



# NUTRITION CHEAT SHEET



## WARNING: Contains Only Real Food

That's a label we haven't seen yet. But if the call comes down, we're ready. Because that's all we serve. Real, high-quality food carefully prepared using time-honored cooking methods.

We've chosen this route for one simple reason. Real food tastes good.

But there's more than that. The building blocks of a sensible, well-balanced diet are real, simple foods — rice and other whole grains, fruits and vegetables, pure dairy products including real cheese, proteins from meat, poultry and dry beans. That's what you'll find in our restaurants.

Eating should be an *occasion*, a celebration of high-quality raw ingredients meticulously prepared to create extraordinary tastes. Not a science experiment aimed at manufacturing flavors using chemicals and food substitutes.

While that's our commitment, we also recognize that dietary preferences and requirements differ from person to person. And that some people just want a little help figuring out what foods make the most sense for them. That's why we've compiled this information.

Use this as a guide to help make informed decisions about what you eat. Then pick and choose what's right for you. But remember, the numbers tell only part of the story. There's no substitute for real, quality ingredients.

Mix. Match. Enjoy.

	Serving Size	Calories	Calories from Fat	Total Fat (g)	% Daily Value	Saturated Fat (g)	% Daily Value	Cholesterol (mg)	% Daily Value	Sodium (mg)	% Daily Value	Carbohydrates (g)	% Daily Value	Dietary Fiber	% Daily Value	Sugars (g)	Protein (g)	Vitamin A	Vitamin C	Calcium	Iron
13" Flour Tortillas	1 ea	340	80	9	14%	2	10%	0	0%	860	36%	54	18%	2	8%	1	9	0%	0%	20%	20%
6" Flour Tortillas	3 ea	300	60	7.5	12%	1.5	9%	0	0%	720	30%	45	15%	1.5	6%	0	9	0%	0%	18%	18%
Crispy Taco Shells	4 ea	240	80	9	14%	2	10%	0	0%	40	2%	34	11%	2	10%	0	4	0%	0%	4%	4%
Rice	5 oz	240	60	7	11%	1	5%	0	0%	610	25%	40	13%	<1	3%	0	4	4%	4%	2%	2%
Black Beans	4 oz	130	9	1	2%	<1	0%	0	0%	318	13%	22	7%				9	17%			
Pinto Beans	4 oz	138	12	1	2%	<1	1%	0	0%	374	16%	23	8%				9	17%			
Fajita Vegetables	3 oz	100	70	8	13%	1	6%	0	0%	640	27%	6	2%	1	5%	3	1	6%	70%	2%	2%
Barbacoa	5 oz	285	143	16	24%	4	22%	74	25%	680	28%	1	0%				34	69%			
Carnitas	4 oz	227	109	12	19%	3	16%	66	22%	873	36%	0	0%				29	59%			
Chicken	4 oz	219	101	11	17%	2	11%	96	32%	431	19%	0	0%				29	59%			
Steak	4 oz	230	108	12	19%	4	20%	51	17%	306	13%	2	2%				29	58%			
Tomato Salsa	4 oz	25	0	0	0%	0	0%	0	0%	560	23%	6	2%	1	6%	3	1	15%	35%	2%	2%
Corn Salsa	4 oz	100	10	1	2%	0	0%	0	0%	540	22%	22	7%	3	12%	3	3	10%	20%	0%	4%
Red Tomatillo	2 oz	28	7	1	1%	0	0%	0	0%	493	21%	4	1%				1	2%			
Green Tomatillo	2 oz	15	1	<1	0%	0	0%	0	0%	227	10%	3	2%				1	2%			
Cheese	1 oz	110	80	9	14%	6	30%	30	10%	180	8%	<1	0%	0	0%	0	7	6%	0%	20%	0%
Sour Cream	2 oz	120	90	10	16%	7	36%	40	14%	30	2%	2	2%	0	0%	2	2	8%	0%	8%	0%
Guacamole	4 oz	170	140	15	24%	2.5	12%	0	0%	370	16%	8	3%	5	21%	1	2	15%	15%	2%	6%
Lettuce	1 oz	5	0	0	0%	0	0%	0	0%	0	0%	<1	0%	<1	0%	0	<1	18%	11%	1%	2%
Chips	4 oz	490	170	19	30%	4	21%	0	0%	130	5%	71	24%	5	21%	1	7	0%	0%	6%	10%