



	Weight (g)	Total Calories (cal)	Calories from fat (fat cal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>Burritos</b>												
Bean and Cheese Burrito - Black Beans	278	720	330	37.0	20.0	0	75	980	62	4	1	34
Bean and Cheese Burrito - Carnitas & Black Beans	363	820	370	41.0	22.0	0	120	1530	62	4	1	50
Bean and Cheese Burrito - Carnitas & Pinto Beans	448	910	370	42.0	22.0	0	120	1700	79	7	2	55
Bean and Cheese Burrito - Grilled Chicken & Black Beans	363	810	360	40.0	20.0	0	115	1250	63	4	1	50
Bean and Cheese Burrito - Grilled Chicken & Pinto Beans	448	910	360	40.0	20.0	0	115	1420	80	7	2	56
Bean and Cheese Burrito - Pinto Beans	448	810	340	37.0	20.0	0	75	1140	79	7	2	39
Bean and Cheese Burrito - Steak & Black Beans	363	880	430	48.0	22.0	0	120	1470	63	4	2	48
Bean and Cheese Burrito - Steak & Pinto Beans	448	970	440	49.0	22.0	0	120	1640	80	7	3	53
California - Black Beans	533	770	290	32.0	15.0	0	85	1880	80	7	4	42
California - Pinto Beans	533	790	290	32.0	15.0	0	85	1890	84	7	5	43
California - Carnitas & Black Beans	533	770	290	32.0	15.0	0	85	1880	80	7	4	42
California - Carnitas & Pinto Beans	533	790	290	32.0	15.0	0	85	1890	84	7	5	43
California - Grilled Chicken & Black Beans	533	770	270	30.0	13.0	0	80	1600	82	7	4	42
California - Grilled Chicken & Pinto Beans	533	780	270	30.0	13.0	0	80	1610	85	7	5	43
California - Steak & Black Beans	533	830	350	39.0	15.0	0	80	1810	81	7	5	40
California - Steak & Pinto Beans	533	850	350	39.0	15.0	0	80	1820	85	7	6	41
Grande - Carnitas & Black Beans	533	750	280	31.0	16.0	0	90	1910	79	7	5	39
Grande - Carnitas & Pintos Beans	533	770	280	31.0	16.0	0	90	1810	78	7	6	40
Grande - Grilled Chicken & Black Beans	533	750	270	30.0	14.0	0	85	1630	80	7	5	40
Grande - Grilled Chicken & Pinto Beans	533	770	270	30.0	14.0	0	85	1730	80	7	6	40
Grande - Steak & Black Beans	533	810	340	38.0	16.0	0	85	1840	80	7	6	37
Grande - Steak & Pinto Beans	533	830	340	38.0	16.0	0	85	1850	83	7	7	38
Green Chile Burrito - Carnitas	462	1030	400	44.0	26.0	0	135	2410	72	2	4	54
Green Chile Burrito - Grilled Chicken	462	1020	380	43.0	23.0	0	130	2040	74	2	4	54
Green Chile Burrito - Steak	462	1110	480	54.0	26.0	0	135	2330	73	2	5	52
Los Cabos Shrimp	462	750	290	32.0	14.0	0	160	1940	76	4	6	38
No Rice No Beans - Carnitas	505	750	300	33.0	17.0	0	90	2130	76	5	12	39
No Rice No Beans - Grilled Chicken	505	750	290	32.0	15.0	0	85	1850	77	5	12	40
No Rice No Beans - Steak	505	810	360	40.0	17.0	0	85	2060	77	5	13	38
Original Gourmet - Carnitas	320	690	340	37.0	14.0	0	70	1700	56	2	3	33
Original Gourmet - Grilled Chicken	320	680	320	36.0	12.0	0	65	1420	58	2	3	33
Original Gourmet - Steak	320	750	400	44.0	14.0	0	70	1630	57	2	4	31
Overstuffed - Carnitas	420	860	310	35.0	19.0	0	130	2200	56	2	3	53
Overstuffed - Grilled Chicken	420	860	290	32.0	15.0	0	120	1650	59	2	3	53
Overstuffed - Steak	420	980	440	49.0	20.0	0	125	2080	58	2	5	49
Veracruz - Grilled Chicken	397	590	200	22.0	13.0	0	85	1210	34	4	4	30
Veracruz - Mahi Mahi	397	660	260	29.0	15.0	0	95	1210	34	5	4	30
Veracruz - Shrimp	397	580	190	21.0	13.0	0	160	1310	34	4	4	30
Veracruz - Steak	397	660	270	31.0	15.0	0	85	1420	34	4	5	28
Ranchero style ADD	220	400	200	23.0	12.0	0	55	1100	30	4	5	15
<b>Tacos</b>												
Baja Grilled Fish Tacos	162	260	110	12.0	4.0	0	40	160	23	4	1	15
Baja Style Shrimp Tacos	177	250	80	9.0	2.5	0	125	180	23	4	1	21
Carnitas Guadalajara Tacos	159	300	150	17.0	5.0	0	50	460	22	2	1	17
Mexico City Tacos - Carnitas	123	220	80	9.0	4.0	0	45	380	20	2	0	17
Mexico City Tacos - Chicken	123	220	70	8.0	2.5	0	40	190	21	2	0	17
Mexico City Tacos - Fish	109	230	100	11.0	3.5	0	40	150	20	2	0	14
Mexico City Tacos - Shrimp	109	210	70	7.0	2.5	0	90	260	21	2	0	16
Mexico City Tacos - Steak	123	260	120	14.0	4.0	0	40	340	20	2	1	16
Tacos La Salsa - Carnitas	159	240	90	10.0	4.0	0	45	450	21	3	1	17
Tacos La Salsa - Chicken	159	240	90	10.0	3.0	0	40	260	22	3	1	18
Tacos La Salsa - Shrimp	159	230	80	9.0	3.0	0	90	330	22	3	1	17
Tacos La Salsa - Steak	159	280	140	15.0	4.0	0	40	400	22	3	1	16
Make any tacos a platter - Pinto Beans (3.5 oz rice) (4 oz bean)	220	200	20	2.0	1.0	0	5	480	35	5	1	9
Make any tacos a platter - Black Beans	220	170	20	2.0	1.0	0	5	470	31	5	1	8
<b>Salads - No Dressing</b>												
Chile Lime	538	660	470	53.0	9.0	0	40	280	38	9	14	14
Chile Lime - Carnitas	623	760	510	57.0	11.0	0	85	840	38	9	14	30
Chile Lime - Chicken	623	760	500	55.0	9.0	0	80	560	40	9	14	30
Chile Lime - Steak	623	830	570	64.0	11.0	0	80	780	39	9	15	28
Chipotle Shrimp	462	530	290	32.0	8.0	0	200	730	28	10	7	35
Especial Salad	302	400	290	32.0	6.0	0	35	400	22	8	5	10
Huerta Salad	135	180	140	16.0	2.5	0	10	230	7	2	5	3
Taco Salad - Black Beans	595	690	240	27.0	13.0	0	45	1480	88	10	7	25
Taco Salad - Carnitas - Black Beans	680	790	280	31.0	15.0	0	90	2040	88	10	7	41
Taco Salad - Carnitas & Pinto Beans	765	880	280	31.0	15.0	0	90	2210	105	13	8	46
Taco Salad - Grilled Chicken - Black Beans	680	790	270	29.0	13.0	0	85	1760	89	10	7	41
Taco Salad - Grilled Chicken & Pinto Beans	765	880	270	30.0	13.0	0	85	1930	106	13	8	47
Taco Salad - Pinto Beans	680	780	240	27.0	13.0	0	45	1650	105	13	8	30

Taco Salad - Steak - Black Beans	680	850	340	38.0	16.0	0	85	1980	89	10	7	39
Taco Salad - Steak & Pinto Beans	765	940	340	38.0	16.0	0	85	2140	106	13	9	44
Chicken Tortilla Soup	445	390	110	12.0	3.0	0	55	3030	48	8	9	24
<b>Platters</b>												
Taquitos & Quesadilla - Cheese & Pinto Beans	808	1470	650	72.0	37.0	0	190	2500	129	12	8	74
Taquitos & Quesadilla - Carnitas & Pinto Beans	921	1600	6970	77.0	39.0	0	240	3110	133	13	8	92
Taquitos & Quesadilla - Chicken & Pinto Beans	921	1600	680	75.0	37.0	0	235	2830	135	13	8	92
Taquitos & Quesadilla - Steak & Pinto Beans	921	1660	750	84.0	39.0	0	235	3050	134	13	9	90
Carnitas & Avocado Enchilada - Pinto Beans	548	830	410	46.0	21.0	0	135	1420	57	10	4	50
Chicken & Avocado Enchilada - Pinto Beans	548	830	400	44.0	19.0	0	130	1150	58	10	4	50
Steak & Avocado Enchilada - Pinto Beans	577	920	480	53.0	21.0	0	130	1410	62	11	5	49
Carnitas & Avocado Enchilada & Black Beans	548	810	410	21.0	21.0	0	135	1410	53	10	3	49
Chicken & Avocado Enchilada & Black Beans	548	810	400	44.0	19.0	0	130	1140	55	10	3	49
Steak & Avocado Enchilada - Black Beans	548	870	470	53.0	21.0	0	130	1350	54	10	4	47
Enchilada - Cheese - Pinto Beans	507	850	440	49.0	26.0	0	130	990	58	8	4	45
Enchilada - Carnitas - Pinto beans	621	990	490	54.0	28.0	0	190	1740	58	8	4	66
Enchilada - Chicken - Pinto beans	621	980	470	52.0	26.0	0	185	1360	60	8	4	67
Enchilada - Steak - Pinto Beans	621	1070	570	63.0	29.0	0	185	1650	59	8	5	64
Three Pepper Fajita - Corn - Carnitas & Pinto Beans	665	820	280	31.0	14.0	0	140	1660	83	12	7	56
Three Pepper Fajita - Corn - Chicken & Pinto Beans	665	820	250	28.0	10.0	0	135	1100	86	12	7	57
Three Pepper Fajita - Corn - Steak & Pinto Beans	665	950	400	45.0	14.0	0	135	1530	84	12	8	53
Three Pepper Fajita - Flour - Carnitas & Pinto Beans	605	720	270	30.0	15.0	0	140	1860	60	10	7	54
Three Pepper Fajita - Flour - Chicken & Pinto Beans	605	720	240	27.0	11.0	0	135	1300	63	10	7	55
Three Pepper Fajita - Flour - Steak & Pinto Beans	605	840	390	44.0	15.0	0	135	1730	61	10	8	51
Taquitos & Quesadilla - Cheese & Black Beans	808	1450	650	72.0	37.0	0	190	2490	125	12	7	73
Taquitos & Quesadilla - Carnitas & Black Beans	893	1560	690	76.0	39.0	0	240	3050	125	12	7	89
Taquitos & Quesadilla - Chicken & Black Beans	893	1550	680	75.0	36.0	37	235	2770	127	12	7	90
Taquitos & Quesadilla - Steak & Black Beans	893	1620	750	83.0	39.0	0	235	2980	126	12	8	88
Enchilada -Cheese & Black Beans	479	810	440	49.0	26.0	0	130	930	50	7	3	43
Enchilada - Carnitas & Black Beans	593	940	490	54.0	29.0	0	190	1670	50	7	3	64
Enchilada - Chicken & Black Beans	593	940	470	52.0	26.0	0	185	1300	52	7	3	65
Enchilada - Steak & Black Beans	593	1020	570	63.0	29.0	0	185	1590	51	7	4	62
Three Pepper Fajita - Flour - Carnitas & Black Beans	605	700	270	29.0	15.0	0	140	1850	55	10	6	53
Three Pepper Fajita - Flour - Chicken& Black Beans	605	690	240	27.0	11.0	0	135	1290	58	10	6	54
Three Pepper Fajita - Flour - Steak & Black Beans	605	820	390	44.0	15.0	0	135	1720	57	10	8	50
Three Pepper Fajita - Flour - Wahoo & Pinto Beans												
Three Pepper Fajita - Carnitas & Black Beans	665	800	280	31.0	14.0	0	140	1640	78	12	6	55
Three Pepper Fajita - Chicken & Black Beans	665	790	250	28.0	10.0	0	135	1080	81	12	6	56
Three Pepper Fajita - Steak & Black Beans	665	920	400	45.0	14.0	0	135	1540	80	12	8	52
<b>Favorites</b>												
Chicken Taquitos	435	590	180	20.0	8.0	0	85	1640	62	8	4	40
Classic Quesadilla - Carnitas	448	980	520	58.0	31.0	0	165	1600	59	3	5	56
Classic Quesadilla - Cheese	363	880	490	54.0	29.0	0	120	1050	59	3	5	39
Classic Quesadilla - Chicken	448	980	510	57.0	29.0	0	160	1330	60	3	5	56
Classic Quesadilla - Steak	448	1040	590	65.0	31.0	0	165	1540	60	3	6	54
Fire Roasted Bowls - Carnitas & Black Beans	617	510	160	18.0	9.0	0	85	1370	54	9	10	34
Fire Roasted Bowls - Carnitas & Pinto Beans	617	520	160	18.0	9.0	0	85	1380	57	9	11	35
Fire Roasted Bowls - Chicken & Black Beans	617	500	150	16.0	7.0	0	80	1090	55	9	10	35
Fire Roasted Bowls - Chicken & Pinto Beans	617	520	150	16.0	7.0	0	80	1100	58	9	11	36
Fire Roasted Bowls - Steak & Black Beans	645	570	220	25.0	10.0	0	80	1300	55	9	11	33
Fire Roasted Bowls - Steak & Pinto Beans	617	580	220	25.0	10.0	0	80	1310	58	9	12	33
Nachos - Black Beans	625	1050	460	52.0	25.0	0	120	1030	93	12	7	41
Nachos - Pinto Beans	653	1090	470	52.0	25.0	0	120	1100	101	13	7	43
Nachos - Carnitas - Black Beans	710	1150	500	56.0	27.0	0	165	1590	93	12	7	57
Nachos - Carnitas & Pinto Beans	739	1190	500	56.0	27.0	0	165	1650	101	13	7	59
Nachos - Chicken - Black Beans	710	1150	490	54.0	25.0	0	160	1310	95	12	7	57
Nachos - Chicken & Pinto Beans	710	1170	490	54.0	25.0	0	160	1320	98	12	7	58
Nachos - Steak - Black Beans	710	1210	560	63.0	27.0	0	165	1530	94	12	8	55
Nachos - Steak & Pinto Beans	710	1230	560	63.0	27.0	0	165	1540	98	12	8	56
Stuffed Fajita Quesadilla - Chicken	428	930	430	48.0	22.0	0	135	1480	60	6	4	45
Stuffed Fajita Quesadilla - Carnitas	428	930	450	49.0	24.0	0	140	1760	59	6	4	45
Stuffed Fajita Quesadilla - Cheese	343	830	410	45.0	22.0	0	90	1200	59	6	4	28
Stuffed Fajita Quesadilla - Steak	428	990	510	57.0	24.0	0	135	1700	60	6	5	43
<b>Breakfast</b>												
Breakfast Burrito - Chicken	349	660	270	30	13	0	425	1300	56	1	3	40
Breakfast Burrito - Steak	349	700	320	36	14	0	425	1440	55	1	3	38
Breakfast Huevos Ranchero Platter - Chicken	471	500	130	14	3.5	0	400	1090	59	7	3	34
Breakfast Huevos Ranchero Platter - Chorizo	471	610	250	27	8	0	370	1370	61	9	3	31
Breakfast Huevos Ranchero Platter - Steak	471	550	180	20	5	0	400	1230	58	7	3	33
Breakfast Taco	122	200	90	10	4	0	200	150	14	1	1	12
Coffee 16 oz	474	5	0	0	0	0	0	10	0	0	0	1
Orange Juice	378	190	0	0.0	0.0	0	0	50	48	0	47	0
<b>Kids</b>												
Quesadilla - Rice	207	440	170	19.0	11.0	0	45	700	45	2	1	19
Quesadilla - Pinto Beans	221	460	180	20.0	11.0	0	45	630	47	6	1	24
Quesadilla - Black Beans	221	440	180	19.0	11.0	0	45	620	43	7	0	23
Bean & Cheese Burrito - Rice	260	600	230	25.0	14.0	0	45	1140	71	0	2	23
Bean & Cheese Burrito - Pinto Beans	275	630	230	26.0	14.0	0	45	1080	72	4	2	27
Bean & Cheese Burrito - Black Beans	275	600	230	26.0	14.0	0	45	1070	68	5	1	26

<b>A La Carte &amp; Sides</b>												
Black Beans 6 oz	176	140	20	2.0	1.0	0	5	290	21	8	0	9
Pinto Beans 6 oz	176	170	20	2.0	1.0	0	5	310	27	7	1	11
Rice (3.5 oz)	101	80	0	0.0	0.0	0	0	270	17	0	1	2
Chips and Salsa	283	490	50	6.0	0.0	0	0	280	87	6	3	7
Chips, Salsa, and Guacamole	454	710	230	25.0	3.5	0	0	630	101	16	5	10
Churro	56	250	140	16.0	5.0	0	20	1440	27	0	14	2
Guacamole 3 oz	85	110	90	10.0	1.5	0	0	180	7	5	1	2
Guacamole 8 oz	227	290	230	26.0	3.5	0	0	470	18	13	2	4
Chicken Taquito	96	150	30	3.5	1.0	0	20	470	18	2	0	12
<b>Individual Items</b>												
Black Beans 30 oz	879	680	100	11.0	6.0	0	30	1460	104	38	2	45
Carnitas 3 oz	85	100	35	4.0	2.0	0	45	560	0	0	0	16
Chicken	85	100	25	2.5	0.0	0	40	280	2	0	0	17
Chips 1 oz	28	80	10	1.0	0.0	0	0	0	14	1	0	1
Chips 6 oz	170	460	50	6.0	0.0	0	0	0	82	5	0	6
Chopped Cilantro	28	5	0	0.0	0.0	0	0	15	1	1	0	1
Corn Tortilla	29	60	10	1.0	0.0	0	0	5	12	1	0	2
Cotija Cheese	28	90	60	7.0	4.0	0	25	390	1	0	0	8
Fish 3 oz	85	160	80	10.0	2.5	0	55	280	1	0	0	16
Flour Tortilla	31	90	20	2.0	1.0	0	0	220	15	1	0	3
Guacamole	28	35	30	3.0	0.0	0	0	60	2	2	0	1
Pinto Beans 30 oz	879	860	100	11.0	6.0	0	30	1570	137	34	7	53
Rice 1 oz	29	20	0	0.0	0.0	0	0	80	5	0	0	0
Rice 20 oz	575	440	10	1.0	0.0	0	0	1570	95	3	3	10
Shrimp 3 oz	85	80	15	1.5	0.0	0	115	380	1	0	0	16
Sour Cream	28	60	45	5.0	3.5	0	20	15	1	0	1	1
Steak 3 oz	85	160	100	11.0	2.0	0	45	490	1	0	1	14
Veggie 3 oz	85	30	0	0.0	0.0	0	0	0	7	2	3	1
<b>Sauces/Dressings</b>												
Baja Ranch Sauce	28	90	80	9.0	2.5	0	15	190	1	0	1	1
Chile Ancho Sauce	28	150	140	16.0	2.0	0	15	170	1	0	0	0
Chile Lime Dressing	28	130	120	13.0	1.0	0	5	85	3	0	3	0
Chipotle Dressing	82	90	80	0.0	1.0	0	0	70	1	0	0	0
Chopped Cilantro	28	5	0	0.0	0.0	0	0	15	1	1	0	1
Chopped Onions	28	10	0	0.0	0.0	0	0	0	3	0	1	0
Corn Salsa	28	40	20	2.5	0.0	0	0	105	5	0	2	1
Crema Mexicana	28	45	35	4.0	2.5	0	15	10	1	0	1	1
Diced Jalapenos	28	5	0	0.0	0.0	0	0	30	1	1	0	1
Fresh Limes	28	5	0	0.0	0.0	0	0	0	0	0	0	0
Poblano Crema	28	25	15	1.5	1.0	0	5	80	1	0	1	1
Ranchero Sauce	28	25	10	0.0	0.0	0	0	270	3	1	1	1
Salsa Avocado (Mild)	28	15	10	1.0	0.0	0	0	160	1	0	0	0
Salsa Buena (Medium)	28	5	0	0.0	0.0	0	0	140	1	0	1	0
Salsa Habaero (Hot)	28	0	0	0.0	0.0	0	0	460	0	0	0	0
Salsa Mango (Mild)	28	15	0	0.0	0.0	0	0	15	4	0	3	0
Salsa Mexicana (Medium)	28	5	0	0.0	0.0	0	0	70	1	0	1	0
Salsa Roasted Tomato (Medium)	28	5	0	0.0	0.0	0	0	170	1	0	0	0
Salsa Roja	28	10	5	0.0	0.0	0	0	135	2	0	1	0
Salsa Verde (Medium)	28	10	0	0.0	0.0	0	0	55	2	0	1	0
Sonora Salsa	28	15	5	0.5	0.0	0	0	340	2	0	1	0
Spicy Carrots	28	25	5	0.0	0.0	0	0	140	5	0	1	0
<b>Margaritas</b>												
Original	681	410	0	0	0	0	0	15	104	0	94	0
Original Blended	468	300	0	0	0	0	0	10	75	0	68	0
Strawberry Blended	581	340	0	0	0	0	0	15	85	2	73	0
<b>Beverage</b>												
Barq's® Caffeine Free Root Beer	20	oz	310	0	0	0	0	125	83	0	83	0
Barq's® Caffeine Free Root Beer	32	oz	490	0	0	0	0	200	132	0	132	0
Barq's® Red Crème Soda	20	oz	320	0	0	0	0	110	85	0	85	0
Barq's® Red Crème Soda	32	oz	500	0.0	0	0.0	0.0	180	135	0	135	0
Barq's® Root Beer	20	oz	310	0	0	0	0	125	83	0	83	0
Barq's® Root Beer	32	oz	490	0	0	0	0	200	132	0	132	0
Caffeine-Free Diet Coke®	20	oz	0	0	0	0	0	85	>1	0	0	0
Caffeine-Free Diet Coke®	32	oz	0	0	0	0	0	135	>1	0	0	0
Cherry Coca-Cola®	32	oz	450	0	0	0	0	115	124	0	124	0
Cherry Coca-Cola®	20	oz	290	0	0	0	0	70	78	0	78	0
Coca-Cola Zero™	20	oz	0	0	0	0	0	70	0	0	0	0
Coca-Cola Zero™	32	oz	0	0	0	0	0	110	>1	0	0	0
Coca-Cola®	20	oz	270	0	0	0	0	60	74	0	74	0
Coca-Cola®	32	oz	430	0	0	0	0	95	118	0	118	0
Coca-Cola® High Yield	20	oz	270	0	0	0	0	70	75	0	75	0
Coca-Cola® High Yield	32	oz	440	0	0	0	0	110	119	0	119	0
Diet Coke®	32	oz	0	0	0	0	0	135	>1	0	0	0
Diet Coke®	20	oz	0	0	0	0	0	85	>1	0	0	0
Diet Coke® High Yield	20	oz	0	0	0	0	0	85	>1	0	0	0
Diet Coke® High Yield	32	oz	0	0	0	0	0	135	>1	0	0	0
Diet Coke® with Lime	20	oz	0	0	0	0	0	85	>1	0	0	0
Diet Coke® with Lime	32	oz	5	0	0	0	0	135	>1	0	0	0

Diet Dr. Pepper®	20	oz	0	0	0	0	0	0	0	120	0	0	0	0
Diet Dr. Pepper®	32	oz	0	0	0	0	0	0	0	195	1	0	0	0
Dr. Pepper®	20	oz	240	0	0	0	0	0	0	75	66	0	65	0
Dr. Pepper®	32	oz	390	0	0	0	0	0	0	120	106	0	104	0
Fanta® Apple	20	oz	310	0	0	0	0	0	0	100	82	0	82	0
Fanta® Apple	32	oz	490	0	0	0	0	0	0	160	131	0	131	0
Fanta® Birch Beer	20	oz	300	0	0	0	0	0	0	95	80	0	80	0
Fanta® Birch Beer	32	oz	470	0	0	0	0	0	0	150	127	0	127	0
Fanta® Blue Raspberry	20	oz	320	0	0	0	0	0	0	85	86	0	86	0
Fanta® Blue Raspberry	32	oz	510	0	0	0	0	0	0	135	138	0	138	0
Fanta® Cherry	20	oz	290	0	0	0	0	0	0	80	78	0	78	0
Fanta® Cherry	32	oz	470	0	0	0	0	0	0	130	125	0	125	0
Fanta® Fruit Punch	20	oz	290	0	0	0	0	0	0	95	77	0	77	0
Fanta® Fruit Punch	32	oz	460	0	0	0	0	0	0	150	123	0	123	0
Fanta® Grape	20	oz	310	0	0	0	0	0	0	85	83	0	83	0
Fanta® Grape	32	oz	500	0	0	0	0	0	0	135	132	0	132	0
Fanta® Kiwi-Strawberry	20	oz	330	0	0	0	0	0	0	85	88	0	88	0
Fanta® Kiwi-Strawberry	32	oz	530	0	0	0	0	0	0	135	140	0	140	0
Fanta® Orange	20	oz	290	0	0	0	0	0	0	75	80	0	78	0
Fanta® Orange	32	oz	460	0	0	0	0	0	0	115	127	0	125	0
Fanta® Red	20	oz	290	0	0	0	0	0	0	90	78	0	78	0
Fanta® Red	32	oz	460	0	0	0	0	0	0	140	124	0	124	0
Fanta® Strawberry	20	oz	310	0	0	0	0	0	0	85	85	0	85	0
Fanta® Strawberry	32	oz	490	0	0	0	0	0	0	135	135	0	135	0
Fanta® Strawberry (Texas Only)	20	oz	290	0	0	0	0	0	0	70	77	0	77	0
Fanta® Strawberry (Texas Only)	32	oz	450	0	0	0	0	0	0	110	122	0	122	0
Fresca®	20	oz	0	0	0	0	0	0	0	80	2	0	0	0
Fresca®	32	oz	10	0	0	0	0	0	0	130	2	0	0	0
Fruitopia® Strawberry Passion Fruit Awareness®	20	oz	320	0	0	0	0	0	0	95	87	0	84	0
Fruitopia® Strawberry Passion Fruit Awareness®	32	oz	510	0	0	0	0	0	0	150	139	0	134	0
Full Throttle Twisted™	20	oz	290	0	0	0	0	0	0	210	77	0	77	0
Full Throttle Twisted™	32	oz	470	0	0	0	0	0	0	340	123	0	123	0
Fuze® Lemon Black Tea	20	oz	160	0	0	0	0	0	0	80	42	0	42	0
Fuze® Lemon Black Tea	32	oz	260	0	0	0	0	0	0	125	68	0	68	0
Fuze® Peach Tea	20	oz	160	0	0	0	0	0	0	80	43	0	42	0
Fuze® Peach Tea	32	oz	260	0	0	0	0	0	0	125	68	0	67	0
Fuze® Raspberry Tea	20	oz	160	0	0	0	0	0	0	80	43	0	42	0
Fuze® Raspberry Tea	32	oz	260	0	0	0	0	0	0	125	68	0	67	0
Fuze® Sweet Tea	20	oz	160	0	0	0	0	0	0	85	42	0	42	0
Fuze® Sweet Tea	32	oz	260	0	0	0	0	0	0	135	68	0	68	0
Fuze® Unsweet Tea	20	oz	0	0	0	0	0	0	0	80	0	0	0	0
Fuze® Unsweet Tea	32	oz	10	0	0	0	0	0	0	125	>1	0	0	0
Glaceau Fruitwater® Black Raspberry	20	oz	0	0	0	0	0	0	0	75	1	0	0	0
Glaceau Fruitwater® Black Raspberry	32	oz	10	0	0	0	0	0	0	115	2	0	0	0
Glaceau Fruitwater® Watermelon Punch	20	oz	5	0	0	0	0	0	0	70	1	0	0	0
Glaceau Fruitwater® Watermelon Punch	32	oz	10	0	0	0	0	0	0	115	2	0	0	0
Glaceau Vitaminwater® Essential	20	oz	130	0	0	0	0	0	0	65	36	0	34	0
Glaceau Vitaminwater® Essential	32	oz	210	0	0	0	0	0	0	105	58	0	55	0
Glaceau Vitaminwater® Revive	20	oz	130	0	0	0	0	0	0	65	35	0	34	0
Glaceau Vitaminwater® Revive	32	oz	210	0	0	0	0	0	0	105	56	0	55	0
Glaceau Vitaminwater® Squeezed Zero	20	oz	5	0	0.0	0.0	0	0	0	70	2	0	0	0
Glaceau Vitaminwater® Squeezed Zero	32	oz	10	0	0	0	0	0	0	110	3	0	0	0
Glaceau Vitaminwater® XXX	20	oz	130	0	0	0	0	0	0	65	35	0	34	0
Glaceau Vitaminwater® XXX	32	oz	210	0	0	0	0	0	0	105	56	0	55	0
Glaceau Vitaminwater® XXX Zero	20	oz	0	0	0	0	0	0	0	70	>1	0	0	0
Glaceau Vitaminwater® XXX Zero	32	oz	5	0	0	0	0	0	0	110	2	0	0	0
Gold Peak® Citrus White Tea	20	oz	230	0	0	0	0	0	0	80	60	0	60	0
Gold Peak® Citrus White Tea	32	oz	360	0	0	0	0	0	0	125	95	0	95	0
Gold Peak® Diet Black Tea	20	oz	0	0	0	0	0	0	0	80	0	0	0	0
Gold Peak® Diet Black Tea	32	oz	0	0	0	0	0	0	0	125	0	0	0	0
Gold Peak® Diet Green Tea	20	oz	5	0	0	0	0	0	0	85	>1	0	0	0
Gold Peak® Diet Green Tea	32	oz	10	0	0	0	0	0	0	140	>1	0	0	0
Gold Peak® Peach Tea	20	oz	160	0	0	0	0	0	0	80	43	0	42	0
Gold Peak® Peach Tea	32	oz	260	0	0	0	0	0	0	125	68	0	67	0
Gold Peak® Premium Unsweetened Tea	20	oz	0	0	0	0	0	0	0	80	0	0	0	0
Gold Peak® Premium Unsweetened Tea	32	oz	0	0	0	0	0	0	0	125	0	0	0	0
Gold Peak® Raspberry Tea	20	oz	160	0	0	0	0	0	0	80	46	0	46	0
Gold Peak® Raspberry Tea	32	oz	260	0	0	0	0	0	0	125	73	0	73	0
Gold Peak® Southern Style Tea	20	oz	270	0	0	0	0	0	0	80	67	0	67	0
Gold Peak® Southern Style Tea	32	oz	420	0	0	0	0	0	0	130	107	0	106	0
Gold Peak® Sweetened Black Tea	20	oz	210	0	0	0	0	0	0	80	57	0	57	0
Gold Peak® Sweetened Black Tea	32	oz	340	0	0	0	0	0	0	130	91	0	91	0
Gold Peak® Sweetened Green Tea	20	oz	170	0	0	0	0	0	0	85	46	0	46	0
Gold Peak® Sweetened Green Tea	32	oz	270	0	0	0	0	0	0	140	73	0	73	0
Hi-C® Flashin' Fruit Punch ®	20	oz	290	0	0	0	0	0	0	95	78	0	77	0
Hi-C® Flashin' Fruit Punch ®	32	oz	460	0	0	0	0	0	0	150	125	0	122	0
Hi-C® Orange Lavaburst®	20	oz	300	0	0	0	0	0	0	70	83	0	81	0
Hi-C® Orange Lavaburst®	32	oz	480	0	0	0	0	0	0	115	133	0	129	0
Hi-C® Poppin' Pink Lemonade™	20	oz	260	0	0	0	0	0	0	180	73	0	70	0

Hi-C® Poppin' Pink Lemonade™	32	oz	420	0	0	0	0	0	290	116	0	111	0
Mello Yello®	20	oz	290	0	0	0	0	0	85	78	0	78	0
Mello Yello®	32	oz	470	0	0	0	0	0	135	125	0	125	0
Minute Maid Light™ Lemonade	20	oz	10	0	0	0	0	0	75	4	0	0	0
Minute Maid Light™ Lemonade	32	oz	20	0.0	0	0.0	0.0	0	115	6	0	0	0
Minute Maid Light™ Pomegranate Lemonade	20	oz	15	0	0	0	0	0	110	3	0	0	0
Minute Maid Light™ Pomegranate Lemonade	32	oz	20	0	0	0	0	0	180	4	0	0	0
Minute Maid® Lemonade	20	oz	260	0	0	0	0	0	180	73	0	70	0
Minute Maid® Lemonade	32	oz	420	0	0	0	0	0	290	117	0	111	0
Minute Maid® Limeade	20	oz	300	0	0	0	0	0	90	85	0	84	0
Minute Maid® Limeade	32	oz	480	0	0	0	0	0	140	135	0	135	0
Pibb Xtra®	20	oz	260	0	0	0	0	0	100	71	0	71	0
Pibb Xtra®	32	oz	420	0	0	0	0	0	160	114	0	114	0
POWERAde® Fruit Punch	20	oz	160	0	0	0	0	0	210	43	0	41	0
POWERAde® Fruit Punch	32	oz	250	0	0	0	0	0	340	69	0	65	0
POWERAde® Lemon-Lime	20	oz	150	0	0	0	0	0	210	41	0	39	0
POWERAde® Lemon-Lime	32	oz	240	0	0	0	0	0	340	65	0	63	0
POWERAde® Mountain Blast®	20	oz	150	0	0	0	0	0	200	41	0	41	0
POWERAde® Mountain Blast®	32	oz	250	0	0	0	0	0	320	65	0	65	0
Red Flash™	20	oz	290	0	0	0	0	0	120	77	0	77	0
Red Flash™	32	oz	460	0	0	0	0	0	190	122	0	122	0
Seagram's® Ginger Ale	32	oz	390	0	0	0	0	0	130	105	0	105	0
Seagram's® Ginger Ale	20	oz	250	0	0	0	0	0	80	66	0	66	0
Seagram's® Ginger Ale Reduced Calorie	20	oz	180	0	0	0	0	0	80	46	0	46	0
Seagram's® Ginger Ale Reduced Calorie	32	oz	280	0	0	0	0	0	130	73	0	73	0
Seagram's® Tonic Water	20	oz	230	0	0	0	0	0	85	60	0	60	0
Seagram's® Tonic Water	32	oz	360	0	0	0	0	0	135	96	0	96	0
Sprite Zero™	20	oz	5	0	0	0	0	0	75	0	0	0	0
Sprite Zero™	32	oz	10	0	0	0	0	0	120	0	0	0	0
Sprite®	20	oz	270	0	0	0	0	0	120	71	0	71	0
Sprite®	32	oz	420	0	0	0	0	0	190	114	0	114	0
Sprite® High Yield	20	oz	250	0	0	0	0	0	115	66	0	66	0
Sprite® High Yield	32	oz	390	0	0	0	0	0	180	105	0	105	0
Vanilla Coke®	20	oz	290	0	0	0	0	0	70	77	0	77	0
Vanilla Coke®	32	oz	450	0	0	0	0	0	115	122	0	122	0

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information La Salsa® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product preparation at the store and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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