

NUTRITION INFORMATION

BURRITOS / BOWLS

	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)
Pulled Pork										
52gr	103	5	2	0	37	211	3	0.2	2	12
71gr	140	6	3	0	51	288	4	0.2	3	16
Pulled Beef										
54gr	165	12	5	0	46	65	0.4	0	0.2	13
74gr	225	17	6	0	63	90	0.6	0	0.2	17
Chicken										
49gr	47	1	0	0	29	103	0	0	0	9
81gr	77	1	0	0	49	170	0	0	0	15
Jax Chicken										
49gr	42	1	0	0	25	87	0	0	0	8
81gr	70	1	0	0	41	144	0	0	0	13
Steak										
52gr	78	3	1	0	30	59	0.5	0	0	12
79gr	119	4	2	0	46	89	0.7	0	0	19
Smashed Beans										
22gr	12	3	0	0	0	48	2	0.7	0	0.7
31gr	17	0	0	0	0	67	3	1	0	1
Basmati Rice										
32gr	117	0	0	0	0	4	27	0	0	2
62gr	226	0	0	0	0	7	52	0	0	4
Black Beans										
21gr	15	0	0	0	0	48	3	2	0	1
36gr	26	0	0	0	0	81	5	3	0.1	2
Sweet Potato Mash										
22gr	17	0	0	0	0	6	4	1	1	0.3
36gr	28	0	0	0	0	10	6	1	2	0.5
Lettuce										
16gr	3	0	0	0	0	2	1	0	0	0
31gr	6	0	0	0	0	3	1	0	0	0
Tomato										
16gr	3	0	0	0	0	1	0.6	0.2	0.4	0.1
29gr	5	0	0	0	0	2	1	0.3	0.8	0.3
Green Onion										
4gr	1	0	0	0	0	0.6	0.3	0.1	0.1	0
8gr	3	0	0	0	0	1.3	0.6	0.3	0.2	0
Green Pepper										
4gr	0.8	0	0	0	0	0.1	0.2	0.1	0.1	0.3
27gr	5	0	0	0	0	0.8	1.3	0.3	0.6	0.2
Jalapenos										
13gr	3	0	0	0	0	168	0.4	0	0	0
24gr	6	0	0	0	0	336	0.8	0	0	0
Guacamole										
34gr	45	4.5	0.5	0	0	96	3	2.3	0.7	0.6
34gr	45	4.5	0.5	0	0	96	3	2.3	0.7	0.6
Cheese										
21gr	72	5	3.2	0.1	14	157	0	0	0	6
30gr	100	7	4.5	0.2	20	220	0	0	0	8
Cranberry Salsa										
32ml	43	0	0	0	0	107	10	0.5	9	0.2
42ml	56	0	0	0	0	140	13	0.7	11	0.3
Medium Salsa										
32ml	10	0.3	0	0	0	123	1.4	0.4	1	0.2
42ml	13	0.4	0	0	0	161	2	0.5	1	0.5
Pico Salsa										
32ml	5.1	0.03	0	0	0	11.7	1.1	0.2	0.63	0.19
42ml	6.7	0.05	0	0	0	15.4	1.5	0.4	0.8	0.26
Picante Salsa										
32ml	5	0	0	0	0	145	1	0.3	0.5	0.1
42ml	6.5	0.04	0	0	0	190	1.3	0.3	0.7	0.2
Bucking Hot Sauce										
4ml	6	0	0	0	0	71	2	0	1.2	0
6ml	9	0	0	0	0	106	2.4	0	1.8	0
Chipotle Sauce										
4ml	0.8	0	0	0	0	41	0	0	0	0
6ml	1.3	0	0	0	0	62	0	0	0	0
Mole Sauce										
4ml	6	0.2	0	0	0	30	1	0	0.6	0.1
6ml	9	0.3	0	0	0	45	1.2	0	0.9	0.2
Burrito Sauce										
16ml	26	2	1	0	8	72	1	0	0.5	0.5
22ml	36	3	2	0	11	99	2	0	0.7	0.7
Sour Cream										
16ml	26	2	1.3	0	5	10	0	0	0	1
22ml	35	3	1.7	0	6.7	13	0	0	0	1.4
Flour Tortilla										
10"	190	4.5	0.5	0	0	280	31	1	0	5
12"	300	7	1	0	0	440	49	2	0	8
Wheat Tortilla										
10"	190	5	0	0	0	280	30	3	0	6
12"	280	7	0.5	0	0	480	45	5	0	9
Chipotle Cream Cheese										
17gr	121	11	7	0	29	225	3	0.04	1.5	3
34gr	200	17	11	0	48	372	5	0.07	3	5

QUESADILLAS

	Calories	Fat (g)	Sat. Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)
Pulled Pork										
52gr	103	5	2	0	37	211	3	0.2	2	12
71gr	140	6	3	0	51	288	4	0.2	3	16
Pulled Beef										
54gr	165	12	5	0	46	65	0.4	0	0.2	13
74gr	225	17	6	0	63	90	0.6	0	0.2	17
Chicken										
49gr	47	1	0	0	29	103	0	0	0	9
81gr	77	1	0	0	49	170	0	0	0	15
Jax Chicken										
49gr	42	1	0	0	25	87	0	0	0	8
81gr	70	1	0	0	41	144	0	0	0	13
Steak										
52gr	78	3	1	0	30	59	0.5	0	0	12
79gr	119	4	2	0	46	89	0.7	0	0	19
Smashed Beans										
22gr	12	3	0	0	0	48	2	0.7	0	0.7
31gr	17	0	0	0	0	67	3	1	0	1
Black Beans										
21gr	15	0	0	0	0	48	3	2	0	1
36gr	26	0	0	0	0	81	5	3	0.1	2
Tomato										
16gr	2	0	0	0	0	1	0.6	0.2	0.4	0.1
29gr	5	0	0	0	0	2	1	0.3	0.8	0.3
Green Onion										
4gr	1	0	0	0	0	0.6	0.3	0.1	0.1	0
8gr	3	0	0	0	0	1.3	0.6	0.3	0.2	0
Green Pepper										
4gr	0.8	0	0	0	0	0.1	0.2	0.1	0.1	0.3
27gr	5	0	0	0	0	0.8	1.3	0.3	0.6	0.2
Jalapenos										
13gr	3	0	0	0	0	168	0.4	0	0	0
24gr	6	0	0	0	0	336	0.8	0	0	0
Guacamole										
34gr	45	4.5	0.5	0	0	96	3	2.3	0.7	0.6
34gr	45	4.5	0.5	0	0	96	3	2.3	0.7	0.6
Cheese										
42gr	143	10	6	0.3	29	314	0	0	0	11
63gr	210	15	9	0.4	42	462	0	0	0	17
Medium Salsa										
32ml	10	0.3	0.03	0	0	123	1	0.4	0.8	0.2
42ml	13	0.4	0.04	0	0	161	2	0.5	1	0.5
Sour Cream										
16ml	26	2.1	1.3	0	5	10	0	0	0	1
22ml	35	2.7	1.7	0	7	13	0	0	0	1.3
Flour Tortilla										
10"	190	5	0.5	0	0	280	31	1	0	5
12"	300	7	1	0	0	440	49	2	0	8
Wheat Tortilla										
10"	190	5	0	0	0	280	30	3	0	6
12"	280	7	0.5	0	0	480	45	5	0	9
Chipotle Cream Cheese										
17gr	121	11	7	0	29	225	3	0.04	1.5	3
34gr	200	17	11	0	48	372	5	0.07	3	5

