

NUTRITIONAL FACTS

★ Trace = This product is fried in the same oil as our tortillas and may contain traces of gluten

PORTIONS FOR MAINS	PORTION SIZE	ENERGY (KJ)	CALORIES	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	CARBS (G)	SUGARS (G)	SODIUM (MG)	GLUTEN FREE	DAIRY FREE	VEGETARIAN
12" Flour Tortilla (Burrito)	1 ea	1030	246	7	6	2	42	< 1	602.0		☺	☺
Taco Salad Bowl	1 ea	1135	271	5.7	13.2	3.2	32.3	1	504.0		☺	☺
Tortilla Chips (Nachos)	100 g	2082	498	6.5	25	8	60.4	< 1	9.0	★	☺	☺
Lime Cilantro Rice	80 g	563	135	2.1	1.6	0.3	27.1	0.2	2.7	☺	☺	☺
Black Beans	120 g	560	134	7.8	1	0.4	23.6	< 1	405.6	☺	☺	☺
Pinto Beans	120 g	558	133	7.8	1.4	0.4	22.6	< 1	481.0	☺	☺	☺
Fajita Veggies	90 g	138	33	1.4	1	0.1	3.4	3.4	6.0	☺	☺	☺
Barbacoa Beef	114 g	784	187	34.1	5.1	1.6	0.6	0.3	369.0		☺	
Grilled Chicken	114 g	755	180	24.5	6.2	1.9	0.4	0.1	222.0	☺	☺	
Pork Carnitas	114 g	853	204	24.1	9.2	3.5	5.8	5.6	353.0	☺	☺	
Seasoned Mince	114 g	676	161	16.5	4.2	1.9	6.5	6.4	307.8	☺	☺	
Salsa Mexicali	40 g	40	10	0.5	0	0	1.3	1	54.0	☺	☺	☺
Salsa Roja	40 g	56	14	0.5	0.1	0	2.4	2.3	71.0	☺	☺	☺
Fruit Salsa	40 g	75	18	0.4	0.1	0	3.2	3	61.0	☺	☺	☺
Salsa 111	40 g	49	12	0.7	0.1	0	2	1.5	105.0		☺	☺
Cheese (Burrito, Taco Salad, Green Salad)	30 g	464	111	7.8	8.7	6	0.5	< 1	183.9	☺		☺
Cheese (Quesadilla, Nachos)	110 g	1700	406	29	32	21.5	1.8	< 1	674.0	☺		☺
Sour Cream	30 g	381	91	0.8	9.5	6	1	1	10.0	☺		☺
Chipotle Cream	30 g	499	120	0.4	12.9	3.9	0.7	0.6	134.0	☺		☺
Salad Mix (Taco Salad)	30 g	22	5	0.3	0	0	0.9	0	21.0	☺	☺	☺
Salad Mix (Green Salad)	60 g	44	10.5	0.6	0	0	1.8	0	42.0	☺	☺	☺
Lettuce Mix	45 g	36	9	0.6	0.2	0	0.8	0.8	9.0	☺	☺	☺

PORTIONS FOR MINI BURRITOS, KIDS MEALS AND SINGLE TACO												
10" Flour Tortilla (Mini/Kids burrito)	1 ea	876	209	5.7	6.2	2.7	32.3	1	504.0		☺	☺
6" Flour Tortilla (Taco)	1 ea	294	70	2	1.5	0.5	12	< 1	172.0		☺	☺
6" Corn Tortilla (Taco)	1 ea	243	58	1	1	0	11	0	29.0	☺	☺	☺
Crispy Taco Shell	1 ea	347	83	1	4.2	1.3	8.5	< 1	1.3	★	☺	☺
Lime Cilantro Rice	40 g	281	67	1	0.8	0.1	13.5	0.1	1.3	☺	☺	☺
Black Beans	80 g	373	89	5.2	0.7	0.3	15.7	< 1	269.7	☺	☺	☺
Pinto Beans	80 g	371	89	5.2	0.9	0.3	15	< 1	320.0	☺	☺	☺
Fajita Veggies	45 g	69	16.5	0.7	0.5	0	1.7	1.7	3.0	☺	☺	☺
Barbacoa Beef	50 g	344	82	15	2.3	0.7	0.3	0.1	162.0		☺	
Grilled Chicken	50 g	331	79	10.8	2.7	0.8	0.2	0	97.5	☺	☺	
Pork Carnitas	50 g	374	89	10.6	4	1.5	2.5	2.5	155.0	☺	☺	
Seasoned Mince	50 g	297	71	7.3	2.2	1	2.8	2.8	135.0	☺	☺	
Salsa Mexicali	15 g	15	4	0.2	0	0	0.5	0.4	20.0	☺	☺	☺
Salsa Roja	15 g	21	5	0.2	0	0	0.9	0.8	26.6	☺	☺	☺
Fruit Salsa	15 g	28	7	0.2	0	0	1.2	1.2	23.0	☺	☺	☺
Salsa 111	15 g	19	4	0.3	0	0	0.7	0.6	40.0		☺	☺
Cheese	30 g	464	111	7.8	8.7	6	0.5	< 1	183.9	☺		☺
Sour Cream	15 g	190	45	0.45	4.8	3	0.5	0.5	4.5	☺		☺
Chipotle Cream	15 g	250	60	0.2	6.5	2	0.4	0.3	67.0	☺		☺
Cabbage Mix	20 g	16	4	0.3	0	0	0.4	0.4	4.0	☺	☺	

NUTRITIONAL FACTS

SIDES AND ADD-ONS	PORTION SIZE	ENERGY (KJ)	CALORIES	PROTEIN (G)	FAT TOTAL (G)	SATURATED FAT (G)	CARBS (G)	SUGARS (G)	SODIUM (MG)	GLUTEN FREE	DIARY FREE	VEGETARIAN
Lime Cilantro Rice (side)	165 g	1159	277	4.4	3.3	0.5	55.7	0.4	5.5	☺	☺	☺
Black Beans (El Dippo, side)	300 g	1400	334	19.5	2.4	1	58.8	< 1	1014.0	☺	☺	☺
Pinto Beans (El Dippo, side)	300 g	1396	333	19.5	3.3	1.2	56.6	1	1202.4	☺	☺	☺
Pickled Onions	30 g	49	12	0.4	0.4	0.1	1.1	1.1	3.0	☺	☺	☺
Jalapeños	30 g	5	1	0	0	0	1.1	< 1	510.0	☺	☺	☺
Guacamole	50 g	345	82	1	7.5	1	3	0.5	143.3	☺	☺	☺
Guacamole (side that comes with chips)	150 g	1035	247	3	22.5	3	9	1.5	430.0	☺	☺	☺
Cumin Lime Vinaigrette	35 g	602	144	0.2	15.3	2.3	1.2	1.1	2.0	☺	☺	☺
Tortilla Chips (Nachos, Basket)	100 g	2082	498	6.5	25	8	60.4	< 1	9.0	★	☺	☺
Mini Chips	30 g	625	150	2	7.5	2.4	18.1	< 1	2.7	☺	☺	☺
Churro	1 ea	717	171	1.4	10.4	1	20	15	213.6		☺	☺
Chocolate Sauce	60 g	401	96	0.4	2	0.1	23.5	21.8	40.8	☺		☺

SIGNATURE ITEMS												
California Burrito	each	4228	1011	52.7	41.2	17.6	101	6	1779.0			
Longboard Burrito	each	4155	995	50.7	39.8	16.1	106.9	13.2	1812.0			
Bandito Burrito	each	4250	1016	62.4	40.1	17.3	101	5.3	1960.0			
Cholo Burrito	each	4149	992	44.6	39.2	17.6	107.2	12.2	1864.8			
Bueno Burrito	each	2768	663	21	17.4	3.8	103.6	8.2	1293.0		☺	☺
Macho Burrito	each	4548	1087	71.7	42.4	18	101.5	6	2011.4			
Chicken Fajita Burrito	each	4299	1029	53.3	41.3	17.6	104	7.6	1706.5			
Jalapeño Chicken Quesadilla	each	4348	1039	63.8	61.5	32.4	53.8	5.7	2295.3			
Chicken Fajita Quesadilla	each	4481	1071	65.3	62.5	32.5	56	9	1791.3			
Macho Nachos	each	6273	1499	90.3	83.2	39.1	94	6	1906.0	★		
Supreme Nachos	each	6550	1565	79.7	84.1	40.8	106.4	18.7	2067.6	★		
Mango Chicken Salad	each	1512	361.5	26.3	21.8	4.2	7.4	5	336.0	☺	☺	

The nutritional information listed in this guide is based on calculated results of Mexicali Fresh standard recipes and ingredient formulations. Variations may occur due to product assembly at the restaurant level, local suppliers, ingredient substitutions, and/or season of the year. The calculation of an entire meal may vary slightly from the sum of each menu item in the meal. This information is effective as of May 2013. We may update this chart from time to time.

