | 12 | 10 | 34 |
| Huevos Mex, Chorizo (Pinto) | 1 | 20.5 | 1120 | 500 | 56 | 17 | 485 | 1220 | 115 | 14 | 7 | 33 |
| Huevos Mex, Steak (Black) | 1 | 20.5 | 1191 | 565 | 63 | 16 | 458 | 1394 | 116 | 13 | 6 | 37 |
| Huevos Mex, Steak (Pinto) | 1 | 20.5 | 990 | 386 | 43 | 13 | 458 | 1394 | 113 | 12 | 5 | 36 |
| Omelet, Chicken (Black) | 1 | 22.5 | 1067 | 452 | 50 | 18 | 489 | 1602 | 107 | 12 | 6 | 46 |
| Omelet, Chicken (Pinto) | 1 | 22.5 | 1051 | 452 | 50 | 18 | 489 | 1601 | 103 | 12 | 6 | 45 |
| Omelet, Chorizo (Black) | 1 | 22.5 | 1190 | 580 | 65 | 23 | 510 | 1520 | 108 | 11 | 11 | 41 |
| Omelet, Chorizo (Pinto) | 1 | 22.5 | 1170 | 580 | 64 | 23 | 510 | 1520 | 105 | 13 | 8 | 40 |
| Omelet, Steak (Black) | 1 | 22.5 | 1253 | 641 | 71 | 22 | 617 | 1579 | 106 | 12 | 6 | 44 |
| Omelet, Steak (Pinto) | 1 | 22.5 | 1236 | 640 | 71 | 22 | 617 | 1580 | 103 | 12 | 6 | 43 |
| Breakfast Burrito | 1 | 8.9 | 600 | 290 | 32 | 12 | 275 | 1080 | 53 | 1 | 3 | 24 |
| APPETIZERS: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
| Nachos (Black) | 1 | 20 | 1470 | 710 | 79 | 34 | 95 | 2140 | 141 | 12 | 8 | 42 |
| Nachos (Pinto) | 1 | 20 | 1460 | 710 | 79 | 34 | 95 | 2140 | 139 | 14 | 6 | 41 |
| Nachos, Chicken (Black) | 1 | 23 | 1600 | 750 | 83 | 35 | 170 | 2510 | 148 | 12 | 8 | 59 |
| Nachos, Chicken (Pinto) | 1 | 23 | 1590 | 750 | 83 | 35 | 170 | 2510 | 146 | 14 | 6 | 58 |
| Nachos, Steak (Black) | 1 | 23 | 1578 | 760 | 84 | 35 | 526 | 2232 | 142 | 12 | 4 | 56 |
| Nachos, Steak (Pinto) | 1 | 23 | 1565 | 759 | 84 | 35 | 527 | 2233 | 139 | 11 | 4 | 55 |
| Nachos, Carnitas (Black) | 1 | 23 | 1572 | 745 | 83 | 35 | 536 | 2342 | 141 | 12 | 5 | 59 |
| Nachos, Carnitas (Pinto) | 1 | 23 | 1560 | 744 | 83 | 35 | 534 | 2343 | 139 | 12 | 5 | 59 |
| Salsa and Chips | 1 | 8.5 | 700 | 290 | 32 | 9 | 0 | 880 | 87 | 4 | 63 | 10 |
| Guacamole, Salsa and Chips | 1 | 14.5 | 970 | 490 | 55 | 14 | 0 | 1600 | 103 | 13 | 2 | 14 |

LA SALSA NUTRITIONAL INFORMATION

| BURRITOS: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES : (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
|-------------------------------------|-------------------------------------|------------------------|------------------|------------------------------|-----------------------|------------------------------|----------------------------|---------------------|--------------------------------|------------------------------|--------------------|---------------------|
| Chips | 15 | 1.4 | 200 | 90 | 10 | 1.5 | 0 | 180 | 25 | 1 | 0 | 3 |
| Original Gourmet Burrito (Chicken) | 1 | 12.5 | 870 | 370 | 41 | 13.5 | 70 | 1810 | 86 | 10 | 6 | 37 |
| Original Gourmet Burrito (Steak) | 1 | 12.5 | 830 | 350 | 39 | 12.5 | 75 | 2020 | 86 | 10 | 6 | 21 |
| Original Gourmet Burrito (Carnitas) | 1 | 12.5 | 830 | 360 | 40 | 13.5 | 75 | 2020 | 83 | 10 | 6 | 37 |
| Bean & Cheese Burrito (Black) | 1 | 16.4 | 1100 | 430 | 48 | 21.5 | 85 | 2120 | 132 | 18 | 14 | 48 |
| Bean & Cheese Burrito (Pinto) | 1 | 16.4 | 1070 | 430 | 48 | 21.5 | 85 | 2100 | 115 | 21 | 7 | 45 |
| Bean & Cheese, Carnitas (Black) | 1 | 19.4 | 1206 | 460 | 51 | 23.5 | 266 | 2478 | 132 | 18 | 8 | 64 |
| Bean & Cheese, Carnitas (Pinto) | 1 | 19.4 | 1170 | 459 | 52 | 23.5 | 266 | 2519 | 115 | 17 | 6 | 62 |
| Bean & Cheese, Chicken (Black) | 1 | 19.4 | 1240 | 460 | 52 | 22.5 | 160 | 2480 | 139 | 18 | 14 | 65 |
| Bean & Cheese, Chicken (Pinto) | 1 | 19.4 | 1200 | 460 | 52 | 22.5 | 160 | 2470 | 122 | 21 | 7 | 62 |
| Bean & Cheese, Steak (Black) | 1 | 19.4 | 1211 | 475 | 53 | 23.5 | 257 | 2368 | 132 | 17 | 7 | 62 |
| Bean & Cheese, Steak (Pinto) | 1 | 19.4 | 1176 | 474 | 54 | 23.5 | 257 | 2408 | 115 | 17 | 5 | 59 |
| California (Black) | 1 | 16.5 | 710 | 260 | 29 | 13 | 40 | 1520 | 89 | 7 | 7 | 28 |
| California (Pinto) | 1 | 16.5 | 690 | 260 | 29 | 13 | 40 | 1520 | 86 | 8 | 5 | 27 |
| California, Carnitas (Black) | 1 | 19.5 | 809 | 297 | 33 | 14 | 285 | 1885 | 89 | 7 | 5 | 44 |
| California, Carnitas (Pinto) | 1 | 19.5 | 796 | 296 | 33 | 14 | 285 | 1886 | 87 | 6 | 5 | 43 |
| California, Chicken (Black) | 1 | 19.5 | 840 | 300 | 33 | 14 | 115 | 1890 | 95 | 7 | 7 | 44 |
| California, Chicken (Pinto) | 1 | 19.5 | 820 | 300 | 33 | 14 | 115 | 1890 | 93 | 8 | 5 | 43 |
| California, Steak (Black) | 1 | 19.5 | 815 | 312 | 35 | 14 | 276 | 1775 | 89 | 6 | 5 | 41 |
| California, Steak (Pinto) | 1 | 19.5 | 802 | 311 | 35 | 14 | 276 | 1775 | 87 | 6 | 5 | 40 |
| Grande, Chicken (Black) | 1 | 20 | 810 | 296 | 33 | 13 | 82 | 1922 | 93 | 8 | 4 | 42 |
| Grande, Chicken (Pinto) | 1 | 20 | 806 | 303 | 34 | 14 | 85 | 1925 | 90 | 7 | 4 | 42 |
| Grande, Steak (Black) | 1 | 20 | 818 | 317 | 35 | 15 | 209 | 1881 | 91 | 8 | 5 | 39 |
| Grande, Steak (Pinto) | 1 | 20 | 805 | 316 | 35 | 15 | 209 | 1881 | 89 | 7 | 5 | 38 |
| Grande, Carnitas (Black) | 1 | 20 | 812 | 302 | 34 | 14 | 218 | 1991 | 91 | 8 | 5 | 42 |
| Grande, Carnitas (Pinto) | 1 | 20 | 798 | 301 | 33 | 14 | 218 | 1985 | 88 | 7 | 5 | 41 |
| 3 Pepper Carnitas | 1 | 16.5 | 778 | 315 | 35 | 16 | 365 | 2111 | 79 | 4 | 7 | 42 |
| 3 Pepper Chicken | 1 | 16.5 | 781 | 309 | 34 | 15 | 97 | 2141 | 81 | 4 | 7 | 43 |
| 3 Pepper Steak | 1 | 16.5 | 783 | 330 | 37 | 16 | 356 | 2001 | 79 | 4 | 7 | 40 |
| 3 Pepper Shrimp | 1 | 15.7 | 940 | 310 | 34 | 15 | 110 | 2250 | 80 | 4 | 8 | 35 |
| No Rice, No Beans, Steak | 1 | 16 | 832 | 389 | 43 | 15 | 97 | 2027 | 74 | 6 | 8 | 39 |
| No Rice, No Beans, Chicken | 1 | 16 | 828 | 368 | 41 | 14 | 102 | 1958 | 76 | 6 | 8 | 44 |
| No Rice, No Beans, Carnitas | 1 | 16 | 827 | 374 | 42 | 15 | 106 | 2138 | 74 | 6 | 8 | 44 |
| No Rice, No Beans, No Meat | 1 | 16 | 726 | 341 | 38 | 14 | 59 | 1610 | 73 | 6 | 8 | 25 |
| El Champion, Chicken (Black) | 1 | 32.4 | 1404 | 454 | 50 | 19 | 138 | 3381 | 170 | 13 | 8 | 77 |
| El Champion, Chicken (Pinto) | 1 | 32.4 | 1380 | 453 | 50 | 19 | 138 | 3379 | 165 | 12 | 8 | 75 |
| El Champion, Steak (Black) | 1 | 32.4 | 1417 | 496 | 55 | 22 | 327 | 3353 | 166 | 13 | 9 | 70 |
| El Champion, Steak (Pinto) | 1 | 32.4 | 1392 | 495 | 55 | 22 | 327 | 3354 | 161 | 12 | 9 | 69 |
| El Champion, Carnitas (Black) | 1 | 32.4 | 1406 | 466 | 52 | 21 | 344 | 3574 | 166 | 13 | 9 | 76 |
| El Champion, Carnitas (Pinto) | 1 | 32.4 | 1380 | 465 | 52 | 21 | 344 | 3574 | 161 | 12 | 9 | 74 |
| Overstuffed Grilled, Chicken | 1 | 21.1 | 1260 | 530 | 59 | 19 | 190 | 3450 | 110 | 6 | 5 | 73 |
| Overstuffed Grilled, Steak | 1 | 21.1 | 1290 | 590 | 66 | 23 | 185 | 3580 | 109 | 7 | 4 | 66 |
| Overstuffed Grilled, Carnitas | 1 | 21.1 | 1200 | 520 | 59 | 20 | 145 | 3360 | 108 | 6 | 4 | 66 |
| Los Cabos Shrimp | 1 | 15.3 | 720 | 310 | 34 | 14 | 100 | 2230 | 77 | 4 | 7 | 31 |
| Baja Fish | 1 | 14.2 | 877 | 474 | 53 | 12 | 96 | 1344 | 58 | 3 | 6 | 46 |
| Sonora Fish | 1 | 13.5 | 573 | 178 | 20 | 8 | 67 | 1342 | 56 | 2 | 3 | 44 |
| Ranchero Style: add | 1 | 9 | 310 | 200 | 22 | 14 | 58 | 738 | 16 | 3 | 4 | 14 |

| KIDS PLATES: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES : (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
|---------------------------|-------------------------------------|------------------------|------------------|------------------------------|-----------------------|------------------------------|----------------------------|---------------------|--------------------------------|------------------------------|--------------------|---------------------|
| Chips | 7 | 18 | 100 | 40 | 4.5 | 1.5 | 0 | 85 | 11 | 0 | 0 | 1 |
| Taco, Chicken (Rice) | 1 | 7.5 | 290 | 49 | 6 | 0 | 29 | 644 | 50 | 3 | 0 | 16 |
| Taco, Chicken (Black) | 1 | 8 | 327 | 47 | 4 | 1 | 34 | 545 | 49 | 7 | 1 | 22 |
| Taco, Chicken (Pinto) | 1 | 8 | 310 | 46 | 4 | 1 | 34 | 544 | 46 | 7 | 1 | 21 |
| Taco, Steak (Black) | 1 | 7.5 | 293 | 63 | 7 | 1 | 27 | 690 | 48 | 3 | 0 | 13 |
| Taco, Steak (Pinto) | 1 | 8 | 312 | 59 | 7 | 2 | 29 | 644 | 45 | 7 | 1 | 19 |
| Quesadilla (Rice) | 1 | 7.1 | 440 | 190 | 21 | 10 | 40 | 990 | 50 | <1 | 1 | 17 |
| Quesadilla (Black) | 1 | 7.6 | 470 | 170 | 19 | 10 | 40 | 870 | 50 | 5 | 5 | 23 |
| Quesadilla (Pinto) | 1 | 7.6 | 450 | 170 | 19 | 10 | 40 | 870 | 47 | 7 | 2 | 21 |
| Nachos (Black) | 1 | 6 | 660 | 310 | 34 | 15 | 40 | 750 | 62 | 4 | 2 | 19 |
| Nachos (Pinto) | 1 | 6 | 650 | 310 | 34 | 15 | 40 | 750 | 61 | 4 | 1 | 19 |
| Burrito (Pinto) and Rice | 1 | 12.4 | 620 | 190 | 21 | 9 | 25 | 1450 | 90 | 9 | 4 | 23 |
| Burrito (Black) and Rice | 1 | 13 | 640 | 170 | 19 | 9 | 30 | 1330 | 89 | 13 | 9 | 29 |
| Burrito (Pinto) and Pinto | 1 | 13 | 620 | 170 | 19 | 9 | 30 | 1330 | 86 | 15 | 6 | 28 |

| PLATTERS: | QUANTITY: Number of items | WEIGHT (oz.) | CALORIES: | CALORIES: From fat | TOTAL FAT: (g) | SATURATED FAT: (g) | CHOLESTEROL: (g) | SODIUM: (mg) | CARBOHYDRATES : (mg) | DIETARY FIBER: (g) | SUGARS: (g) | PROTEIN: (g) |
|--|-------------------------------------|------------------------|------------------|------------------------------|-----------------------|------------------------------|----------------------------|---------------------|--------------------------------|------------------------------|--------------------|---------------------|
| Chips (With Combos) | 26 | 2.4 | 350 | 150 | 17 | 4.5 | 0 | 320 | 43 | 2 | 0 | 5 |
| Chips (With Fajitas) | 15 | 1.4 | 200 | 90 | 10 | 2.5 | 0 | 180 | 25 | 1 | 0 | 3 |
| Tacos La Salsa, Chicken (Pinto) | 1 | 19.6 | 930 | 315 | 35 | 10.5 | 85 | 1700 | 113 | 11 | 7 | 45 |
| Tacos La Salsa, Chicken (Black) | 1 | 19.6 | 910 | 315 | 35 | 10.5 | 85 | 1690 | 105 | 13 | 3 | 44 |
| Tacos La Salsa, Steak (Pinto) | 1 | 19.6 | 860 | 285 | 32 | 8.5 | 95 | 1980 | 113 | 11 | 7 | 24 |
| Tacos La Salsa, Steak (Black) | 1 | 19.6 | 840 | 285 | 32 | 8.5 | 95 | 1970 | 105 | 13 | 3 | 23 |
| Tacos La Salsa, Carnitas (Pinto) | 1 | 19.6 | 870 | 295 | 33 | 9.5 | 90 | 1980 | 110 | 11 | 7 | 45 |
| Tacos La Salsa, Carnitas (Black) | 1 | 19.6 | 850 | 295 | 33 | 9.5 | 90 | 1970 | 102 | 13 | 3 | 44 |
| Mexico City Taco Platter (Black) | 1 | 21.4 | 1060 | 350 | 39 | 13.5 | 135 | 2140 | 127 | 11 | 7 | 51 |
| Mexico City Taco Platter (Pinto) | 1 | 21.4 | 1040 | 350 | 39 | 13.5 | 135 | 2140 | 119 | 12 | 3 | 49 |
| 2 Veggie Tacos, (Black) | 2 | 20.6 | 780 | 210 | 23 | 12 | 55 | 1530 | 117 | 14 | 12 | 33 |
| 2 Veggie Tacos, (Pinto) | 2 | 20.6 | 760 | 210 | 23 | 12 | 55 | 1530 | 114 | 16 | 9 | 32 |
| 2 Taquitos, Quesadilla (Black) | 3 | 24.2 | 1600 | 780 | 86 | 36 | 165 | 3020 | 143 | 18 | 9 | 70 |
| 2 Taquitos, Quesadilla (Pinto) | 3 | 24.2 | 1590 | 780 | 86 | 36 | 165 | 3020 | 140 | 19 | 6 | 69 |
| 2 Taquitos, Steak Quesadilla (Black) | 3 | 27.2 | 1927 | 904 | 100 | 40 | 742 | 3382 | 169 | 19 | 5 | 91 |
| 2 Taquitos, Steak Quesadilla (Pinto) | 3 | 27.2 | 1909 | 903 | 100 | 40 | 742 | 3383 | 166 | 18 | 5 | 89 |
| 2 Taquitos, Chicken Quesadilla (Black) | 3 | 27.2 | 1730 | 810 | 90 | 37 | 240 | 3390 | 150 | 18 | 10 | 87 |
| 2 Taquitos, Chicken Quesadilla (Pinto) | 3 | 27.2 | 1720 | 810 | 90 | 37 | 240 | 3390 | 147 | 20 | 7 | 86 |
| 2 Taquitos, Steak Quesadilla (Black) | 3 | 27.2 | 1728 | 833 | 92 | 38 | 733 | 3088 | 145 | 18 | 5 | 85 |
| 2 Taquitos, Steak Quesadilla (Pinto) | 3 | 27.2 | 1711 | 832 | 92 | 38 | 733 | 3088 | 142 | 17 | 5 | 84 |
| Burrito, Ranchero, Chicken (Black) | 1 | 24.1 | 936 | 320 | 36 | 14 | 90 | 2616 | 113 | 11 | 12 | 49 |
| Burrito, Ranchero, Chicken (Pinto) | 1 | 24.1 | 921 | 319 | 36 | 14 | 90 | 2615 | 110 | 10 | 8 | 47 |
| Burrito, Ranchero, Steak (Black) | 1 | 24.1 | 937 | 342 | 38 | 16 | 283 | 2517 | 111 | 11 | 8 | 45 |
| Burrito, Ranchero, Steak (Pinto) | 1 | 24.1 | 920 | 341 | 38 | 16 | 283 | 2517 | 107 | 10 | 8 | 44 |
| Burrito, Ranchero, Carnitas (Black) | 1 | 24.1 | 1134 | 412 | 46 | 18 | 292 | 2812 | 135 | 12 | 12 | 51 |
| Burrito, Ranchero, Carnitas (Pinto) | 1 | 24.1 | 1119 | 412 | 46 | 18 | 292 | 2812 | 132 | 11 | 8 | 49 |
| Enchilada, Chicken (Black) | 2 | 19.6 | 714 | 222 | 25 | 11 | 104 | 1821 | 84 | 10 | 5 | 47 |
| Enchilada, Chicken (Pinto) | 2 | 19.6 | 699 | 222 | 25 | 11 | 104 | 1820 | 81 | 9 | 5 | 46 |
| Enchilada, Steak (Black) | 2 | 19.6 | 720 | 250 | 28 | 13 | 295 | 1769 | 82 | 10 | 5 | 42 |
| Enchilada, Steak (Pinto) | 2 | 19.6 | 704 | 249 | 28 | 13 | 295 | 1769 | 78 | 9 | 5 | 41 |
| Enchilada, Cheese (Black) | 2 | 18.6 | 900 | 420 | 47 | 28 | 130 | 1830 | 82 | 10 | 10 | 45 |
| Enchilada, Cheese (Pinto) | 2 | 18.6 | 880 | 420 | 47 | 28 | 130 | 1830 | 79 | 12 | 7 | 44 |
| Enchilada, Carnitas (Black) | 2 | 19.6 | 917 | 316 | 35 | 15 | 307 | 2100 | 106 | 11 | 5 | 49 |
| Enchilada, Carnitas (Pinto) | 2 | 19.6 | 900 | 317 | 35 | 15 | 307 | 2100 | 103 | 10 | 5 | 48 |
| Fajita, Chicken (Black) | 1 | 22.1 | 827 | 259 | 29 | 11 | 112 | 1959 | 99 | 12 | 6 | 52 |
| Fajita, Chicken (Pinto) | 1 | 22.1 | 811 | 258 | 29 | 11 | 112 | 1958 | 96 | 11 | 5 | 50 |
| Fajita, Steak (Black & Corn) | 1 | 22.1 | 870 | 310 | 34 | 14 | 249 | 2124 | 97 | 12 | 6 | 50 |
| Fajita, Steak (Pinto & Corn) | 1 | 22.1 | 853 | 308 | 34 | 14 | 249 | 2124 | 93 | 11 | 6 | 49 |
| Fajita, Steak (Black & Flour) | 1 | 22.1 | 960 | 364 | 40 | 16 | 249 | 2634 | 100 | 9 | 6 | 53 |
| Fajita, Steak (Pinto & Flour) | 1 | 22.1 | 943 | 363 | 40 | 16 | 249 | 2634 | 96 | 8 | 6 | 52 |

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