



Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Proteins (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
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**BURRITOS - Gluten Free Tortilla - All Toppings.**

Small Chicken(3oz)	13	572	187	25.5	6.9	0	59.8	1198	46	7.52	8.06	39.8	10.7	17.5	43.9	21.7
Small Steak(3oz)	13	650	301	38.1	12.9	0	127	1264	45.1	7.52	8.06	33.8	10.7	17.5	46.9	33.7
Small Veggie Soy(3oz)	13	488	154	21.8	6.9	0	52.3	1576	52.6	10.5	9.56	27.8	10.7	17.5	49.9	18.7
Small Halibut(5oz)	13	503	166	23.1	7.2	0	82.3	1222	45.1	7.52	8.06	33.8	13.7	17.5	46.9	21.7
Small Haddock(5oz)	13	482	154	21.9	6.9	0	109	1237	45.1	7.52	8.06	30.8	10.7	17.5	46.9	21.7
Small Shrimp(4oz)	13	574	206	27.4	8.18	0	286	2333	48.3	7.52	8.06	38.4	10.7	17.5	53.5	18.9
Small Bean & Cheese	13	507	160	26.9	9.9	0	67.3	1438	54.5	8.64	9.78	17.9	15.2	23.5	55.2	20.1
Small Sweet Potato(4oz)	13	440	148	21	6.9	0	52.3	1187	55.1	9.52	12.1	12.8	187	29.5	45.9	17.7

**BURRITOS - White Tortilla - All Toppings.**


Small Chicken(4oz)	18	869	215	33.9	10.9	2	56.3	1580	77.7	8.64	6.78	56.9	15.2	23.5	57.2	41.1
Small Steak(4oz)	18	973	367	50.7	18.9	2	146	1668	76.5	8.64	6.78	48.9	15.2	23.5	61.2	57.1
Small Veggie Soy(4oz)	18	727	169	28.6	10.9	2	46.3	1949	84	11.6	8.28	35.9	15.2	23.5	63.2	36.1
Small Halibut(5oz)	18	812	193	31.4	11.4	2	96.3	1629	76.5	8.64	6.78	55.9	20.2	23.5	62.2	43.1
Small Haddock(5oz)	18	777	173	29.4	10.9	2	141	1654	76.5	8.64	6.78	50.9	15.2	23.5	62.2	43.1
Small Shrimp(4oz)	18	857	235	35.9	12.5	2	338	2996	80.5	8.64	6.78	52.9	15.2	224	69.2	37.1
Small Bean & Cheese	18	682	170	28.6	10.9	2	46.3	1669	84	10.9	7.23	23.1	15.2	23.5	58.7	36.8
Small Sweet Potato(4oz)	22	721	163	27.9	10.9	2	46.3	1576	96.5	12.6	14.8	20.9	367	47.5	61.2	37.1
Large Chicken(6oz)	22	985	241	36.9	10.9	2	61.3	1598	78.3	8.64	6.78	74.9	15.2	23.5	57.2	45.1
Large Steak(6oz)	22	1141	469	62.1	22.9	2	196	1730	76.5	8.64	6.78	62.9	15.2	23.5	63.2	69.1
Large Veggie Soy(6oz)	22	772	172	29	10.9	2	46.3	2152	87.8	13.1	9.03	43.4	15.2	23.5	66.2	37.6
Large Halibut(7oz)	22	882	205	32.8	11.6	2	116	1663	76.5	8.64	6.78	69.9	22.2	23.5	64.2	47.1
Large Haddock(7oz)	22	833	177	30	10.9	2	179	1698	76.5	8.64	6.78	62.9	15.2	23.5	64.2	47.1
Large Shrimp(5.5oz)	22	940	262	38.9	13.1	2	448	3541	82	8.64	6.78	64.9	15.2	299	73.7	38.6
Large Bean & Cheese	22	795	184	34.6	13.9	2	61.3	1957	93.9	12.4	8.03	28.6	19	25	70.2	41.3
Large Sweet Potato(6oz)	22	763	163	27.9	10.9	2	46.3	1592	107	14.6	18.8	20.9	543	59.5	63.2	39.1

**BURRITOS - Whole Wheat Tortilla - All Toppings.**

Small Chicken(4oz)	18	849	225	34.9	10.9	2	56.3	1580	74.7	13.6	6.78	57.9	15.2	23.5	57.2	36.1
Small Steak(4oz)	18	953	377	51.7	18.9	2	146	1668	73.5	13.6	6.78	49.9	15.2	23.5	61.2	52.1
Small Veggie Soy(4oz)	18	707	179	29.6	10.9	2	46.3	1949	81	16.6	8.28	36.9	15.2	23.5	63.2	31.1
Small Halibut(5oz)	18	792	203	32.4	11.4	2	96.3	1629	73.5	13.6	6.78	56.9	20.2	23.5	62.2	38.1
Small Haddock(5oz)	18	757	183	30.4	10.9	2	141	1654	73.5	13.6	6.78	51.9	15.2	23.5	62.2	38.1
Small Shrimp(4oz)	18	837	245	36.9	12.5	2	338	2996	77.5	13.6	6.78	53.9	15.2	224	69.2	32.1
Small Bean & Cheese	18	662	180	29.6	10.9	2	46.3	1669	81	15.9	7.23	24.1	15.2	23.5	58.7	31.8
Small Sweet Potato(4oz)	18	701	173	28.9	10.9	2	46.3	1576	93.5	17.6	14.8	21.9	367	47.5	61.2	32.1
Large Chicken(6oz)	22	965	251	37.9	10.9	2	61.3	1598	75.3	13.6	6.78	75.9	15.2	23.5	57.2	40.1
Large Steak(6oz)	22	1121	479	63.1	22.9	2	196	1730	73.5	13.6	6.78	63.9	15.2	23.5	63.2	64.1
Large Veggie Soy(6oz)	22	752	182	30	10.9	2	46.3	2152	84.8	18.1	9.03	44.4	15.2	23.5	66.2	32.6
Large Halibut(7oz)	22	862	215	33.8	11.6	2	116	1663	73.5	13.6	6.78	70.9	22.2	23.5	64.2	42.1
Large Haddock(7oz)	22	813	187	31	10.9	2	179	1698	73.5	13.6	6.78	63.9	15.2	23.5	64.2	42.1
Large Shrimp(5.5oz)	22	920	272	39.9	13.1	2	448	3541	79	13.6	6.78	65.9	15.2	299	73.7	33.6
Large Bean & Cheese	22	775	194	35.6	13.9	2	61.3	1957	90.9	17.4	8.03	29.6	19	25	70.2	36.3
Large Sweet Potato(6oz)	22	743	173	28.9	10.9	2	46.3	1592	104	19.6	18.8	21.9	543	59.5	63.2	34.1

**NAKED - BURRITO - Without the tortilla, a salad. All Toppings.**

Small Chicken(4oz)	15.2	703	191	30.6	8.9	0	56.3	1354	48.7	9.89	7.73	53.6	16.7	25	49.2	31.3
Small Steak(4oz)	15.2	807	343	47.4	16.9	0	146	1442	47.5	9.89	7.73	45.6	16.7	25	53.2	47.3
Small Veggie Soy(4oz)	15.2	561	145	25.4	8.9	0	46.3	1723	55	12.9	9.23	32.6	16.7	25	55.2	26.3
Small Halibut(5oz)	15.2	646	169	28.1	9.4	0	96.3	1403	47.5	9.89	7.73	52.6	21.7	25	54.2	33.3
Small Haddock(5oz)	15.2	611	149	26.1	8.9	0	141	1428	47.5	9.89	7.73	47.6	16.7	25	54.2	33.3
Small Shrimp(4oz)	15.2	691	211	32.6	10.5	0	338	2770	51.5	9.89	7.73	49.6	16.7	225	61.2	27.3
Small Bean & Cheese	15.2	442	130	23.6	8.9	0	46.3	1199	42	9.89	7.23	17.1	15.2	23.5	48.7	21.8
Small Sweet Potato(4oz)	19.2	555	139	24.6	8.9	0	46.3	1350	67.5	13.9	15.7	17.6	369	49	53.2	27.3
Large Chicken(6oz)	19.2	819	217	33.6	8.9	0	61.3	1372	49.3	9.89	7.73	71.6	16.7	25	49.2	35.3
Large Steak(6oz)	19.2	975	445	58.8	20.9	0	196	1504	47.5	9.89	7.73	59.6	16.7	25	55.2	59.3
Large Veggie Soy(6oz)	19.2	606	148	25.8	8.9	0	46.3	1925	58.8	14.4	9.98	40.1	16.7	25	58.2	27.8
Large Halibut(7oz)	19.2	716	181	29.5	9.6	0	116	1437	47.5	9.89	7.73	66.6	23.7	25	56.2	37.3
Large Haddock(7oz)	19.2	667	153	26.7	8.9	0	179	1472	47.5	9.89	7.73	59.6	16.7	25	56.2	37.3
Large Shrimp(5.5oz)	19.2	774	238	35.6	11.1	0	448	3314	53	9.89	7.73	61.6	16.7	300	65.7	28.8
Large Bean & Cheese	19.2	555	144	29.6	11.9	0	61.3	1487	51.9	11.4	8.03	22.6	19	25	60.2	26.3
Large Sweet Potato(6oz)	19.2	597	139	24.6	8.9	0	46.3	1366	77.5	15.9	19.7	17.6	545	61	55.2	29.3

 WWW.BURRITOBOYZ.CA	Serving Size (oz)	Calories	Calories From Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (g)	Sodium (mg)	Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Proteins (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
<b>QUESADILLAS - Gluten Free Tortilla</b>																
Chicken Breast(4oz)	9	635	91.6	28.4	13	0	91	867.6	33.7	3.94	6.43	56.3	15.2	19.8	50.2	22.1
Steak(4oz)	9	739	244	45.2	21	0	181	955.6	32.5	3.94	6.43	48.3	15.2	19.8	54.2	38.1
Veggie Soy(4oz)	9	523	47.6	23.4	13	0	81	1372	42.5	7.94	8.43	40.3	15.2	19.8	58.2	18.1
Shrimp (3.14oz)	9	576	96.1	28.7	14.3	0	310	1971	35.7	3.94	6.43	45.5	15.2	177	59.6	17.2
Cheese	9	403	39.6	22.4	13	0	81	831.6	32.5	3.94	6.43	20.3	15.2	19.8	50.2	14.1
Side Burrito Sauce(2oz)	9	80	80	9	1.2	0	13.6	284	2.6	0.4	0.2	0	0	0	2	0
Side Salsa(2oz)	9	18	0	0	0	0	0	390	4	1	2	1	4	2	2	0
<b>QUESADILLAS - White Tortilla</b>																
Chicken Breast(6oz)	15	998	121	41.4	20	2	105	1168	57.4	3.94	4.18	84.3	22.2	23.5	72.2	40.3
Steak(6oz)	15	1154	349	66.6	32	2	240	1300	55.6	3.94	4.18	72.3	22.2	23.5	78.2	64.3
Veggie Soy(6oz)	15	785	51.6	33.5	20	2	90	1722	66.8	8.44	6.43	52.8	22.2	23.5	81.2	32.8
Shrimp(4.75oz)	15	912	128	41.9	21.9	2	437	2839	60.3	3.94	4.18	68.3	22.2	261	86.4	33.1
Cheese	15	650	42.6	32.4	20	2	90	1114	55.6	3.94	4.18	30.3	22.2	23.5	72.2	28.3
Side Burrito Sauce(2oz)	2	80	80	9	1.2	0	13.6	284	2.6	0.4	0.2	0	0	0	2	0
Side Salsa(2oz)	2	18	0	0	0	0	0	390	4	1	2	1	4	2	2	0
<b>QUESADILLAS - Whole Wheat Tortilla</b>																
Chicken Breast	15	978	131	42.4	20	2	105	1168	54.4	8.94	4.18	85.3	22.2	23.5	72.2	35.3
Steak(6oz)	15	1134	359	67.6	32	2	240	1300	52.6	8.94	4.18	73.3	22.2	23.5	78.2	59.3
Veggie Soy(6oz)	15	765	61.6	34.5	20	2	90	1722	63.8	13.4	6.43	53.8	22.2	23.5	81.2	27.8
Shrimp (4.75oz)	15	892	138	42.9	21.9	2	437	2839	57.3	8.94	4.18	69.3	22.2	261	86.4	28.1
Cheese	15	630	52.6	33.4	20	2	90	1114	52.6	8.94	4.18	31.3	22.2	23.5	72.2	23.3
Side Burrito Sauce(2oz)	2	80	80	9	1.2	0	13.6	284	2.6	0.4	0.2	0	0	0	2	0
Side Salsa(2oz)	2	18	0	0	0	0	0	390	4	1	2	1	4	2	2	0
<b>TOPPINGS</b>																
Gluten FreeTortilla	1.83	110	37	4	1	0	21	364	20	1	3	3	0	0	8	2
Whole Wheat Tortilla	2.78	220	50	6	2	2	0	470	39	6	0	7	0	0	10	10
White Tortilla	2.78	240	40	5	2	2	0	470	42	1	0	6	0	0	10	15
Refried Pinto Beans	1	30	4.5	0.5	0	0	0	83	5	1.5	0.3	1.5	0	0	1	2.5
Mexican Rice	1	50	18	2	0	0	0	232	9	0	1	1	1	3	1	3
Tex-Mex Cheese	1	113	0	9	6	0	30	176	0.3	0	0	7	6	0	20	1
Iceberg Lettuce	1	4	0	0	0	0	0	3	1	0	0	0	1	0	0	0
Tomatoes	1	5	0	0	0	0	0	1	1	0	1	0	2	6	0	0
Green Pepper	1	6	0	0	0	0	0	1	1	0	1	0	0	3	0	1
Green Onion	1	9	0	0	0	0	0	4	2	1	1	1	1.5	9	2	2
Red Onion	1	11	0	0	0	0	0	1	3	0	1	0	0	3	0	2
Jalapenos	1	8	0	0	0	0	0	0	2	1	1	0	1	21	0	1
Black Beans	1	28	0	0	0	0	0	75	4	1.8	0	2	0	0	1.5	8
Corn, Whole Kernal	1	22	2	0.3	0	0	0	35	4.5	0.5	1	1	0	2	0	0
Cilantro	1	1	0	0	0	0	0	2	0	0	0	0	5	2	0	0
Mild Tomato Salsa	1	9	0	0	0	0	0	195	2	0.5	1	0.5	2	1	1	0
Guacamole	1	54	39	4.4	1	0	2	90	2.5	1.8	0.2	0.8	0	0	1.5	0
Burrito Sauce	1	40	40	4.5	0.6	0	6.8	142	1.3	0.2	0.1	0	0	0	1	0
Sour Cream	1	49	36	4	2.6	0	15	27	2	0.4	1.7	1	4	0	38	0
XXX Hot Sauce	1	25	6	0.8	0	0	0	25	3.7	1.4	0.8	0.9	1	15	1.5	3.5
<b>PROTEINS</b>																
Chicken Breast (1oz)	1	58	13	1.5	0	0	2.5	9	0.3	0	0	9	0	0	0	2
Steak (1oz)	1	84	51	5.7	2	0	25	31	0	0	0	7	0	0	1	6
Veggie Soy (1oz)	1	30	2	0.25	0	0	0	135	2.5	1	0.5	5	0	0	2	1
Halibut Fillet (1oz)	1	35	6	0.7	0.1	0	10	17	0	0	0	7	1	0	1	2
Haddock Fillet (1oz)	1	28	2	0.3	0	0	19	22	0	0	0	6	0	0	1	2
Shrimp (1oz)	1	55	18	2	0.4	0	73	363	1	0	0	8	0	50	3	1
Sweet Potato (1oz)	1	21	0	0	0	0	0	8	5	1	2	0	88	6	1	1