



Serving Size	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 (%)
--------------	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	------------	--------------	---------------	---------------	-------------	----------

BURRITOS - Gluten Free Tortilla - All Toppings – 1/2 Scoop of Each Topping

Small Chicken (56.7g)	1	539	103.9	16.1	4.5	0.18	44.0	1218.7	69.9	10.6	8.3	34.2	21.7	29.1	65.9	12.9
Small Steak (56.7g)	1	591	179.9	24.5	8.5	0.18	89.0	1262.7	69.3	10.6	8.3	30.2	21.7	29.1	67.9	20.9
Small Ground Soy (34.87g)	1	460	80.4	13.4	4.5	0.18	39.0	1367.3	72.4	11.9	9.0	22.4	21.7	29.1	68.4	10.2
Small Halibut (56.7g)	1	535	95.9	15.1	4.5	0.18	39.0	1200.7	73.3	10.6	8.3	28.2	25.7	29.1	71.9	14.9
Small Haddock (56.7g)	1	546	132.2	19.1	4.5	0.18	77.2	1411.8	71.3	10.6	8.3	20.2	21.7	29.1	65.9	8.9
Small Shrimp (30.47g)	1	496	112.9	17.0	5.2	0.18	120.2	1646.5	70.9	10.7	8.4	24.8	21.7	82.9	69.6	10.0
Small Cheese	1	628	97.2	15.2	4.9	0.18	39.0	1720.9	96.5	18.3	9.6	24.4	22.2	31.1	102.9	12.3
Small Sweet Potato (56.7g)	1	465	77.9	13.1	4.5	0.18	39.0	1216.7	79.3	12.6	12.3	16.2	197.7	41.1	67.9	10.9
Small Calamari Breaded (54.5g)	1	487	80.8	13.1	4.8	0.18	45.4	1425.5	75.1	11.3	9.0	19.7	21.7	29.1	69.8	8.9

BURRITOS - White Tortilla - All Toppings – One Scoop of Each Topping

Small Chicken (113.4g)	1	1158	214.8	33.2	10.5	0.36	46.0	2249.3	146.8	21.3	11.7	v	43.5	58.2	123.9	36.9
Small Steak (113.4g)	1	1262	366.8	50.0	18.5	0.36	136.0	2337.3	145.6	21.3	11.7	60.5	43.5	58.2	127.9	52.9
Small Ground Soy (70g)	1	1000	167.8	27.8	10.5	0.36	36.0	2546.7	151.8	23.7	12.9	44.8	43.5	58.2	128.8	31.3
Small Halibut (113.4g)	1	1150	199	31	11	0	36	2213	154	21	12	56	51	58	136	41
Small Haddock (113.4g)	1	1172	271	39	11	0	112	2636	150	21	12	40	43	58	124	29
Small Shrimp (61g)	1	1072	232.8	35.0	11.8	0.36	198.4	3105.0	148.8	21.4	11.7	49.7	43.5	165.8	131.1	31.0
Small Cheese	1	1336	201.3	31.5	11.2	0.36	36.0	3253.9	200.0	36.6	14.1	48.9	44.5	62.1	197.8	35.5
Small Sweet Potato (113.4g)	1	1010	162.8	27.2	10.5	0.36	36.0	2245.3	165.6	25.3	19.7	32.5	395.5	82.2	127.9	32.9
Small Calamari Breaded (109g)	1	1053	168.6	27.2	11.2	0.36	48.7	2663.1	157.1	22.5	12.9	39.5	43.5	58.2	131.6	28.9
Large Chicken (170.1g)	1	1380	258.8	38.2	10.5	0.36	51.0	2499.3	156.4	21.3	12.7	87.5	44.5	61.2	124.9	43.9
Large Steak (170.1g)	1	1536	486.8	63.4	22.5	0.36	186.0	2631.3	154.6	21.3	12.7	75.5	44.5	61.2	130.9	67.9
Large Ground Soy (105g)	1	1143	188.2	30.1	10.5	0.36	36.0	2944.8	163.9	25.0	14.5	52.0	44.5	61.2	132.3	35.6
Large Halibut (170.1g)	1	1328	228	35	11	0	36	2445	165	21	13	65	55	61	141	48
Large Haddock (170.1g)	1	1400	240	36	11	0	36	2445	168	21	13	73	58	61	145	52
Large Shrimp (85.4g)	1	1234	245.4	36.4	11.1	0.36	42.4	2578.4	161.8	21.5	12.8	51.5	50.5	61.2	134.9	40.9
Large Cheese	1	1558	219.33	41.49	16.22	0.66	61.03	3685.90	233.95	36.59	15.10	56.85	55.45	65.11	218.80	38.51
Large Sweet Potato (170.1g)	1	1158	180.8	29.2	10.5	0.36	36.0	2493.3	184.6	27.3	24.7	33.5	572.5	97.2	130.9	37.9
Large Calamari Breaded (152.6g)	1	1210	188.9	29.2	11.4	0.36	53.8	3075.0	170.8	23.1	14.4	43.3	44.5	61.2	135.7	31.9

BURRITOS - Whole Wheat Tortilla - All Toppings – One Scoop of Each Topping

Small Chicken (113.4g)	1	1138	214.8	33.2	10.0	0.36	46.0	2209.3	145.8	25.3	11.7	69.5	43.5	58.2	123.9	36.9
Small Steak (113.4g)	1	1242	366.8	50.0	18.0	0.36	136.0	2297.3	144.6	25.3	11.7	61.5	43.5	58.2	127.9	52.9
Small Ground Soy (70g)	1	980	167.8	27.8	10.0	0.36	36.0	2506.7	150.8	27.7	12.9	45.8	43.5	58.2	128.8	31.3
Small Halibut (113.4g)	1	1130	198.8	31.2	10.0	0.36	36.0	2173.3	152.6	25.3	11.7	57.5	51.5	58.2	135.9	40.9
Small Haddock (113.4g)	1	1150	270.8	39.2	10.0	0.36	112.0	2593.3	148.6	25.3	11.7	41.5	43.5	58.2	123.9	28.9
Small Shrimp 61g)	1	1052	232.8	35.0	11.3	0.36	198.4	3065.0	147.8	25.4	11.7	50.7	43.5	165.8	131.1	31.0
Small Cheese	1	1316	201.3	31.5	10.7	0.36	36.0	3213.9	199.0	40.6	14.1	49.9	44.5	62.1	197.8	35.5
Small Sweet Potato (113.4g)	1	990	162.8	27.2	10.0	0.36	36.0	2205.3	164.6	29.3	19.7	33.5	395.5	82.2	127.9	32.9
Small Calamari Breaded (109g)	1	1033	168.6	27.2	10.7	0.36	48.7	2623.1	156.1	26.5	12.9	40.5	43.5	58.2	131.6	28.9
Large Chicken (170.1g)	1	1360	258.8	38.2	10.0	0.36	51.0	2459.3	155.4	25.3	12.7	88.5	44.5	61.2	124.9	43.9
Large Steak (170.1g)	1	1516	486.8	63.4	22.0	0.36	186.0	2591.3	153.6	25.3	12.7	76.5	44.5	61.2	130.9	67.9
Large Ground Soy (105g)	1	1123	188.2	30.1	10.0	0.36	36.0	2904.8	162.9	29.0	14.5	53.0	44.5	61.2	132.3	35.6
Large Halibut (170.1g)	1	1348	234.8	35.2	10.0	0.36	36.0	2405.3	165.6	25.3	12.7	70.5	56.5	61.2	142.9	49.9
Large Haddock (170.1g)	1	1380	239.9	35.8	10.0	0.36	36.0	2405.3	166.7	25.3	12.7	73.8	57.6	61.2	144.6	51.6
Large Shrimp (85.4g)	1	1214	245.4	36.4	10.6	0.36	42.4	2538.4	160.8	25.5	12.8	52.5	50.5	61.2	134.9	40.9
Large Cheese	1	1538	219.3	41.5	15.7	0.66	61.0	3645.9	233.0	40.6	15.1	57.9	55.5	65.1	218.8	38.5
Large Sweet Potato (170.1g)	1	1138	180.8	29.2	10.0	0.36	36.0	2453.3	183.6	31.3	24.7	34.5	572.5	97.2	130.9	37.9
Large Calamari Breaded (152.6g)	1	1190	188.9	29.2	10.9	0.36	53.8	3035.0	169.8	27.1	14.4	44.3	44.5	61.2	135.7	31.9



Serving Size	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 (%)
--------------	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	------------	--------------	---------------	---------------	-------------	----------

NAKED - BURRITO - Without the tortilla, a salad. All Toppings – One Scoop of Each Topping + 2x Beans, 3x Rice, 4x Lettuce

One Size Chicken (113.4g)	1	1381	190.3	30.5	7.7	0.36	46.0	2990.9	166.2	34.6	14.1	79.9	48.5	65.1	190.8	31.5
One Size Steak (113.4g)	1	1485	342.3	47.3	15.7	0.36	136.0	3078.9	165.0	34.6	14.1	71.9	48.5	65.1	194.8	47.5
One Size Ground Soy (70g)	1	1071	136.4	24.3	7.7	0.36	36.0	3039.7	152.3	30.9	13.9	50.0	48.5	65.0	169.9	24.5
One Size Halibut (113.4g)	1	1221	167.4	27.7	7.7	0.36	36.0	2706.3	154.1	28.5	12.7	61.6	56.5	65.0	177.0	34.0
One Size Haddock (113.4g)	1	1241	239.4	35.7	7.7	0.36	112.0	3126.3	150.1	28.5	12.7	45.6	48.5	65.0	165.0	22.0
One Size Shrimp (61g)	1	1143	201.4	31.5	9.0	0.36	198.4	3598.1	149.3	28.6	12.7	54.8	48.5	172.6	172.2	24.2
One Size Cheese	1	997	131.4	23.7	7.7	0.36	36.0	2706.3	146.1	28.5	12.7	37.6	48.5	65.0	165.0	22.0
One Size Sweet Potato (113.4g)	1	1233	138.3	24.5	7.7	0.36	36.0	2986.9	185.0	38.6	22.1	43.9	400.5	89.1	194.8	27.5
One Size Calamari Breaded (109g)	1	1124	137.2	23.7	8.4	0.36	48.7	3156.1	157.6	29.7	13.9	44.7	48.5	65.0	172.7	22.0

QUESADILLAS - Gluten Free Tortilla – One Scoop of Each Topping + 2x Cheese

Chicken Breast (56.7g)	1	570	74.9	20.3	8.9	0.45	63.5	1139.1	88.0	10.0	6.9	40.3	21.5	27.2	75.7	11.4
Steak (56.7g)	1	622	150.9	28.7	12.9	0.45	108.5	1183.1	87.4	10.0	6.9	36.3	21.5	27.2	77.7	19.4
Ground Soy (34.87g)	1	492	51.4	17.6	8.9	0.45	58.5	1287.8	90.5	11.3	7.5	28.5	21.5	27.2	78.2	8.6
Shrimp (30.47g)	1	532	87.8	21.6	9.6	0.9	155.3	1644.9	89.2	11.1	4.9	35.7	21.5	91.7	80.0	21.7
Calamari Breaded (54.5g)	1	518	51.8	17.3	9.2	0.45	64.8	1346.0	93.1	10.7	7.5	25.9	21.5	27.2	79.6	7.4
Sweet Potato (56.7g)	1	496	48.9	17.3	8.9	0.45	58.5	1137.1	97.4	12.0	10.9	22.3	197.5	39.2	77.7	9.4
Cheese	1	454	48.9	17.3	8.9	0.45	58.5	1121.1	87.4	10.0	6.9	22.3	21.5	27.2	75.7	7.4
Side Burrito Sauce (56.7g)	1	80	80.0	9.0	1.2	0.00	13.6	284.0	2.6	0.4	0.2	0.0	0.0	0.0	2.0	0.0
Side Salsa (56.7g)	1	28.2186	0.0	0.0	0.0	0.00	0.0	350.0	4.0	2.0	3.0	1.0	34.7	1.5	35.8	0.3

QUESADILLAS - White Tortilla - All Toppings – One Scoop of Each Topping + 2x Cheese

Chicken Breast (113.4g)	1	1221	157	42	19	0.90	85	2090	183	20	9	81	43	54	143	34
Steak (113.4g)	1	1325	309	58	27	0.90	175	2178	182	20	9	73	43	54	147	50
Ground Soy (70g)	1	1063	110	36	19	0.90	75	2388	188	23	10	57	43	54	148	28
Shrimp (73.2g)	1	1158	182.6	44.3	20.7	0.90	268.7	3101.8	185.3	20.2	8.9	65.3	43.0	183.5	152.0	28.3
Calamari Breaded (109g)	1	1116	111	36	20	0.90	88	2504	193	21	10	52	43	54	151	26
Sweet Potato (113.4g)	1	1073	105	36	19	0.90	75	2086	202	24	17	45	395	78	147	30
Cheese	1	989	104.8	35.6	19.2	0.90	75.0	2054.3	181.7	20.1	8.8	44.7	43.0	54.5	143.4	25.7
Side Burrito Sauce (56.7g)	1	80	80	9	1.2	0.00	13.6	284	2.6	0.4	0.2	0	0	0	2	0
Side Salsa (56.7g)	1	28.2186	0	0	0	0.00	0	350	4	2	3	1	34.74	1.5	35.8	0.32

QUESADILLAS – Whole Wheat Tortilla - All Toppings – 1.2 Scoop of Each Topping + 1.5x Cheese

Chicken Breast (113.4g)	1	1201	157	42	19	0.90	85	2050	182	24	9	82	43	54	143	34
Steak (113.4g)	1	1305	309	58	27	0.90	175	2138	181	24	9	74	43	54	147	50
Ground Soy (70g)	1	1043	110	36	19	0.90	75	2348	187	27	10	58	43	54	148	28
Shrimp (73.2g)	1	1138	183	44	20	1	269	3062	184	24	9	66	43	183	152	28
Calamari Breaded (109g)	1	1096	111	36	19	0.90	88	2464	192	25	10	53	43	54	151	26
Sweet Potato (113.4g)	1	1053	105	36	19	0.90	75	2046	201	28	17	46	395	78	147	30
Cheese	1	969	104.8	35.6	18.7	0.90	75.0	2014.3	180.7	24.1	8.8	45.7	43.0	54.5	143.4	25.7
Side Burrito Sauce (56.7g)	1	80	80	9	1.2	0.00	13.6	284	2.6	0.4	0.2	0	0	0	2	0
Side Salsa (56.7g)	1	28	0	0	0	0.00	0	350	4	2	3	1	34.74	1.5	35.8	0.32



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 (%)
-------------------	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	------------	--------------	---------------	---------------	-------------	----------

NACHO – Chipz with Nacho Cheese, – One Scoop of Each Topping + 1x Lettuce, 1x Extra Salsa, Extra Sour Cream & Extra Burrito Sauce

Chicken (113.4g)	1	1258	163	39	14	3	70	2588	167	23	17	69	66	59	144	41
Steak (113.4g)	1	1362	315	55	22	3	160	2676	166	23	17	61	66	59	148	57
Ground Soy (70g)	1	1100	116	33	14	3	60	2885	172	25	18	45	66	59	149	35
Cheese	1	1026	111	33	14	3	60	2552	166	23	17	33	66	59	144	33

1/2 LB. CALAMARI - Not Including Sides

Calamari Breaded (226.8g)	1	264	12	0	1.36	0	26.4	936	24	2.64	2.64	14.64	0	0	16	0
---------------------------	---	-----	----	---	------	---	------	-----	----	------	------	-------	---	---	----	---

CHIPZ - Corn Chips, calculated without side of sauce)

Bag Of Chips (without sauce)	1	255	16.2	2.71	2.71	0	2.71	67.56	56.7	2.7	2.7	2.7	0	0	0	18.9
Box Of Chips (without sauce)	2	318.64	20.3	3.38	3.38	0	3.38	84.38	70.9	3.38	3.38	3.38	0	0	0	23.6



Serving Size (1 scoop)	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 (%)
------------------------	----------	-------------------	---------------	-------------------	---------------	------------------	-------------	-------------------	-------------------	------------	--------------	---------------	---------------	-------------	----------

Gluten FreeTortilla	N/A	110.0	37	4	1	0	21	364	20	1	3	3	0	0	8	2
Whole Wheat Tortilla (1 tortilla/104g)	N/A	280.0	81	9	3	0	0	500	46	6	1	7	0	0	8	15
White Tortilla (1 tortilla/104g)	N/A	300.0	81	9	3.5	0	0	540	47	2	1	6	0	0	8	15
Refried Pinto Beans (40g)	1	152.59	13.59	1.51	0.71	0.00	0.00	560.01	26.50	9.17	0.00	9.17	0.00	0.80	47.07	2.13
Mexican Rice (60g)	1	105.8	18	2	0	0	0	232	9	0	1	1	1	3	1	3
Tex-Mex Cheese (30g)	1	116.4	0	8	5	0.3	25	200	25	0	0	7	10	0	20	0
Nacho Cheese (122g)	1	86.5		9.15	3.05	3.05	15.3	579.5	7.63	0	1.53	3.05	3.05	0	9.15	0
Iceberg Lettuce (32g)	1	2.3	0	0	0	0	0	3	1	0	0	0	1	0	0	0
Tomatoes (40g)	1	11.6	1.36	0	0	0	0	62.7	1.9	0.27	1.36	0.27	5.45	13.63	0.54	1.09
Green Pepper (25g)	1	5.3	0	0	0	0	0	1	1	0	1	0	0	3	0	1
Green Onion (7g)	1	2.2	0	0	0	0	0	4	2	1	1	1	1.5	9	2	2
Red Onion (12g)	1	4.5	0	0	0	0	0	1	3	0	1	0	0	3	0	2
Jalapenos (5g)	1	1.4	0	0	0	0	0	0	2	1	1	0	1	21	0	1
Warm Seasoned Black Beans (40g)	1	151.2	6.9	0.77	0	0	0	248.56	18.85	6.14	1.43	6.23	0	0.06	25.83	1.5
Corn, Whole Kernel (14g)	1	10.9	2	0.3	0	0	0	35	4.5	0.5	1	1	0	2	0	0
Cilantro (1g)	1	0.0	0	0	0	0	0	2	0	0	0	0	5	2	0	0
Mild Tomato Salsa (40g)	1	14.1	0	0	0	0	0	175	2	1	1.5	0.5	17.37	0.75	17.9	0.16
Guacamole per 1oz	1	54.0	39	4.4	1	0	2	90	2.5	1.8	0.2	0.8	0	0	1.5	0
Burrito Sauce (32g / 3 Lines)	1	35.3	40	4.5	0.6	0	6.8	142	1.3	0.2	0.1	0	0	0	1	0
Burrito Sauce (42.6g / 4 Lines)	1	47.1	53.3	6	0.8	0	9.07	189.3	1.73	0.27	0.13	0	0	0	1.33	0
Chips (112g)	N/A	272	16.00	2.67	2.67	0	2.67	66.67	56.00	2.66	2.66	2.66	0.00	0.00	0.00	18.66
Sour Cream (8g)	1	12.7	0	1.13	0.71	0.06	4.23	7.05	0.56	0	0.28	0.28	1.13	0	0.56	0
XXX Hot Sauce (1 dot = 1g)	1	0.88	0.21	0.03	0	0	0	0.88	0.13	0.05	0.03	0.04	0.04	0.53	0.05	0.12

PROTEINS (INDIVIDUALLY CALCULATED)

Chicken Breast (28.35g)	1	58	13	1.5	0	0	2.5	9	0.3	0	0	9	0	0	0	2
Steak (28.35g)	1	84	51	5.7	2	0	25	31	0	0	0	7	0	0	1	6
Veggie Soy (28.35g)	1	30	2	0.25	0	0	0	135	2.5	1	0.5	5	0	0	2	1
Battered Halibut Fillet (28.35g)	1	56	9	1	0	0	0	0	2	0	0	6	2	0	3	3
Battered Haddock Fillet (28.35g)	1	61	27	3	0	0	19	105	1	0	0	2	0	0	0	0
Shrimp (28.35g)	1	55	18	2	0.4	0	73	363	1	0	0	8	0	50	3	1
Sweet Potato (28.35g)	1	21	0	0	0	0	0	8	5	1	2	0	88	6	1	1
Calamari Breaded (28.35g)	1	33	1.5	0	0.17	0	3.3	117	3	0.33	0.33	1.83	0	0	2	0